

October 2011

Hi Lites of Lutheran Manor





Mark Your Calendar

Welcome New Residents

1106 - Phyllis Kowaleski

Oct. 1 (Saturday)	Coffee & Donuts	8 a.m.	Lounge
Oct. 1 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
Oct. 5 (Wednesday)	Speaker "End of Life"	2 p.m.	Lounge
Oct. 7 (Friday)	Speaker "Healthy You"	2 p.m.	Lounge
Oct.10 (Monday)	Columbus Day Office Closed		
Oct.10 (Monday)	Tenant Committee Meeting	1:30 p.m.	Ceramics
Oct.11 (Tuesday)	General Meeting (5th floor responsible for snacks)	2 p.m.	Lounge
Oct.12 (Wednesday)	Speaker "Nutrition"	2 p.m.	Lounge
Oct.12 (Wednesday)	Cedar Crest College Fall Program	6 p.m.	Lounge
Oct.13 (Thursday)	Flu Shots	9 a.m.	Lounge
Oct.14 (Friday)	Therapy Dog	11 a.m.	Lounge
Oct.15 (Saturday)	Soup & Hot Dogs	11 a.m.	Lounge
Oct.17 (Monday)	Therapy Dog	2:30 p.m.	Lounge
Oct.19 (Wednesday)	Book Club	2 p.m.	Patio
Oct.25 (Tuesday)	Speaker "Paying For Care"	2 p.m.	Lounge
Oct.28 (Friday)	Speaker "Living With Others"	2 p.m.	Lounge
Exercise	Every Tuesday & Thursday	10 a.m.	Lounge
Bible Study	Every Monday	1 p.m.	Patio
Bingo	Every Monday	6 p.m.	Lounge
Woodcarving	Every Thursday	8 a.m.	Shed
Life Biography	Every Thursday	10 a.m.	Patio
Yoga	Every Friday	1 p.m.	Patio

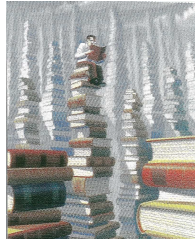
Looking Ahead...

NOVEMBER

Saturday	11/5	Coffee & Donuts		8 a.m.
Saturday	11/5	Pinochle Party		12:30 p.m.
Saturday	11/19	Soup & Hot Dogs	Steel City Band	11 a.m.
Sunday	11/20	Pizza Party	Song & Dance Girl	5 p.m.
Sunday	11/27	Concert	Majestics	6 p.m.

The Lutheran Manor Book Club will meet in the patio at 2 p.m. on Wednesday, October 19.

Life is short, read fast! Share your love of books with "book talk". Come when you can - just show up on the 3rd Wednesday. You are always welcome.

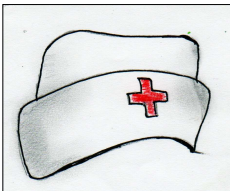


Computer Lab

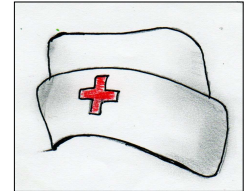
Just in time for the holidays, learn how to make festive greeting cards on the computer.

**Weds., Oct 12 and 26;
1 to 3 p.m.**

You must sign up with Miki for the class.

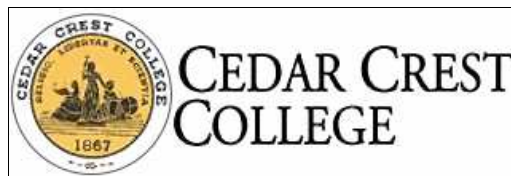


Special Event!



**Fall Prevention Program
Wednesday, October 12; 6 to 8 p.m.**

We have the special opportunity to have a group of Cedar Crest College Nursing Students here to provide a special Fall Prevention Program as part of their training. The students will be taking blood pressures and doing fall risk assessments that include various balance tests. They will provide each person with a Fall Risk Assessment and Plan of Action to reduce your fall risk. There will be time to talk to students and ask questions. They will be bringing prizes for those who attend and refreshments. Please come down and help out these dedicated nursing students



Coffee & Donuts

Saturday, October 1
8 to 10 a.m.

