

October 2012

***Hi Lites
of Lutheran Manor***





OCTOBER

Welcome New Residents

Linda Patterson-1112,
George Semanchik & Frances Trusow-1017,
Colleen Freed-311, Rose Long-1007

OCT. 4	(THURSDAY)	SPEAKER-BREAST CANCER AWARENESS	2:00 P.M.	LOUNGE
OCT. 6	(SATURDAY)	COFFEE & DONUTS	8-11 A.M.	LOUNGE
OCT. 6	(SATURDAY)	PINOCHLE PARTY	12:30 P.M.	LOUNGE
OCT. 8	(MONDAY)	OFFICE CLOSED	COLUMBUS	DAY
OCT. 9	(TUESDAY)	COMMITTEE MEETING	1:30 P.M.	CONF.RM.
OCT. 10	(WEDNESDAY)	GENERAL MEETING (5TH FL.SNACKS)	2:00 P.M.	LOUNGE
OCT. 12	(FRIDAY)	SPEAKER- STAYING SAFE ON THE INTERNET	2:00 P.M.	LOUNGE
OCT. 15	(MONDAY)	FLU SHOTS	9:00 A.M.	LOUNGE
OCT. 16	(TUESDAY)	MOVIE NIGHT- HELPING HANDS	7:00 P.M.	CONF. RM.
OCT. 17	(WEDNESDAY)	SPECIAL EVENT - PAVING THE WAY FOR ACTIVE OLDER ADULTS)	9:00 A.M.	LOUNGE
OCT. 17	(WEDNESDAY)	BOOK CLUB	2:00 P.M.	PATIO
OCT. 19	(FRIDAY)	SING-A-LONG-WITH JOHN CORNISH	2:00 P.M.	LOUNGE
OCT. 20	(SATURDAY)	SOUP & HOT DOGS- BILL MURRAY BAND	11:00 A.M.	LOUNGE
OCT. 23	(TUESDAY)	SPEAKER-THE BENEFITS OF LAUGHTER	2:00 P.M.	LOUNGE
OCT. 24	(WEDNESDAY)	SPEAKER-HOSPICE 101	1:00 P.M.	LOUNGE
OCT. 28	(SUNDAY)	HALLOWEEN PARTY-JOSEF & BOB	5:00 P.M.	LOUNGE
OCT. 29	(MONDAY)	THERAPY DOG-ALICE ROMBERGER & MISS DAISY	11:00 A.M.	LOUNGE

WEEKLY EVENTS

KNITTING GROUP	EVERY SUNDAY	2:00 P.M.	PATIO
EXERCISE	EVERY MON. & WED.	10:00 A.M.	LOUNGE
BINGO	EVERY MONDAY	6:00 P.M.	LOUNGE
BIBLE STUDY	EVERY MONDAY	1:00 P.M.	PATIO
POKER LEAGUE	EVERY WEDNESDAY	6:30 P.M.	PATIO
LIFE BIO	EVERY THURSDAY	10:00 A.M.	PATIO
WOOD CARVING	EVERY THURSDAY	8:00 A.M.	MAINT. SHOP.
YOGA	EVERY FRIDAY	1:00 P.M.	PATIO
WII BOWLING LEAGUE	EVERY FRIDAY	5:30 P.M.	LOUNGE
SHUFFLEBOARD LEAGUE	EVERY THURSDAY	6:00 P.M.	PATIO



Looking Ahead...



NOVEMBER....

Thursday	11/01	Anniversary Party	5 p.m.
Saturday	11/03	Coffee & Donuts	8 a.m.
Saturday	11/03	Pinochle Party	12:30 p.m.
Saturday	11/08	All You Can Eat Breakfast	9:15 a.m.
Saturday	11/17	Soup & Hot Dogs-Majestic Band	11 a.m.

The Lutheran Manor Book

Club will meet on Wednesday, October 17, at 2 p.m. in the patio.

Please come join us and share your love of books. Everyone is welcome. We meet every 3rd Wednesday.



Computer Lab

Just in time for the Holidays you can learn to make beautiful, homemade Greeting cards. Nancy will be teaching



Making Greeting Cards on the Computer on Monday 10/08 & 10/22 from 1-3 p.m.

See Debbie to sign up for classes.

HAVE YOU ALWAYS WANTED TO LEARN HOW TO KNIT OR CROCHET?



