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Catholic Charities
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New Heights Program

Bird's-Eye View
Newsletter
Summer Edition 2025

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Autumn is almost upon us!! Some memorable quotes:

“Autumn is a second spring when every leaf is a flower”—Albert Camus

“Autumn: the year’s last loveliest smile”—William Cullen

“As long as autumn lasts, I shall not have hands, canvas and colours enough to paint the beautiful things I see—Vincent Van Gogh

“I loved autumn, the one season of the year that God seemed to have put there just for the beauty of it.” — Lee Maynard

“No spring nor summer beauty hath such grace as I have seen in one autumnal face.” — John Donne, *The Autumnal*

“The heat of autumn is different from the heat of summer. One ripens apples, the other turns them to cider”—Jane Hirshfield, *The Heat of Autumn*

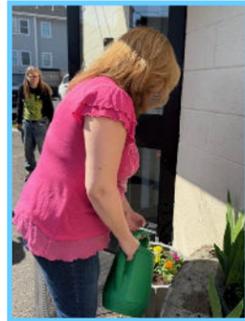
EARTH DAY 2025



I thank everyone who participated in our Earth Day 2025 Celebration. You worked hard and had fun doing so, as these pictures here and within show. We have quite the curb appeal thanks to your efforts.



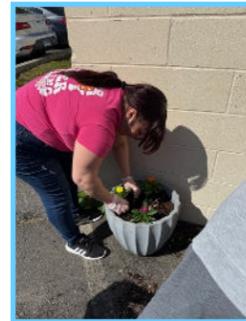
Earth Day 2025 continued ...



Unearth Day (True Colors)

Another day of gluttonous life on this earth
 Eating wantonly, as if an impending dearth,
 M & M's and ice cream, adding inches to my girth
 People parting, offering me a wide berth,
 Provoking even "more" mocking and mirth
 Wanting to start over, back to my birth,
 Not knowing the concept of self-worth
 My true being, I hope to unearth.

Jeffrey Umansky



Cereal

I've been tasked to write a poem,
 So it is time to let my mind roam.
 I come back to the days of my youth
 Thinking of breakfast, and that's the truth-
 It IS the most important meal of the day,
 No matter what other people say.
 Stick to your teachings, do no stray
 But remember to brush after, to avoid decay!
 In my childhood home, we usually had
 Cold cereal with milk, but don't get
 mad
 Mother gave us OJ, too
 Rounding out the meal, making us
 feel good.
 She saved the hot meals for days
 when we had time
 To enjoy a sit-down, chatting, laughing and
 being kind
 To each other-so often not seen
 In this world now-progress? No, but I hope
 it's just a bad dream



-anon

Travelers

(Submitted by Cathy A.)

To have been written into this story
 Long before we knew that the pages existed
 And that we were on them...
 Is something

To have travelled beyond moons and millennia
 In directions that could not align
 Our flights towards two types of time...
 Is nothing

To come home
 Having prayed with eyes wide open
 Begging for the stars to play their part
 And give some hint of spark
 Out there
 In all that dark...
 Is everything

-DA

Poem—

To be an upset person
 is not the best bet for
 a complete mental health
 but
 part
 of
 the
 art
 of human living
 human giving
 a wealth of getting
 going from groan to gain

-William Fanning

Untitled

Coming to this building was supposed to repair
 All the damage I've had to bear
 But if no one has the time to listen
 How on Earth can I blossom and glisten?
 Hospital stays are just stop-gaps
 Empathy is absolutely at a lapse

Try as they might (?)
 There's no end in sight
 Because there aren't enough day hours
 And no one is willing to spend the night

So-let's all get off this sad train. I'm so sick of all
 the rain
 Where do we go from Here? To the forest, where
 the air is clear!
 The wildlife are busy making their nests
 Preparing for babies—that's the best!

To see life progress in a positive way
 Remember as children how we used to play?
 No cares in the world, no worries to ponder
 Having the freedom to meander, and wander.

Whatever happened to innocent play?
 Allowed to stay in our own yards all day
 Oh, for the innocence of years gone by
 B&W TV, old radio; go ahead, swat that fly.

-anon

And, so is this!!



Tie Dye was fun! We learned a lot of different styles and patterns! It was instructed by Alex and a New Heights member; both knew what they were doing.

