

**September 2011**

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# **Hi Lites of Lutheran Manor**





# Mark Your Calendar

## Welcome New Residents

202- M. Margaret Gonda  
811- Sharon Bailey  
1115 - Sara Bennett

<b>Sept. 1</b> (Thursday)	Renovation Meeting	9 a.m.	Lounge
<b>Sept. 3</b> (Saturday)	Coffee & Donuts	8 a.m.	Lounge
<b>Sept. 3</b> (Saturday)	Pinochle Party	12:30 p.m.	Lounge
<b>Sept. 5</b> (Monday)	Labor Day Picnic	1 p.m.	Lounge
<b>Sept. 5</b> (Monday)	Labor Day      Office Closed		
<b>Sept. 7</b> (Wednesday)	Shuffleboard Meeting	2 p.m.	Patio
<b>Sept.11</b> (Sunday)	Concert	6 p.m.	Lounge
<b>Sept.12</b> (Monday)	Tenant Committee Meeting	1:30 p.m.	Ceramics
<b>Sept.13</b> (Tuesday)	General Meeting (6th floor responsible for snacks)	2 p.m.	Lounge
<b>Sept.14</b> (Wednesday)	Speaker "Veterans Benefits"	2 p.m.	Lounge
<b>Sept.16</b> (Friday)	Speaker "Herbs"	2 p.m.	Lounge
<b>Sept.17</b> (Saturday)	Soup & Hot Dogs	11 a.m.	Lounge
<b>Sept.19</b> (Monday)	Therapy Dog	2:30 p.m.	Lounge
<b>Sept.20</b> (Tuesday)	Massage Therapy	9 a.m.	Ceramics
<b>Sept.20</b> (Tuesday)	Speaker "Alzheimers"	2 p.m.	Lounge
<b>Sept.21</b> (Wednesday)	Speaker "Terrorism"	2 p.m.	Ceramics
<b>Sept.21</b> (Wednesday)	Book Club	2 p.m.	Patio
<b>Sept.21</b> (Wednesday)	Birthday Party	5 p.m.	Lounge
<b>Sept.23</b> (Friday)	Speaker "Fall Prevention"	2 p.m.	Lounge
<b>Sept.25</b> (Sunday)	Concert	6 p.m.	Lounge
<b>Sept.26</b> (Monday)	Speaker "Resource Center"	2 p.m.	Lounge
<b>Exercise</b>	Every Tuesday & Thursday	10 a.m.	Lounge
<b>Bible Study</b>	Every Monday	1 p.m.	Patio
<b>Bingo</b>	Every Monday	6 p.m.	Lounge
<b>Woodcarving</b>	Every Thursday	8 a.m.	Shed
<b>Life Biography</b>	Every Thursday	10 a.m.	Patio

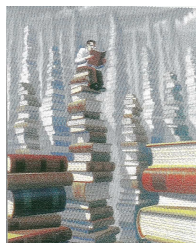
# Looking Ahead...

## OCTOBER

Saturday	10/1	Coffee & Donuts		8 a.m.
Saturday	10/1	Pinochle Party		12:30 p.m.
Saturday	10/15	Soup & Hot Dogs	Steel City Band	11 a.m.
Thursday	10/27	Anniversary Party	Bill Murray Band	6 p.m.
Sunday	10/30	Halloween Party	Frank "D"	5 p.m.

