



## Good Memories

### A MOMENT TO REMEMBER

One cannot expect to go through life unscathed. Our plight was my husband Fred's dementia, and my role was to help him navigate life as his memory failed. The brain is a library of memories, experiences and knowledge. This illness slowly, stealthily, systematically chips away at that data in the brain until you don't even know those who love you.

As we age one of the comforts in life is the memories from our childhood throughout our lives. He was denied that.

However there were times, although rarely, when he was clear-minded. When he uttered an intelligible thought that's when I knew he was still with us.

The day he left our home for the last time to have others take care of him was one of the worst days of my life. At his new home he adjusted well since he did not understand what was happening.

One day when I walked into his room his eyes were closed. I went over to the bed and took my mask off and said, "Hi Fred - it's me Diane". He opened his eyes and smiled and said, "that's my favorite name" and proceeded to sing the words to the song that I was named after which was also the song we danced to at our wedding.

I turned away so he could not see me cry and I thought – that was a gift he gave me today.

**Shared by Diane Bacchi, member of the Voorhees Chapter**

### JUNE PEAS

Many years ago, my maternal grandmother surprised my mother, my sister and me with identical cookbooks which she ordered from the "Farm Journal Magazine". I tried various recipes but there is one that continues to be a favorite for my children and me. It is called "Summer Chicken with Peas". Each year I prepare this in June when fresh peas are in season. There is something about shelling your own peas that makes this dish extra special (I tend to use about three pounds of peas in the pods). Usually I did this on my own, but in June of 2018, Peter, my husband, decided to help me. While we sat outside on our patio to do the shucking, of course a few peas managed to escape as the pods were opened, but we did not even attempt to rescue them. I truly treasure that day because it is the only time we performed that task together. He passed away before it was pea shelling time again, but I think of him every time I shell peas. It is definitely a good memory. (recipe follows)

#### SUMMER CHICKEN WITH PEAS Printed from COOKS.COM

6 tbsp. butter  
1 frying chicken, about 2 1/2 lb., cut up in serving pieces  
1 lb. sm. new potatoes, scrubbed, with strip peeled around center  
Salt  
Freshly ground pepper  
2 tbsp. fresh lemon juice  
3 green onions with tops thinly sliced  
1 lb. fresh peas, shelled or 1 (10 oz.) pkg. frozen peas  
1/4 c. chopped fresh parsley  
1 c. sour cream  
1 tsp. crumbled dried thyme  
Additional parsley

Melt butter in a large skillet. Add chicken and potatoes and brown slowly on all sides; season with salt and pepper. Be generous with pepper. Sprinkle chicken with lemon juice; reduce heat, cover pan and simmer 30 minutes. Add green onions to butter in bottom of skillet. Sprinkle peas and parsley over chicken and potatoes; cover again and simmer 10 minutes more or until chicken and potatoes are tender. Remove chicken and vegetables to serving platter; keep warm.

Remove skillet from heat. Add sour cream, thyme, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Stir to mix well and loosen pan drippings. Pour over chicken or pass as gravy. Garnish with additional parsley; serve immediately.

**Submitted by Kathleen Mitchell, Pittman Chapter Graduate**

## Inspirational Thoughts



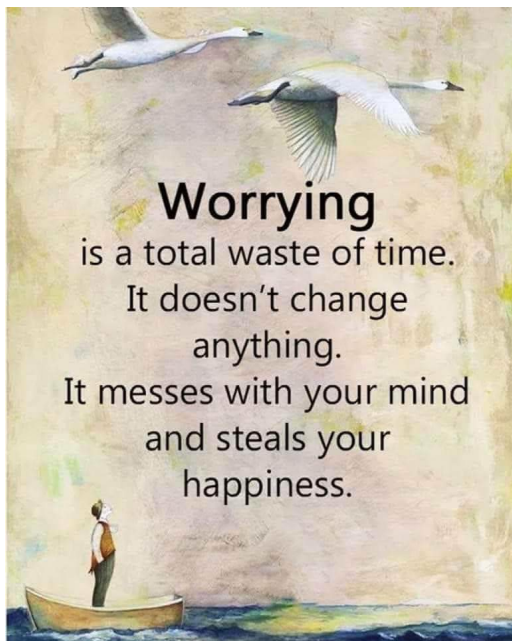
I hope there are days when

♥ your coffee tastes like magic

♥ your playlist makes you dance

♥ strangers make you smile

♥ the night sky touches your soul



## Random Thoughts

- H.O.P.E. emphasizes the vital importance of maintaining personal relationships and collaborative activities in our self-discovery, self-appreciation, self-healing journey.
- Memories memorialize. Do our remembrances of deep personalizing pleasures and secret sacrifices simply re-affirm that LOVE is the ultimate meaning of life?
- “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” Dr. Maya Angelou, writer, poet, recipient of the Presidential Medal of Freedom
- “This is what women want: to be safe, to be valued, to live in peace, to have their own resources, to be connected, to have control over their own bodies and lives, and above all, to be loved.” Isabel Allende, author, recipient of the Presidential Medal of Freedom

*Shared by Ralph Martinez*



**Keep in touch with H.O.P.E and stay current with what is going on with us. You can find us by searching “HOPE of Southern New Jersey” on Facebook. “Like” us so you will receive notification of new posts. Feel free to post your own thoughts about H.O.P.E.**

**We currently have 93 likes and would like to have 100 by June 30.**

## How can you help H.O.P.E.?

Having spoken to many H.O.P.E. graduates, a common remark is “I do not know that I would have done without the program. H.O.P.E. saved me!” Now it may be the time for you to consider giving back by helping H.O.P.E. to expand and continue to reach out to the newly widowed.

