

# February 2021

## Hi-Lites of *Lutheran Manor*



# Notes From the Office



*To Our New Residents!*

Charles Jackson-405

## **New Office Hours**

**Monday –Thursday**

8:30am-4:30pm

**Friday** 8:30am-1:00pm

## **Lutheran Manor Resident**

### **COVID-19 Vaccine Clinic**



**DATE:** Friday, Feb 5th 2021

**TIME:** 3:00PM-5:00PM

**LOCATION:** Lounge

**By Appointment ONLY: No Walk-ins**

Please see office with any questions



**Always Sanitize  
your hands  
upon entering  
the building .**

## **LIVE-STREAMING**

**ALL Educational Videos, Movies  
& Church Services will be  
live-streamed on  
Channel 98.**

Watch Channel 99, the message  
board & bulletin boards for times,  
dates & topics.

**ALL residents &  
guests  
MUST wear  
masks in  
common areas.**



Watch the General Meeting for  
important updates  
& announcements from  
Lutheran Manor  
***Tuesday, February 9th***  
***2:00pm on Channel 98***

***Only Two Visitors***  
per apartment until  
further notice.

### **PA Travel Guidelines**

A negative COVID test  
or a 14-day home  
quarantine is  
required for  
**ANYONE** entering  
Pennsylvania from  
another state.



If your guests are  
experiencing any cough or  
flu-like symptoms,  
**DO NOT** allow them to  
enter the building.

## **COVID-19**

Watch **Channel 99**  
for protocols

### **SNOW PARKING SPOTS**

During the winter months,  
especially when snow is  
expected in the weather  
forecast, snow parking spots  
must remain **EMPTY!**



# APARTMENT INSPECTIONS

We are required by the Department of Housing and Urban Development to bi-annually inspect all equipment in Lutheran Manor's units.

This inspection will include plumbing, heating/AC, electrical, appliances, windows, carpeting and paint.

Due to our tight schedule, the maintenance department will start their inspections at 8:30 am on the following dates: **The safety of our residents and staff is our number one priority: Due to Covid-19 these dates are subject to change.**

Tuesday, Feb 23	Floors 11, 10, 9
Wednesday, Feb 24	Floors 8, 7, 6
Thursday, Feb 25	Floors 5, 4, 3
Friday, Feb 26	Floors 2, 1

You **DO NOT** need to do anything for this inspection.

You **DO NOT NEED TO BE HOME**. If you are not home on these dates, maintenance will enter your apartment and do their inspection.

Thank you in advance for your cooperation. Should you have any concerns or conflicts, please visit the main office.

*Ken , Donny, Kevin*



# Brenda's Bulletin

## MILLIS EYE ASSOCIATES Clinic

Providing the same high quality exams you would expect in our office, in the comfort of your own home. Our state-of-the-art portable equipment allows us to perform a full, dilated eye exam evaluating cataracts, glaucoma, macular degeneration, diabetic retinopathy & many other conditions that are prevalent in seniors, as well as providing a new eyeglass prescription which can be used to choose glasses the same day.

**Thursday, February 25th**  
**9:00am-3:00pm (Lounge)**

*\*Contact Brenda to sign up for an appointment*

## **FLUTE SERENADES**

*Featuring flute performance by*



**Meredith  
Twardowski**

**Friday, February 12 at 2pm**

(Channel 98)

## Be Aware: Senior Scams

*Do not be fooled!*

Scammers are pretending to be government employees. They may threaten you and demand immediate payment to avoid arrest or other legal action. Some may promise early access to the coronavirus vaccine in return for money. The fraudsters pose as doctors, insurance companies or other medical or government agencies with calls that falsely claim a vaccine can be shipped and ask for various personal information to falsely check if a victim can "qualify" for the shot.

**PREVENT THIS FROM HAPPENING TO YOU!**

**David Shallcross, Attorney General's Office**

**Tuesday, February 16th @ 2:00pm**  
(Channel 98)

## Rent Rebates

**PENNSYLVANIA PROPERTY TAX  
or RENT REBATE PROGRAM  
2020**

PA-1000 Booklet 05-20

**APPLICATION INSIDE**

	INCOME	MAX. REBATE
<b>HOMEOWNERS</b>	\$0 to \$8,000	\$650
	\$8,001 to \$15,000	\$500
	\$15,001 to \$18,000	\$300
	\$18,001 to \$35,000	\$250
<b>RENTERS</b>	\$0 to \$8,000	\$650
	\$8,001 to \$15,000	\$500

**NOTE** Applicants can exclude one-half of all Social Security Income.

**IMPORTANT DATES**  
Application deadline: **JUNE 30, 2021**  
Rebates begin: **EARLY JULY, 2021**  
**NOTE:** The department may extend the application deadline if funds are available.