\$1.75 coffee & donut
.75 additional donut
Friends and Family
Welcome



Soup & Hot Dogs

Saturday, Oct. 15
11 a.m. to 1 p.m.

SOUP: Veggie Beef or Seafood \$2.00

HOT DOGS: Plain, Sauerkraut, or Chili \$1.50

PICKLED BEETS \$.50

DESSERT: Ice Cream & Strawberries
\$2.50

Entertainment:
Steel City Band

50/50 Drawing
Candy will be sold too!

Friends and Family
Welcome!

The Snack Stand

Snacks available

Mondays from 4 to 8 p.m.
Wednesdays from 4 to 7 p.m.
In the Main Lobby



Flu Shots

Thurs., Oct. 13
9 to 11 a.m.

The Bethlehem Health Bureau will be here to offer flu shots. The shot is free to those with only Medicare Part B and \$10 for those with Medicare and other insurance. Pneumonia vaccines are free to everyone. To save time, please fill out the influenza and or pneumonia forms in this newsletter and bring them along with your Medicare card when you come for the shot.





Miki's Corner

End of Life Comfort **Weds., Oct. 5, 2 p.m.**

No one wants to think about the end, but there are important decisions that should be made in advance. What would you want? Medically what are your wishes? These questions and more will be addressed by Dawn Schwenke, RN of Arcadia Hospice.

A Healthy You **Fri. Oct. 7, 2 p.m.**

Dawn Schier of Homewatch Caregivers will be here to talk about healthy living. Healthy living cannot be achieved through medication or diet alone. It is a lifestyle requiring initiative in four areas: nutrition, exercise, social involvement and mental health. Dawn will talk about these four areas and how you can implement them for a healthier you. She will be bringing light refreshments.



Nutrition for the **Ageing Adult** **Weds., Oct. 12,** **2 p.m.**

As we age and our bodies change, our nutritional needs also change. Learn what you should and should not be eating at this season of your life with Michelle Tyson of Allegiance Nursing. Michelle will talk about your changing needs and how to best address those needs.

Therapy Dogs



Fri., Oct 14, 11 a.m.
Chief and
Howard Moskovitz

Mon., Oct. 17, 2:30 p.m.
Miz Daisy and
Alice Romberger



Paying for Care **Tues., Oct. 25, 2 p.m.**

What happens when you need more care such as home health aides or even nursing care? Chante Butz of Easton Nursing Home will be here to talk about what is covered by Medicare and what you pay for yourself.

Living With Others **Fri., Oct. 28, 2 p.m.**

Brittany Tranquillo of UDS/Angels in Service Home Care, will be here to talk about community living. Learn how to cultivate positive relationships with your peers when living in a building with many apartments and many personalities. She will talk about the positives of community living, what it means to be a good neighbor and how to stem the tide of gossip.

Massage Therapy....

Weds., Oct, 12; 9 a.m. to 2 p.m./ Tues., Oct. 25; 9 a.m. to noon

Jenn Terry will be here to offer Massage Therapy. The cost is \$20 for 30 minutes or \$40 for one hour. Please make your appointment with Miki.

TAKING SMALL STEPS...

"Then Jesus asked, "What is the kingdom of God like? What shall I compare it to?"¹⁹ It is like a mustard seed, which a man took and planted in his garden. It grew and became a tree, and the birds perched in its branches." Luke 13:18-19

We are so fortunate to have the beautiful South Mountain and Blue Mountains in our "backyard". We are blessed with some wonderful views from our apartment building here at Lutheran Manor, especially at this time of year---all the colors of fall displayed.

One thing I've noticed though, when you take one step closer to the mountain, the mountain does not look any closer. When you take two, three, or four steps closer to the mountain, the mountain still does not look any closer. The reality is that you're moving in the right direction, but looking at the mountain makes you feel like you're not getting any closer.

