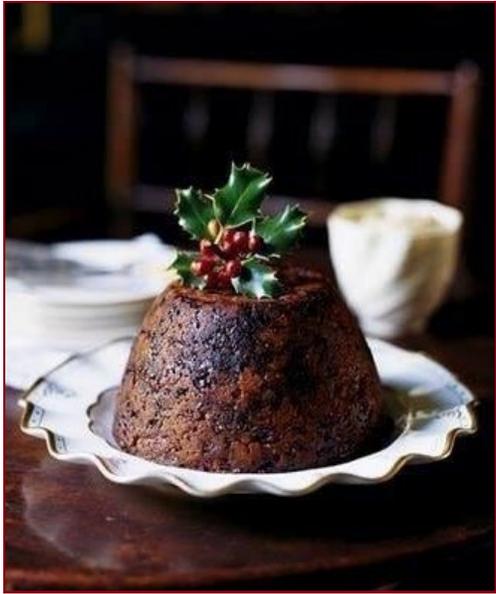


LUTHER HOUSE GAZETTE

VOLUME 16, ISSUE 12

December 2018



Have Yourself a Merry Little Christmas
Let your heart be light
From now on, our troubles will be out of sight
Have yourself a merry little Christmas,
Make the Yule-tide gay,
From now on, our troubles will be miles away.
Here we are as in olden days,
Happy golden days of yore.
Faithful friends who are dear to us
Gather near to us once more.
Through the years, We all will be together,
If the Fates allow
Hang a shining star upon the highest bough.
And have yourself
A merry little Christmas now.

December Activities Scheduled

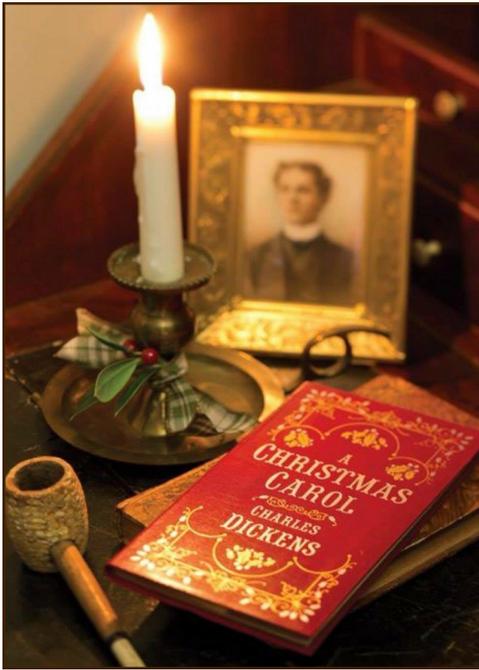
- December 6th & 20th, **Hymn Sing & Bible Study** sponsored by Toughkenamon Church will take place at 2pm in lower level activity room in LH III.
- December 3rd, 4th, 5th and 6th: **Annual Holiday Luncheons** will be held at 11:30 am in each building. Sign-up sheets are located at the front desk of each building.
- December 4th, **Piano & Violin Concert** sponsored by the Seiber family will take place at 11 am in LH I.
- December 7th, **Music Bingo** sponsored by Always Best Care Senior Services will be held at 12:30 pm in the lower level activity room in LH III. Prizes and Refreshments.
- December 8th, **Sunday School Class of Cornerstone Presbyterian Church** will be here to sing **Christmas Carols** at 12:30 pm in the first floor activity room of LH II. Refreshments served.
- December 8th, **Leo Club** will be holding a **Christmas Bingo** at 12 noon in lower level activity room in LH III. Prizes and refreshments.
- Sunday, December 9th, **Christian Life Church** will sing **Christmas Carols** at 1:30pm in LH III. Refreshments will be served.
- Monday, December 10th, **local Cub Scout Troop 42** to sing **Christmas Carols** at 4:15 in LH III.
- December 11th, **local Girl Scout Troop** will be going door to door singing **Christmas Carols** from 6pm to 8pm in each building.
- December 12th, **local Elementary School - Home Schooled children** will be here to sing **Christmas Carols** at 12:30 in the lower level activity room in LH III. Refreshments will be served.
- Thursday, December 13th, **Christmas Caroling** sponsored by Avon Grove High School Fellowship of **Christian Athletes** at 6:30 pm in LH III.
- December 19th, **"Stedi" Balance Assessments & Winter Safety seminar** sponsored by Southern Chester County Medical Services will take place between 2 pm & 4 pm in the lower level activity room in LH III.



