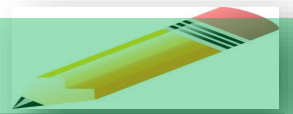


December 2020

Hi-Lites of *Lutheran Manor*



Notes From the Office



To Our New Residents!

Felipe Otero -Carrion 818

Gene & Marylin Miller 619

New Office Hours

Monday –Thursday

8:30am-4:30pm

Friday 8:30am-1:00pm

HOLIDAY SWEATERS

Join in on the fun when
Lutheran Manor Staff
wear their holiday sweaters
at the General Meeting on
December 8th



COVID-19



Watch Channel 99

for protocols &
updates.



Starting in
January 2021,
Blood Pressure

Checks will now be done every
Tuesday at 2pm in the Lounge.



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

Always Sanitize your hands
upon entering the building .

NOTICE

**Use hand
sanitizer.**



SmartSign.com • 800-952-1457 • 5-9888

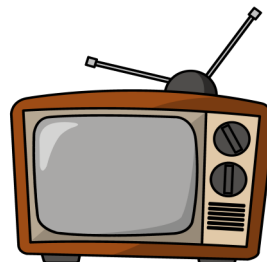
LIVE-STREAMING

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.



SNOW PARKING SPOT

Snow parking spots must remain **EMPTY**, during the winter months, especially when snow is expected in the weather forecast.



PA Travel Guidelines
for **ANYONE** entering
Pennsylvania from
outside the state,
including those
returning home, a
negative COVID test
is required or a **14**
day stay at home
quarantine.

MAKE NOTE!

2021 Social Security

This is the time of year that we expect each resident to begin receiving their annual **Social Security award letter** in the mail. When you receive your award letter, please bring it to the **main office** right away so we can make a copy for your file.

Form SSA-4926-SM (1-2018) Not valid for proof of income

U.S. GOVERNMENT PRINTING OFFICE: 2018 K000000000 501 000

Your New Benefit Amount

BENEFICIARY'S NAME: [REDACTED]

Your Social Security benefits will increase by 2.0% in 2018 because of a rise in the cost of living. You can use this letter as proof of your benefit amount if you need to apply for food, rent, or energy assistance. You can also use it to apply for bank loans or for other business. Keep this letter with your important financial records.

How Much Will I Get And When?

• Your monthly amount (before deductions) is	\$680.00
• The amount we deduct for Medicare medical insurance is (If you did not have Medicare as of November 17, 2017, or if someone else pays your premium, we show \$0.00.)	\$0.00
• The amount we deduct for your Medicare prescription drug plan is (We will notify you if the amount changes in 2018. If you did not elect withholding as of November 1, 2017, we show \$0.00.)	\$0.00
• The amount we deduct for voluntary Federal tax withholding is (If you did not elect voluntary tax withholding as of November 17, 2017, we show \$0.00.)	\$0.00
• After we take any other deductions, you will receive on or about January 3, 2018.	\$680.00

If you disagree with any of these amounts, you must write to us within 60 days from the date you receive this letter. We would be happy to review the amounts.

If you receive a paper check and want to switch to an electronic payment, please visit the Department of the Treasury's Go Direct website at www.godirect.org online.

What If I Have Questions?

- Visit our website at www.socialsecurity.gov.
- Call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

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

Lori will be IN on Friday, Dec 11 and Friday, Dec 18

Lori will be OFF on Thursday, Dec 24 and Thursday, Dec 31

****MASKS REQUIRED in waiting area and in salon****

Winner of our Tuesday Tablet Raffle
will be announced at the
December 8th General Meeting



*Wearing your mask means your
skin needs a good facial.
Schedule your appointment today
*\$5 off any facial **

For every 4th service that you
receive, you will receive
the 5th service FREE!



