



**AHCL NEWSLETTER
MAY 2026**

The next meeting of The Abington Heights Civic League, Inc. will be held on Monday, May 4, 2026, at 7:00 pm at the clubhouse. Our speaker will be Outreach Coordinator Patricia McLain from the WRC. Her talk will be on mental health and self-esteem of children with an emphasis on teenagers.

The **May Refreshment Committee** members are Mary Ellen Durkin(chairman), Marie Maddi, Eileen Milunic, Kathy Croft, Lisa Lesneski, and Leah Rudolph.

DATES TO REMEMBER

- May 2 – Adopt-A-Highway
- May 4 - General Membership Meeting
- May 9 - Dance Recital
- May 11 – Tentative date for return of Donation forms
- May 17 - ASAP
- May 25 - Memorial Day Parade
- May 26 - Potluck Dinner
- June 1- Banquet at Country Club of Scranton
- June 27 – Fishing Derby

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STAR AWARD

It's the time of year when we select a club member who has gone above and beyond for club during the past year. Please email your vote asap to Sue O'Day at sueqfvc@gmail.com.

Civic Engagement: Kelli Eisenlohr will be speaking about the **Memorial Day Parade** arrangements at the next General Membership meeting. The parade will be on May 25, 2026. The meeting place is Clarks Summit Elementary School at 10:00 am. **Kelli asks if there are any new ideas for decorations to please let her know.** Her cell number is 570-954-5796 for calls or texts. Email is kfloreyins@msn.com.

Education and Libraries: Maria Fanning brings the following items to our attention: The Providence Pregnancy Center, the Indraloka Sanctuary, and the Trinka Ravioli art show at Marquis Art and Frame Gallery. If interested, please contact Maria at maria.fanning@comcast.net or call 570-430-1397.

Book Club II: Sue O'Day reports that this book club will meet on May 11, 2026, at 6:00 pm at Bernadette's house to watch the movie "The Great Gatsby".

Environment: Eileen Milunic has an update on the NexTrex plastic project. 166 pounds is needed to earn another lottery chance for prizes with NexTrex this quarter (April, May, June). Anyone interested in helping to sort and bag the plastic, please contact Eileen at elmtree1216@epix.net.

The Spring **Adopt-A-Highway** is scheduled for Saturday, May 2, 2026 at 10:30 am. The meeting place is 301 West Grove Street. Volunteers are Mary Ellen Durkin, Sue O'Day (East Grove St.), Susan Veater, Gerrie Carey and Eileen Milunic. If you'd like to join in, please feel free. Safety vests, gloves, and trash bags are provided.

Health and Wellness: Susan Griffiths reports on important Mental Health tips. Mental Health Month comes around every May, usually when the weather is just starting to become nice in many parts of the country. It might seem like a good time for spring cleaning, but not for your windows or your closet. You may have cobwebs and dust bunnies hiding in places you don't even know about and they may be affecting your mental health. Thankfully, there are many things you can do to maintain positive mental wellbeing, including five tips:

1. Track gratitude and achievement with a journal: Include three things you're grateful for and three things you were able to accomplish in a day. You don't even need a pen and paper! Get out our smartphone and get to work. Helpful apps, like Notes on an iPhone, make it really easy to keep up with a daily journal.
2. Start your day with a cup of coffee: Did you know that coffee consumption is linked to lower rates of depression? If coffee isn't your thing, try another good-for-you drink – like green tea.
3. Work your strengths: Do something you're good at to build self-confidence, then tackle a tougher task.
4. Keep it cool for a good night's sleep: The optimal temperature for sleep is between 60° and 67° Fahrenheit, plus cooler sleeping environments are believed to help with weight loss, too!
5. Show some love to someone in your life: Close, quality relationships are key for a happy, healthy life.

