

LUTHER HOUSE GAZETTE

VOLUME 16, ISSUE 4

April 2018



Heaven Blessed Home
A house is a home,
Is a place alone.
That we lay down our head,
That we break our bread.
That we plant our sunflowers,
That we spend all our hours.
That we display all our treasures,
That we spend all our leisure.
That we show off a family desk,
That we look for a birds nest.
Where we expect to grow old,
Where we go with the flow.
May we look Heaven toward...
As we bless the Good Lord.

April Activities Scheduled

- Wednesday, April 4th, **April Garden Club Meeting** will take place at 2pm in LH II.
- Tuesday, April 10th **Comedy Show starring comedian Sandi Joy**, sponsored by Harmony Companion Home Care will take place at 3 pm in LH III.
- Monday, April 16th, **Luther House Garden Club is hosting a Souper SOUP Day & Bingo.** Open to all residents! Lunch will start at 12 noon in LH III. Master Gardeners of Chester County will be cooking up some of your favorite soups plus bread, salad, beverage & dessert. Following lunch, we will have garden bingo with prizes. Tickets are \$5. All reservations and payments must be made before Friday, April 6th. To make a reservation, see Diane or call 610-869-4240 extension 111.
- Saturday, April 28th, the **Garage Youth Volunteers will be here between 9am & 1pm to do resident requested chores.** If interested in having a chore done for you, please sign-up at the front desk in your building.

What You Need to Know About Your New Medicare Card

New Medicare cards will begin arriving in April. The Centers for Medicare & Medicaid Services (CMS) is currently preparing new Medicare cards for all Medicare beneficiaries. The new cards will use a unique, randomly-assigned (11-character) number to replace the Social Security-based Health Insurance Claim Number.

Your new Medicare card will not affect or change your Medicare Part A or Medicare Part B benefits. Your Medicare Part A and Part B effective dates printed on the new Medicare card will not change. Your new Medicare card is printed on paper, is the size of a credit card, and will have a new 11-character Medicare "Number" or Medicare Beneficiary Identifier (MBI). You will notice that your new MBI is actually alphanumeric - or having both upper-case letters and numbers. Your new Medicare card will have a number that is unique to you – but, there is no meaning to the number. Since no two numbers are alike, you will have a different number than your spouse. Medicare is removing the 9-digit Social Security number from these new Medicare cards. The new Medicare cards will no longer include your gender and the new Medicare cards will not have a signature line. The new Medicare card initiative will prevent fraud, fight identity theft and protect essential information of our Medicare beneficiaries.



Please make sure that your mailing address is up-to-date by calling the Social Security Administration at 1-800-772-1213 (TTY users 1-800-325-0778) Monday through Friday, from 7 a.m. to 7 p.m. CMS will automatically mail you a new Medicare card – you do not need to take any action. But remember, mailing new Medicare cards will take some time, so please have patience. Below is the CMS mailing schedule starting in April 2018 and continuing through April 2019. Once you receive your new Medicare card, CMS suggests that you destroy your old Medicare card, and immediately begin using your new Medicare card. Be sure to protect yourself by destroying your old Medicare card in a way that no one can get your personal information.

If you are enrolled in a Medicare Advantage plan (MA or MAPD) like an HMO or PPO, you will continue using your Medicare plan's Member ID card just as you do now. Keep your new Medicare card safe, but carry the new Medicare card with you in case a healthcare provider asks to see it. If you have a Medicare Part D prescription drug plan (PDP), you will continue using your Medicare Part D plan's Member ID card to receive your drug plan benefits. You will also need to carry the new Medicare card for your Medicare Part A and Medicare Part B coverage.

Protect your new Medicare card the same way you protect your credit cards. Beware of anyone who contacts you about your new Medicare card. CMS will never ask you to give personal or private information to get your new Medicare number and card. If someone calls you unexpectedly saying they 'work with' or represent Medicare and need your card Number or other personal information, hang up! Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call a Medicare representative at 1-800-MEDICARE (1-800-633-4227).

Remember, your Medicare card will be sent to you automatically and you do not need to pay for your new Medicare card.