**Schedule your Manicure &
Pedicure NOW**



Lutheran Manor will be hosting BINGO

DATE: *Tuesday, December 15, 2020*

TIME: *2:00pm*

LOCATION: *Lounge*

***Space limited to 25 residents max**

***No Walk-ins**



BINGO

Tuesday, December 15, 2020

2:00pm

Name: _____

Apt#: _____

Phone: _____

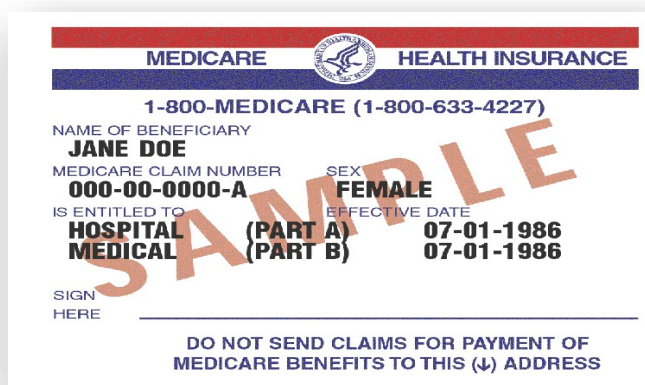
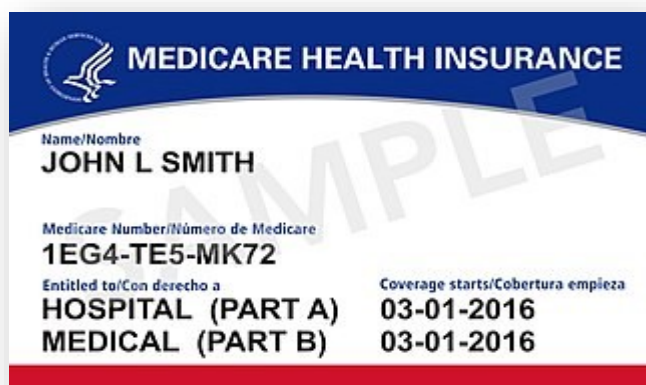
***Please return slip to Main office no later than Friday, December 11**

Brenda's Bulletin

'Medicare Made Clear'

The Medicare Enrollment Period runs out soon and everyone has questions.

Wednesday, December 2 @ 2pm



Francis Ferrer, United HealthCare

Please write your questions below and they will be answered during the presentation on Channel 98.

What Medicare questions do you have?

Return to *KIERRA* by Wednesday, December 2 @ 12pm

1. _____
2. _____
3. _____
4. _____
5. _____

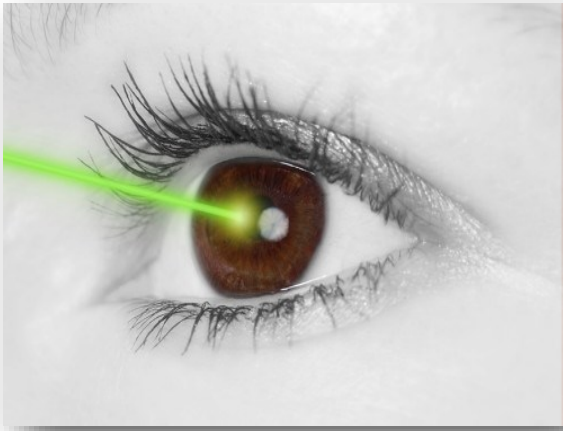
Name: _____ **Phone#:** _____

MILLIS EYE ASSOCIATES

(215) 444-0707

*Specializing in senior eye care for over 20 years,
we are the largest senior in-home provider in
Southeast PA, providing compassionate care
with a focus on maximizing quality of life.*

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 and 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.



***We accept almost every
insurance plan in the state,
including Medicaid and
Community Health Choice plans.**

Monday, December 14 @ 2pm

Channel 98

MILLIS EYE ASSOCIATES

Name: _____

Phone #: _____ Apt #: _____

***Return to BRENDA so we can get
you in for a future In-Home Appointment**



SHINGLES CLINIC

Tuesday, December 29

2:00pm-4:00pm (Lounge)

Items Needed for clinic:

- COPAY may be required
- Driver's License or Identification card
- MEDICARE card
- Medical Insurance card

***Sign up with Brenda today**



Balance Tracker Clinic

With the demand for Balance & Fall Risk Assessments growing rapidly, using a state of the art Balance Tracker with highly accurate sensors to determine the center of pressure & postural sway, can prevent an accident.