How to Help an Older Loved One Feel Less Lonely

Here's an all-too-common scenario: An older adult in your life is becoming increasingly isolated, and you worry that he or she is lonely, but you're not sure what to do. It's not the easiest subject to bring up, especially when family members or loved ones don't want to admit they're feeling alone. But lack of contact with others is a serious issue among older adults.

Sometimes an older adult lacks a network of family and friends; other times he or she may withdraw into isolation as a result of health conditions, depression or mental illness. Physical limitations such as a fear of falling can keep an older adult isolated in her home, as can fatigue, chronic pain or shame over memory problems. Many older adults become nervous about driving long distances or can no longer drive after dark and may fear or resist using public transportation.



A recent article in the Journal of the American Medical Association (JAMA) compiled the results of numerous studies and concluded that there's a link between loneliness and fatal heart disease. And before you dismiss this type of isolation as common only among the very old, consider that the average age of the adults in these studies were just 71. In other words, many baby boomers are reaching retirement age without strong social networks to support them.

What can you do if an older adult in your life is growing isolated or lonely? Here are four simple steps you can take to help your loved one reconnect:

1. Help your loved one become more social-media savvy. You don't need to leave your house to catch up with friends, follow current events and find out about events in your area. Using a social media site like Facebook makes it even easier for an older adult to feel connected, simply by being able to see what others are posting.
2. Encourage your loved one not to live alone. Studies show that those who live alone are prone to a host of health issues compared with those who are married or living in a group living situation.
3. Set up transportation options. One of the biggest factors behind isolation is lack of transportation. Many older adults no longer drive, or they fear driving at night or on unfamiliar routes. There are many transportation options available for seniors such as Rover and SCOOT.
4. Help your loved one find support groups. When older adults with health problems find support from others with the same condition, it helps with loneliness and depression. They may also get valuable information and motivation to seek help for their health condition. With support from others, individuals can be encouraged to get help with health problems and are more likely to receive intervention in a health crisis.

Good Neighbor Reminders:

1. No open flames (such as candles, etc.) are permitted at Luther House. NO EXCEPTIONS!
2. NO SMOKING is permitted in any LH building. Failure to comply may result in termination of lease.
3. Renter's insurance is recommended for all residents to prevent loss or damage of personal belongings due to unforeseen circumstances. For more information, call 610-869-4240 ext. 111.

Crime Prevention Tips for Seniors

Crime and the fear of crime create special problems for the elderly. Seniors can learn how to protect themselves from crime by following these simple, commonsense suggestions...

At home: Never open your door automatically - utilize the peephole. Lock your doors and windows. Vary your daily routine. Use "Neighbor Watch" to keep an eye on your neighborhood. Don't leave notes on the door when going out. Use a timer to turn lights on and off when you are away for an extended period. Notify neighbors when going away on a trip. Cancel deliveries such as newspapers, etc. Arrange for your mail to be held by the Post Office. Keep your home well lit at night, keep curtains closed. Ask for proper identification from delivery persons or strangers. Never let a stranger into your home. Do not leave notes on your door when you are gone. Never give out information over the phone indicating you are alone or that you won't be home at a certain time.

Walking: If you are followed on the street, make as much noise as possible by calling for help or blowing a whistle. Avoid walking alone at night. Always plan your route and stay alert to your surroundings. Walk confidently. Walk in well-lighted areas. Don't dangle your purse away from your body. (Twelve percent of all crimes against the elderly are purse snatchings.) Carry only what you need.

While shopping: Carry your purse very close to you. Never leave your purse in a shopping cart. Don't carry any more cash than is necessary. Don't display large sums of cash.