**The Lutheran Manor Book Club** will meet in the patio at 2 p.m. on Wednesday, Sept. 21.

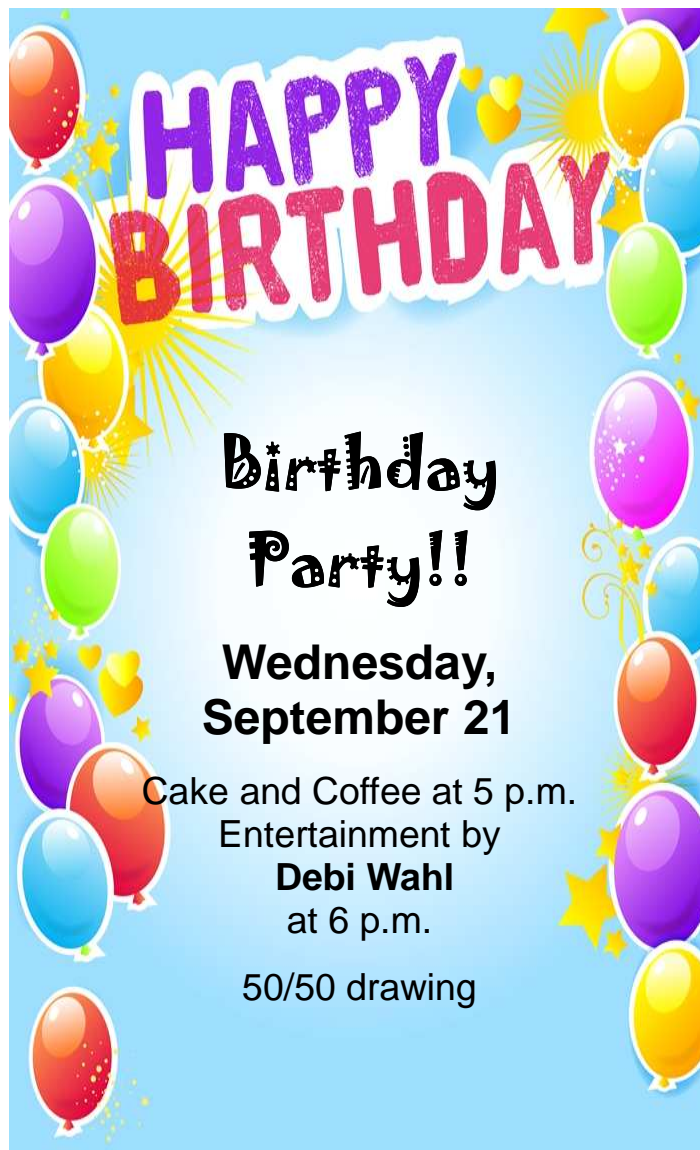
Ever wished you could tell someone about a book that you really enjoy? Wish no more! Come join us on the 21st and share your pleasure! We may be altogether more different than you think.



## Computer Lab

Nancy will be teaching an **Intro to Internet Class**. This class is especially important for all our new residents to get you familiar with our lab. **Please sign up with Miki for classes.**

**Thur., Sept 15 & Tues., Sept. 27  
1 to 3 p.m.**



**HAPPY BIRTHDAY**

**Birthday Party!!**

**Wednesday, September 21**

Cake and Coffee at 5 p.m.  
Entertainment by **Debi Wahl** at 6 p.m.

50/50 drawing

The graphic features a light blue background with a border of colorful balloons (red, purple, yellow, blue, green) and stars. The text is in various colors and fonts, with 'HAPPY BIRTHDAY' in large, bubbly letters at the top.

## Coffee & Donuts

Saturday, September 3  
8 to 10 a.m.

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



# The Snack Stand

## Snacks available

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



## Soup & Hot Dogs

Saturday, Sept. 17  
11 a.m. to 1 p.m.

SOUP: Chicken Noodle \$2.00

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

PICKLED BEETS \$.50

DESSERT: Ice Cream & Strawberries  
\$2.50

**Entertainment:**  
**The Majestics**

50/50 Drawing  
Candy will be sold too!

Friends and Family  
Welcome!

## September Concerts

Sunday, Sept. 11  
6 to 8 p.m.

**Entertainment:** It's a surprise!

Sunday, Sept. 25  
6 to 8 p.m.

**Entertainment:** Grace Notes

Refreshments  
served at 5 p.m.  
50/50 drawing  
Good Will  
Offering





## **Veteran's Benefits** **Weds., Sept. 14, 2 p.m.**

Did you know that as a veteran or the spouse of a veteran you are eligible for various benefits? Learn more about what you may be able to receive from home health care to long term care with Vi Wagner of the Lehigh County Veterans Affairs office.