Join us to see where you stand!

Janice Friedman, Always Best Care

Tuesday, December 8 @ 11am (Lounge)

-Appointments available in 15 minutes timeslots

***Sign up with Brenda today**

Holiday Spectacular

Featuring flute performance by
Meredith Twardowski



This festive program includes many favorite Christmas tunes, as well as Hanukkah and general winter songs. Learn about the history of the Christmas carol & hear facts about other familiar holiday pieces.

Gene Autry's Christmas classics & music from holiday movies are also featured in this unique flute performance.

Carols of the 1700's: Deck the Hall; Hark! The Herald Angels Sing; Joy to the World; *and* Angels We Have Heard on High

Music from Johann Sebastian Bach: Wake Up Calls the Voice; *and* Jesu, Joy of Man's Desiring

Carols of the 1800's: We Three Kings of Orient Are; O Holy Night; O Little Town of Bethlehem; *and* The First Noel

Franz Schubert's Ave Maria

Very Early Carols: O Come, Emmanuel; *and* Lo, How a Rose E'er Blooming

Two Pieces from the Renaissance Period: God Rest Ye Merry Gentlemen; *and* What Child is This?

Antonio Vivaldi's Largo from *The Four Seasons*

Hanukkah Celebration: The Dreidel Song; *and* Hanukkah, Oh Hanukkah

Holiday Music from the Movies: Silver Bells; *and* Christmas Time is Here

Gene Autry's Holiday Music: Rudolph the Red-Nosed Reindeer; Frosty the Snowman; *and* Here Comes Santa Claus

Christmas Classics: It's Beginning to Look Like Christmas; *and* The Christmas Song

Peaceful Reflection: Away in a Manger; *and* Silent Night

Winter Favorites: Jingle Bells; *and* Let It Snow



*Sounds
of The
Season*

Tuesday, Dec22 @ 3pm
(Channel 98)





Kierra's Kickstart to Fitness

Updated Facts about COVID-19



With so much misinformation in the news & on social media, it is important to know the facts. Tune in for an updated presentation on COVID.

Thursday 12/10 @ 11:00am

Connect Virtually with your
Family for the Holidays



Wednesday 12/16 @ 11:00 AM

**Tune in for an information
session on '*how to*' use Zoom.**

If you would like to participate in a test-run of zoom on your computer or smart device, sign-up with Kierra.

25 Days of Fitness Challenge

**Each day will have a different exercise "challenge" for you!*

***Pick up your calendar or call
Kierra to have it delivered
directly to your mailbox.**



**At the end of
the month, you
can turn it in for
a chance
to win gifts !*

Weekend Warrior

Brain Games



Participate the weekends of 12/4

and 12/18 for a chance to win prizes!

- Receive a game packet on Friday
- Complete it by Monday afternoon
- Put it in your mailbox (outside of your apt) by Tuesday morning
- Kierra will let you know if you are a winner and will return the answers upon request

Call Kierra to sign up

610-866-6010 x208

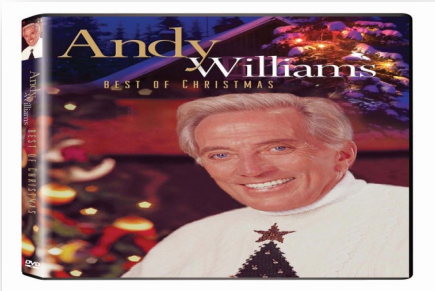


ALL MOVIES WILL BE LIVE-STREAMED ON CHANNEL 98!