How to Bounce Back From a Health Crisis

After a major injury or illness, your own participation and perspective can make the difference between moving past a health crisis and letting it define the rest of your life. The right attitude corresponds with a stronger commitment to physical therapy or rehabilitation. No matter the injury, everybody can do some sort of therapy. There is a benefit in having something to work at. Just trying to feel like you're a master of your domain makes a big difference for people.

- Form a rehab squad. You don't have to do it alone. Join an aqua jogging class or invite the grandkids to work on their counting while you do your exercises.
 - Get in touch with your body. Ask your therapist to explain what's going on with your muscles and tissue: if you're truly averse to being touched, look into self-massage.
 - Help others. Mentor those who are earlier in their recovery journey. Not only are you doing a kindness by sharing your perspective with someone else. We don't realize how far we've come until we see someone who hasn't come as far. That can be very powerful.
 - Accept and look ahead. It's beneficial to reach a point of acceptance, which is not the same as accepting defeat. Instead, acknowledge where you are and what you can realistically do about it.
 - Smile more. Make it a point to spend time with your most positive friends.
 - Keep your eye on the prize. If the road to recovery seems unbearably long, find closer mile markers.
 - Have cheerleaders. Lean on your closest family and friends as sources of support. Your team can help get you back on track.
 - Make something. Art and hobbies can be therapeutic and help you feel productive during recovery.
- For more information, ask your doctor.

Reporting Medicare fraud

If you think a mistake has been made in a bill, call your doctor, hospital or other provider first. It may have been a simple, honest error.

If the provider's answer does not satisfy you, and you are in Original Medicare you can call the company that paid the Medicare bill. You can find the number for the company on your Medicare Summary Notice (MSN) or by calling Medicare at 1-800-MEDICARE (800-633-4227) and asking for the number. A Medicare Summary Notice is a summary of claims that Medicare processed for you within the last 3 months. It is not a bill.

If the provider's answer does not satisfy you, and you are in a Medicare Advantage Plan, like an HMO or a PPO, you should contact your plan. You can find the phone number for the plan on the back of your Medicare Advantage Plan card. Your Explanation of Benefits should also include the plan's phone number. An Explanation of Benefits is the notice your plan sends you when it has processed a claim for you. It is not a bill.

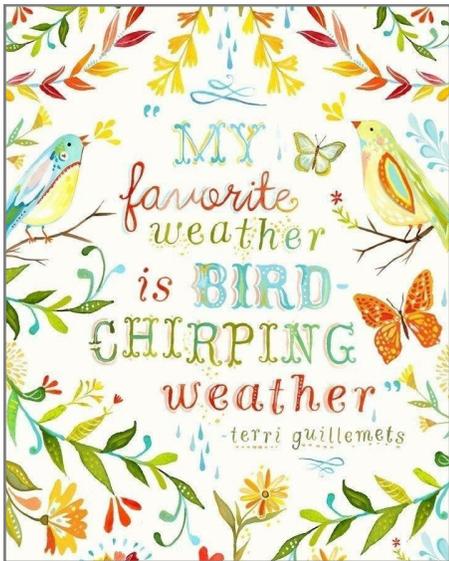
Whether you receive your Medicare benefits from Original Medicare or a Medicare Advantage Plan, you can also call the Inspector General's fraud hotline at 800-HHS-TIPS (800-447-8477) to report fraud.

When investigating the potential fraud, Medicare will not use your name if you do not want it to.

Help for Managing Multiple Medications

If dealing with multiple medications is a daily challenge for you, you're not alone. Nearly 40 percent of older adults take five or more prescription drugs. The best approach: When you're using several medications, be proactive. Taking medications as directed by your doctor, getting refills on time, and staying alert to side effects and interactions all help keep you healthy.

Fill your prescriptions at one pharmacy. It also helps your pharmacist protect you from drug interactions. Using one pharmacy keeps your medication records in one place, so the pharmacist can evaluate your risk and work with your doctor to avoid potential problems.



Use a pill dispenser or other reminder system. A pill box with compartments for each day of the week and for morning, noon and night if you take medications several times a day lets you know at a glance whether you've taken your medicines yet.

You can also keep a medication schedule to remind you what to take, and when. Post it on your refrigerator or inside a kitchen cabinet door. Make taking your medications part of your daily routine. Try setting a timer on your phone, watch or alarm clock. You might always take them after you brush your teeth in the morning, for example.