## **Herbs - Spice Up Your Life** **Fri. Sept. 16, 2 p.m.**



Whether you grow your own or buy them in the store, herbs are a great way to add flavor and zest to even the simplest meal. Mari Kline of ComforeCare will be here to tell us about various herbs and their many uses.

## **Therapy Dogs** **Mon., Sept. 19** **2:30 p.m.**



Alice Romberger of Lehigh Valley Therapy Dogs and her loveable Maltese Mix, Miz Daisy will be with us again this month. Stop down for a visit.

Howard is recuperating well from his accident. He and Chief will be back in October.

## **Alzheimers Disease** **Tues., Sept. 20, 2 p.m.**

Find out all about this debilitating disease with Chante Butz, of Easton Nursing Center. Chante will talk about the warning signs and symptoms as well as available treatments.

## **Massage Therapy** **Tues., Sept. 20, 9 a.m. to 2 p.m.**

Massage Therapist, Jenn Terry, will be here to offer half hour or hour massage sessions. **Sign up with Miki if you want to schedule an appointment.**

## **Terrorism Awareness** **Weds., Sept. 21,** **2 p.m.**



It's been ten years since the 9/11 attacks and we are still trying to wipe out terrorism. Thomas Barnowski, Director of Corporate and Public Safety Education at Northampton Community College, will be here to talk about basic terrorism awareness and emergency preparedness.

## **Fall Prevention** **Fri., Sept. 23, 2 p.m.**



In honor of National Fall Awareness Day, Millie Santiago of New Eastwood Rehab Center, will be here to talk to us about falls. She will talk about what to do if you fall, when you should get help and the proper way to get up from a fall if you are not hurt.

## **Dementia Resource Center** **Mon., Sept. 26, 2 p.m.**

Did you know that we have a wonderful resource right next door in the Gateway Building? Janis Kaghazwala, of the Dementia Leadership Initiative Program, will be here to tell us about this resource. The Dementia Resource Center is your go to place for all things memory related. You can use their computer programs, get information and more.





## UNITED WE STAND! September, 11, 2011

Ten years ago at this time none of us had the slightest idea how much our lives would soon change.

On September 11, 2001, news of the terrorist attacks roused us from our complacency. Our nation was under attack, for the first time since Pearl Harbor.

The foe was- and continues to be – elusive. Military and security forces are still engaged in a high level of readiness. Together as a nation, we appear to have entered a frightening period of global insecurity. Over these past ten years we wonder when the TV news will report another atrocity.

As we look back there is anger, grief and fear. But there is also hope.

▲ **There is hope** because of the way Americans pull together.

▲ **There is hope** because many people’s definition of “neighbor” has become more inclusive.

▲ **There is hope** because of the way houses of worship were filled, on that day and throughout the weeks that followed, by people who felt they simply had to be together in God’s presence.

▲ **There is hope** because God loves us and remains with us through all circumstances in life.

We Americans can—and should—fill our churches again this September 11<sup>th</sup>.

If we continue to stand united, we will share strength and God’s love!

*-Chaplain Clarkû*

### WORSHIP AT LUTHERAN MANOR

Thurs, Sept. 1-Rev. Edith Roberts St. Peter’s Lutheran, Bethlehem

Tues, Sept. 6 - Father Pat Lamb- Notre Dame RC Church

Thurs. Sept. 15- Rev. Jack Tanis- Calvary Baptist Church, Easton

Thurs. Sept. 22- Rev. Sharon Joseph- Church of the Manger UCC, Bethlehem

Thurs. Sept. 29- Rev. Allen Hermansader- Presbyterian Sr. Living, Chaplain



**BIBLE STUDY – EVERY Monday from 1-2pm. You’re always welcome!!**

*Here we go again...*

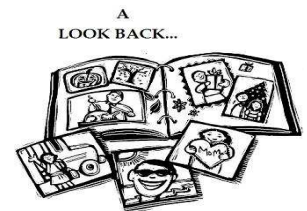
### **IT’S TIME TO TELL YOUR LIFE STORY...AND HAVE FUN SHARING YOUR MEMORIES!**

Regardless of your age or background, you have an interesting and unique life story to share. Only you can preserve your memories. Only you can share a lifetime of wisdom.