I try to remember that when I'm talking with people who are discouraged because they feel like their not getting anywhere. It could be the person that is frustrated because they are not as strong as they would like to be after an operation. Or, the person who is trying to think in more positive ways but the old negative thoughts keep repeating. The person who is working to make the world a better place, but there is still so much that's wrong. It's like taking one step towards the mountain, but you don't see it. Progress often happens in small steps, even baby steps that we can not even see. Jesus compared God's kingdom to a tiny mustard seed that grows into a large tree, but you don't see the tree growing right in front of your eyes. Yet it IS growing. When I get discouraged, I remember taking that "one step" towards the mountain. I may not see the progress, but with God's grace, we have taken one step in the right direction.

-Chaplain Clark



OCTOBER, 2011

2pm in the Lounge

Tuesday, Oct. 4 Father Pat Lamb-Notre Dame RC Church, Bethlehem

Thursday, Oct. 13 Rev. Gary Langensiepen, St. John's Lutheran (Windish), Bethlehem

Thursday, Oct. 20 Rev. Larry Burd - Calvary Baptist Church, Easton

Thursday, Oct. 27 Rev. Jim Stahley- Calvary Wesleyan Church, Bethlehem

WEEKLY BIBLE STUDY- 1-2 pm each Monday in the Patio. Presently we are studying the Gospel of Luke

LIFE BIO-

Share memories and record your life story for the generations to come. Thursdays @ 10:30 am in the Patio. (Please note: no meeting on Thursday, Oct. 6th).

CHURCH SIGNS:

V "PRAYER- Wireless access to God with no roaming fee!"

V "Fight truth decay -- study the Bible daily."

V "No God - No Peace. Know God - Know Peace."

V "As you pass this little church, be sure to plan a visit, so when at last you're carried in, God won't ask, "Who is it?"

SMOKING CESSATION PROGRAM



**Wednesday, November 9
2 p.m.**

As you were recently made aware, Lutheran Manor will become a smoke-free building on August 15, 2012. In order to help those of you who are currently smokers, we are offering a **Smoking Cessation Program**, offered through Lehigh Valley Hospital and Health Network's Tobacco Treatment Center.

The open, informational session, "Quitting-What Works", will be held on November 9. This session will be held by Diana Mulhern of the Center, and is open to anyone who would like to learn more about quitting. From that session, anyone who signs up will be working one-on-one with a counselor from the hospital. You will receive a one month supply of either the patch or lozenges to help you. You will have the ongoing support of a counselor 24/7 for as long as you need it in order to beat the smoking habit. This program is designed for success. The cost of the program will be paid for by Lutheran Manor, so there will be no charge to you.

If you would like to attend the informational session on November 9, please return the slip to Miki by October 14.

I would like to attend the program "Quitting-What Works" on November 9.

NAME: _____ APT.# _____

PHONE: _____

Note from the Property Manager...

Well, we are off to a great start with our Renovation project... I want to thank everyone that continues to express their appreciation towards each of our projects. Your *smiles of appreciation* and "thank you's" mean the world to us! Lutheran Manor is proud to be able to offer these updated features that will hopefully make your daily living more comfortable and the amenities more modern. So please continue to be patient, flexible and most importantly...ENJOY your new apartments...☺

Please keep a close eye on your mailbox for your upcoming renovation appointments and the lobby bulletin board, for any important announcements.

Stay smiling...

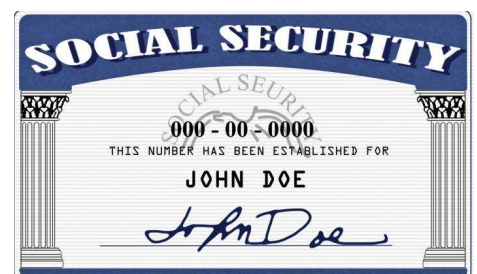
Courtney Donohue
Property Manager

Dear Residents:

As you know, for your recertification each year, I ask you to provide a copy of your Social Security Award Letter. This information is vital to the process of determining your change in rent payment.

