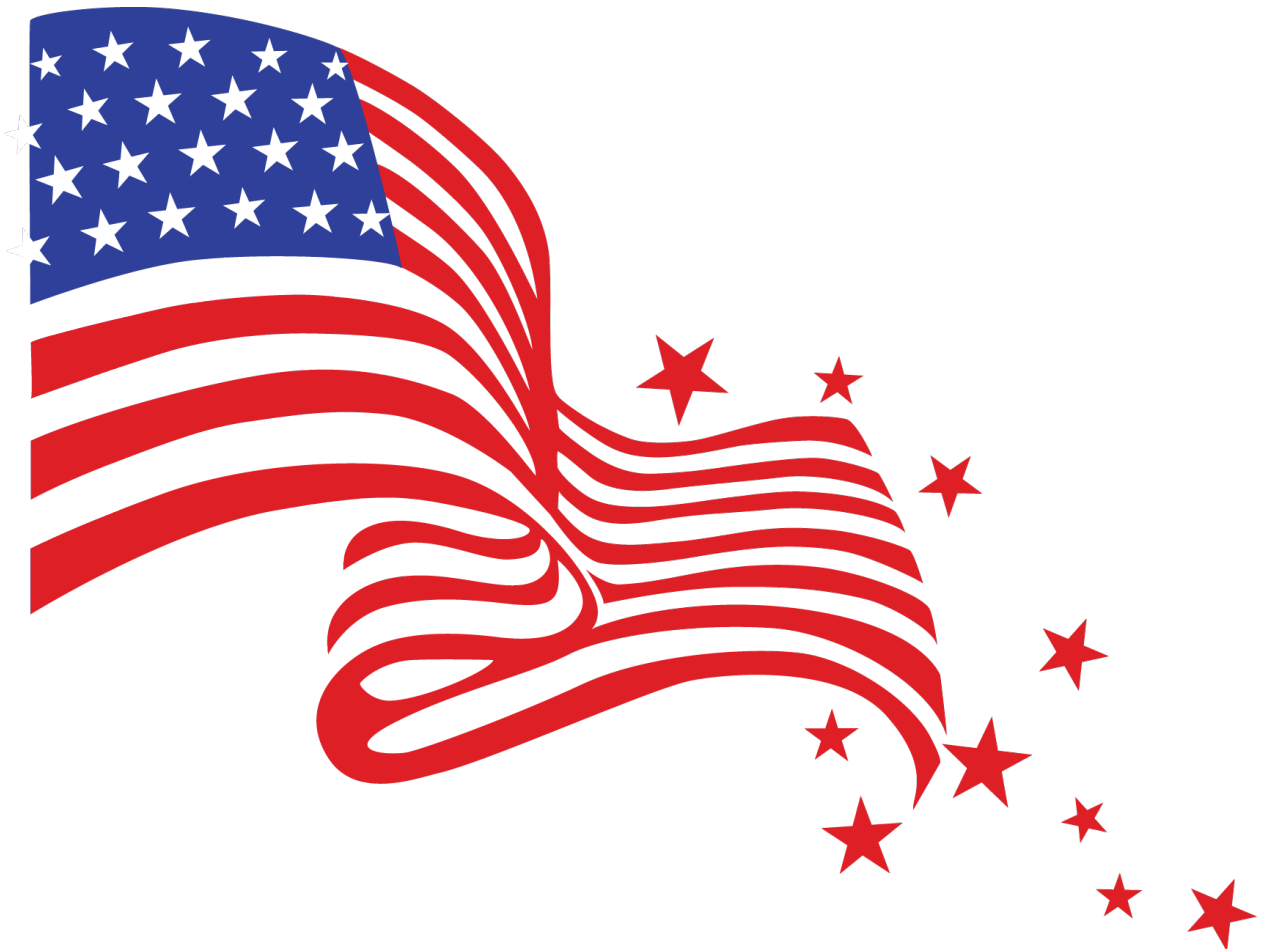


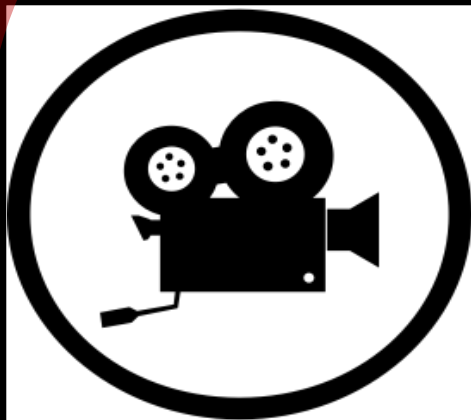
# July 2020

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## *Hi-Lites* of Lutheran Manor



# Notes From the Office



## LIVE-STREAMING

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

Watch channel 99, the message board and bulletin board for times, dates & topics.