THEN THE KNITTING GROUP IS FOR YOU. WHETHER YOU ARE JUST STARTING OUT OR HAVE BEEN KNITTING/CROCHETING FOR YEARS, COME CHECK OUT THE KNITTING GROUP.

THEY MEET EVERY SUNDAY AFTERNOON AT 2 PM IN THE PATIO.

IMAGINE HOW THRILLED A FRIEND OR FAMILY MEMBER WOULD BE TO RECEIVE A BEAUTIFUL HANDMADE GIFT FROM YOU, AND HOW PROUD YOU WOULD BE TO GIVE SUCH A LOVELY GIFT.



Coffee & Donuts

Saturday, October 6
8 to 10 a.m.

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



Soup & Hot Dogs

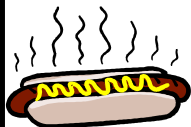
Saturday, Oct. 20
11 a.m. to 1 p.m.

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:
Bill Murray Band

50/50 Drawing
Candy will be sold too!

Friends and Family
Welcome!



The Snack Stand

**Snacks are Available
Monday & Wednesday
From 3-6 p.m. In the Lobby**



Flu Shots

Monday, Oct. 15
9 to 11 a.m.

Flu shots will be offered by The Bethlehem Health Bureau. 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. 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.



Happy Halloween

FYI FROM DEBBIE

Benefits of Laughter

Tues., Oct. 23, 2 p.m.

They say that laughter is the best medicine.



Come find out how laughter can improve your mood and your health as Miki Weaver, from Comforting Home Care Speaks on the "Benefits of Laughter"



Hospice 101

Wed. Oct. 24, 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 Vicki Luchini of Lutheran Homecare and Hospice.

Staying Safe on the Internet

Friday, October 12, 2 p.m.



The internet is an informative tool, but can be quite overwhelming, and confusing to navigate. Scott of Computer Troubleshooters will instruct you on how you can "Stay safe on the Internet." He will also answer any internet questions you may have.

October is National Breast Cancer Awareness Month...

Myra Pina, from the American Cancer Society will be here on Thursday, October 4th at 2 p.m. to speak to us about Breast Cancer Awareness. Signs you need to be aware of and screening tools available to detect this killer disease that strikes countless women (and men) each year.



One Mom recalls..., "When my daughter, Isabel, said her bedtime prayers, she would ask God's blessing on every family member, every friend, and every animal she could think of. For several weeks, after we had finished the nightly prayer, Isabel would say, "And all girls." I asked her, Isabel, why do you always add the part about girls?" Her response was, "Because everybody else always finishes their prayers by saying 'All men!'"



We can add an "AMEN" to Isabel's prayer. For sure, we are all truly blessed by God...this is the very heart of God's plan for all eternity.

We are "Blessed to be a blessing." God blessed Abram to be a blessing to others. God sent his Son, to bless us, all of us. From Abram to Israel to Jesus, God shows his loving blessing in our lives so we could bless others.

How? Surely it is something we need to think about daily. How do I become a blessing with my time, my money, my words, my possessions, my daily routine? How do I become a blessing at home, at work, here at Lutheran Manor?

May we who are truly blessed by God...be a blessing to others. *-Pastor Clark, Chaplain*



WORSHIP IN OCTOBER-2pm in the Lounge

†Tuesday, Oct. 2nd - Father Pat Lamb, Notre Dame RC Church, Bethlehem

†Thursday, Oct. 11th Pastor Jim Stahley, Calvary Wesleyan, Bethlehem

†Thursday, Oct. 18th , Pastor Gary Langensiepen, St. John's Lutheran (Windish), Bethlehem

†Thursday, Oct. 25th - Pastor Larry Burd, Calvary Baptist Church, Easton

**Lutheran Manor
WEEKLY
WORSHIP**

BIBLE STUDY...every Monday (except Columbus Day, Oct. 8th) at 1pm in the Patio.

We are studying the first book of the Bible...**GENESIS!**

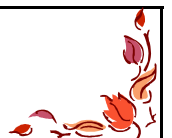
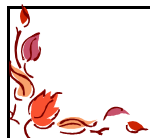
DVD SERIES "The Truth Project" (a Biblical study to encounter God and know him more deeply) on Mondays at 2:15-3:15 pm October 1st , 22nd and 29th in the Conference Room (old ceramics room)

LIFE BIO- Thursdays, Oct. 4th , 11th and 25th in the Patio from 10-11am. Come join other residents as we have fun sharing memories, solving puzzles, and discussing all kinds of stuff.