In the car: Always keep your car doors locked, whether you are in or out of your car. Keep your gas tank full and your engine properly maintained to avoid breakdowns. If your car breaks down, pull over to the right as far as possible, raise the hood, and wait INSIDE the car for help. At stop signs and traffic lights, keep the car in gear. Travel well-lit and busy streets. Plan your route. Don't leave your purse on the seat beside you. Lock bundles or bags in the trunk. When returning to your car, check the front and back seat before entering. Never pick up hitchhikers.

Banking: Many criminals know exactly when government checks arrive each month, and may pick that day to attack. Avoid this by using Direct Deposit, which sends your money directly from the government to the bank of your choice. And, at many banks, free checking accounts are available to senior citizens. Your bank has all the information. Never withdraw money from your bank accounts for anyone except YOURSELF. Be wary of con artists and get-rich schemes that probably are too-good-to-be-true. Store valuables in a Safe Deposit Box. Never give your money to someone who calls on you. If you have been swindled or conned, report the crime to your local police. Con-artists count on their victim's reluctance to admit they've been duped, but if you delay you help them get away. Remember, if you never report the crime, they are free to cheat others again and again and you have no chance of ever getting your money back.

At the gas station: Recently, there has been increased media coverage across the country regarding theft at gas stations. The unique setting allows thieves to catch their victims by complete surprise. Do not leave their car doors unlocked and items like purses and wallets left in plain view. Pick stations that are well-lit and have video surveillance cameras at the pump. Always remove your keys and lock the doors while you are pumping gas. Pay attention to your surroundings. Don't let your cell phone distract you.

How to Walk on Ice

Slips and falls are the second-leading cause of unintentional deaths, according to the National Safety Council. And with the latest deep freeze covering much of the South and all the way to New England, it's time to be extra careful.

Here are some other tips for walking safely in the winter weather:

- Give yourself plenty of time to get to your destination to avoid carelessness.
- Wear shoes and boots with good traction.
- Walk at a slower pace.
- Stay on designated walkways.
- Use the handrail when using stairs and entering and exiting buildings.



If you have to walk on ice, take short steps, bend slightly and walk flat-footed. In other words, walk like a penguin. The waddle keeps your center of gravity over your front leg and will help keep you upright.

How to Keep Anger From Getting the Better of You

It's been shown to raise your risk for heart disease and other problems related to stress -- like sleep trouble, digestion woes and headaches. That makes it important, then, to diffuse your anger. Start by figuring out what it is that makes you angry. Researchers from George Mason University, in Virginia, studied just that, and identified five common triggers: other people, distress (psychological and physical) demands you put on yourself, your environment and other unknown sources.

Anger was more intense, the investigators found, when people were provoked by issues with other people or by influences that couldn't be pinpointed. Once you've identified the sources of your anger, take steps to change how you deal with it. Studies have shown that therapies that involve letting anger out in a rage don't really help - they might even make you more angry. Still, it's important to not keep anger bottled up. But, managing it can keep you from saying or doing things you might regret once the anger has passed.

What to do? Start by becoming a calmer person in general. Practice a relaxation technique every day - yoga or mindfulness meditation, for instance. Develop an anger strategy that you can draw on when you're in the moment. The idea is to interrupt your response to anger before it gets out of hand and to have a menu of healthier ways to express your feelings. Tactics like time-outs, deep breathing and self-talk can help you calm down and think before acting.

Longer-term, reducing your stress level and building empathy skills can help. If you're arguing with someone, anger can be like earplugs. It keeps you from hearing what the other person is saying and finding middle ground. So instead of acting defensive and trading barbs, hit the pause button. Ask the person to repeat what was said. Then reflect on it before you speak again. Try to figure out the real reason for the argument. This lets you channel the energy of anger into finding a solution.

When you're in a situation you can't fix - like being stuck in traffic on your way to an appointment - use your rational mind to put the situation in perspective. It's inconvenient, but more than likely won't affect your well-being long-term. If you find that you're angry at forces you can't identify, consider talking to a mental health therapist. Working together should help you uncover the root of your unhappiness and anger.