Get prescriptions refilled early. Running out could allow health conditions to worsen. Check expiration dates frequently and discard any medicines that are out of date. Your pharmacist may even be able to help you get multiple medications on the same refill schedule so that you can make fewer trips to the drugstore.

Make a list and update it regularly. Keep a list of the medications you take with the name of the drug, the dose, how often you take it and why. Put a copy in your medical files at home, carry one in your wallet to show your doctor, and give a copy to a loved one or friend in case you have a medical emergency. Don't assume all of your health care providers know about all of your medications.

Get a yearly "brown bag" review. Toss everything you take (prescriptions, over-the-counter remedies and supplements) into a bag and take it to your annual checkup for a review. With age, the body absorbs and breaks down medications differently. Your doctor may change the dose of something you've used for a long time.

If you're having difficulty paying for your medications, don't hesitate to ask your doctor about lower-cost options such as generic drugs. If you're surprised by the price of a drug when you pick it up at the pharmacy, don't walk away. Ask the pharmacist to talk with your doctor about other low cost options or guide you to prescription-drug assistance programs.

Wawa Food Donations - NEW DAYS

Every weekday Wawa food donations are placed in the activity room freezers.

Please help yourself. Delivery days are:

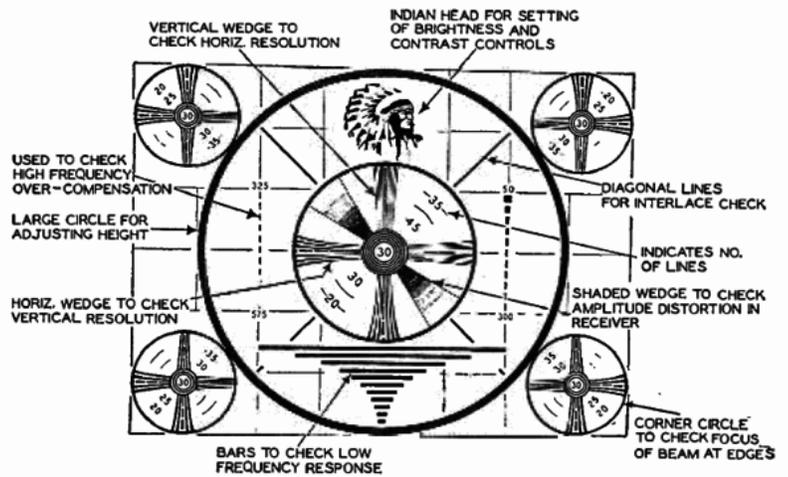
Luther House I - Fridays, Luther House II - Tuesdays, Luther House III - Wednesdays,
Luther House IV - Thursdays.

Note: Delivery times are at the discretion of each volunteer.

Remember When Television Ended at Midnight?

Do you remember back when television would go off at midnight? The is the famous RCA "Indian Head" television test pattern that many tv stations used in the 1950's and 1960's. Back then (and even through the early 1990s), most television channels simply didn't have enough content to fill up a 24 hour cycle, and even if they did, few people would be up to watch. As such, they would "sign-off" after the day's programming was over, and in its place they would display these "test cards".

We always thought this pattern was just something to show, but evidently it had a purpose: it was used to measure the resolution of the signal and align the receiver to get the best picture. These test signals helped maintain the reception and display quality of the black and white analog televisions.



In the late 1950s, stations realized that this was valuable space, and they could add their channel names to the cards to get some additional branding, as seen above and below.



And then came the Star Spangled Banner! When black and white analog televisions gave way to digital, the sign-off cards became unnecessary. And so they thought: What could we show viewers instead of a sign off?

They decided to show a video of a waving American flag and to play the Star Spangled Banner! Most stations started by showing the video, and then going to the test signal, but many just played the video on loop over and over.

Here's an early black and white version of the sign-off showing of the Start Spangled Banner in the 1950s... In the early 1960s, stations started to get creative with their playing of the Star Spangled Banner, many choosing to show various images of American life with the music playing in the background. Through the 1970's and 1980's, studios experimented with many different forms and formats, but no matter what, this was the sign that kids used to know it was **really** time to go to bed!