Take time today to smile at someone who is hard to love.

Say hello to someone who doesn't care much about you.



Note from the Property Manager...



I appreciate everyone's patience regarding the outside smoking area. We are scheduled to have the smoking shelter installed the first week of October. The manufacturer encountered some unexpected setbacks which therefore held us up. However, it will be here soon!! Thank you for your understanding during the delay!! The landscaping around the area is absolutely beautiful and creates a peaceful place to relax. So remember, this area is for ALL tenants to enjoy!!! Do NOT feel that it is only for those that use tobacco products.

REMINDER: Smoking in the building IS a lease violation!!! Do NOT be the first person to be evicted from Lutheran Manor Apartments for smoking!!

Last month we had some issues when it came time to submit your van trip request forms. In this newsletter, we reminded you of the procedure. I decided not to change it- it is the same procedure. Year after year, we collected the request forms the same exact way and there were no problems. I am unsure what happened last month, but I am confident we can get back to our smooth process everyone is familiar with. Please remember, be courteous!! The people standing next to you are your neighbors.... To avoid a long wait and a stampede when it is time to collect the papers, I did make one alteration--Do NOT come down until 8:45am. There is no need to gather in the lounge and wait. Sleep in or use that time to read the newspaper- something better than waiting in our lounge. Come down at 9am and submit your request form!! Simple and smooth!! A five minute process. I am convinced we can get back to the orderly process everyone is used to!!

The Anniversary Party is going to be a great time! Do not forget to RSVP and join us for an evening of DELICIOUS food, music and DANCING!!

Courtney Doheny

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 **2013** 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, November 1st at 5:45 p.m.

Lounge opens at 5:30 p.m.

Enjoy refreshments, buffet and assorted desserts

by Sagra Catering

Entertainment by Jack & His Friends

Please join us for this annual celebration!

Please fill out the form below,
if you are planning to attend, (Residents Only),
and return it to Debbie by 10/19/12
So we have an accurate count for the caterer

Name: _____ Apt. # _____

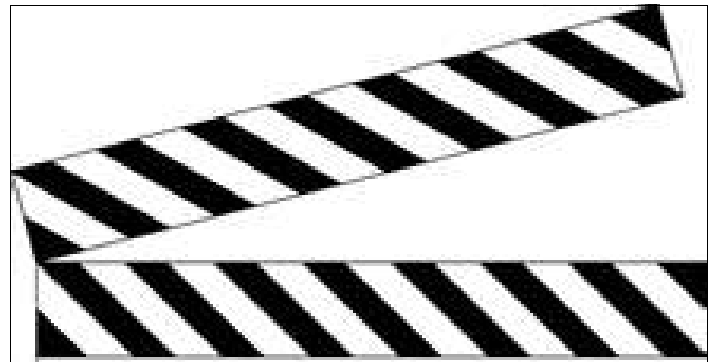
Therapy Dog

Mon., Oct. 29, 11 a.m.

Miss Daisy and
Alice Romberger



It has been proven that Animals are good therapy and have a calming effect on many people. Come to the Lounge and visit with Miss. Daisy. She will steal your heart and melt your cares away. Not to mention brighten your day



Movie Night

Tues. October 16, 7:00 p.m.,
Conference Room

Seating is Limited to 15 People

Feature Presentation is: **Gifted Hands**
Cuba Gooding Jr. stars in the true story of Ben Carson, a renowned brain surgeon, who overcame obstacles to change the course of medicine forever



Massage Therapy...

Weds., Oct, 10 & Wed., Oct. 24,
9 a.m. to 2 p.m.

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 Debbie.





Halloween Party



Sunday, October 28, 2012

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

50/50 Drawing, 3 for \$1.00

Entertainment

Josef & Bob

Costume Prizes:

Most Original

Prettiest

Funniest

Coordinator: Ronnie Clifford



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

Deadline for Reservations is Wednesday, October 24

NAME: _____ APT.# _____ PHONE: _____

of Guests _____ (if applicable)



Special Event



**Wellness Coach: Paving the Way
for Active Older Adults**

Wednesday, October, 17

9 a.m. to 12 p.m. in the Lounge

Come join us for an innovative way to help you learn how to stay healthy. You will be offered helpful information on Fitness, Nutrition, Pharmacy Education, Community Service Programs, Health Management, Spiritual Fulfillment and Brain Health.