Soon the **2012** award letters will be mailed to each of you by the Social Security Administration. Please take a minute to stop in the office so I can make a copy of this letter. I will keep it on file until we need it for your recertification. This will avoid any unfortunate loss of the letter containing the new information. I thank you in advance for your cooperation.

Sincerely,
Cathy Gonzales, Occupancy Specialist





Happy Anniversary!

You are Invited to our annual Anniversary Party

Thursday, October 27
6 p.m.

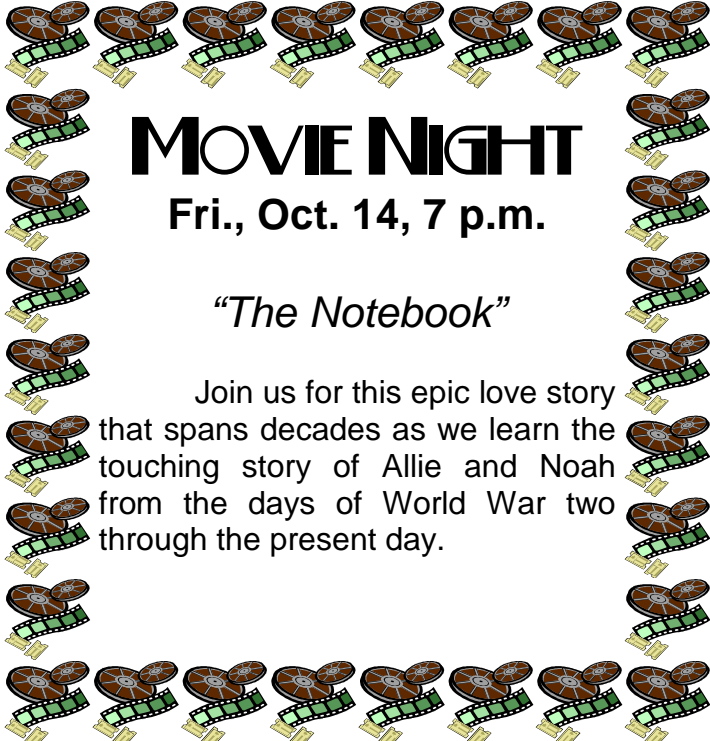
*Refreshments catered by DnC Catering
Entertainment by Bill Murray*

Please join us for this annual celebration!

Please be Courteous...

There has been much disruption during speakers' presentations in the lounge. Please be quiet and courteous when there is a speaker and try not to enter the lounge. The sounds from the laundry room and recycling room, as well as out in the lobby travel into the lounge and are very distracting.

Also, **PLEASE be on time for presentations.** It is disruptive to both the speaker and the audience when you come in late. Check the flyers on each floor, or your Hilites for the starting times of presentations. Thanks!



MOVIE NIGHT

Fri., Oct. 14, 7 p.m.

"The Notebook"

Join us for this epic love story that spans decades as we learn the touching story of Allie and Noah from the days of World War two through the present day.

Halloween Party

Sunday, October 30, 2011

5 p.m. in the Lounge

Doors open at 4 p.m.



COST:

\$8 per person
\$10 per guest (limit 2)

Platter Served: Menu

Salad w/Bacon Dressing
Roast Pork
Mashed Potatoes
Gravy
Peas
Rolls/Butter
Pumpkin Pie
Coffee or Tea
Soda - \$1.00

Entertainment:

Frank "D"
Keyboard, Vocals,
Strolling Accordion

Costume Prizes:

Most Original
Prettiest
Funniest

Coordinator: Ronnie Clifford

50/50 Drawing 3 for \$1.00

You may reserve a table of **6 or 12 people only** before the deadline date.