Office CLOSED  
**July 3rd 2020**  
for the Independence  
Day Holiday

**Fitness Center** is now **OPEN**

\*Check Kierra's page for Details!



**Game Room** is **CLOSED**

Thank you for your patience.

\*Stay tuned for updates.



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

## ***Update:***

Limited Visitation

**2 visitors per apartment**

All residents and guests ***MUST***  
sanitize upon entering building  
and wear masks



## **COVID-19**

Watch **Channel 99**  
for protocols &  
updates.

# Bellezza Salon & Spa

## Hours of Operation

Tuesday 9:30am - 3pm

Thursday 9am - 3pm

\*July 3rd Special Hours 9am-3pm

## **For Appointments Call**

610-866-6010

then press 9

## **SALON *is OPEN***

To schedule an appointment, please call and leave a voicemail with your **FULL NAME ,PHONE NUMBER and APARTMENT NUMBER (No walk-ins).**

**If you wear Red, White and Blue the day of your service, you will receive \$1.00 off.**

**SPECIAL**

**FREE**

*For every 4th service that you receive at the salon, you will receive the 5th service Free!*

*No Massage appointments  
until further Notice*



# **Brenda's Bulletin**

Due to Corona Virus Restrictions, dates and times are subject to change.

Please look for notices and check message board for updates.

## **RENT REBATE**

***\*Brenda will be completing applications at this time.***

***The State Office will NOT be available in July to complete rebates.***

***Please call 610-866-6010 ext.4 to get on the list for an appointment.***

**Please bring ALL of the following documentation  
to your scheduled appointment:**

**RENT CERTIFICATE:** The completed Rent Certificate will be provided by Brenda on the day of your confirmed appointment. It is NOT necessary for this form to be notarized, as it is completed by Michelle and signed by Courtney.

***NOTE:*** If you are new to the building and rented elsewhere for part of last year, you will need a Rent Certificate from your previous landlord. Should you be unable to obtain your former landlord's signature, notarization is then required.

**PROOF OF INCOME:** ALL 2019 year-end statements (1099, W2's) – Social Security, SSI, SSD, SSP, Railroad Retirement, Pension, Annuity, IRA, Interest, Dividends, Salaries, Wages, Cash Public Assistance, Alimony, Unemployment Compensation, Worker's Compensation, Lottery Winnings, etc.

**DIRECT DEPOSIT:** If you would like your Rent Rebate check to be direct deposited into your bank account, you must bring your Bank Account and Routing information (checkbook accepted; ATM/VISA/DEBIT cards NOT ACCEPTABLE)

**FIRST TIME APPLICANTS:** PA Identification Card or Driver's License, Medicare Card or Medical Insurance Card and Proof of Disability (Letter from Social Security Administration)

***\*Applications will be completed in Brenda's Office.***

# **Brenda's Bulletin**

Due to Corona Virus Restrictions, dates and times are subject to change.

Please look for notices and check message board for updates.

## **MEDICARE 101**

**\*What are the 4 parts-ABCD?**

**\*What's the difference between Medicare Supplement & Medicare Advantage plans?**

**\*When can I enroll or change my plan?**

**\*Will my health affect getting a Medicare Supplement or other Medicare plan?**

**\*Do I qualify for any local resources or assistance?**

**\*Introduction to Benefits Checkup, which assists with paying Medications, Food, Utilities, Legal help, Health Care, Housing, Property Taxes, Transportation, Employment Training and more!**

**Monday, July 27th @ 2pm**

**(Live Streamed 98)**



### **Farmers' Market Voucher Program**

**Applications available  
in Brenda's office**

- Must be 60 or older to apply
- Deadline September 30 or until funding allows



### **Second Harvest Food Bank**



**Date Change:**

***July Distribution***

**Thursday, July 16th @ 12:30pm**

***\*Boxes will be distributed to  
resident apartments***





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

**MOVIE 1: *Playing With Fire***

***Monday, July 6th @ 1:00 pm***



When Firefighter Jake Carson and his team rescue three siblings in the path of a wildfire, they quickly realize that no amount of training could have prepared them for their most challenging job yet-babysitting. While trying to locate the children's parents, the firefighters have their lives, jobs, and even their fire station turned upside down and learn that kids-much like fires-are wild and full of surprises.