Do you remember when television ended at midnight?

Good Neighbor Reminders:

- **No food or drink** in the parlor or library.
- Smoking is only permitted **outside each building. Absolutely no smoking in any Luther House building.** Failure to follow policy **may result in lease termination.**



Sunday

Monday

Tuesday

<p>1 Happy Easter</p> <p><u>Bus to St. Michael's</u> 9:30am-LH1 9:34am-LH2 9:36am LH3 9:38am-LH4</p> <p><u>Holy Communion</u> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>2</p> <p><u>10:00am</u> Exercise Class-LH3</p> <p><u>6:00-8:00pm</u> Bingo-LH3</p>	<p>3</p> <p><u>10:00am</u> Exercise Class-LH1 <u>10:00-12:00pm</u> Cords of Love Knitting Group-LH2 <u>10:00am</u> Rosary-LH1 Parlor</p>
<p>8</p> <p><u>Bus to St. Michael's</u> 9:30am-LH1 9:34am-LH2 9:36am LH3 9:38am-LH4</p> <p><u>Holy Communion</u> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>9</p> <p><u>10:00am</u> Exercise Class-LH3</p> <p><u>6:00-8:00pm</u> Bingo-LH3</p>	<p>10</p> <p><u>10:00am</u> Exercise Class-LH1 <u>10:00-12:00pm</u> Cords of Love Knitting Group-LH2 <u>10:00am</u> Rosary-LH1 Parlor <u>1:00pm</u> Comedian - Sandy Joy - will be performing in LH 3. This event is being sponsored by Harmony Companion Home Care.</p>
<p>15</p> <p><u>Bus to St. Michael's</u> 9:30am-LH1 9:34am-LH2 9:36am LH3 9:38am-LH4</p> <p><u>Holy Communion</u> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>16</p> <p><u>10:00am</u> Exercise Class-LH3 <u>12:00 noon</u> The Garden Club will be hosting a Soup luncheon and Bingo Party in LH 3. Tickets are \$5. If you plan to attend, call Diane at 610-869-4240 ext. 111. Open to all residents. You do not need to have a garden plot to attend . <u>6:00-8:00pm</u> Bingo-LH3</p>	<p>17</p> <p><u>10:00am</u> Exercise Class-LH1 <u>10:00-12:00pm</u> Cords of Love Knitting Group-LH2 <u>10:00am</u> Rosary-LH1 Parlor</p>
<p>22</p> <p><u>Bus to St. Michael's</u> 9:30am-LH1 9:34am-LH2 9:36am LH3 9:38am-LH4</p> <p><u>Holy Communion</u> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>23</p> <p><u>10:00am</u> Exercise Class-LH3 <u>11:00am</u> Prayer Shawls for Shut Ins-LH4 <u>6:00-8:00pm</u> Bingo-LH3</p>	<p>24</p> <p><u>10:00am</u> Exercise Class-LH1 <u>10:00-12:00pm</u> Cords of Love Knitting Group-LH2 <u>10:00am</u> Rosary-LH1 Parlor</p>
<p>29 <u>Bus to St. Michael's</u> 9:30am-LH1 9:34am-LH2 9:36am LH3 9:38am-LH4</p> <p><u>Holy Communion</u> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>30</p> <p><u>10:00am</u> Exercise Class-LH3 <u>6:00-8:00pm</u> Bingo-LH3</p>	



