

January 2012

Hi Lites of Lutheran Manor



Mark Your Calendar

Welcome New Residents

306 - Judith Neubauer
806 - Agnes Horrox

Jan. 2 (Monday)	Office Closed		
Jan. 5 (Thursday)	Blood Pressure	6 p.m.	Lounge
Jan. 7 (Saturday)	Coffee & Donuts	8 a.m.	Lounge
Jan. 7 (Saturday)	Pinochle Party	12:30 p.m.	Lounge
Jan. 8 (Sunday)	New Year's Dinner	5 p.m.	Lounge
Jan. 9 (Monday)	Tenant Committee Meeting	1:30 p.m.	Ceramics
Jan.10 (Tuesday)	General Meeting (2nd Floor responsible for snacks)	2 p.m.	Lounge
Jan.11 (Wednesday)	Speaker "Pneumonia"	2 p.m.	Lounge
Jan.13 (Friday)	Craft Class	10 a.m.	Lounge
Jan.16 (Monday)	Office Closed		
Jan.18 (Wednesday)	Book Club	2 p.m.	Patio
Jan.20 (Friday)	Movie	7 p.m.	Lounge
Jan.21 (Saturday)	Soup & Hot Dogs	11 a.m.	Lounge
Jan.23 (Monday)	Therapy Dog	2:30 p.m.	Lounge
Jan.24 (Tuesday)	Speaker "Depression"	2 p.m.	Lounge
Jan.25 (Wednesday)	Video Taping		Lounge
Jan.26 (Thursday)	Memorial Church Service	2 p.m.	Lounge
Jan.27 (Friday)	Speaker "Navajo Exchange"	2 p.m.	Ceramics
Exercise	Every Tuesday & Thursday	10 a.m.	Lounge
Bible Study	Every Monday	1 p.m.	Patio
Bingo	Every Monday	6 p.m.	Lounge
Life Biography	Every Thursday	10 a.m.	Patio
Yoga	Every Friday	1 p.m.	Patio

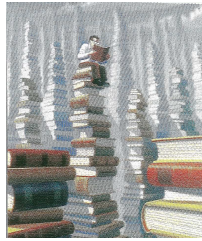


Looking Ahead...

FEBRUARY

Saturday	2/4	Coffee & Donuts	8 a.m.
Saturday	2/4	Pinochle Party	12:30 p.m.
Sunday	2/12	Valentine Party	The Katos 5 p.m.
Saturday	2/18	Soup & Hot Dogs	11 a.m.

The Lutheran Manor Book Club will meet on Wednesday, Jan. 18 at 2 p.m. in the Patio. A New Year! A new beginning, talking of our favorite subject - the world of books.



Computer Lab

Nancy will be teaching Intro to Computers Continued. This class will explore the internet and email.

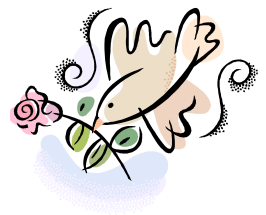
Mon., Jan. 9; 1 to 3 p.m.

Mon., Jan. 23; 1 to 3 p.m.

Please sign up with Miki.

A Memorial Service

January 26, 2012, 2 p.m.



A time to remember all those friends and family (not only Lutheran Manor Residents) **who passed away during 2011.**

Person(s) to be remembered at Memorial Worship Service

(You may include resident of Lutheran Manor or other friends and family who died in 2011)

NAME: _____ DATE/DEATH _____

NAME: _____ DATE/DEATH _____

NAME: _____ DATE/DEATH _____

Your Name and Phone #: _____

Please give completed form to Pastor Clark no later than Thurs., January 12



Miki's Corner

Pneumonia

Weds., Jan. 11, 2 p.m.

Germs are running rampant in the winter time. This is the time of year when colds, flu and yes the dreaded pneumonia thrive. Millie Santiago, of New Eastwood Nursing Center, will be here to teach you ways to reduce your risk of getting pneumonia. She will show you some exercises and tell you what symptoms to watch out for.



Let's Make a Picture Frame!

Fri., Jan. 13, 2 p.m.