**Rebates for eligible seniors, widows, widowers and people with disabilities.**

(Hold on to this booklet)

**Contact Brenda to get on list**

**\*Appointments to start in  
Mid-March\***



# Kierra's Kickstart to Fitness

## Heart Care Over 50: Prevention and Treatment of Common Heart Problems

Dr. Nidhi Mehda will give her top tips to keeping your heart healthy!



***Wednesday, February 10<sup>th</sup>***  
***11:00 am on Channel 98***

American Heart Month:



***February***

**Causes of heart disease include:**

smoking, chronic high cholesterol, chronic high blood pressure, blockages, heart defects, etc

***'Heart Disease is the leading cause of death in the US'***

You can live your best life and prevent suffering from diseases like heart disease by having a healthy diet and exercising.

If you are unsure how to start, give Kierra a call 610-866-6010 x208.

## Random Acts of Kindness Day

***Wednesday February 17<sup>th</sup>***

**make  
kindness  
the norm.**

Let's make our neighbors smile!

Call Kierra to take part in the

"Secret Message Swap"

\*Receive a kindness calendar & other available kindness activities.



***Did you know that Kierra can check your blood pressure & oxygen levels in the fitness center?***

Call Kierra for an appointment!

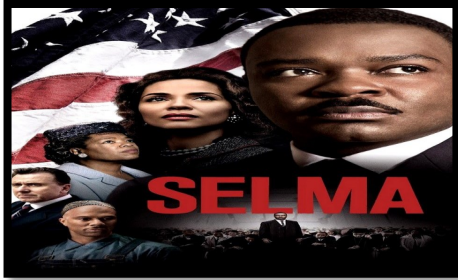
610-866-6010 option 8



**ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98!**

**MOVIE 1: SELMA**

**Monday, February 8 @ 1pm**



Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for blacks to register to vote. In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965.

**MOVIE 3: Sylvie's Love**

**Monday February 22 @ 1pm**



Sylvie has a summer romance with a saxophonist who takes a summer job at her father's record store in Harlem. When they reconnect years later, they discover that their feelings for each other have not faded with the years.

**MOVIE 2: Hidden Figures**

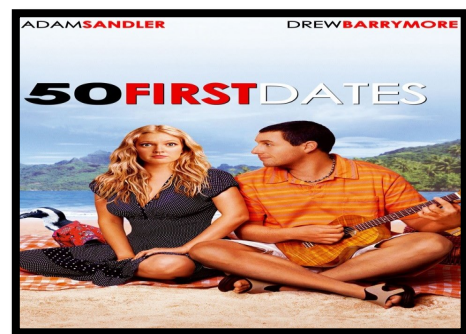
**Friday, February 19 @ 1pm**



Three brilliant African-American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world.

**MOVIE 4: 50 First Dates**

**Friday, February 26 @ 1pm**



Henry sets his heart on romancing Lucy, but she has short-term memory loss; she can't remember anything that happened the day before. So every morning, Henry has to woo her again. Her friends and family are very protective, and Henry must convince them that he's in it for love.



# Bellezza Salon & Spa

YES...WE ARE  
**OPEN**

## Hours of Operation

Tuesday 9:30am - 3pm

Thursday 9am - 3pm

## For Appointments

Call 610-866-6010

then press 9



## **SALON is OPEN**

\*FREE Brow wax with any service on Tuesdays

\*\$5 off any hair color

\*After completing your 4th service, you will receive a \$30 gift card to the salon!

\*Refer a NEW RESIDENT and you will receive \$5.00 off of your next service

***\*MASKS REQUIRED in waiting area and in salon at all times\****



## to resume in March





# From the Chaplain

## LOVE IS ALL AROUND...



Do not neglect  
to **do good** and to  
**share** what you have,  
for such **sacrifices**  
are **pleasing** to God.

HEBREWS 13:16, NRSV

It's February, the month of Valentines and heart-shaped boxes of candy. Love is all around us!! At least "romantic love" is all around us! But scripture speaks of a deeper kind of love. Just 3 days after St. Valentine's Day there is another special day...Ash Wednesday and the beginning of Lent. Lent- 40 days for renewal of our heart and habits—to deepening our relationship with Jesus and with each other. Prayer, fasting and almsgiving are three spiritual disciplines to which we are called during this season. I was curious about that word "alms" and discovered it comes from a Greek word which means "compassion, pity or mercy."