Vision Screening: Susan Griffiths is also busy with our annual Kindergarten vision screening. That will take place from May 19th through May 27th at the four elementary schools during kindergarten open house. The following is the schedule for the individual schools:

May 19, Clarks Summit, 8:30–3:00*
May 19, Newton-Ransom, 12:30–1:30 and 1:30–2:30
May 20, South Abington, 10–10:45 and 1–1:45
May 27, Waverly, 9:00–3:00*

(*times are subject to change)

ASAP: Cheryl Rozelle announces that the First Responders Barbeque is scheduled for May 17th from 2:00 to 6:00 pm. The process of raising funds to cover expenses is ongoing. **Talk to Cheryl if you know of someone or a business who would like to sponsor or donate to this wonderful event.** The First Responders truly appreciate the gesture.

Facebook: Jenn Bachan-Breiten listed the following this past month: Happy Passover and Happy Easter, Autism Awareness Day, and the Masquerade Ball.

Website: Mary Ellen Durkin is doing a great job on our website. She has uploaded the 2026 donation award application and letter and she's asking for pictures of the Masquerade Ball to be emailed to add to our website.

Dance: Erin Osterhout has a **recital update!** They are in the final stages of recital preparation, including props, set, tickets, programs, photos, senior recognition, and other details. The music and sound team are finalizing plans for sound and lighting. The recital lineup has been set by the teachers. Seniors met with Electric City Studios on Saturday to take photos for the program cover. Program Ads are still being accepted.

****The competition team will host a basket raffle at the recital.** Vendor spots are still available for those interested in selling flowers or treats. Please reach out if interested or if you know someone who is interested.

****Volunteers are requested** for Thursday May 7th, Friday May 8th, and Saturday May 9th which is recital day. A sign-up will be sent out.

****The competition team also wrapped up their final competition of the season** in Syracuse with outstanding success. They earned first place in every level and age group they competed in, along with many high scores and placements. With over 580 participants, this was no easy feat, and we are extremely proud of their accomplishments.

****Registration for next year** will be sent soon. Also, the summer camps are filling up!!

GFWC's Junior's Special Program: Advocates for Children: The Fishing Derby will be held on June 27th, 2026 at Hillside Park. The club has been asked to handle the food booth again. Eileen Milunic stated she is willing to help run the **food booth** that day but **would like a co-chair to help**. Sign-up sheets will be going around for food items. This year, we're requesting breakfast items and candy.

Scrapbook: Please **send pictures of the Masquerade Ball to Susan Veater** so that she can put them in this year's Scrapbook!! Her email is sueveater@yahoo.com.

Fundraising: Ronda Schiavone reports that The Masquerade Ball was a great success. All who attended enjoyed themselves very much. The actual profit is being calculated.

Donation Awards: Cheryl Rozelle tells us that **the 2026 forms are now uploaded to the website and are posted on this email**. The amount of funds to be distributed has not been determined yet. Tentative dates are as follows:

- May 11 for return of forms
- May 18 committee meeting
- May 22 - inform general membership of committee recommendations
- May 26 - board/membership meeting to vote on recommendations

Leadership: Members need to vote on Star Award and send their nominations to Sue O'Day.

House and Hospitality: Cathy Plishka reports that the refreshment committee members have been contacted.

Programs: The June Banquet is set for June 1, 2026 at 6:00 pm at the Country Club of Scranton. The price will be \$35 per person with the options of three dinner choices. **The invitation went out in an email to all club members on April 27th and is attached to this newsletter's email.** Please RSVP to Susan Griffiths by May 22nd.

****To review the options, dinner will include the following:**

- Choice of garden salad or vegetable minestrone soup
- Choose one of three (3) entrees: Salmon with Spring Vegetable Fried Rice, Balsamic Grilled Chicken Breast with Quinoa Pilaf, or Vegan Seared Tofu with Vegetable Fried Rice
- Rolls and butter
- Soft drinks / Tea / Coffee / Cash bar
- Assorted desserts



Happy Birthday to Kelli Eisenlohr 5/22



God Bless America