Jessica A.



I went on a 5-day trip to NYC for a special event, the New York International Auto Show, where they displayed the newest releases of 2025-2026 cars, as well as concept cars. It was very crowded; looking at the new cars and discussing the car's engines. I had a great time and I was glad my mom went with me.

--Pete M



Toyota concept car



Rolls Royce

I have an acoustic guitar. My father taught me how to play. I play along with the TV and Karaoke here at New Heights. I like to play country music. I drive a 2018 Jeep Wrangler, grey that I bought used. I won trophies for "Best in Show" for it. I worked for Goodwill and retired two years ago. New Heights through me a retirement party. I come to New Heights every day to attend groups and have a cup of tea each morning. I especially like the Karaoke group, because I can play along with my guitar. Brenda, a staff member, is helping me learn how to read. I've read four books already. I'm currently reading, "What Happened to Winn Dixie?" —Glen



Robin Williams (passed away 8/11/14)

Living in the spotlight
 However trudging through the darkness,
 Forever the jovial clown
 As tragedy unfolded daily,
 Improvising his way through life
 As his reality was all too real,
 His humor, his mask
 He was an accomplished actor after all.

Jeffrey Umansky



This summer where I live I'm going to sit out by the pool and when I get around to it, I'm going to start going to the fitness center and use some of the machines there. —Les

Beach

I like to go swimming and see the ocean. Meet new people out on the boardwalk.

--Glen

Favorite thing on the beach.

My favorite thing to do on the beach is look for sea glass. It takes a lot of patience and concentration to find the colors in the sand and water being constantly moved by the waves. With a little time, I have a handful of glass and that's one of my favorite things to do on the beach. —Vinny



I love all summers, especially if I'm with my family. They're more fun that way. We enjoy it better because we do a lot of things ... Games, get-togethers, BBQ's, fun days with the kids, and we visit different places or cities. I hope those summers come back again soon.

My family and I make a lot of plans from a distance. That way when we see each other again, everything is set and we just get to enjoy the time.

What I like when I go to the beach, is just sitting there and hearing music or just enjoying the view; meeting people and relaxing with a good snack and a drink. —Brenda S



Favorite summer day:

Sleeping in. Going to lake Waramaug in early 70's. I was skinny then. Wore a two-piece swimsuit. It was a lot of fun. Going over to friend's houses, riding bikes and spending weekends with friends. It was so much fun. Money didn't matter. Just getting together with friends was all the fun you needed. —Mindy R

Favorite summer day

A day at the Big E and miniature horse shows on site! — Jess A

Tae Kwon Do Belt Test



I can honestly say that my favorite time of the week is Tuesdays at 1:00. People show up with such positive attitudes that you can't help but be encouraged by them. I love the dedication the class shows. They work really hard to learn forms, which is truly difficult as an adult. Sometimes that is a very boring and frustrating thing to do, but no one gives up. Another thing I look forward to is watching people help each other. Everyone in the class who has practiced for a while is willing to pitch in and help the newer students. I learn as much from that class as anyone else does.

Thanks everyone!

-Master Wendy



The Tae Kwon Do class has given me courage and has helped me build up my self-esteem. I'm now able to break 2 1/2" boards! Wendy, our instructor, who happens to be a third-degree black belt, has helped me go from a white belt to a green belt. The next belt test is in December where I hope to receive a purple belt. My ultimate goal is to receive a black belt and with Wendy's help, I know I can achieve this goal. Thank you, Wendy, for teaching this class!



Glen A.



I help with the class sometimes, especially when Wendy isn't available. I am working on my brown belt. — John Z

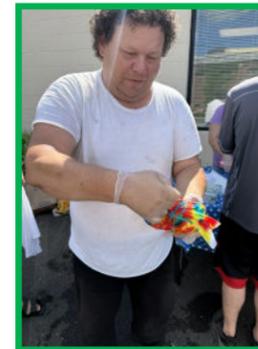
I really have a great time in Tae Kwon Do because I get to socialize with other people and learn self-defense. --Laurie F

The Tae Kwon Do class teaches us all to do give our best effort. The class encourages self-confidence. People in the class are supportive of one another. You get to help others learn and therefore remember. I feel stronger and more capable of defending myself if I end up needing to.



Jessica A.

Why Tie-Dye?!



This is why!