MOVIE 1: Andy Williams

Best of Christmas

Friday, Dec 4 @ 1pm



This Christmas collection features 24 of the greatest songs of the holiday season, including "The Most Wonderful Time of the Year," "White Christmas," "It's A Holiday Season," "Silver Bells," "I'll Be Home for Christmas," "Jingle Bells," "Christmas Song," "Ave Maria," "Mary's Boy Child," "Silent Night," and "O Holy Night." Andy is joined by the entire Williams clan and the Osmond Brothers.

MOVIE 3: It Happened

One Christmas

Monday, December 21 @ 1pm



In the spirit of It's A wonderful Life...A young woman has to give up her dream and remain in her small hometown as head of the family's building and Loan building.

MOVIE 2: Christmas Miracle

Friday, December 18 @ 1pm



Due to unforeseen road closure, eight strangers are forced to take refuge in an abandoned church during a snowstorm. During their time together, they learn from one another how to manage through various personal dilemmas, and that despite their differences, by working together, they can make even the most unlikely miracles happen.

MOVIE 4: Bob Hope

Christmas Special

Monday, December 28 @ 1pm



Bob Hope entertains our troops at his annual USO tour of Southeast Asian military bases.



From the Chaplain



CHRISTMAS IS FOR YOU

When “A Charlie Brown Christmas” debuted on December 9, 1965 it was an instant hit. Since then it has been aired at least once every Christmas Season.

Near the very end of Charlie Brown’s Christmas when Linus is reading the Christmas story from Luke something small happens. It’s so insignificant it could likely be missed. Linus, you know, is best known

for carrying around a blanket...blue and a little raggedy, his security blanket. Something he has not yet given up. His friends tease him about it. Lucy is particularly hard on him. But he still has it. As he reads Luke’s story, he lets it go. When the angel says to the frightened shepherds, **“Do not be afraid! For see I bring you good news of great joy for all the people.”** At just this moment, Linus lets go of his security blanket. And with it, all his insecurities and fears drop away. That’s what happens, you see, when you realize just how much God loves you. It may surprise you and even take your breath away at times. But there it is...THIS CHILD CAME FOR YOU. Christmas is for you. The story is told and retold for ALL PEOPLE. So that knowing God’s love, you might live with courage, compassion, wonder and hope.

Merry Christmas! This Child is born FOR YOU. ~Pastor Clark



We will celebrate Holy Communion (the Eucharist) during worship on **Thursday, Dec. 10th** and Christmas Worship on **Wednesday, December 23rd** at 2 pm on Channel 98. You are welcome to provide your own elements or receive a sealed communion cup with juice and a wafer. (Instructions for requesting this are included elsewhere in this Newsletter.)

BIBLE STUDY every Wednesday at 12:30 pm live-streamed on Chanel 98.

CHAT ROOM every Thursday at 10 am in the lounge. Face Masks and social distancing required.

WORSHIP IN DECEMBER

2pm Live-streamed Channel 98



Tuesday, Dec 1, Father Kevin Bobbin, Notre Dame RC Church, Bethlehem.

Thursday, Dec 3rd Pastor Jonny Villamar, (Spanish) Crossroads Church, Easton

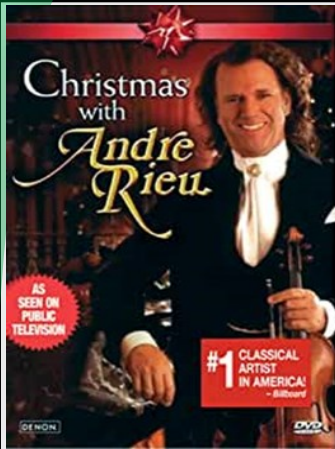
Thursday, Dec. 10, Pastor Dan Bretell, St. Paul Lutheran, Easton, PA

Thursday, Dec. 17 Pastor Richard Nahodil, Christ EC, Allentown

Wednesday, Dec 23rd Christmas Worship, Pastor Clark, Chaplain

Wednesday, Dec. 30th Pastor Marian Johnson, Church of the Manger, Bethlehem

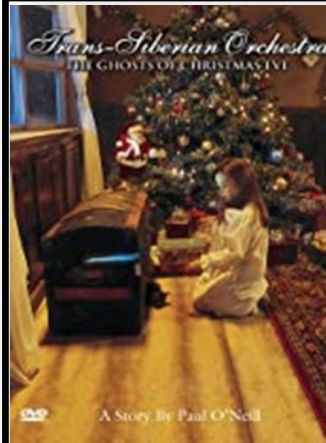
From the Chaplain



CHRISTMAS WITH ANDRE RIEU

A delightful Christmas experience featuring timeless yuletide favorites filmed in many of Europe's most beautiful locations.