During this health crisis we are facing, "alms" seems real to me and so doable. Compassion, pity, and mercy are all words I can understand. And, hopefully virtues I can practice. They point to being a channel of God's grace...**God's LOVE**. We are surrounded by people who long for what we can offer - a moment of blessing. People who are, especially now, lonely, sick, and tired. So, I am asking myself, as I am learning to live in this new world, *How can I bless others? How can I show the love of God to them?*

How about you? A simple gesture, a phone call or email, an unexpected card can all say, "I care about you." This is the kind of love God calls us to offer to the world. Let this love be our Valentine to everyone.... showing the love God has for us in Jesus Christ, by offering that same love to others.

*"Father, thank you for loving me unconditionally. Help me pass THAT LOVE along today to someone who needs it".*

*~Pastor Clark*

**BIBLE STUDY** – 12:30 pm Every Wednesday on Chanel 98.

Each week we will study one of the inspirational Psalms.

**CHAT ROOM**- Check the Message board for updates.

## **FEBRUARY WORSHIP AT 2 PM WEEKLY ON CHANNEL 98**

**Tuesday, Feb2-** Father Kevin Bobbin, Notre Dame RC Church , Bethlehem

**Thursday, Feb4-** (Spanish), Pastor Jonny Villamar, Cornerstone Church, Easton

**Thursday, Feb11-** Pastor Rick Sergi, Emmanuel EC , Bethlehem

**Ash Wednesday, Feb17-** Pastor Clark will visit with Ashes/Prayer (see Appointment Request slip)

**Thursday, Feb18-** Pastor Larry Burd, Calvary Baptist

**Wednesday, Feb24** at 9 am on Channel 98. **SONSHINE MINISTRY - DVD**

(A ministry of Calvary Baptist Church, Easton, featuring Pastor Jack Tanis – Message: Heaven)

**Thursday, Feb. 25-** Pastor Jay Wetzel, Lutheran, retired



## **ANDREA BOCELLI: Concerto One Night in Central Park**

If you enjoy symphony orchestra music from opera, romantic and spiritual singing, by a man who sings from his heart, you will experience ecstasy as you listen to the London symphony and the New York Philharmonic while watching Andrea Bocelli.

**Wednesday, Feb 3 at 2 pm**  
(Channel 98)



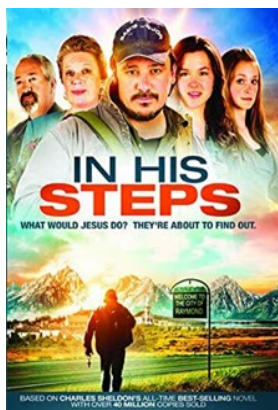
## **AMAZING LOVE: The Story of Hosea**

One reviewer says that this is one of the best movies on unconditional love!

The film uses a modern setting and features well-known actor Sean Astin as a youth leader who shares the story of Hosea and his unconditional love for Gomer to illustrate God's love for mankind.

This is a powerful story of redemption.

**Wednesday, February 10 at 2pm**  
(Channel 98)



## **IN HIS STEPS: What would Jesus do?**

When a homeless man interrupts the comfortable routine at the church, life will never be the

same for the apathetic congregation. Convicted by the vagrant's words members of the congregation are thrust into a journey of discovering what life is like beyond "Christianity as usual." A terrific movie that offers hope.

**Wednesday, February 17 at 2 pm**  
(Channel 98)



## **JESUS: Sight and Sound Cast**

From the bustling streets of Jerusalem to the raging Sea of Galilee, join Peter, Nicodemus, Mary Magdalene and a multitude of others as they journey alongside the most famous person ever to walk the earth. Witness the most miraculous events in history as JESUS sets sail with fishermen, challenges the Pharisees, befriends the outcasts and heals the hurting. *Filmed in front of a live audience.*

**Wednesday, February 24<sup>th</sup> at 2 pm**  
(Channel 98)

FEBRUARY 17th



## ASH WEDNESDAY- February 17<sup>th</sup>

**"You are dust and to dust you shall return."** We hear these words every Ash Wednesday as ashes are brushed on our foreheads. It is a solemn reminder of our mortality. At the same time those words are accompanied by the sign of the cross, reminding us that's God's Word is a word of forgiveness and eternal life. During

Lent- we follow Jesus to the cross and witness God's victory over death at Easter, the Resurrection of our Lord.