A student and teacher from the Transition and Assessment Program at Lehigh University will be here to make a lovely winter themed picture frame with us. Emilie and Krisi will be with us monthly with a new craft project to make. This life skills program at Lehigh is focused on meeting the educational needs of students with developmental disabilities. **You must sign up with Miki for the craft.**



Therapy Dog

Mon., Jan. 23, 2:30 p.m.

Miz Daisy and
Alice Romberger

Depression & Anxiety

Tues., Jan. 24, 2 p.m.

Winter can bring with it cold, snow and the blues. Learn how you can beat the depression and anxiety that is so prevalent during the winter months. Christina Price of Care Alternatives will be here to talk about ways to beat those winter blues. Snacks will be provided.

The Navajo Experience

**Fri., Jan. 27,
2 p.m.**



What better way to learn inter-cultural understanding and communication than by immersing yourself in a new culture? Students from Northampton Community College spent a week living with Navajo host families on the Navajo Reservation in northeastern Arizona this past October. They discovered a rich culture, a tragic history, and a resilient people in the high desert of the Southwest. And they made friends with students at Diné College on the reservation. Donna Acerra of NCC, will be here to take us into the Navajo Experience.

Massage Therapy....

Weds., Jan. 11; 9 a.m. to 2 p.m.

Weds., Jan. 25; 9 a.m. to 2 p.m.

If you are interested in massage, please sign up in Miki's office.

RETURN TO THE LORD...



There's something about the New Year that invites us to reflect upon our lives—how our lives have been in the past year and how they'll be in the coming year. We think about the challenges we've faced in 2011. We look forward to the year ahead and we get focused on what we'll do and where we'll go. We always hope the coming year will be better than the last. The New Year, in a way, invites us to return to ourselves, to think about our sorrows and fears, our joys, and our hopes and dreams.

A New Year also gives us a new opportunity for us to reflect on our life of faith and to return to God. Have we relied on God as we should? Have we taken our needs to him in prayer? Or, have we tried to "go it alone," thinking that our own strength will be enough to carry us through life. Have we confessed our sins to God and looked to him for forgiveness or have we tried to justify ourselves?

Through Jesus Christ, the Good News of God's love is proclaimed to us and we are assured that God is merciful. We can therefore hear the Prophet Joel's words with joy, "Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love (Joel 2:13)."

Have a blessed New Year! Chaplain Clark

MEMORIAL SERVICE



Thursday, Jan. 26 -2pm. A time to remember all those friends and family who died during 2011. *Please give completed form (found elsewhere in Hilites) to Chaplain Clark with the names and date of death of those you wish remembered.*

NEW YEAR'S RESOLUTIONS

Number 1:
Join Monday's Bible Study Group at 1 pm in the Patio!!
SEE YOU THERE



JANUARY WORSHIP- 2 PM -LOUNGE

Tues. Jan 3- Father Pat Lamb, Notre Dame RC Church, Bethlehem

Thurs. Jan 12 Rev Edith Roberts, St. Peter Lutheran, Bethlehem

Thurs. Jan 19- Rev. Joy Wyler, Unity of the L.V, Emmaus

Thurs. Jan 26- Memorial Service-Chaplain Clark.



Note from the Property Manager...

I hope everyone had a wonderful and safe holiday!!! I want to express my gratitude and appreciation for all the holiday cards, goodies and gifts that were given to the staff at Lutheran Manor. It was truly a kind gesture!!

This upcoming year is going to be very exciting for Lutheran Manor. We will be in the heart of our renovation project and launching our smoke-free policy in August.

January 25th is the day we are filming our "virtual tour". This is going to be the perfect marketing tool we can include in our application packets and have on our website. If you are available that day to volunteer to participate in our video, please see Miki as soon as possible.

This month we have the "self-inspection" form included in the newsletter. Please return it on time. The information collected from this form helps us keep the building and the apartments in good running order. It helps the maintenance staff stay on top of new and existing issues. We need you to report any problems, large or small, so we can continue the excellent condition of Lutheran Manor. If you have any questions regarding this form, please visit me in the rental office.

Stay warm...

Courtney Donohue
Property Manager

Trips to Notice...

Feb. 8 - Lehigh County Historical Society Train Exhibit - Don't miss this 4000 foot train exhibit depicting the glory days of trains built in America. Cost - \$6.