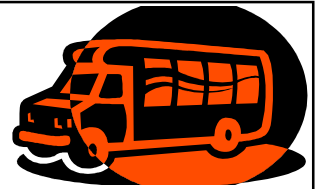
Jerri Kohut, from Presbyterian Senior Living will be here to provide a wellness coach initiative for Active Older Adults. It is the Mission of the Wellness Coach initiative to provide mobile resources for healthful living with a special emphasis for older active adults.

The Vision of the Wellness Coach initiative is to enhance the quality of life for active seniors, in their communities, by providing education and related resources in the areas of health, nutrition, physical well being, and social and spiritual fulfillment.

The sharing of wellness information can motivate and encourage you to participant in and to better understand important factors essential to improving your wellness lifestyle, and will also raise your awareness of health risk factors

There will be information tables set up for you to visit so that you can learn more about the Wellness Coach initiative. Please join us for an informational and fun filled morning. Light Refreshments will be served. This event is open to everyone.

Van Trips to Notice...



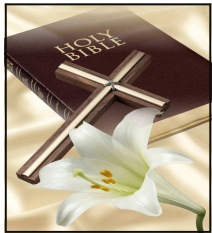
Fri., Nov. 2-Brass Rail/Merchants Square Mall-Enjoy lunch at the Brass Rail Restaurant, noted for their delicious steak sandwiches. You will then travel to the Merchants Square Mall where you can shop various merchants stands & visit the Largest indoor miniature train set up in the Valley. Small admission fee may apply.

Sat., Nov. 24-Pines Dinner Theater-Christmas at the Pines--Cost: \$45.00

Enjoy a delicious meal, Then enjoy a heartwarming show which celebrates the most joyous season of the year . Featuring some of your favorite Holiday Classic Christmas songs, the Nativity and even Santa Claus. It's the most fun you'll have this holiday season.

Sun., Nov 25-Dinner Show at the Meadows-Wizards of Winter--Cost: \$25.00

Enjoy a delicious dinner with a choice of Stuffed Chicken Breast or Slow roasted NY Strip/w béarnaise sauce, red potatoes & green beans, holiday desserts & cookies, coffee, tea and fruit punch, followed by a family Christmas show featuring stage theatrics & holiday fun w/ soaring vocal harmonies, precision string instrumentation, powerful percussion & stunning keyboard work layered around a story board that evokes December's past.



Worship Service

Once again it is time to schedule Clergy for our 2013 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 _____

ALL YOU CAN EAT BREAKFAST



SATURDAY, NOVEMBER 10TH

9:15 A.M. IN THE LOUNGE

\$7.00 PER PERSON, RESIDENTS ONLY

SEATING LIMITED TO 100 PEOPLE.

DEADLINE TO SIGN-UP AND PAY IS

THURSDAY, NOVEMBER 8TH.

**Menu: Scrambled Eggs, Home fries, Pancakes,
French Toast, Bacon, Sausage, Juice, Pastry,
Coffee. NO TAKE OUTS !!!**

**Please return slip below along with your payment to
Marge Bachemin in Apt. 705 by Thursday, 11/08.**

**Seating is limited to 100 people so get your reserva-
tions in early.**

Name: _____ **Apt.** _____

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 7/2/2012. 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: <u>L / R arm</u>
Dosage Volume: .25ml .5ml	Pre-filled	Intranasal

Signature of vaccine administrator

Date

Dear Residents:



We wanted to remind you of some van trip procedures:

- 1) Van trip forms may be submitted the first working day after the newsletter is distributed.**
- 2) Van trip forms must be returned to Debbie AFTER 9 AM Monday through Friday. Come down to the lounge AFTER 8:45AM, and wait in the order of your arrival (like you did with Miki & Cathy). This will continue to be a simple and fast process. Debbie will collect, and then date & time stamp all requests. This will take place in the lounge or her office. Debbie will return your forms in a timely manner with the approved trips. Do not leave any requests under her door. All requests must be submitted in person, unless it is a couple.**
- 3) Due to the popularity of our trips, we tend to accumulate a waiting list. As we receive cancellations, we contact the next person on the waiting list. This gives the next person the opportunity to enjoy the trip. We will enforce the \$5.00 penalty charge for all no-shows or cancellations less than 24 hours prior to the scheduled trip. This money must be paid before your next trip.**
- 4) The Van Driver will follow the van schedule without deviation. Please do not ask for personal stops or personal favors.**

We trust that the following procedure will ensure a *happy traveling experience* for all!!