Since we have not been together for worship as a community because of the extensive spread of the COVID19 virus, Pastor Clark, our Chaplain, is willing to schedule a brief visit with any person wishing prayer and the imposition of ashes on Ash Wednesday, February 17<sup>th</sup>. After he receives the slip below, he will be in contact to set up the visit.

*If this is your desire, please fill out the slip below and return it to the main office by Wednesday, February 10th. ~ Thank you.*

### **ASH WEDNESDAY- February 17<sup>th</sup>**

NAME: \_\_\_\_\_

APT#: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

\_\_\_\_\_ I would like Pastor Clark to arrange a visit with me to receive prayer and ashes on Ash Wednesday, February 17<sup>th</sup>.

**\*Please Return this slip to the main office by Wednesday, February 10<sup>th</sup>.**

# **Religious Activities**

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
Bible Study	Every Wednesday	12:30pm	Live Streamed Channel 98
Chat Room	Every Thursday	10:00am	Cancelled until further notice
Church (English)	1st Tuesday & 2nd, 3rd, 4th Thursdays of each month	2:00pm	Live Streamed Channel 98
Church (Spanish)	1st Thursday of the month	2:00pm	Live Streamed Channel 98

# **Exercise Classes**

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
Afternoon Aerobics	Tuesday	1:00pm	Live streamed Channel 98
Basic Balance	Tuesday Thursday	1:00pm	Cancelled Until Further Notice
Fit For Life	Monday & Wednesday	10:00am	Live streamed Channel 98
Joyful Joints	Tuesday & Thursday	10:00am	Live streamed Channel 98
Stand Up for Strength	Monday	11:00am	Live streamed Channel 98
Tai Chi	Tuesday Friday	12:00pm 10:00am	DVD Tuesday, Live-Streamed Friday
Walkers Club	Monday, Wednesday Friday	2:00pm	Cancelled until further notice
Yoga	Tuesday and Friday	11:00am	Live Streamed Tuesday DVD Friday