Feb. 11 - Agricultural Hall Antique & Modern Arms Show - We will go to the Allentown Fairgrounds to see this interesting show presented by Forks of the Delaware Historical Arms Society.

Feb. 23 - Hershey Chocolate tour and outlet shopping - We will visit the wonderful world of chocolate! You can take the free chocolate tour, shop for all things cocoa, have lunch at their expansive restaurant and then go on for a shopping extravaganza at the nearby outlet center.

Feb. 26 - Bach Choir at Zoellner Arts Center - The performance of the Bach Choir and Festival Orchestra is enhanced by a special performance of the dance program students at area colleges and high schools. After the concert enjoy dinner at the Star Restaurant. Cost - \$17

Feb. 28 - Weaver's Store/Lunch - Go back in time to this fascinating country store. Known as the Mennonite Mall, you will find everything from baked goods to fabric, work gloves and more. Browse through this enchanting old time store. Afterwards, there will be a stop for lunch.

Unit # _____

RETURN TO OFFICE BY January 25, 2012

**2012 Tenant Inspection
LUTHERAN MANOR OF THE LEHIGH VALLEY, INC.**

INSPECTION

CONDITION

(Circle one)

CHECK FAUCETS FOR DRIPPING (*bath & kitchen*) **NO LEAKS OR NEEDS REPAIR**

CHECK UNDER SINKS FOR LEAKAGE (*bath & kitchen*) **NO LEAKS OR NEEDS REPAIR**

CHECK ALL KITCHEN RECEPTACLES **WORKING OR NEEDS REPAIR**

CHECK EMERGENCY PULL CORDS POSITION (*keep un-tied*) **GOOD OR NEEDS REPAIR**

CHECK SWITCH PLATES AND OUTLET COVERS (*cracks, etc.*) **GOOD OR NEEDS REPAIR**

CHECK CONDITION OF WALLS & CEILINGS (*cracks or holes*) **GOOD OR NEEDS REPAIR**

CHECK WINDOWS - LIVING ROOM/BEDROOM **Any comments:** _____

CHECK DOOR HARDWARE (*must close & latch*) **GOOD OR NEEDS REPAIR**

ANY LEAKS NEAR WATER HEATER? **YES OR NO**

ANY COMMENTS ABOUT YOUR HEATER/AC UNIT? _____

ANY OTHER REPAIRS TO REPORT? NONE OR _____

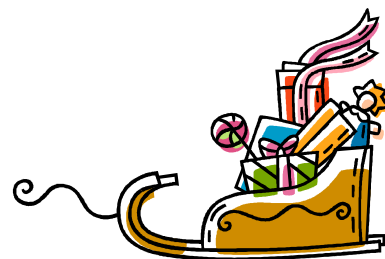
TENANT SIGNATURE _____

Thank You

The staff of Lutheran Manor would like to thank everyone for your kindness and generosity during the Christmas holiday. We appreciate your gifts, delicious treats, cards and well wishes at this special time of year. May you all have a blessed new year.

Thank you,

*Courtney, Dolores, Cathy, Miki, Bob, Ken, Pastor Clark, Sharon,
Judy, Don, Driver Don and Nancy.*



VAN TRIP **SUNDAY, MARCH 25** **\$18.50 per person**

We are going to a Hershey Bears hockey game. Enjoy a great game, food at their concession stands, friends and lots of FUN!

The van will leave Lutheran Manor at 3:30 p.m. The game starts at 5 p.m.

Sign up with Miki if you want to attend. Deadline to sign up is February 10.



2012 Party

Sunday, January 8, 2012

5 p.m. in the Lounge (Doors open at 4 p.m.)