The History of Wassailing

Wassail is the practice of people going door-to-door, singing and offering a drink from the wassail bowl in exchange for gifts; this practice has largely been displaced by caroling. The word wassail comes from the Anglo-Saxon greeting *Wæs þu hæl*, meaning “be in good health. Traditionally, the wassail is celebrated on Twelfth Night (either January 5 or 6).

In the middle ages, the wassail was a reciprocal exchange between the feudal lords and their peasants as a form of recipient-initiated charitable giving, to be distinguished from begging. This point is made in the song "Here We Come A-Wassailing", when the wassailers inform the lord of the house that... "We are not daily beggars that beg from door to door, But we are friendly neighbors whom you have seen before." .. The lord of the manor would give food and drink to the peasants in exchange for their blessing and goodwill, i.e. "Love and joy come to you, And to you your wassail too; And God bless you and send you a Happy New Year." This would be given in the form of the song being sung. Wassailing is the background practice against which an English carol such as "We Wish You a Merry Christmas" can be made sense of. The carol lies in the English tradition where wealthy people of the community gave Christmas treats to the carolers on Christmas Eve such as 'figgy puddings'.

Although wassailing is often described in innocent and nostalgic terms - the practice was not always considered so innocent. In Merry Olde England, assailing was associated with rowdy bands of young men who would enter the homes of wealthy neighbors and demand free food and drink. The example of the exchange is seen in their demand for "figgy pudding" and "good cheer", i.e., the wassail beverage, without which the wassailers in the song will not leave; "We won't go until we get some, so bring some out here."

Traditional Wassail recipe

Ingredients: 4 small apples, ¼ cup unrefined cane sugar, 1 medium orange, 13 whole cloves, 2 quarts hard apple cider, ½ cup brandy, 1 tbsp powdered ginger, 1 tsp grated nutmeg, 6 allspice berries, 2 cinnamon sticks, 6 large eggs (separated), toast (optional, to serve with). Instructions: Preheat the oven to 350 degrees Fahrenheit. Scoop out the core of the apples without fully penetrating the apple – a melon baller works well. Fill each apple with about a tablespoon of unrefined cane sugar. Place the apples in the baking sheet. Stud an orange with thirteen cloves and place it in the baking sheet. Bake the apples and orange together for forty minutes. While the apples and orange bake, pour apple cider and brandy into a heavy-bottomed stock pot and warm over moderately low heat. Whisk in powdered ginger and grated nutmeg. Do not bring the wassail to a boil. Cut a small square of the butter muslin and place allspice and cinnamon into the square; tie with 100% cotton cooking twine and float this sachet of spices in the wassail as it warms. Beat egg yolks until light in color and set aside. In a separate bowl, whip egg whites until stiff peaks form. Fold egg yolks into whites, then temper the eggs by slowly pouring one-half cup wassail into the eggs. Remove the spice sachet from the wassail and pour in the tempered eggs. Transfer to a punch bowl. Float baked apples and orange in the wassail and serve by the mug, topping each much with a small slice of toast if desired.



