

**November 2011**

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# **Hi Lites of Lutheran Manor**



# Mark Your Calendar

## Welcome New Residents

309- Connie Davidson  
916 - Joyce Fauri

<b>Nov. 5</b> (Saturday)	Coffee & Donuts	8 a.m.	Lounge
<b>Nov. 5</b> (Saturday)	Pinochle Party	12:30 p.m.	Lounge
<b>Nov. 7</b> (Monday)	Clothing Drive Begins		
<b>Nov. 7</b> (Monday)	Tenant Committee Meeting	1:30 p.m.	Ceramics
<b>Nov. 7</b> (Monday)	Speaker "Diabetes"	2 p.m.	Lounge
<b>Nov. 8</b> (Tuesday)	General Meeting (4th floor responsible for snacks)	2 p.m.	Lounge
<b>Nov. 9</b> (Wednesday)	Quit Smoking Program	2 p.m.	Lounge
<b>Nov.11</b> (Friday)	Therapy dog	11 a.m.	Lounge
<b>Nov.11</b> (Friday)	Speaker "Exercise for Seniors"	2 p.m.	Lounge
<b>Nov.15</b> (Tuesday)	Speaker "Substance Abuse"	2 p.m.	Lounge
<b>Nov.16</b> (Wednesday)	Book Club	2 p.m.	Lounge
<b>Nov.17</b> (Thursday)	Harvest Home	10 a.m.	Lounge
<b>Nov.18</b> (Friday)	Clothing Drive ends		
<b>Nov.18</b> (Friday)	Speaker "Creative Leftovers"	2 p.m.	Lounge
<b>Nov.18</b> (Friday)	Movie	7 p.m.	Lounge
<b>Nov.19</b> (Saturday)	Soup & Hot Dogs	11 a.m.	Lounge
<b>Nov.20</b> (Sunday)	Pizza Party	5 p.m.	Lounge
<b>Nov.21</b> (Monday)	Therapy Dog	2:30 p.m.	Lounge
<b>Nov.24</b> (Thursday)	Thanksgiving	Office Closed	
<b>Nov.25</b> (Friday)	Thanksgiving	Office Closed	
<b>Nov.27</b> (Sunday)	Concert	6 p.m.	Lounge
<b>Nov.28</b> (Monday)	Fashion Show	2 p.m.	Lounge
<b>Nov.29</b> (Tuesday)	Speaker 'POLST'	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>Life Biography</b>	Every Thursday	10 a.m.	Patio
<b>Yoga</b>	Every Friday	1 p.m.	Patio

# Looking Ahead...

## DECEMBER

Saturday	12/3	Coffee & Donuts	8 a.m.
Saturday	12/3	Pinochle Party	12:30 p.m.
Thursday	12/8	DeSales Theater Presentation	9:30 a.m.
Wednesday	12/14	Birthday Party	John Bauer 5 p.m.
Saturday	12/17	Soup & Hot Dogs	11 a.m.
Sunday	12/18	Holiday Party	Joe Kroboth & Bob 5 p.m.

### **The Lutheran Manor Book Club**

will meet in the patio at 2 p.m. on Wednesday, November 16. We will share with Thomas Jefferson's enthusiasm when he said, "I cannot live without books." Come and share your love of books.



## Computer Lab

Don't know anything about computers? This is your chance to learn. Nancy will teach "Getting Started with Computers"

**Weds., Nov. 9 & 16; 1 to 3 p.m.**

**You must sign up for class with Miki.**

## ANNUAL CLOTHING DRIVE

Mon., Nov. 7 through Fri., Nov. 18

We are again collecting used clothing for VIA of the Lehigh Valley. Bring your items down to Miki's office. VIA provides services for children and adults with disabilities. The items you donate are used either in their thrift stores or if they are in unusable conditions, they are sold for scrap. So even if your items are in great shape they will take them. Every little bit helps to provide ongoing services in our community.



## Window Candles



It is a custom at Lutheran Manor to light a candle in every window during the holiday season. A single **CLEAR** candle in each window looks lovely and is a warm welcome to all who are traveling on the highway. This is our way of saying "Welcome to Bethlehem, The Christmas City".