**MOVIE 3: *Harriet***

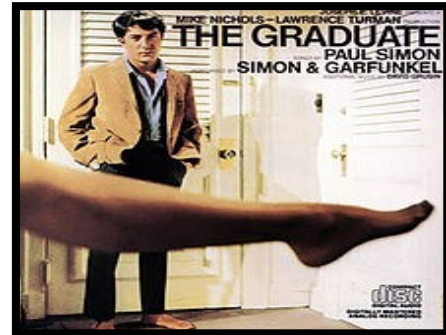
***Friday, July 17th @ 1:00 pm***



From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

**MOVIE 2: *The Graduate***

***Monday, July 13th @ 1:00 pm***



Benjamin Braddock has just finished college and, back at his parents' house, he's trying to avoid the one question everyone keeps asking: What does he want to do with his life? An unexpected diversion crops up when he is seduced by Mrs. Robinson, a bored housewife and friend of his parents. But what begins as a fun tryst turns complicated when Benjamin falls for the one woman Mrs. Robinson demanded he stay away from, her daughter, Elaine.

**MOVIE 4: *Dark Waters***

***Friday, July 24th @ 1:00pm***



A tenacious attorney uncovers a dark secret that connects a growing number of unexplained deaths to one of the world's largest corporations. While trying to expose the truth, he soon finds himself risking his future, his family and his own life.



# From the Chaplain



## A GOOD LAUGH

***"A merry heart makes a cheerful countenance . . . he that is of a merry heart hath a continual feast. Proverbs 15:13 and 15***

As anyone who knows me, knows I love a good laugh. Research has shown that laughing is a natural stress reliever. It improves circulation and muscle tone. It increases certain hormones and endorphins so that you feel better. Have you ever pictured Jesus laughing? I believe that Jesus knew how to laugh and did so! I also believe that he fully expects us to do so also. So, let's have some fun. Here are some funny quotes about the Bible that kids have uttered. From the mouth of babes...

\*A Christian should only have one spouse. This is called monotony. \*Lots wife was a pillar of salt by day, but a ball of fire by night. \*Noah's wife was called Joan of Ark. \*Solomon had 300 wives and 700 porcupines. \*Joshua led the Israelites in the battle of Geritol. \*The first commandment was when Eve told Adam to eat the apple. \*Noah couldn't do much fishing while he was on the ark because he only had two worms. \*As the offering plate was being passed, a 4-year-old said, "You don't have to pay for me, daddy. I'm under 5." \*When you get scared, God will bring you your quilt. He said the Comforter would come. \*It says, "the Lord thy God is One." But I think He is a lot older than that. \*Noah built a large boat and put his family and some animals on it. He asked some other people to join him, but they said they would have to take a rain check. \*Jesus had twelve opossums. The worst one was Judas Asparagus. Judas was so evil that they named a terrible vegetable after him. \*When Mary heard that she was the mother of Jesus, she sang the Magna Carta.

God wants to meet you in laughter as well as grief, in joy as well as sorrow, and rejoicing as well as mourning! Take just a few moments to find some bright spot to lift up your day. Take time to laugh.

~Blessings, **Pastor Clark**

**PLEASE NOTE: Bible Study (Paul's Epistle to the Colossians) now on Wednesdays at 12:30pm live-streamed on Channel 98. No Chat Room in July. Watch the Message Board for updates.**

Thurs., July 2<sup>nd</sup> – Spanish- Pastor Jonny, Cornerstone Church, Easton

Tues., July 7<sup>th</sup>- Father Dan, Notre Dame RC Church, Bethlehem

Thurs., July 9<sup>th</sup> – Pastor Gary Walbert- Good Shepherd Lutheran, Kreidersville

Thurs. July 16<sup>th</sup>- Pastor Marian Johnson, Church of the Manger, UCC, Bethlehem

Thurs. July 23<sup>rd</sup>- Pastor Brian Reidy, Holy Trinity Lutheran, Catasauqua