December

Sunday

Monday

Tuesday

<p>2</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>3</p> <p><u>10:00am</u> Exercise Class-LH3</p> <p><u>11:30am</u> Annual Holiday Luncheon - LH I</p> <p><u>6:00-8:00pm</u> Bingo-LH3</p>	<p>4</p> <p><u>10:00-12:00pm</u> Cords of Love Knitting Group-LH2</p> <p><u>10:00am</u> Rosary-LH1 Parlor</p> <p><u>11:00am</u> Piano and Violin Concert - LH1</p> <p><u>11:30am</u> Annual Holiday Luncheon - LH II</p> <p><u>6:00pm</u> Movie Night-LH2</p>
<p>9</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><u>1:30pm</u> Christian Life Church will perform Christmas Carols - LH3</p>	<p>10</p> <p><u>10:00am</u> Exercise Class-LH3</p> <p><u>4:15pm</u> Cub Scout Troop 42 Christmas Caroling - LH3</p> <p><u>6:00-8:00pm</u> Bingo-LH3</p>	<p>11</p> <p><u>10:00-12:00pm</u> Cords of Love Knitting Group-LH2</p> <p><u>10:00am</u> Rosary-LH1 Parlor</p> <p><u>6:00pm</u> Movie Night-LH2</p> <p><u>6:00 to 8:00pm</u> Girl Scout Troop will perform Christmas Caroling door-to-door in each of the buildings</p>
<p>16</p> <p><u>Bus to St. Michael's</u> 8:30am-LH1 8:34am-LH2 8:36am LH3 8:38am-LH4</p> <p><u>Holy Communion</u> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>17</p> <p><u>10:00am</u> Exercise Class-LH3</p> <p><u>6:00-8:00pm</u> Bingo-LH3</p>	<p>18</p> <p><u>10:00-12:00pm</u> Cords of Love Knitting Group-LH2</p> <p><u>10:00am</u> Rosary-LH1 Parlor</p> <p><u>6:00pm</u> Movie Night-LH2</p>
<p>23/30</p> <p><u>Bus to St. Michael's</u> 8:30am-LH1 8:34am-LH2 8:36am LH3 8:38am-LH4</p> <p><u>Holy Communion</u> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>24/31</p> <p><u>10:00am</u> Exercise Class-LH3</p> <p><u>11:00am</u> Prayer Shawls for Shut Ins-LH4</p> <p><u>6:00-8:00pm</u> Bingo-LH3</p>	<p>25</p> <p>Merry Christmas</p> 

2018

Wednesday	Thursday	Friday	Saturday
			1
<p>5</p> <p><u>10:00am</u> Exercise Class-LH3 <u>11:30am</u> Annual Holiday Luncheon - LH III</p> <p><u>2:00pm</u> Bible Study-LH1 <u>6:00pm</u> Card Night-LH3</p>	<p>6</p> <p><u>11:30am</u> Annual Holiday Luncheon - LH IV</p> <p><u>2:00pm</u> Hymn Sing and Bible Study sponsored by Toughkenamon Church at in LH III</p>	<p>7</p> <p><u>10:00am</u> Exercise Class-LH3 <u>Pest Control-3rd Floor-LH1</u> 10:00am-12:00pm <u>Blood Pressure Checks Sponsored by Penn Medicine/Neighborhood Health</u> 11:15am-LH1 12:00pm-LH2 12:40pm-LH3 1:30pm-LH4 <u>12:30pm Music Bingo - LH3</u> <u>6:00pm</u> Movie Night-LH2</p>	<p>8</p> <p><u>12:00 noon</u> Christmas Bingo sponsored by Leo Club - LH3 <u>12:30pm</u> Sunday School Class of Cornerstone Presbyterian Church will perform Christmas Carols - LH2</p>
<p>12</p> <p><u>10:00am</u> Exercise Class-LH3 <u>12:30pm</u> Elementary School Kids will perform Christmas Carols - LH3</p> <p><u>2:00pm</u> Bible Study-LH1 <u>6:00pm</u> Card Night-LH3</p>	<p>13</p> <p><u>Kennett Food Cpbdr. Delivery</u> 9:30-LH1 10:00-LH2 <u>6:30pm</u> Bingo-LH2 <u>6:30pm</u> Avon Grove Fellowship of Christian Athletes will perform Christmas Carols - LH3</p>	<p>14</p> <p><u>10:00am</u> Exercise Class-LH3 <u>Pest Control-3rd Floor-LH2</u> 10:00am-12:00pm <u>6:00pm</u> Movie Night-LH2</p>	15
<p>19</p> <p><u>10:00am</u> Exercise Class-LH3 <u>2:00pm</u> Bible Study-LH1 <u>2:00pm & 4:00pm</u> "Stedi" Balance Assessments & Winter Safety seminar sponsored by Southern Chester County Medical Services- LH3 <u>6:00pm</u> Card Night-LH3</p>	<p>20</p> <p><u>Kennett Food Cpbdr. Delivery</u> 10:00-LH3 10:30-LH4 <u>2:00pm</u> Hymn Sing and Bible Study sponsored by Toughkenamon Church at in LH III</p>	<p>21</p> <p><u>10:00am</u> Exercise Class-LH3 <u>Pest Control-3rd Floor-LH3</u> 10:00am-12:00pm <u>6:00pm</u> Movie Night-LH2</p>	22
<p>26</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>27</p> <p><u>6:30pm</u> Bingo-LH2</p>	<p>28</p> <p><u>10:00am</u> Exercise Class-LH3 <u>Pest Control-3rd Floor-LH4</u> 10:00am-12:00pm <u>6:00pm</u> Movie Night-LH2</p>	29