Traditionally, candles are lit the first Sunday in Advent. So, please light your candles on Sunday, November 27 and enjoy the holidays.

## Coffee & Donuts

Saturday, Nov. 5  
8 to 10 a.m.

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



# The Snack Stand

## Snacks available

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



## Soup & Hot Dogs

Saturday, Nov. 19  
11 a.m. to 1 p.m.

SOUP: \$2.00

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

PICKLED BEETS \$.50

DESSERT: Ice Cream & Strawberries  
\$2.50

**Entertainment:**  
**Steel City Band**

50/50 Drawing  
Candy will be sold too!

Friends and Family  
Welcome!



*Fall*

*Concert*

**Sun., Nov. 27**  
**6 p.m.**

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

50/50 drawing  
Good will offering  
Refreshments

Family & Friends welcome

# Miki's Corner



## **Diabetes** **Mon., Nov. 7, 2 p.m.**

Diabetes is a constantly growing disease in our country. Lori LaRizzio, RN, of Greater Lehigh Valley Visiting Nurses, will be here to talk about this devastating disease, symptoms, risk factors and care. Lori will be bringing some healthy snacks.

## **Exercise? Who Me?** **Fri., Nov. 11, 2 p.m.**

Did you know that even simple exercises can increase your health and make you feel better, both physically and mentally? Eliud Omollo, of Revolutionary Home Care, will be here to tell you about simple exercises you can do in your home to improve your overall well being.

## **Substance Abuse and Seniors** **Tues., Nov. 15, 2 p.m.**



Substance abuse could be anything from alcohol to cocaine to even prescription drugs. Bill Lawless, a drug and alcohol interventionist, will be here to talk about abuse, the warning signs and treatment.

## **Therapy Dogs**



**Fri., Nov. 11, 11 a.m.**  
Chief and  
Howard Moskovitz

**Mon., Nov. 21, 2:30 p.m.**  
Miz Daisy and  
Alice Romberger



## **Healthy Creative Leftovers** **Fri., Nov. 18, 2 p.m.**

Just in time for the holidays, Tara Miltenberger of the Allen Center for Nutrition, will be here to talk about creative ways to use your holiday food that is not only tasty but nutritious as well. As always, Tara and her students will bring recipes and samples.

## **POLST** **Tues., Nov. 29, 2 p.m.**

What is POLST? Linda Young of St. Luke's Hospital will tell us all about this easy way for you to make sure your doctors and hospitals know what your wishes are in the event of an emergency.

## **Massage Therapy....** **Weds., Nov. 9; 10 a.m. to 2 p.m.** **Weds., Nov. 30; 10 a.m. to 2 p.m.**

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





As the last of the autumn leaves fall and the days grow shorter, we will once again prepare for the celebration of Thanksgiving. For many of us, our celebration will include worship a prayers of thankfulness, and the gathering together with loved ones for the sharing of an abundant, even extravagant meal.

As I think about the roots of this holiday, I am reminded that before the days of Weis and Giant, the survival of many of our ancestors depended upon a bountiful harvest; and so for many years at the heart of this celebration was thanksgiving to God for the blessing of enough food to make it through the harshness of winter.

Yet, these celebrations of our ancestors were not only an act of thanksgiving they were also an act of faith. For the reason they could dare to use up so much of their precious winter store of food in a meal of such grand extravagance was that that they trusted God to continue to provide for them. They trusted that from the darkness and cold of winter, God would once again bring forth spring with its budding new life and renewed crops.

I pray that just as our fore-fathers and fore-mothers lived in the confidence that spring would come again, we too might live with the faith that God, who has blessed us so abundantly throughout our lives, will continue to do so. It is with this faith, then, that we will have the courage and the freedom to share all of our gifts abundantly and extravagantly, trusting that God's goodness to us will never fail.

Happy Thanksgiving to you all.