Thurs. July 30<sup>th</sup> – Pastor Larry Burd, Calvary Baptist, Easton

GIVE **Thanks**  
with a  
GRATEFUL **Heart**





# From the Chaplain



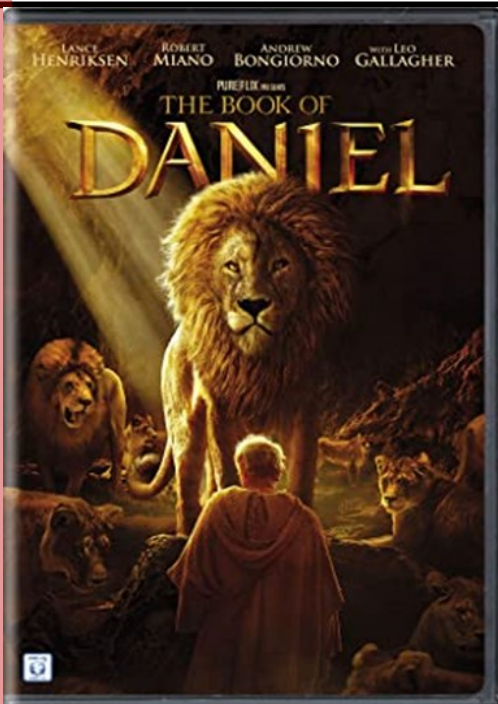
## ***COURAGEOUS***

Wednesday, July 8<sup>th</sup> at 2 pm  
(Channel 98)

Four men, one calling: To serve and protect. As law enforcement officers, they are confident and focused, standing up to the worst the streets can offer. Yet at the end of the day, they face a challenge they're ill prepared to tackle - fatherhood. When tragedy strikes home, these men are left wrestling with their hopes, their fears, their faith, and their fathering.

### **VIEWERS' COMMENTS:**

*\*This is a very emotional story, but these are the real problems people have to deal with that nobody wants to talk about. Trusting in God at all costs is the only road to peace and happiness in this life and the next.*



## ***THE BOOK OF DANIEL***

Wednesday, July 22<sup>nd</sup> at 2pm  
(Channel 98)

Taken into slavery after the fall of Jerusalem in 605 B.C., Daniel is forced to serve the most powerful king in the world, King Nebuchadnezzar. Threatened by death at every turn Daniel never ceases to serve the king until he is forced to choose between serving the king or honoring God. With his life at stake, Daniel has nothing but his faith to stand between him and the lion's den.

### **VIEWERS' COMMENTS:**

*\*The cinematography is great. "Book of Daniel" is very well made and the acting is awesome. True to the book of Daniel in the Bible. My family has watched it three times already and passing it around to other family members.*

*\*Fantastic, well done. A most treasured old testament book beautifully portrayed. God continues to speak through one of the most uncompromising, faithful to God no matter what the cost, politicians ever to walk this earth. God, I want to be like him.*





# ***Kierra's Kickstart to Fitness***

**Fitness Center is OPEN**  
Limited Hours and  
By Appointment ONLY



**\*Please contact Kierra  
610-866-6010 option 8**

## ***Did you Know?***

Just going for a walk can release a protein called BDNF (Brain Derived Neurotrophic Factor).

This protein encourages the growth of new brain cells, which can help ward off memory loss and dementia!

## **July Health Topics**

**\*Channel 98**

***"How to Get up from a Fall"***

Wed, July 1<sup>st</sup> @ 11:00 AM

***"How to Start a Fitness Program"***

Wed, July 8<sup>th</sup> @ 11:00 AM

***"Osteoporosis: Stay Bone Strong"***

Wed, July 15<sup>th</sup> @ 11:00 AM

***"Staying Hydrated &  
Nutrition Tips"***

Wed, July 22<sup>nd</sup> @ 11:00 AM

## **Healthy Recipe of the Month**



**\* Call Kierra if you would  
like a copy delivered  
to your mailbox!**

# **Religious Activities**

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

# **Exercise Classes**

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

# **Our JULY Activities**

<b><u>Activity</u></b>	<b><u>Day(s)</u></b>	<b><u>Time</u></b>	<b><u>Place</u></b>
LOUNGE CLOSED FOR CLEANING	Every other Friday	7am-10am	Lounge
<b><u>VAN TRIP PAPERS DROP-OFF</u></b>	<b><u>WEDNESDAY, JULY 1</u></b>	<b><u>8:30AM</u></b>	<b><u>BRENDA'S OFFICE</u></b>
Movie #1- <i>PLAYING WITH FIRE</i>	Monday July 6	1:00pm	Live streamed Channel 98
Pastor Clark Movie #1 - <i>COURAGEOUS</i>	Wednesday, July 8	2:00pm	Live streamed Channel 98
Movie #2- <i>THE GRADUATE</i>	Monday, July 13	1:00pm	Live streamed Channel 98
<b><u>GENERAL MEETING</u></b>	<b><u>TUESDAY, JULY 14</u></b>	<b><u>2:00PM</u></b>	<b><u>LIVE STREAMED CHANNEL 98</u></b>
Second Harvest Food Bank	Thursday, July 16	12:30pm	Boxes will be distributed to resident's apartments
Movie #3-Harriet	Friday July 17	1:00pm	Live streamed Channel 98
Pastor Clark Movie #2 - <i>THE BOOK OF DANIEL</i>	Wednesday, July 22	2:00pm	Live streamed Channel 98
Movie #4- Dark Waters	Friday July 24	1:00pm	Live streamed Channel 98
SPEAKER: Aetna Medicare101	Monday, July 27	2:00pm	Live streamed Channel 98