Wednesday, December 9th @ 2 pm
Channel 98

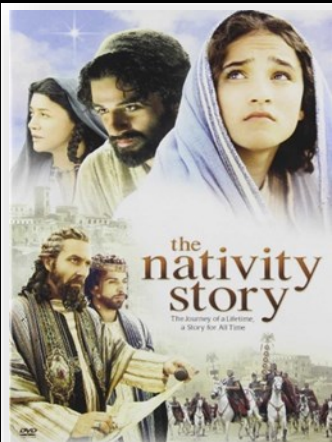


GHOSTS of CHRISTMAS EVE

A unique fantasy trip through the magic of Christmas.

Featuring: "O Come All Ye Faithful," "Good King Joy," "Christmas Canon," "Music Box Blues," "Promises To Keep," and "This Christmas Day,".

Wednesday, December 16th @ 2 pm
Channel 98



THE NATIVITY STORY

The Nativity Story is a beautifully made, highly authentic film about the birth of Jesus Christ.

Thursday, Dec 24th @ 1 pm
Channel 98



RADIO CITY CHRISTMAS SPECTACULAR FEATURING: THE ROCKETTES

Featuring: The Dance of the Nutcracker, Parade of the Wooden Soldiers, Santa's Toy Headquarters, the Living Nativity and the arrival of Santa.

Thursday, December 31st @ 1 pm
Channel 98

HOLY COMMUNION AT WORSHIP

We will celebrate Holy Communion
(the Eucharist) worship

Thursday, December 10th at 2pm



A sealed communion cup with
juice and wafer is available
for this worship service.

Please indicate below if you
would like one brought to your
apartment prior to the worship.

Thank you ~Chaplain Clark

(Live-Streamed Channel 98)

HOLY COMMUNION AT WORSHIP

NAME: _____

APT#: _____ PHONE#: _____

_____ I would like a sealed Communion cup/juice and wafer
for worship on Thursday, December 10th @ 2pm

Please return slip to main office no later than Tuesday, December 8th

HOLY COMMUNION AT WORSHIP

We will celebrate Holy Communion
(the Eucharist) Christmas worship

Wednesday, December 23rd at 2pm



A sealed communion cup with
juice and wafer is available
for this worship service.

Please indicate below if you
would like one brought to your
apartment prior to the worship.

Thank you ~Chaplain Clark

(Live-Streamed Channel 98)

HOLY COMMUNION AT WORSHIP

NAME: _____

APT#: _____ PHONE#: _____

_____ I would like a sealed Communion cup/juice and wafer
for Christmas worship on Wednesday, December 23rd @ 2pm

Please return slip to main office no later than Monday, December 21st

Religious Activities

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
Bible Study	Every Wednesday	12:30pm	Live Streamed Channel 98
Chat Room	Every Thursday	10:00am	Lounge
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

<u>Activity</u>	<u>Day(s)</u>	<u>Time</u>	<u>Place</u>
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	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