By the Garden Gate - Save the Dates - Meetings & Special Trips

The November meeting of the Friendship Community Garden was fun! Taste testing of 3 of the 4 kinds of sweet potatoes grown at LH in the community garden beds was provided in both savory and sweet dishes. One savory dish was roasted white NJ sweet potatoes and they were roasted with examples of Red Ukrainian Garlic that we are growing this upcoming year in the community garden beds. Another savory dish was sweet potato fries of the Garnet variety that we grew. Although they were called "fries", they were baked. The sweet dishes were of pie and crust less pie (Beauregard potatoes). Muffins and bars were made with the Garnet variety.

The remaining harvest of sweet potatoes was distributed among those who were interested and had attended, and then the remainder was divided and delivered to each building.

Following the tasting those who were interested in learning more about soil testing came out to the gardens for demonstrations on how to gather soil for a test. Even though we had rainy weather prior, the weather was nice enough to take the samples and enjoy some time in the garden. It was pleasant to see some flowers still in bloom in some of the raised beds. Also, although the green pepper plant in the demonstration garden was not still producing, there were still some green peppers on other gardeners plants. We were able to harvest some rosemary and pick a few marigolds from the pizza demo garden. Two samples were obtained from 2 demo raised beds for the soil tests.

Please come and join us in December as we learn about what teas can be made from easily grown garden plants and enjoy some scones. The next meeting is December 5th at 2 pm in Building 2. We may have the soil test results to share too, and anticipate talking about the results at a couple of our meetings.

Garden tips:

1. You can leave some flowers and some plants in the garden to provide protection and food for the birds during the winter months.
2. Some gardeners prefer long neck pumpkins for making pies. They are easier to clean and bake and taste just as good!

We hope to see you in December!

SAVE THE DATE:

January 2nd meeting will be our 2019 kick off for the New Year. Saturday, January 12th will be our second annual "Soup day & Garden Bingo." More details will follow. February 2nd - "All About Seeds" where we will look at catalogues and talk about seeds. Wednesday, February 27th we will take a field trip to Rohrer's. March 6th, we will have a community supported agriculture day with Farmer Pam and Bluebird boxes. April 3rd will be tilling day & flower arranging with live flowers. Near the end of April we will attending our second annual Mt. Cuba Wildflower Day. May 1st we will take a trip to Longwood Gardens. Monday, May 6th Amish farmer Steven and his family will be here with plants to purchase. At the end of May we will attend the Iris Show at Jenkins Arboretum. June 5th we will check the garlic bed and discuss how to harvest garlic. We will also be identifying weed and insects of what we typically have in our gardens. We will also plant our sweet potato spuds in our demonstration garden. July 3rd we will have ongoing garlic harvesting. August 7th we will have tomato and pepper tasting from the garden. Sept 4th we will have "Good Natured" Gardening Awards. October 3rd we will planting garlic and/or shallots in the demo bed. November 7th we will have sweet potato distributions and tasting. December 4th we will have "Garden Teas and Scones."

In general, our 2019 demonstration gardens will be: pizza garden as an entire bed of different kinds of pepper plants; one demo garden that is just tomatoes (cherries did well this year); we would like to do the spuds in a bag again but with smaller fingerling to hopefully get more in quantity; and we want to focus on the pollinator garden.