-Chaplain Clark

**WORSHIP- 2pm in the Lounge**  
**(Thanksgiving Service is at 10am)**

**Tuesday, Nov.1** - Father Pat Lamb,  
 Notre Dame RC Church

**Thursday, Nov. 10-** Richard Kuhn,  
 Resident

**Thursday, Nov 17 (Harvest Home)**  
 Rev. Werner Koch, St.  
 Stephen's Lutheran,  
 Bethlehem



Thanksgiving Day  
 Worship

**Thursday, Nov 24**  
**(Thanksgiving- 10 am)**  
 Rev. Clark Kuntz,  
 Chaplain

**DON'T MISS THESE**

**VAN TRIPS** Sign Up To-  
 day in Miki's office!



**VAN TRIPS**

**+Hackman's Bible Book Store,**  
 Whitehall, PA; followed by lunch @  
 City View Diner Wednesday, December  
 14<sup>th</sup> - 9:30 am in the lounge.



The Living  
 Christmas Tree

**+The Living Christmas  
 Tree at Calvary Wesleyan  
 Church, Bethlehem, PA**  
 Sunday, December 11<sup>th</sup> - 5pm  
 in the lounge.

# 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.

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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...*

The bright autumn colors, the turkey decorations and the wonderful feast on Thanksgiving Day - a few things we all look forward to!!! The cold weather is going to creep up on us very soon. Take care of yourself! Dress warm, turn you heat on and take a nice long nap on Thanksgiving Day! You deserve it!!

As the winter weather approaches, we want to remind everyone to be careful in the snow and ice. Be careful in the parking lot - take your time!! Be careful driving - avoid the roads if they are predicting icy conditions. Our Maintenance team will work diligently, again this year, to keep the grounds safe.

*(Please remember the "snow plow" parking space is to remain open at all times. Please do not park there.)*

As always, we appreciate your patience with the "Renovation Project". We have a few apartments complete already, and we couldn't be more pleased!! Our contractors are doing an excellent job, in addition, they have informed me that we have the *best group of tenants in town*!! So I personally **THANK YOU** for being so polite and flexible with our contractors. We have many projects going on at once, many different teams of contractors in the building and your cooperation is noticed and appreciated!!

Stay warm and enjoy the wonderful colors of fall...

*Courtney Donohue*  
Property Manager

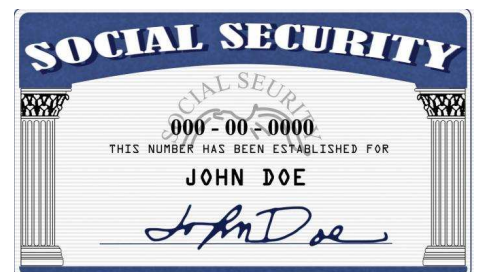
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## *Dear Residents:*

As you know, for your recertification each year, I ask you to provide a copy of your Social Security Award Letter. This information is vital to the process of determining your change in rent payment.

Soon the **2012** award letters will be mailed to each of you by the Social Security Administration. Please take a minute to stop in the office so I can make a copy of this letter. I will keep it on file until we need it for your recertification. This will avoid any unfortunate loss of the letter containing the new information. I thank you in advance for your cooperation.

Sincerely,  
Cathy Gonzales, Occupancy Specialist





# Harvest Home

Help us stamp our hunger in our community. We will hold our annual "Harvest Home" celebration at the weekly worship service on Thursday, November 17.

As we offer our thanks during this holiday time, we turn our thought to those less fortunate. Each year, we hold this "Harvest Home" event so that we could share our blessings with others. We ask that you bring **non-perishable** foods such as canned soups, vegetables, cereals, pasta, etc. Any items will be truly appreciated. Please only bring unopened items and check expiration dates. **Do not bring outdated items, they will be thrown out.** Cash donations will also be accepted. You can bring your donations to the lounge from 10 a.m. to 2 p.m.



After the worship service, these items will be packed and taken to a local food bank to be distributed to those in need.

Please share the joy of Thanksgiving with those in need. Your generosity will not only be a blessing to others but you will be blessed as well.

## Fashion Show

Monday, November 28, 2 p.m.

Truth for Women, a ministry serving women in our community, runs the consignment shop, *My Sister's Closet*. They will be presenting a fashion show of some of the items they have available at the store. Join us for a lovely afternoon of fashion, food and fun! Please note that in December the van will be going to the shop. So come down for the fashion show then go on the van to shop! Refreshments will be served.