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Resident Association Religious Lutheran Manor</p>			<p>1 8:30 Van trip Papers <b>DROPOFF</b> 10:00 Fit For Life (98) 11:00 'How to get up from a Fall' (98) 12:30 Bible Study(98)</p>	<p>2 10:00 Joyful Joints (98) 2:00 Church Spanish (98)</p>	<p>3 9:00 Banks/Post Office/ CVS</p> 	<p>4</p> 
<p>5</p> 	<p>6 10:00 Fit For Life (98) 11:00 AM Stand up for Strength (98) 1:00 Movie:Playing With Fire (98)</p>	<p>7 10:00 Shopping at WEIS 10:00 Joyful Joints (98) 12:00 Tai Chi (98) 2:00 Church (98)</p>	<p>8 10:00 Fit For Life(98) 11:00 'How to Start a Fitness Program' (98) 12:30 Bible Study(98) 2:00 Pastor Clark Movie: Courageous (98)</p>	<p>9 10:00 Joyful Joints (98) 2:00 Church (98)</p>	<p>10 10:00 Tai Chi (98) 11:00 Yoga (98)</p>	<p>11</p>
<p>12</p>	<p>13 10:00 Fit For Life (98) 11:00 AM Stand up for Strength (98) 1:00 Movie: The Graduate (98)</p>	<p>14 10:00 Joyful Joints (98) 12:00 Tai Chi (98) 2:00 General MTG (98)</p>	<p>15 10:00 Fit For Life(98) 11:00 'Osteoporosis: StayBoneStrong' (98) 12:30 Bible Study(98) 1:00 Shopping at VALLEY FARMS</p>	<p>16 10:00 Joyful Joints (98) 12:30 Second Harvest Food Bank (Boxes distributed to residents apts) 2:00 Church (98)</p>	<p>17 7:00-10:00 Lounge Closed 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie:Harriet (98)</p>	<p>18</p> 
<p>19</p> 	<p>20 10:00 Shopping at GIANT 10:00 Fit For Life (98) 11:00 AM Stand up for Strength (98)</p>	<p>21 10:00 Joyful Joints (98) 12:00 Tai Chi (98)</p>	<p>22 10:00 Fit For Life(98) 11:00 'Stay Hydrated &amp; Nutrition Tips' (98) 12:30 Bible Study(98) 2:00 Pastor Clark Movie: The Book of Daniel (98)</p>	<p>23 10:00 Joyful Joints (98) 2:00 Church (98)</p>	<p>24 10:00 Tai Chi (98) 11:00 Yoga (98) 1:00 Movie: Dark Waters (98)</p>	<p>25</p>
<p>26</p>	<p>27 10:00 Fit For Life (98) 11:00 AM Stand up for Strength (98) 2:00 Speaker: Aetna Medicare 101</p>	<p>28 10:00 Joyful Joints (98) 12:00 Tai Chi (98)</p>	<p>29 10:00 Fit For Life(98) 12:30 Bible Study(98)</p>	<p>30 10:00 Joyful Joints (98) 1:00 Shopping at WEGMANS 2:00 Church (98)</p>	<p>31 10:00 Tai Chi (98) 11:00 Yoga (98)</p>	



# VAN TRIPS August 2020

DATE	DAY	TRIP	TIME
8/3/20	MONDAY	Banks (if permitted) / Post Office / CVS	9:00am _____
8/4/20	TUESDAY	Shopping at WEIS (Senior Discount Day)	10:00am _____
8/5/20	WEDNESDAY	Shopping at WALMART 248	12:30pm _____
8/12/20	WEDNESDAY	Shopping at GIANT	1:00pm _____
8/17/20	MONDAY	Shopping at TARGET	10:00am _____
8/21/20	FRIDAY	Shopping at VALLEY FARMS	10:00am _____
8/27/20	THURSDAY	Shopping at WEGMANS	1:00pm _____
8/31/20	MONDAY	Shopping at WALMART 248	10:00am _____

*Today is  
a perfect day  
to just be  
happy.*

purehappy.com

Forms will be collected starting at 8:30 am on Wednesday, July 1st .

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