**All general demonstration gardens are open to all LH residents to sample from.
Signs will let you know which are open gardens for everyone to enjoy
and which are private gardens.**

**You do not need to have a garden plot to attend our Garden Club meetings
or participate in the Garden Club special trips into the community.**

Spotlight on Resources

- Medicare is a national health insurance entitlement program for individuals who qualify for social security benefits. It is funded entirely at the federal level regardless of income. Medicare is for people age 65 or older, people under age 65 with certain disabilities, and people of all ages with end stage renal disease. There are several parts to Medicare. See Medicare A, B, C and D. Limited income individuals can qualify for additional help. Call 1-800-772-1213 for details.
 - Medicare Part A provides for hospital care, skilled nursing care after being discharged from the hospital, home health care, and hospice care.
 - Medicare Part B helps pay for Doctor's services, outpatient hospital care, and other medical services.
 - Medicare Part C is a voluntary program (also called Medigap or Medicare Supplemental Insurance) is sold by private insurance companies which cover additional costs of health care services not covered by original Medicare.
 - Medicare Part D is a voluntary program providing prescription drug coverage to Medicare beneficiary's regardless income, health care or current prescription status. Standard plan annual deductible is \$310, then during initial coverage period the beneficiary pays up to 25% of drug costs up to \$630 out of pocket, coverage gap (donut hole) starts at \$3,610 and catastrophic benefit starts at \$4,550.
- Medicare Summary Notice (MSN) is a summary of the health care services you have received over the past three months, and it describes whether Medicare has covered these services. If the claim is denied, you can appeal by following the directions on the MSN. If the claim is approved, the MSN will say how much you owe. If you paid the provider more than that, the provider must refund you the excess amount.
- Support Groups are available: Alcoholics Anonymous 877-934-2522, Alzheimer's 800-272-3900, bereavement/grief 610-998-1700, cardiac 610-738-2410, cancer support, 800-227-2345/610-869-1396, care giver 800-6771116, COPD 610-738-2410, depression 610-327-7644, diabetes 610-383-8358, domestic violence 888-711-6270, hearing loss 610-431-0300 and vision 484-723-2080.
- Prescription Assistance services are available at: Pa Partnership for Prescription Assistance 888-477-2669, PA Patient Assistance Program Clearinghouse 800-955-0989, CC Dept. of Aging Services 610-344-6350, Community Volunteers in Medicine 610-8365990, Kennett Area Community Services 610-925-3556, La Comunidad Hispana 61-444-7550, Oxford Area Neighborhood Services 610-8691807, www.needymeds.org, and Special Pharmaceutical Benefits Program (mental health) 800-433-4459. See also PACE/PACENET.
- Protective Services law ensures intervention on behalf of adults ages 60 and older to prevent financial, abuse, neglect and abandonment. Elder abuse hotline 1-800-564-7000.
- Pennsylvania's Yellow Dot Program was created to assist citizens in the "golden hour" of emergency care following a traffic accident when they may not be able to communicate their needs themselves. Placing a yellow dot in your vehicle's rear window alerts first responders to check your glove compartment for vital information to ensure you receive the medical attention you need. The program is a cooperative effort among the Pennsylvania Departments of Transportation and local law enforcement. Participants complete a personal information form, which includes the participant's name, medical history and medications, allergies, participant's doctors' names, etc. To obtain a Yellow Dot Program kit, call Diane at 610-869-4240 extension 111.

The History of West Grove

Weary stagecoach travelers in colonial times in southern Chester County were often impressed by stone and brick Inns in Pennsylvania, in contrast to the wooden inns typical of northern colonies. Also appealing to travelers were the small farms and orchards that surrounded the typical country inns, allowing them to keep stocked with fruit and vegetables. Most likely the inn or tavern was located in the crossroad villages, and served two important functions. First, it was a place of lodging and refreshment for travelers. Second, it was the center of sports, social gatherings and more serious community activities. Villages sprung up around these inns, usually attracting such trades as a blacksmith, wheelwright, saddler, shoemaker and tailor. At one time many country inns flourished in the area, but now only the Red Rose Inn is the only one still used as a "public place," now being refurbished by the township.