Halloween Party

(I am reserving a table for 6 or 12 _____)
Write names on back

of Guests _____

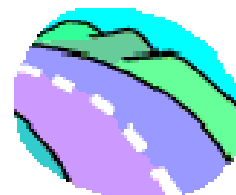
Put slip under Marge Bachemin's door #705 with cash in envelope

NAME: _____ Apt. #: _____

PHONE" _____

Deadline for Reservations: Weds., Oct. 26

Van Trips to Notice...



DaVinci Science Center - Mon., Nov. 14 - The DaVinci Science Center offers special Monday workshops just for seniors. We will be going to see the "Effects of Extreme Temperatures", presented by Dr. Francis Salerno, MD, of Lehigh Valley Health Network. Dr. Salerno is a dynamic speaker. You will also have an opportunity to visit the various displays at the center. Cost is \$8.95 at the door.

Turkey Hill Tour - Weds., Nov. 16 - Learn how ice cream is made, create your own flavor, milk a mechanical cow and more at the Turkey Hill Experience. You will also visit the tea room, enjoy samples of tea and ice cream and have a chance to visit the Café. Cost is \$9.50 at the door.

Moravian Vespers - Fri., Nov. 18 - Join us for this inspirational welcome to the Holiday season. This program is free, however an offering is taken at the door.



Worship Service

Once again it is time to schedule Clergy for our 2012 Thursday Worship services. Your help is needed. Take this opportunity to talk to your pastors and inquire if they would be interested in worshipping with us. Be sure to tell them that all our Worship Services are held on Thursdays at 2 p.m. If your pastor is interested, please complete the bottom of this notice and return it to Pastor Clark so he can contact your minister to set a date for next year's schedule.

Thank you.

RETURN to Pastor Clark:

Clergy's Name _____ Phone _____

Church _____

Your Name _____ Phone _____

BETHLEHEM HEALTH BUREAU
Seasonal Influenza Vaccination Consent Form

Name: _____ Date of Birth: _____ Sex: M ___ F ___

Address: _____ Telephone: _____

City: _____ State: _____ Zip Code: _____

Please circle YES or NO to the questions below:

- | | | |
|---|-----|----|
| 1. Does the patient have a severe allergy to eggs? | Yes | No |
| 2. Has the patient ever had a severe reaction to an influenza vaccine? | Yes | No |
| 3. Has the patient ever had Gullian-Barre syndrome? | Yes | No |
| 4. Does the patient have any other allergies? _____ | Yes | No |
| 5. Does the patient have asthma or recurrent or active wheezing? | Yes | No |
| 6. Is the patient under 18 years of age and currently receiving aspirin or aspirin containing therapy? | Yes | No |
| 7. Has the patient received either the MMR, Varicella, Yellow Fever or FluMist Vaccination in the past 30 days? Date: _____ | Yes | No |
| 8. Does the patient have any of the following long-term health problems?
(Please Circle) | Yes | No |

Heart Disease Lung Disease Kidney Disease Metabolic Diseases (eg. Diabetes)

Other: _____

- | | | |
|---|-----|----|
| 9. If applicable, is the patient pregnant or nursing? | Yes | No |
| 10. Does the patient have close contact with anyone who has a severely weakened immune system that must be in a protective environment (e.g. An individual who has had a bone marrow transplant)? | Yes | No |

Please describe: _____

I have received and read the Centers for Disease Control and Prevention Vaccine Information Sheets dated 7/26/2011. I have no further questions at this time. I request and voluntarily consent that the seasonal influenza vaccine be given to person named above of whom I am or am the parent or legal guardian.