**Models are needed for the show. If you would like to be a model, contact Miki.**



## MOVIE NIGHT

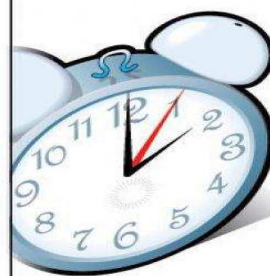
Fri., Nov. 18, 7 p.m.

*"The Man Who Saved Christmas"*

This film is based on the true story of a toymaker during WWI, who continues to make toys even after the government tries to stop Christmas.



Sun., November 6



### Fall back

Daylight-saving time ends Sunday at 2 a.m., so don't forget to set your clocks back one hour.

# Pizza Party

**Sunday, November 20, 2011**

**5 p.m. in the Lounge**

**Doors open at 4 p.m.**

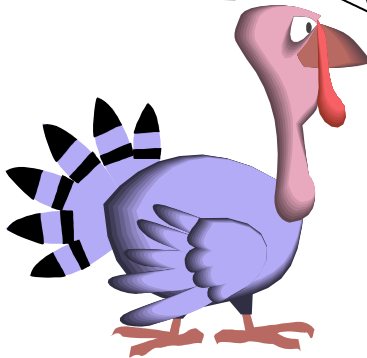


## Entertainment:

Elizabeth Knecht  
Song & Dance  
Girl  
Audience  
Participation



**Coordinator:**  
Ronnie Clifford



## COST:

\$4 per person  
\$6 per guest (limit 2)

## Menu

2 slice of Pizza  
(with cheese topping)  
Salad w/Assorted Dressing  
Ice Cream  
Coffee or Tea  
Soda - \$1.00

50/50 Drawing 3 for \$1.00

You may reserve a table of **6 or 12 people only** before the deadline date.



## Pizza Party

(I am reserving a table for 6 or 12 \_\_\_\_\_)  
Write names on back

# of Guests \_\_\_\_\_

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

NAME: \_\_\_\_\_ Apt. #: \_\_\_\_\_

PHONE" \_\_\_\_\_

**Deadline for Reservations: Weds., Nov. 16**

# Van Trips to Notice...



**Dec. 2 - Calvary Baptist Church Christmas Concert** - Experience the the Christmas season with this wonderful concert by the Calvary Choir and Praise Team. Free

**Dec. 3 - PA German Christmas** - Meet the Steckel family members from the 1800's as they prepare for Christmas. Enjoy, carols, baking, tree decorating and more at the Troxell-Steckel Farm and even meet the Belsnickel. \$6 entry fee.,

**Dec. 5 - DeSales Theater "Joseph & the Technicolor Dream Coat"** - Experience the Andrew Lloyd Webber and Tim Rice dazzling musical production of the timeless story of Joseph and his brothers. Cost \$14.

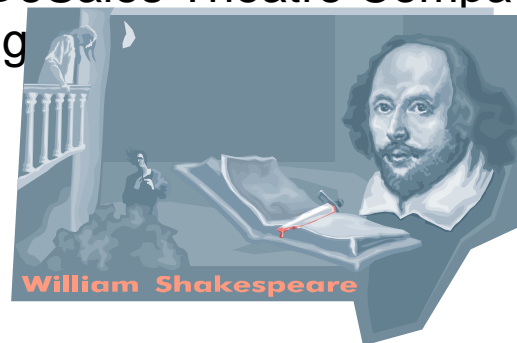
**Dec. 16 - Liberty HS Christmas Concert** - Once again we have been invited to be a part of this Christmas tradition. Enjoy the concert put on by the students, then enjoy a delicious lunch with the students. Free

**Dec. 17 - Christkindlmart** - This year, Christkindlmart will be brand new and held at the Steelstacks facility. Don't miss all the new and exciting features. Cost \$7

## DeSales University presents: Shakespeare Touring Company Thursday, December 8, 9:30 a.m.

*"O For a Muse of Fire"* makes Shakespeare come alive with scenes from his most famous plays. The DeSales Theatre Company will be here for this fast-passed, engaging program. Don't miss this wonderful program.