Wednesday	Thursday	Friday	Saturday
<p>4</p> <p><u>10:00am</u> Exercise Class-LH3 <u>2:00pm</u> Bible Study-LH1 2:00pm Garden Club Meeting in LH 2. This month's topic will include "Gardening and Nutrition" Open to all residents. You do not need to have a garden plot to attend the meetings. <u>6:00pm</u> Card Night-LH3</p>	<p>5</p> <p><u>10:00am</u> Exercise Class-LH1</p>	<p>6</p> <p><u>10:00am</u> Exercise Class-LH1 <u>10:00am</u> Exercise Class-LH3 <u>Pest Control-1st Floor-LH1</u> 10:00am-12:00pm <u>Blood Pressure Checks</u> 11:15am-LH1 12:00pm-LH2 12:40pm-LH3 1:30pm-LH4 <u>5:30pm</u> Movie Night-LH2</p>	<p>7</p>
<p>11</p> <p><u>10:00am</u> Exercise Class-LH3 <u>2:00pm</u> Bible Study-LH1 <u>6:00pm</u> Card Night-LH3</p>	<p>12</p> <p><u>Kennett Food Cpbrd. Delivery</u> 9:30-LH1 10:00-LH2 <u>10:00am</u> Exercise Class-LH1 <u>6:30pm</u> Bingo-LH2</p>	<p>13</p> <p><u>10:00am</u> Exercise Class-LH1 <u>10:00am</u> Exercise Class-LH3 <u>Pest Control-1st Floor-LH2</u> 10:00am-12:00pm <u>5:30pm</u> Movie Night-LH2</p>	<p>14</p>
<p>18</p> <p><u>10:00am</u> Exercise Class-LH3 <u>2:00pm</u> Bible Study-LH1 <u>6:00pm</u> Card Night-LH3</p>	<p>19</p> <p><u>Kennett Food Cpbrd. Delivery</u> 10:00-LH3 10:30-LH4 <u>10:00am</u> Exercise Class-LH1</p>	<p>20</p> <p><u>10:00am</u> Exercise Class-LH1 <u>10:00am</u> Exercise Class-LH3 <u>Pest Control-LL/1st Floor-LH3</u> 10:00am-12:00pm <u>5:30pm</u> Movie Night-LH2</p>	<p>21</p>
<p>25</p> <p><u>10:00am</u> Exercise Class-LH3 <u>2:00pm</u> Bible Study-LH1 <u>6:00pm</u> Card Night-LH3</p>	<p>26</p> <p><u>10:00am</u> Exercise Class-LH1 <u>6:30pm</u> Bingo-LH2</p>	<p>27</p> <p><u>10:00am</u> Exercise Class-LH1 <u>10:00am</u> Exercise Class-LH3 <u>Pest Control-1st Floor-LH4</u> 10:00am-12:00pm <u>5:30pm</u> Movie Night-LH2</p>	<p>28</p> <p>Garage Youth Volunteers will be here between 9am & 1pm to perform requested chores. See sign-up sheet at the front desk to register for a volunteer.</p>
<p>31</p> <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>The March theatre trip has been rescheduled to Thursday, April 12th due to past inclement weather. Buses will arrive between 5:00 and 5:15 pm at each building to pick up residents for the trip.</p> <p>If you are unable to attend on this new date, call Diane at 610-869-4240 ext. 111. We currently have 3 available tickets. If you wish to purchase one, please call Diane.</p> </div>			

Spotlight on Resources

- Do Not Call List” (state) if you want to stop unwanted state wide telemarketing calls to your residential or wireless phones, contact 1-888-777-3406 to request that your name be placed on the “Do not call registry.”
- “Do Not Call List” (national) registry number is 1-888-382-1222.
 - Note: Do Not Call Registries do not stop all unwanted calls. The FTC still allows calls from political organizations, charities (with some limitations), telephones surveys (as long as they do not offer to sell anything), and companies with which you have an existing business relationship.
- Food / Prepared Meal Programs in Chester County are also numerous.
 - The most commonly recognized program is Meals-on-Wheels which delivers hot meals each weekday between 11:00 am and 1:00 pm. Your requested donation for each meal is \$3 for each meal. Meals-on-wheels can also deliver 2 weeks of frozen meals for \$4 a meal. If interested call Diane at 610-869-4240 ext. 111.
 - Aid For Friends provides 7 frozen meals delivered weekly. Call Ann at 610-869-8559.
 - Mom’s Meal are \$6.49 each meal plus shipping and handling. Meals are delivered frozen. There is a 10% discount for bi-weekly auto-delivery. To order call 1-877-508-6667.
- Lifeline (Verizon-Pennsylvania) offers programs to assist consumers with their phone bills and service. Income for one person must be \$10,210 or below or \$13,784 or below. Verizon will deduct \$11.60 or \$7.80 from your monthly bill. For two people income must be \$13,690 or \$18,482. Verizon will deduct \$11.50 or \$7.66 from your monthly bill. Note: you may not have the Lifeline benefit on your landline if you already have a free cell phone through this Lifeline benefit. To apply call 1-800-837-4966.
- Pharmaceutical Assistance may be obtained directly from the company that makes your medication. Most pharmaceutical companies run their own assistance programs aimed at making it easier to access needed medications for people who are having financial difficulties and are not eligible for Medicare, Medicaid or private insurance. These programs have different requirements and may require your physician to register you. Call the Pharmaceutical Company that makes your medication and get the specific details about getting your medication free.
 - Cancer Patient Access Network Foundation (help w/ drug costs) 1-866-316-7263
 - Pharmaceutical - Pennsylvania Price Finder is a state lottery funded website (or phone service) where consumers can compare drug prices at area pharmacies. For help with finding drug costs go to www.parxpricefinder.com. For phone service call 1-800-835-4080.
 - Pharmaceutical – PA Patient Assistance Program Clearinghouse provides help with medication costs for individuals who are age 18 or over, under-insured, have no insurance, or in the Medicare Part D coverage gap. The Clearinghouse can also assist in applying to manufacturer patient assistance programs. Call 1-800-955-0989.