\$8 for Residents
\$10 for Guests
(limit 2)

Entertainment

Song Styles by
Cindy

Sings and Plays Keyboard



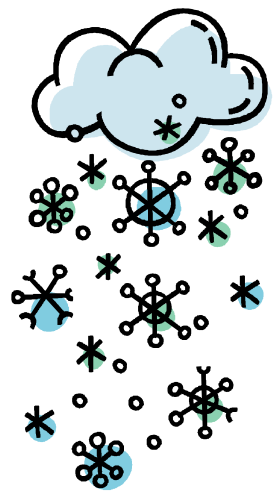
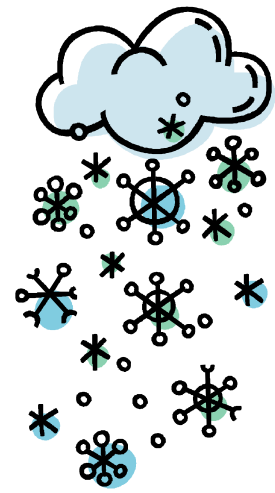
MENU
Baked Ham w/
Pineapple Sauce
Salad w/ Bacon
Dressing
Scalloped Potatoes
Green String Beans
Rolls w/ Butter
Dessert
Coffee or Tea
Soda \$1.00

50/50 drawing: 3 for \$1.00

Coordinator: Ronnie Clifford

You may reserve a table for 6 or 12 people
before the deadline date

You'll have
Fun!!



2012 Dinner

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

I am reserving a table for _____. (write names on back) # of Guests _____

NAME: _____ Apt.# _____

PHONE: _____

Deadline for Reservations, Wednesday, Jan. 4

DO YOU HAVE **Concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Classes are held twice a week for 4 weeks for 2 hours each.

**Class dates: Tuesdays & Wednesdays
Beginning February 21
(No class on March 13 because of General Meeting, this will be held Monday March 21)**

For more information and to register please call Miki

Sponsored by:



A Matter of Balance: Managing Concerns About Falls

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Van Trips



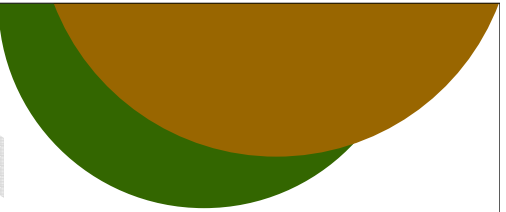
February 2012

DATE	TRIP	TIME
Feb. 1 (Wednesday)	Breakfast at Bethlehem Diner	8:30 a.m. _____
Feb. 3 (Friday)	Banks; P.O.; CVS, \$ Store	9:30 a.m. _____
Feb. 6 (Monday)	Weis Market, Rt. 512	9:30 a.m. _____
Feb. 7 (Tuesday)	South Mall	9:30 a.m. _____
Feb. 8 (Wednesday)	LC Historical Soc. Train Exhibit	10:00 a.m. _____
Feb. 9 (Thursday)	Valley Farms	9:30 a.m. _____
Feb.11 (Saturday)	Antique/Modern Arms Show	9:00 a.m. _____
Feb.13 (Monday)	Lunch at Bull & Bear Restaurant	11:00 a.m. _____
Feb.15 (Wednesday)	Senior Center Dance	12:15 p.m. _____
Feb.16 (Thursday)	Wegmans	9:30 a.m. _____
Feb.21 (Tuesday)	Lunch/Senior Bingo	10:45 a.m. _____
Feb.23 (Thursday)	Hershey Chocolate Tour/Outlets	8:30 a.m. _____
Feb.24 (Friday)	Dinner/Marblehead Chowder House	3:30 p.m. _____
Feb.26 (Sunday)	Bach Choir Concert/Dinner	2:00 p.m. _____
Feb.27 (Monday)	Breakfast/Walmart	8:30 a.m. _____
Feb.28 (Tuesday)	Weaver's Market/Lunch	9:00 a.m. _____

Bring this completed sheet to Miki's office after 9 a.m. the first morning the office is open after you receive your newsletter.

NAME: _____

APT.: _____



January

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																																	
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	Office Closed 6:00 Bingo	10:00 Exercise 11:00 Schwann 2:00 Notre Dame Catholic Church	6:30 Poker League	10:00 Exercise 10:00 Life Bio 6:00 Blood Pressure	1:00 Yoga	8:00 Coffee & Donuts 12:30 Pinochle Party																																																	
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5:00 New Year Dinner	1:00 Bible Study 1:30 Comm. Mtg. 6:00 Bingo	10:00 Exercise 2:00 General Meeting	2:00 Speaker 6:30 Poker League	10:00 Exercise 10:00 Life Bio 2:00 St. Peters Rev. Roberts	10:00 Craft 11:30 Food Boxes 1:00 Yoga																																																		
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