Only you can create a lasting record for generations to come. Ensure there is more than a tombstone that records your time on earth. You have accomplished much!

**Beginning Thurs. Sept 8<sup>th</sup> at 10:30 am we will meet for 8 weeks in the Patio to reminisce about our lives...the**

**people, places and adventures we’ve experienced. Sign up now**



Cut and slide this slip under the Chaplan’s door or sign up at his office....

**Yes, I’d like to take part in the REMINISCING & SHARING TIME on THURSDAYS.**

Name \_\_\_\_\_ Apt # \_\_\_\_\_

# 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 1.

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

NAME: \_\_\_\_\_ APT.# \_\_\_\_\_

PHONE: \_\_\_\_\_

## *Note from the Property Manager...*

WOW, we have a busy year ahead of us. I am very excited for the renovations to begin!! We have a lot of great projects planned for each and every apartment here at Lutheran Manor. I ask everyone to be patient during the construction period and I am positive you will enjoy all the new features of your apartment. We will give you advance notice when your apartment is scheduled for one of the projects-please wait until then to prepare your items. This will be a 15 month process, so we do not want anyone to prepare too early. We are asking you to contact your family and friends when your kitchen is scheduled to be remodeled-you may need some assistance in the preparation. If you have any questions regarding any of the renovations, please feel free to set up a meeting with me.

Unfortunately, I have received a complaint from the fire department regarding our fire alarm procedures. ☹️ Some tenants are not following our procedures. Please remember you are required to follow the procedures prescribed in your "House Rules" packet. ALL TENANTS ARE TO WAIT IN THE LOUNGE OR THE STAIR WELLS for instructions from the fire dept., or when the fire alarm is disarmed. This is for your safety and the safety of each of the firemen responding to our call. Please do NOT wait in the lobby-we need that clear for the fire and police dept. to do their jobs properly. Violating this procedure is a lease violation. Keeping you safe is our first priority... 😊

We received a great response to our upcoming "non-smoking" policy change. If you have not already returned your acknowledgement form please bring it to the office by September 16. Please take advantage of the opportunities we may offer if you wish to quit smoking. We will assist you in any way we can.

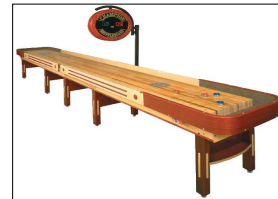
We are happy to announce that the air conditioning is now in the patio. Hope you enjoy the cool air!

*Courtney Donohue*  
Property Manager

## **IRON PIGS PLAYOFF GAME**

**Sept. 7 or Sept. 9**

We have tickets to one of the Iron Pigs Playoff Games. Please note that the date will be determined by previous games played. If you would like to attend the game, please sign up with Don Byington, Apt. # 106.



## **SHUFFLEBOARD MEETING**

**Weds., Sept. 7, 2 p.m.  
Patio**

There will be a shuffleboard meeting for anyone interested in joining a league in September. Come down to let us know if you are interested in playing on a league. **We will begin playing Tues., Sept. 13, at 6 p.m.**





# REMINDER

## Labor Day Picnic

Monday, September 5, 2011

Doors open at Noon  
Buffet served 1 p.m. in the Lounge  
Entertainment at 2 p.m.

Check your August HiLites for more information

## *Housekeeping Services*

Due to the increasing costs of cleaning supplies, we will be raising our hourly housekeeping fees **beginning October 1.**

**One hour of cleaning will be \$9**  
**A two hour block of time will be \$16**

As always, we encourage residents to take advantage of this service. If you would like to schedule the housekeeping service, please see Miki.





**Weds., Nov. 30**  
**COST: \$75 per person**

We are going to see the Radio City Christmas Spectacular in New York City! Don't miss this awesome production with all new visual effects incorporated into the well-loved classic production.