By The Garden Gate

Mother nature was just not cooperating with us this March and we had to reschedule the March garden club meeting to March 14th. However, even with the rescheduling, we had a very good turn out.

Carlene presented information on the importance of crop rotation in the garden. She reviewed the plants that use a heavy amount of nutrients from the soil and plants that are considered light "feeders". In addition, she went over which crops will restore nutrients to the soil. After wrestling with the tv, then the projector, then the tv again, Master Gardener Fred gave us a great overview on cool weather crops. He covered in depth which ones are good for our climate in Pennsylvania and ones that are not so good. Participants indicated on their exit surveys what cool weather crops they would like to try this year and Liz will work with our Amish farmer Steven to get some plants together for them. In addition, we have over 184 packets of seeds donated to the group for use in the garden beds. Master Gardener Keith finished up our program with details on how to plant a potato bag. We have Kennebec seedlings for later in April to plant in bags for the garden club. A future speaker will also be coming to talk about planting sweet potatoes and will have potato slips for us (read on for information on what a slip is) . The group also discussed our plans for a work day in the garden and our trip to Mt. Cuba for Wildflower Day in April.



Because was too cold, we didn't have the work days of March 15th and 16th (but do plan to) did have a work day on Saturday, March 24th at 2pm. Several master gardeners signed up to help that day. It has got to be a bit warmer by then! Fingers crossed everyone!

On Saturday, April 29th the garden club will be car pooling to the free Wildflower Day at Mt. Cuba in Hockessin Delaware. At our April meeting, we will go over all the specifics of that day. We will have directions and lunch information and will be able to answer any questions you may have. Please plan to attend the meeting if you plan to go to Mt. Cuba with us. All are welcome.

We also had the pleasure of some invited guests at our March meeting. Ralph, a Master Water Steward who lives in Jenners Pond came up to join us and Master Gardener Sue's cousin Sally from England was also able to attend.

Our next Garden Club meeting is Wednesday, April 4th at 2pm in Building 2. Our topics include the details of the trip to Mt. Cuba, companion planting (what plants do best next to each other), and a guest nutritionist to talk about overall nutritional benefits from the vegetables we grow and some specific nutritional needs we have as we get older. All are welcome to attend the meetings, you do not need to have a garden bed to attend.

In addition, Master Gardeners will be cooking up some fun in April--look for details on our Souper SOUP Day on Monday, April 16th at 12 noon.

Liz and Carlene, Chester County Master Gardeners

Gardening Tips:

1.. Potatoes are grown with seedlings. A sweet potato is grown by "slips". A slip is a shoot that grows off a mature sweet potato.

2. Male eggplants have less seeds and are less bitter. If the indentation on the bottom of the eggplant is shallow and round, it is a male eggplant.

The History of Education in Pennsylvania (part one - overview)

Even before he landed on the banks of the Delaware River in October 1682, proprietor William Penn imagined a vital role for education in the development of Pennsylvania. Penn believed education was essential to the development of individual conscience and enlightened citizenship. The prevailing religious traditions of the colonists shaped formal education in early Pennsylvania.