Coffee and donuts will be served.



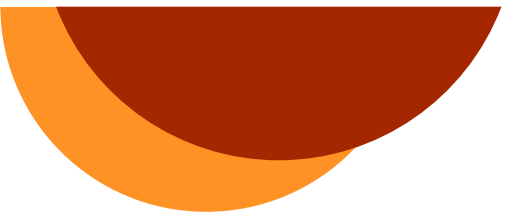
# Van Trips



# November 2011

DATE	TRIP	TIME
Dec. 2 (Friday)	Calvary Baptist Christmas Concert	6:30 p.m. ____
Dec. 3 (Saturday)	PA German Christmas (Egypt, PA)	11:30 a.m. ____
Dec. 5 (Monday)	DeSales Theater "Joseph's Technicolor Dream Coat" \$14	9:45 a.m. ____
Dec. 6 (Tuesday)	Banks; P.O.; CVS, \$ Store	9:30 a.m. ____
Dec. 7 (Wednesday)	Kings	9:30 a.m. ____
Dec. 9 (Friday)	Valley Farms	10:00 a.m. ____
Dec. 11 (Sunday)	Living Christmas Tree Concert	5:00 p.m. ____
Dec. 12 (Monday)	Lights in the Parkway	6:00 p.m. ____
Dec. 13 (Tuesday)	My Sister's Closet Thrift Store	9:45 a.m. ____
Dec. 14 (Wednesday)	Hackman's Bible Book Store	9:30 a.m. ____
Dec. 15 (Thursday)	JC Penney Outlet/Lunch	9:30 a.m. ____
Dec. 16 (Friday)	Liberty HS Christmas Concert	9:00 a.m. ____
Dec. 17 (Saturday)	Christkindl mart (Steelstacks)	10:30 a.m. ____
Dec. 19 (Monday)	Breakfast/Walmart	8:30 a.m. ____
Dec. 20 (Tuesday)	Lunch/Senior Bingo	10:45 a.m. ____
Dec. 21 (Wednesday)	Peddler's Village	9:30 a.m. ____
Dec. 22 (Thursday)	Red Lobster	11:00 a.m. ____
Dec. 28 (Wednesday)	Lunch/Carmike Movies	11:00 a.m. ____
Dec. 29 (Thursday)	Giant	9:30 a.m. ____

Bring this completed sheet to Miki's office after 9 a.m. on the first of the month.



# NOVEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat																																										
		1 10:00 Exercise 2:00 Notre Dame Catholic Church	2 6:30 Poker League	3 10:00 Exercise 10:30 Life Bio 6:00 Blood Pressure	4 1:00 Yoga	5 8:00 Coffee & Donuts 12:30 Pinochle Party																																										
6 <b>Daylight Savings Time</b>	7 <b>Clothing Drive Begins</b> 1:00 Bible Study 1:30 Committee Meeting 2:00 Speaker 6:00 Bingo	8 10:00 Exercise 11:00 Schwann 2:00 General Mtg.	9 10:00 Massage 1:00 Computers 2:00 Smoking Program 6:03 Poker	10 10:00 Exercise 10:30 Life Bio 2:00 Lutheran Manor Richard Kuhn	11 11:00 Therapy Dog 11:30 Food Boxes 1:00 Yoga 2:00 Speaker	12																																										
13	14 1:00 Bible Study 6:00 Bingo	15 10:00 Exercise 2:00 Speaker	16 1:00 Computers 2:00 Book Club 6:30 Poker League	17 <b>Harvest Home</b> 10:00 Exercise 10:30 Life Bio 2:00 St. Stephen Rev. Koch	18 <b>Clothing Drive Ends</b> 1:00 Yoga 2:00 Speaker 7:00 Movie	19 11:00 Soup & Hot Dogs																																										
20 5:00 Pizza Party	21 1:00 Bible Study 2:30 Therapy Dog 6:00 Bingo	22 10:00 Exercise 11:00 Schwann	23 6:30 Poker League	24 <b>Office Closed</b> 10:00 Lutheran Manor Rev. Kuntz	25 <b>Office Closed</b>	26																																										
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