Thank you in advance for your cooperation,

Management & Staff

Van Trips



November 2012

<u>DATE</u>	<u>TRIP</u>	<u>TIME</u>
Nov. 2 (Friday)	Brass Rail/Merchants Square Mall	11:00 a.m. _____
Nov. 5 (Monday)	Banks, CVS, Dollar Store, PO	9:30 a.m. _____
Nov. 6 (Tuesday)	Lunch at Palace Restaurant	11:00 a.m. _____
Nov. 8 (Thursday)	Bingo at the Dewey Fire Co.	5:45 p.m. _____
Nov. 9 (Friday)	Breakfast/Valley Farm Market	8:30 a.m. _____
Nov. 11 (Sunday)	Hobby Lobby/Texas Roadhouse	1:00 p.m. _____
Nov. 12 (Monday)	Weis Market	9:30 a.m. _____
Nov. 13 (Tuesday)	Buffet at The Meadows	4:30 p.m. _____
Nov. 15 (Thursday)	Spaghetti Night (Tri-Boro)	4:15 p.m. _____
Nov. 16 (Friday)	My Sister's Closet/Lunch	9:30 a.m. _____
Nov. 18 (Sunday)	Lunch/Quakertown Farmers Mkt.	11:30 p.m. _____
Nov. 19 (Monday)	Bottom Dollar Grocery Store	9:30 a.m. _____
Nov. 20 (Tuesday)	Lunch/Senior Center Bingo	10:45 a.m. _____
Nov. 24 (Saturday)	Pines Theater Christmas Show	11:30 a.m. _____
Nov. 25 (Sunday)	Dinner Show at the Meadows	4:00 p.m. _____
Nov. 27 (Tuesday)	Matey's All You Can Eat Spaghetti	3:30 a.m. _____
Nov. 28 (Wednesday)	Dinner at Palace Restaurant	3:30 p.m. _____
Nov. 30 (Friday)	Breakfast/Wal-Mart	9:00 a.m. _____

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

NAME: _____ APT.: _____

PLEASE NOTE: If you cancelled any trips in September (without giving 24 hrs. notice) & did not pay the \$5.00 Cancellation Fee, you will not be permitted to sign up for any November trips until you have paid your outstanding fees.



October 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10am Exercise 6pm Bingo	2 2pm Rev. Pat Lamb -Notre Dame RC Church, Beth.	3 10am Exercise 1pm Bible Study 6:30pm Poker League	4 8am Woodcarving 10am Life Bio 2pm Speaker- Breast Cancer Awareness 6 pm Blood Pressure 6pm Shuffleboard	5 1pm Yoga 5:30 pm Will Bowling	6 8am Coffee & Donuts 12:30 p.m. Pinochle Party
7 2 pm Knitting	8 1pm Computer Class 6pm Bingo OFFICE CLOSED COLUMBUS DAY	9 1:30pm Committee Meeting	10 9 am Massage Thera- py 10am Exercise 1pm Bible Study 2 pm General Meeting	11 8am Woodcarving 10am Life Bio 2pm Rev. Jim Stahley Calvary Wes- leyan Church, Beth. 6pm Shuffleboard	12 1pm Yoga 5:30 pm Will Bowling	13
14 2 pm Knitting	15 9-11 am Flu Shots 10am Exercise 6pm Bingo	16	17 9 am Speaker- Wellness Coach No Exercise Today 1pm Bible Study 2 pm Book Club 6:30pm Poker League	18 8am Woodcarving 10am Life Bio 2pm Rev. Gary Langensiepen St. John's Lutheran, Beth 6pm Shuffleboard	19 1pm Yoga 5:30 pm Will Bowling	20 11am Soup & Hot Dogs -Bill Murray Band
21 2 pm Knitting	22 10am Exercise 1pm Computer Class 6pm Bingo	23 2pm Speaker- Benefits of Laughter	24 9am Massage Thera- py 10am Exercise 1pm Speaker- Hospice 101 6:30pm Poker League	25 8am Woodcarving 10am Life Bio 2pm Rev. Larry Burd Calvary Baptist, Easton 6pm Shuffleboard	26 1pm Yoga 5:30 pm Will Bowling	27
28 2 pm Knitting	29 10am Exercise 11am Therapy Dog Miss Daisy 6pm Bingo	30	31 1pm Bible Study 6:30pm Poker League			
HALLOWEEN PARTY						