The expanding network of private schools and seminaries that emerged through the era of the American Revolution reflected the growing ethnic and religious diversity. German, Welsh, Scots-Irish, and other migrants poured into Pennsylvania in the first half of the 1700s. Lutheran, Evangelical, Calvinist, Presbyterian, Baptist, and Methodist schools sprang up across the lands north and west to the Allegheny Mountains. In rural Chester, Berks, and especially Lancaster Counties, the tight-knit communities of Amish and Mennonite farmers offered a more utilitarian style of instruction suited to their agrarian lifestyle.

New ideas about nature, science, and political rights transformed education and public life. Benjamin Franklin, Benjamin Rush, and other leaders championed less sectarian attitudes toward education. Franklin exerted an public influence through civic institutions like the Library Company (1731) and the Academy and Charitable School (1740), which became part of the University of Pennsylvania in 1750. Pennsylvania's 1776 state constitution embraced this new spirit in its call for county based schools.



The era of universal public education arrived in Pennsylvania in 1834 with the enactment of the Free Schools Act. By the eve of the Civil War, most of Pennsylvania's 1,000 local school districts had accepted the reality of government oversight, and state normal schools for teacher training. Though nonsectarian in purpose, public schools continued to reflect the deep religious culture that held sway in the 1800s.

State supported grammar and high schools also coincided with the growth of more specialized schools to train physicians, lawyers, nurses, secretaries, and business managers. Unlike the coeducational state teacher institutes, professional schools like the University of Pennsylvania Medical College and the nearby Female Medical College reflected the traditional private colleges commitment to separate, single-sex instruction. To provide educational opportunities for the nation's African Americans and Native Americans, Pennsylvanians also founded institutions like the Institute for Colored Youth (today's Cheyney University), the Ashmun Institute (Lincoln University), and Carlisle Indian Industrial School.

As the children of immigrants made their way through the school systems to enter college and professions, some old stereotypes began to dissolve. The expanding middle-class culture that emerged in the 1920s embraced education as an essential ingredient. After World War II, the G.I. Bill opened up the possibilities of higher education to millions who had never thought of going to college. The onset of the post-war baby boom created an unprecedented demand for public elementary and secondary schools.

In the last half-century, Pennsylvania's schools again became a battleground over larger social issues such as racial discrimination and gender stereotyping. More recently, Pennsylvania has been at the forefront of legal struggles for equal educational opportunities for children and adults with disabilities.

The Origin of Phrases

Nip it in the Bud - Horticulturist learnt years ago that in order to produce good fruit, a plant had to have a lot of buds snipped off. This improved garden produce, but was disastrous to individual buds. It became proverbial that when a bud was nipped off, it would definitely no longer produce any fruit. Today the word is used to refer to a sudden halt in any plans or project in which no further progress will result.

Shindig - Maggie Valley, North Carolina is the Square Dance capital of the world. And the term comes from the fact that many rookies who try to square dance end up swinging their foot wildly, often digging into the shins of their partners or other dancers. So naturally any dancing event that marks on its participants became known as a shindig.



Please **REMEMBER OUR TROOPS**

in your thoughts and prayers, and especially:

- Bryan Hammell, grandson of Mary Hammell (LH I)
- James Edward Tackett, grandson of Jennifer Rosa (LH IV)
- Brock Morris, nephew of Jen Rosa (LH IV)
- Jason Sunderland, son of Phyllis Sunderland (LH I)
- Jonathan Shavor, grandson of Nancy & Bob Brynildsen (LH II)
- Gregory Shaneman, grandson of Hilda Shaneman (LH I)
- William W. Farmer III, grandson of Al Watson (LH IV)
- James Markus Gary, grandson of Dell Gary (LH III)
- Curtis Padgett, grandson of Patricia Dunlap (LH III)



My Favorite Recipe ...