*hope. help. heal.*

HOPE CHANGES EVERYTHING

### Volunteering





We always welcome volunteers to give us a few hours per week or month to help in the office. “It takes a village” behind the scenes to support H.O.P.E.’s fifteen chapters. Volunteers work on putting together all the papers needed for each week’s meeting during the four ten-week sessions that we offer every year. If you are interested in Volunteering, please call Barrie in the H.O.P.E. office. 856-234-2200.

### Help Spread the Word

When asking registrants how they heard about H.O.P.E., the majority of references have come from H.O.P.E. members and graduates. Those who have attended the H.O.P.E. program know its value. You can help a grieving person. It may be a friend, relative, neighbor, co-worker or even a casual acquaintance who recently lost their spouse. Tell them about H.O.P.E. Encourage them to phone us at 856-234-2200 or visit our website: [hopesnj.org](http://hopesnj.org). There is help available for them.



## June Holidays and Events

Date	Holiday or Event	Information
June 14	Flag Day 	In the USA, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States on June 14, 1777, by resolution of the Second Continental Congress
June 18	Father's Day 	Father's Day is a holiday honoring one's father, or relevant father figure, as well as fatherhood, paternal bonds, and the influence of fathers in society.
June 19	Juneteenth Freedom Day 	Juneteenth is a federal holiday in the United States commemorating the emancipation of enslaved African Americans.
June 21	First Day of Summer 	Daylight hours are longest and darkness hours are shortest, with day length decreasing as the season progresses after the solstice.

## Chapter News/Events

Chapters, please share photos and articles of what you are doing. Email stories (Word Documents – NOT PDFs) and jpgs of photos to [Calbertson719@aol.com](mailto:Calbertson719@aol.com)

**NO CHAPTERS SHARED EVENTS WITH US THIS MONTH**



## Meet H.O.P.E. staff at the Burlington County Senior Expo

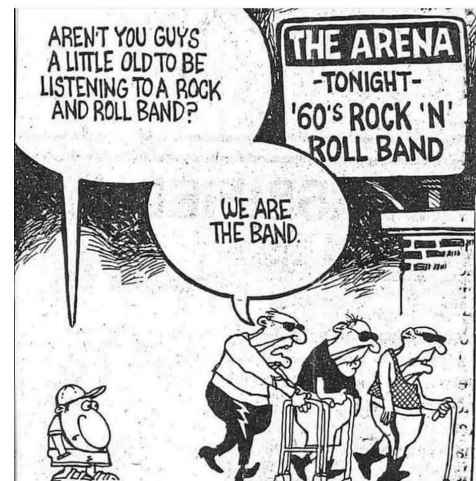
Burlington County Seniors: Consider attending the Burlington County 21<sup>st</sup> Senior Expo on June 14. The event offers county residents the opportunity to undergo free health screenings, shred documents, meet adoptable pets and learn more about the multitude of services offered by Burlington County and other government agencies and community providers. Tote bags and lunch will also be provided to the first 500 seniors who attend, and there will also be raffles and door prizes.

The expo is organized by the Burlington County Sheriff's Office, Burlington County Commissioners and Burlington County Office on Aging. It will be held from 10 AM to 2 PM at the Masonic Village Fellowship Center, 1114 Oxmead Road in Burlington Township.



Stop by and meet HOPE's Office Staff, Barrie Pawloski and Hal Hazen. They will be representing us and would love to say hello to you.

## Laughter is the Best Medicine



**Finally the fourth ape!  
He is the sum of the first  
three: He sees nobody, hears  
nobody and speaks to nobody.**



## The Beacon of H.O.P.E.

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## We Remember Them

You might think that you don't matter in this world, but because of you, someone has a favorite mug to drink their coffee out of each morning that you bought them.

Someone likes themselves a little bit more because of the compliment you gave them. Someone lives today because you gave them the courage to do so. Someone has read a book you recommended to them and gotten lost in its pages. Someone walks with hope in their hearts because of the way you encouraged them. Someone remembered a joke you told them and smiled to themselves.

Never think you don't have an impact. Your fingerprints can't be wiped away from the little marks of kindness that you've left behind.



*Language does not yet have  
a word strong enough to  
describe the excruciating pain  
of losing someone you love.*

*Andrea Addington, NSM, RSW*

## FREE Virtual Classes for Seniors

The New Jersey Division of Aging Services has partnered with GetSetUp to provide free virtual classes for older adults taught by peers--ask questions, make new friends, learn new things and have fun!

Try an online class today!

[www.getsetup.io/partner/NJ](http://www.getsetup.io/partner/NJ)

DO NOT STAND AT MY GRAVE AND WEEP  
I AM NOT THERE; I DO NOT SLEEP.  
I AM A THOUSAND WINDS THAT BLOW,  
I AM THE DIAMOND GLINTS ON SNOW,  
I AM THE SUN ON RIPENED GRAIN,  
I AM THE GENTLE AUTUMN RAIN.  
WHEN YOU AWAKEN IN THE MORNING'S HUSH  
I AM THE SWIFT UPLIFTING RUSH  
OF QUIET BIRDS IN CIRCLED FLIGHT.  
I AM THE SOFT STARS THAT SHINE AT NIGHT.  
DO NOT STAND AT MY GRAVE AND CRY,  
I AM NOT THERE; I DID NOT DIE.