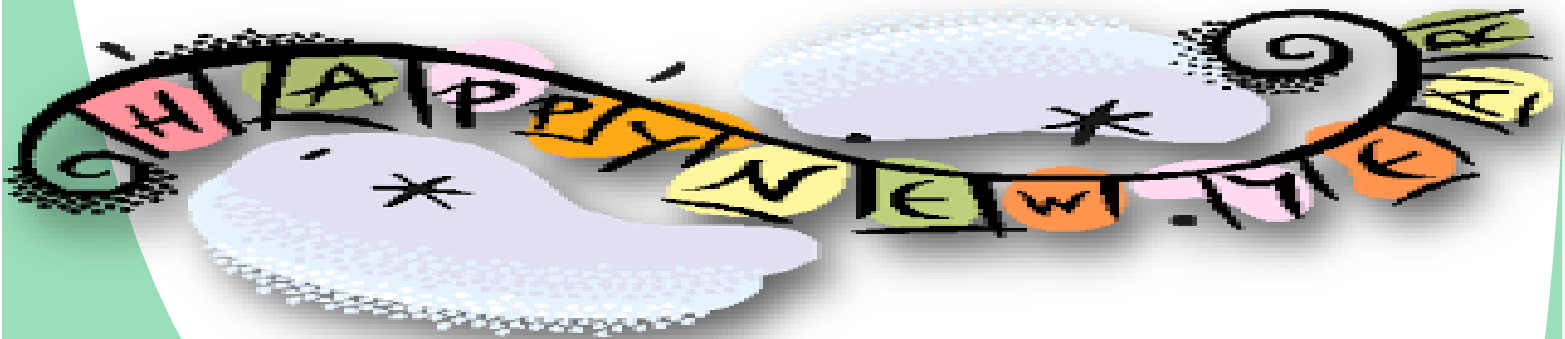
Our **DECEMBER** Activities

Activity	Day(s)	Time	Place
Candy / Ice Cream Sale	Every Wednesday	3:00pm	Lounge
Van Trip Papers Drop off	Tuesday, Dec 1	8:30am	Main Office
SPEAKER: United Healthcare <i>Medicare Made Clear</i>	Wednesday, Dec 2	2:00pm	Live-streamed Channel 98
Second Harvest Food Bank	Thursday, Dec 3	12:30pm	Direct Apartment Delivery
Movie #1: Best of Christmas	Friday, Dec 4	1:00pm	Live-streamed Channel 98
CLINIC: Always Best Care <i>Balance Tracker</i>	Tuesday, Dec 8	11:00am	Lounge
Pastor Clark Movie #1: Christmas with Andre Rieu	Wednesday, Dec 9	2:00pm	Live-streamed Channel 98
COVID19 Update with Kierra	Thursday, Dec 10	11:00am	Live-streamed Channel 98
Blood Pressure Checks	Thursday, Dec 10	6:00pm	Lounge
General Meeting	Tuesday, Dec 12	2:00pm	Live-streamed Channel 98
SPEAKER: Millis Eye Associates	Monday, Dec 14	2:00pm	Live-streamed Channel 98
BINGO	Tuesday, Dec 15	2:00pm	Lounge
Holiday ZOOM with Kierra	Wednesday, Dec 16	11:00am	Live-streamed Channel 98
Pastor Clark Movie #2: Ghosts of Christmas Eve	Wednesday, Dec 16	2:00pm	Live-streamed Channel 98
Movie #2: Christmas Miracle	Friday, Dec 18	1:00pm	Live-streamed Channel 98
Movie #3: It Happened One Christmas	Monday, Dec 21	1:00pm	Live-streamed Channel 98
Flute Performance	Tuesday, Dec 22	3:00pm	Live-streamed Channel 98
Christmas Day Worship	Wednesday, Dec 23	2:00pm	Live-streamed Channel 98
Pastor Clark Movie #3: The Nativity Story	Thursday, Dec 24	1:00pm	Live-streamed Channel 98
Christmas Eve Christmas Day	Thursday, Dec 24 Friday, Dec 25	—	OFFICE CLOSED
Movie #4— Bob Hope Special	Monday, Dec 28	1:00pm	Live-streamed Channel 98
CLINIC: Shingles Vaccine	Tuesday, Dec 29	2:00pm	Lounge
Pastor Clark Movie #4: Radio City Christmas	Thursday, Dec 31	1:00pm	Live-streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30 Van trip Paper Drop off 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 Church (98)	2 10:00 Fit For Life(98) 12:30 Bible Study(98) 2:00 Speaker: United Healthcare MEDICARE MADE EASY 3:00 Candy/IceCream	3 9:30 Post Office/ Shopping at CVS 10:00 Joyful Joints (98) 10:00 Chat Room 12:30 Second Harvest Food Bank 2:00 Church Spanish (98)	4 9:30 Shopping at GIANT 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: Best of Xmas	5