Best Ever Meat Loaf

Venice Atwood

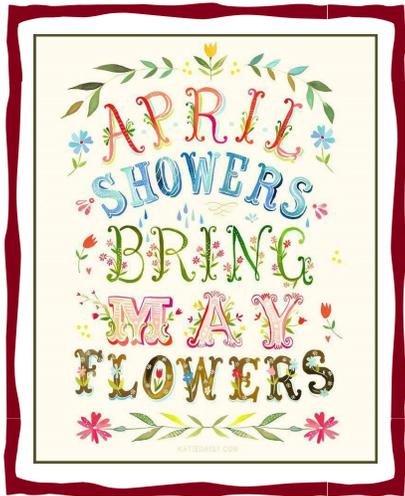
- 2 eggs
- 2/3 cups milk
- 3 slices of bread torn into pieces
- 1/2 cup chopped onion
- 1/2 cup grated carrot
- 1 cup shredded cheddar or mozzarella cheese
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1 teaspoon dried basil
- 1/4 teaspoon black pepper
- 1 1/2 pounds lean ground beef or chicken
- 1/2 cup tomato sauce
- 1/2 cup brown sugar
- 1 teaspoon prepared mustard

In a large bowl beat eggs, add milk & bread. Let stand a few minutes until the bread absorbs the liquid. Stir in the onion, carrot, cheese, herbs and seasonings. Add meat and mix well. In a shallow baking pan, shape mixture into a loaf. Bake at 350 degrees for 45 minutes. Meanwhile, combine tomato sauce, brown sugar & mustard. Spoon some of the topping over the meatloaf. Bake an additional 30 minutes, occasionally spooning additional topping over the loaf as it continues to cook. Let stand 10 minutes before serving.



**Grandparent's
Corner ~**

**Children are the
rainbow in life;
grandchildren are
the pot of gold!**



Artwork
by Otley
Jackson



Happy Birthday

Luther House Information

Office Hours:
Monday-Friday
8:00 A.M. to 5:00 P.M.

Telephone: 610-869-4240 or TTY/TDD AT 7-1-1 to connect through the PA Relay Service for Hearing Impaired

www.lutherhousepa.org




After hour maintenance emergencies, please dial:
610-869-4240 ext. 0

Luther House is an equal housing opportunity organization providing housing regardless of race, color, religion, sex, handicap or national origins.

Articles are due by the 24th for next month's publication.

Diane Berquist, *reporter and layout*
Katie Parker, *activity calendar*

- April*
- 1 - Patricia Ramirez - II
Jean Stewart - III
 - 2 - Elsie Woodward - II
 - 4 - Florence Oppelt - II
 - 5 - Lilian Campbell - III
 - 6 - Arthur Ianni - III
Albert Watson - IV
 - 11 - Venice Atwood - III
Barbara Atwood - III
Charlene Sweede - IV
 - 12 - Becky Lockerby - IV
 - 17 - Catherine Silverman - I
 - 18 - Wanda Madron - IV
 - 20 - Elizabeth Cleveland - II
Mary Payne - III
 - 22 - Jo Rahme - II
Nancy Dry - IV
 - 23 - Helen Carlin - II
 - 24 - Linda Hamby - II
 - 25 - Grace Peterson - I
Doris Trimble - IV
 - 28 - Sara Duko - II
 - 29 - Edna Farmer - I

- May*
- 2 - Rosalie Gallo - III
Robert Anspach - III
Jo Thomas - IV
 - 3 - Melissa Michael - II
 - 5 - Janice Keen - III
 - 6 - Joan Barnett - IV
 - 9 - Frances Ianni - III
Kathleen Johnson-III
 - 16 - Anne Savidge - II
Marlene Lasko - II
 - 17 - Lawanda Jennings - II
 - 18 - Betsy Jones - III
 - 22 - Dan Sylvina - I
Hector Rivera-Moreno - I
Jen Rosa - IV
 - 23 - Helen Lawrence - IV
Iris Vazquez-Ortega -IV
 - 25 - Mary Hammell - I
Ruth Crampton - IV
 - 26 - Joan Thornton - I
Edward Cote-II
 - 27 - Kathleen Blevins - III
 - 28 - Betty Harmon - I
Rose Mills-II
Laura Jenkins - III
 - 30 - Carolyn Carroll - I
Linda Weatherby - III

Time is very slow for those who wait.
Very fast for those who are scared.
Very short for those who celebrate.
But for those who love, time is eternal.
- William Shakespeare