We are taking the Lutheran Manor Bus. We will leave here at 8 a.m. The show starts at 11 a.m. After the show you will head out of city, with a stop for lunch on the way home.

The cost includes a FREE popcorn and soda at the show OR a souvenir Christmas Ornament. **A \$20 deposit will reserve your seat.** Final payment by October 1. Sign up with Miki.

# Van Trips



# October 2011

DATE	TRIP	TIME
Oct. 2 (Sunday)	James Michener Museum	11:00 a.m. ____
Oct. 3 (Monday)	Banks; CVS; \$\$ Store; PO	9:30 a.m. ____
Oct. 4 (Tuesday)	Breakfast/Valley Farms	8:30 a.m. ____
Oct. 5 (Wednesday)	Kings	8:30 a.m. ____
Oct. 7 (Friday)	Red Lobster	11:00 a.m. ____
Oct. 9 (Sunday)	The Willows Restaurant	3:00 p.m. ____
Oct.12 (Wednesday)	Texas Roadhouse	3:00 p.m. ____
Oct.13 (Thursday)	Fearless Fire Hall USO Dance (free)	11:15 a.m. ____
Oct.14 (Friday)	Allentown Farm Market	9:30 a.m. ____
Oct.16 (Sunday)	PA Playhouse "Trailer Park Musical"	2:15 p.m. ____
Oct.17 (Monday)	Lehigh Valley Mall/Chilis	9:30 a.m. ____
Oct.21 (Friday)	Giant	9:30 p.m. ____
Oct.24 (Monday)	Salvation Army Thrift Store/Kohls	10:00 a.m. ____
Oct.25 (Tuesday)	Lunch/Senior Bingo	10:45 a.m. ____
Oct.26 (Wednesday)	Lunch/Carmike Movies	11:00 a.m. ____
Oct.27 (Thursday)	Breakfast/Walmart	8:30 a.m. ____
Oct.31 (Monday)	Price Rite	10:00 a.m. ____

Reservation forms may be obtained outside Miki's office. Please fill out the form and return to Miki after 9 a.m. on the first day of the month.

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

**Sun****Mon****Tue****Wed****Thu****Fri****Sat**

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

4	5	6	7	8	9	10
	1:00 Labor Day Picnic Office Closed	10:00 Exercise 2:00 Notre Dame Catholic Church	2:00 Shuffleboard meeting 6:30 Poker League	10:00 Exercise 10:30 Life Bio	1:00 Yoga	
11	12	13	14	15	16	17
6:00 Concert	1:00 Bible Study 1:30 Committee Meeting 6:00 Bingo	10:00 Exercise 2:00 General Meeting 6:00 Shuffle-board League	2:00 Speaker Vet Benefits 6:30 Poker League	10:00 Exercise 10:30 Life Bio 1:00 Computer 2:00 Calvary Baptist Rev. Tanis 6:00 Shuffleboard League	1:00 Yoga 2:00 Speaker Herbs	11:00 Soup & Hot Dogs
18	19	20	21	22	23	24
	1:00 Bible Study 2:30 Therapy Dog 6:00 Bingo	9:00 Massage 10:00 Exercise 2:00 Speaker Alzheimers 6:00 Shuffle-board League	2:00 Speaker Terrorism 2:00 Book Club 5:00 Birthday Party 6:30 Poker	10:00 Exercise 10:30 Life Bio 2:00 Church of The Manger Rev. Joseph 6:00 Shuffleboard League	1:00 Yoga 2:00 Speaker Falls	
25	26	27	28	29	30	
6:00 Concert	1:00 Bible Study 2:00 Speaker Resources 6:00 Bingo	10:00 Exercise 1:00 Computer 6:00 Shuffle-board League	6:30 Poker League	10:00 Exercise 10:30 Life Bio 2:00 Pres. Senior Living Rev. Hermansader 6:00 Shuffleboard League	1:00 Yoga	

S E P T E M B E R  
 O C T O B E R  
 N O V E M B E R