# **Our *FEBUARY* Activities**

<b>Activity</b>	<b>Day(s)</b>	<b>Time</b>	<b>Place</b>
Candy / Ice Cream Sale	Every Wednesday	3:00pm	Lounge
Van Trip Papers Drop off	Monday Feb 1	8:30am	Brenda's Office
Pastor Movie #1: Andrea Bocelli	Wednesday, Feb 3	2:00pm	Live-streamed Channel 98
CLINIC: Blood Pressure Checks	Tuesday, Feb 4	2:00pm	Lounge
Second Harvest Food Bank	Thursday, Feb 4	12:30pm	Direct Apartment Delivery
<b>CLINIC: COVID-19 Vaccines</b>	Friday, Feb 5	3-5pm	Lounge
Movie #1– Selma	Monday, Feb 8	1:00pm	Live-streamed Channel 98
General Meeting	Tuesday, Feb 9	2:00pm	Live-streamed Channel 98
SPEAKER: Heart Care Over 50	Wednesday, Feb 10	11:00am	Live-streamed Channel 98
Pastor Movie #2: Amazing Love	Wednesday, Feb 10	2:00pm	Live-streamed Channel 98
Flute Performance	Friday, Feb 12	2:00pm	Live-streamed Channel 98
President's Day	Monday, Feb 15	8:00am	OFFICE CLOSED
SPEAKER: Senior Scams	Tuesday, Feb 16	2:00pm	Live-streamed Channel 98
Pastor Movie #3: In His Steps	Wednesday, Feb 17	2:00pm	Live-streamed Channel 98
Movie #2: Hidden Figures	Friday, Feb 19	1:00pm	Live-streamed Channel 98
Movie #3: Sylvie's Love	Monday, Feb 22	1:00pm	Live-streamed Channel 98
Pastor Clark –Sonshine Ministry DVD	Wednesday, Feb 24	9:00am	Live-streamed Channel 98
Pastor Movie #4: Jesus	Wednesday, Feb 24	2:00pm	Live-streamed Channel 98
CLINIC: Millis Eye Associates	Thursday, Feb 25	9:00am	Lounge
Movie #4—50 First Dates	Friday, Feb 26	1:00pm	Live-streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>AMERICAN HEART MONTH</b> 8:30 Van trip Paper Drop off 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98)	<b>2</b> 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 Church (98) 2:00 CLINIC: Blood Pressure Checks 3:00 Surprise Episodes: Staff Choice (98)	<b>3</b> 9:30 Shopping at CVS 10:00 Fit For Life(98) 11:00 Specialty Exercise: Basic Balance (98) 12:30 Bible Study(98) 2:00 Pastor Movie #1- Andrea Bocelli 3:00 Candy/IceCream	<b>4</b> 10:00 Joyful Joints(98) 11:00 DVD: The Heart of Perfect Health 12:30 Second Harvest Food Bank 2:00 Church Spanish (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>5</b> 9:00 Great News! (98) 9:30 Shopping at GIANT 10:00 Tai Chi (98) 11:00 Yoga (98) 3:00 Surprise Episodes: Staff Choice (98) 3:00 CLINIC: COVID-19 Vaccine	<b>6</b>
7	<b>8</b> 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie #1- SELMA (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>9</b> 9:30 Shopping at WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 General MTG (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>10</b> 9:00 Shopping at WALMART248 10:00 Fit For Life(98) 11:00 Speaker: Heart Care over 50 (98) 12:30 Bible Study(98) 1:00 Shopping at WALMART248 2:00 Pastor Movie #2- Amazing Love 3:00 Candy/IceCream	<b>11</b> 10:00 Joyful Joints(98) 11:00 DVD: High Blood Pressure Solutions (98) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>12</b> 10:00 Tai Chi (98) 11:00 Yoga (98) 2:00 Flute Performance (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>13</b>
14	<b>15</b> <b>OFFICE CLOSED</b> 	<b>16</b> 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 SPEAKER: Senior Scams (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>17</b> 9:00 Shopping at VALLEY FARMS 10:00 Fit For Life(98) 11:00 Specialty Exercise: Meditation for High Blood Pressure (98) 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS 2:00 Pastor Movie #3- In his Steps 3:00 Candy/IceCream	<b>18</b> 10:00 Joyful Joints(98) 11:00 Cooking DVD: Prevent and Reverse Heart Disease (98) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>19</b> 9:00 Great News! (98) 9:30 Shopping at GIANT 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie #2- Hidden Figures (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>20</b>
21	<b>22</b> 9:30 Weekly Update with Kierra (98) 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie:#3 Sylvie's love (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>23</b> <u>APT Inspections</u> 9:30 Shopping at WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>24</b> <u>APT Inspections</u> 9:00 Sonshine Ministry DVD(98) 9:00 Shopping at WEGMANS 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 Shopping at WEGMANS 2:00 Pastor Movie #4- Jesus 3:00 Candy/IceCream	<b>25</b> <u>APT Inspections</u> 9:00 CLINIC: Millis Eye 10:00 Joyful Joints(98) 2:00 Church (98) 3:00 Surprise Episodes: Staff Choice (98)	<b>26</b> <u>APT Inspections</u> 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie #4- 50 First Dates(98) 3:00 Surprise Episodes: Staff Choice (98)	<b>27</b>
28	<div>  <div>           Fitness Van Trips            Lutheran Manor         </div> <div>           Resident Association            Holidays/Observances         </div> <div>           Religious            / Other         </div> </div>					

# VAN TRIPS MARCH 2021

DATE	DAY	TRIP	TIME
Mar 2	Tuesday	Shopping at WEIS	9:30am_____
Mar 3	Wednesday	Shopping at CVS Pharmacy	10:00am_____
Mar 3	Wednesday	Shopping at WALGREENS Pharmacy	1:00pm_____
Mar 5	Friday	Shopping at GIANT	9:30am_____
Mar 10	Wednesday	Shopping at VALLEY FARMS	9:00am_____
Mar 10	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
Mar 12	Friday	Shopping at SHOPRITE	9:30am_____
Mar 16	Tuesday	Shopping at WEIS	9:30am_____
Mar 17	Wednesday	Shopping at WALMART 248	9:00am_____
Mar 17	Wednesday	Shopping at WALMART 248	1:00pm_____
Mar 22	Monday	Shopping at SHOPRITE	9:30am_____
Mar 24	Wednesday	Shopping at WEGMANS	9:00am_____
Mar 24	Wednesday	Shopping at WEGMANS	1:00pm_____
Mar 29	Monday	Shopping at VALLEY FARMS	9:30am_____
Mar 31	Wednesday	Shopping at GIANT	9:00am_____
Mar 31	Wednesday	Shopping at GIANT	1:00pm_____



Forms will be collected starting at 8:30 am on Monday, February 1st

Name: \_\_\_\_\_ Apt: \_\_\_\_\_

***\*\*List closes 24 hours prior to departure. Sign up with Brenda today!\*\****