6	7 10:00 Fit For Life (98) 11:00 Stand up for Strength (98)	8 9:30 Shopping at WEIS 10:00 Joyful Joints (98) 11:00 Yoga (98) 11:00 Clinic: Balance Tracker 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 General MTG (98)	9 10:00 Shopping at Dollar Tree 10:00 Fit For Life(98) 1:00 Shopping at Dollar Tree 12:30 Bible Study(98) 2:00 Pastor Movie: Andre Rieu Xmas 3:00 Candy/IceCream	10 10:00 Joyful Joints (98) 10:00 Chat Room 11:00 Updated facts about COVID (98) 2:00 Church (98) 2:00 Communion Worship (98) 6:00 Blood Pressure Checks	11 OFFICE CLOSSES at 11:00am 7:00-10:00 Lounge Closed for cleaning 10:00 Tai Chi (98) 11:00 Yoga (98)	12
13	14 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 2:00 Speaker: Millis Eye Associates	15 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00 BINGO	16 10:00 Shopping at VALLEY FARMS 10:00 Fit For Life(98) 11:00 Speaker: Holiday Zoom (98) 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS 2:00 Pastor Movie: Ghosts of Xmas Eve 3:00 Candy/IceCream	17 10:00 Joyful Joints (98) 10:00 Chat Room 2:00 Church (98)	18 9:30 Shopping at TARGET 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: Xmas Miracle	19
20	21 9:30 Shopping at SHOPRITE 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: It Happened One Xmas	22 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 3:00 Xmas Flute Performance	23 10:00 Shopping at WALMART 10:00 Fit For Life(98) 12:30 Bible Study(98) 1:00 Shopping at WALMART 2:00 Communion Worship (98) 3:00 Candy/IceCream	24 Christmas Eve OFFICE CLOSED 1:00 Pastor Movie: The Nativity Story	25 Christmas OFFICE CLOSED 	26
27	28 10:00 Fit For Life (98) 11:00 Stand up for Strength (98) 1:00 Movie: Xmas Special	29 10:00 Joyful Joints (98) 11:00 Yoga (98) 12:00 Tai Chi (98) 1:00 Afternoon Aerobics (98) 2:00-4:00 Shingles Clinic	30 10:00 Fit For Life(98) 10:00 Shopping at WEGMANS 12:30 Bible Study(98) 1:00 Shopping at WEGMANS 2:00 Worship 3:00 Candy/IceCream	31 OFFICE CLOSSES at 12:30PM 1:00 Pastor Movie: Radio City Xmas	Fitness Van Trips Resident Association Religious Lutheran Manor Holidays/Observances / Other	

VAN TRIPS January 2021

DATE	DAY	TRIP	TIME
Jan 5	Tuesday	Shopping at CVS	9:30am_____
Jan 6	Wednesday	Shopping at VALLEY FARMS	9:00am_____
Jan 6	Wednesday	Shopping at VALLEY FARMS	1:00pm_____
Jan 12	Tuesday	Shopping at WEIS (Senior Discount Day)	9:30am_____
Jan 15	Friday	Shopping at GIANT	9:30am_____
Jan 20	Wednesday	Shopping at WALMART 248	9:00am_____
Jan 20	Wednesday	Shopping at WALMART 248	1:00pm_____
Jan 25	Monday	Shopping at GIANT	9:30am_____
Jan 27	Wednesday	Shopping at WEGMANS	9:00am_____
Jan 27	Wednesday	Shopping at WEGMANS	1:00pm_____



Forms will be collected starting at 8:30 am on Tuesday December 1st

Name:_____ Apt:_____

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