I want myself/my child to receive:

Flu injectable Flu mist(2 yrs-49 yrs old)

Signature: _____ Date: _____

OFFICE USE ONLY

Influenza Vaccine Given Lot Number: _____ Injection Site: L / R arm
Dosage Volume: .25ml .5ml Pre-filled Intranasal

Signature of vaccine administrator Date

DEPARTAMENTO DE SALUD DE BETHLEHEM
Hoja De Consentimiento Informado Para La Vacuna De La Gripe

Nombre: Fecha de Nacimiento: Sexo: H M

Dirección: Teléfono:

Ciudad: Estado: Código Postal:

Por favor marque si o no a las siguientes preguntas:

- 1. el/la paciente tiene alergias severas a los huevos? Si No
2. el/la paciente alguna vez ha tenido una reacción mala a la vacuna de la gripe? Si No
3. el/la paciente alguna vez ha tenido el síndrome de Guillian-Barre? Si No
4. el/la paciente sufre de otras alergias? Si No
5. el/la paciente sufre de asma o ataques de asma frecuentes? Si No
6. el/la paciente se encuentra bajo algún tratamiento de aspirina? Si No
7. el/la paciente ha recibido alguna de las siguientes vacunas MMR, Varicella, Yellow Fever, o FluMist en los últimos 30 días? Fecha Si No
8. el/la paciente sufre de algunos de los siguientes problemas de salud? Si No
(Por favor marque)

Complicaciones Cardiacas Complicaciones de los pulmones Complicaciones de los riñones
Complicaciones metabólicas (ex. Diabetes) Otras:

- 9. la paciente se encuentra embarazada o lactando? Si No
10. el/la paciente ha tenido contacto cercano con una persona que tenga problemas con el sistema inmune (ej., una persona que haiga tenido un trasplante de medula ósea). Si No

Por favor describa:

He declarado y he leído la hoja de Centros para el Control de la Enfermedad hojas informativas de la vacuna de prevención con la fecha 7/26/11. No tengo preguntas adicionales en este momento. Solicito y consiento voluntariamente que la vacuna del gripe sea administrada a la persona nombrada arriba de quien yo soy o soy el padre o apoderado legal.

Deseo que yo o mi niño/a reciba (por favor escoge):

La vacuna de gripe Arreó nasal de la gripe (Edades desde 2 anos a 49 anos)

Firma: Fecha:

OFFICE USE ONLY

Influenza Vaccine Given Lot Number: Injection Site: L / R arm
Dosage Volume: .25ml .5ml Pre-filled Intranasal
Signature of vaccine administrator Date

Van Trips



November 2011

DATE	TRIP	TIME
Nov. 2 (Wednesday)	Senior Dance	12:15 p.m. ____
Nov. 3 (Thursday)	Banks; CVS; \$\$ Store; PO	9:30 a.m. ____
Nov. 4 (Friday)	Valley Farms	9:30 a.m. ____
Nov. 7 (Monday)	Kings	9:30 a.m. ____
Nov. 9 (Wednesday)	Lehigh Valley Mall/Olive Garden	9:30 a.m. ____
Nov. 11 (Friday)	Red Lobster	11:00 a.m. ____
Nov. 12 (Saturday)	Quakertown Farm Market	9:30 a.m. ____
Nov. 14 (Monday)	DaVinci Center Senior Program	9:00 a.m. ____
Nov. 15 (Tuesday)	Lunch/Senior Bingo	10:45 a.m. ____
Nov. 16 (Wednesday)	Turkey Hill Ice Cream Tour	11:00 a.m. ____
Nov. 17 (Thursday)	Giant	10:00 a.m. ____
Nov. 18 (Friday)	Moravian Vespers Concert	6:15 p.m. ____
Nov. 21 (Monday)	Lunch/Promenade Movies	10:30 a.m. ____
Nov. 22 (Tuesday)	Breakfast/Walmart	8:30 a.m. ____
Nov. 26 (Saturday)	Allentown Farm Market	9:30 a.m. ____
Nov. 27 (Sunday)	Gregory's Steakhouse	3:00 p.m. ____
Nov. 28 (Monday)	Thrift Store/Whitehall Mall	10:00 a.m. ____
Nov. 29 (Tuesday)	Mateys All you can eat Spaghetti	3:30 p.m. ____

Bring this completed sheet to Miki's office after 9 a.m. on the first of the month.

NAME: _____ APT.: _____

PLEASE NOTE: Lutheran Manor policy prohibits the driver from accepting tips. Please do not put the driver in an awkward position by tipping.