The "Red Rose" legend became known in 1927 when the Conard-Pyle Company bought the Jennersville land to enlarge its operation. The old inn was included in the sale. The owners discovered an interesting provision in an ancient deed. It provided for the annual payment of a red rose to the Penn family, if demanded, as part of this purchase. This provision is recorded on an historical marker the Chester County Historical Society erected in 1947 in front of the Red Rose Inn.

Before the turn of the century, Alfred F. Conard, a rose grower and one of the company founders, hired a helper. He was Robert Pyle, a Quaker educated at Swarthmore College. The Pyle's, an old Chester County family that owned several general stores, acquired a controlling interest in the rose-growing firm just before World War I. Conard was from a prominent Philadelphia family and was the eldest son of Thomas Conard, who for years owned and ran a boarding school in West Grove. In 1939 Pyle received a parcel of cuttings from the American Consul in Lyons, France. Pyle worked for five years and grew what he believed "will be the greatest rose of the century." On the day Berlin fell, Pyle named the rose "Peace." In 1951 the American Rose Society made Peace the first rose to receive its Gold Medal. Today the Peace Rose remains one of the most popular roses in history.

Ann Preston, born in 1813, was the eldest daughter of a Quaker farm family. Her home served as a station on the Underground Railroad. Her love of teaching and desire to help others, led her to the study and practice of medicine. In 1850, when the Women's Medical College of Pennsylvania first opened its doors; Ann Preston was a member of its first graduating class and the following year accepted the professorship of the chair of Physiology and Hygiene. Her administrative leadership continued when she helped organize the Woman's Hospital in Philadelphia and became dean of the faculty of the college in 1866. The young physician devoted her life to medical education for women, fighting barriers and prejudice at all levels.

Back in 1860 the coming of the Philadelphia & Baltimore Central Railroad spurred area growth. By the 1880's, West Grove had three mills, and a casket factory. The Jacksons, Michners, Puseys, Prestons and other families were among the first settlers in the area. A citizens' petition to incorporate West Grove as a borough was approved by the Chester County Court of Quarter Session on Nov. 29, 1893.



The Origin of Phrases

Bigwig - Normal British citizens didn't even own a wig, let alone wear one. But, all lawyers and members of court did. The judge wore a large, powdered wig, and also had a lot of authority. So, today, anyone who has any kind of power or authority is called "a big wig."

Diddly-Squat - The origin is from carnival people who created the word to mean low-valued currency such as nickels and dimes. Maybe because the town folk didn't understand, they brought the term into society to mean "worthless" or to have "little value."



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)



Grandparent's Corner ~
Children see magic because they look for it.



My Favorite Recipe ...

Grandma's Seafood Chowder

Venice Atwood

- 3 tablespoons plus 1/4 cup butter, divided
- 1 pound sliced fresh mushrooms
- 1/3 cup all-purpose flour
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 4 cups half-and-half cream
- 1-1/2 cups 2% milk
- 1 pound haddock fillets, skin removed, cut into 1-inch pieces
- 1 pound uncooked medium shrimp, peeled and deveined
- 2 cups frozen peas (about 10 ounces)
- 3/4 cup shredded cheddar cheese
- 1 cup lump crabmeat (about 5 ounces), drained
- 1 jar (4 ounces) diced pimientos, drained
- 1 teaspoon paprika

In a 6-qt. stockpot, heat 3 tablespoons butter over medium-high heat. Add mushrooms; cook and stir 8-10 minutes or until tender. Remove from pot.

2In same pot, heat remaining butter over medium heat. Stir in flour, salt and pepper until smooth; gradually whisk in cream and milk. Bring to a boil, stirring constantly; cook and stir 2-3 minutes or until thickened.

3Stir in haddock, shrimp, peas and sautéed mushrooms; cook 5-7 minutes or until fish just begins to flake easily with a fork and shrimp turn pink. Add cheese, crab and pimientos; stir gently until cheese is melted. Sprinkle servings with paprika.



Counted
Cross Stitch
by
Jo Rahme



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*

December

- 1 - Helen Olivieri - IV
- 2 - Margaret Gentry - III
- 3 - Miguel Morales - I
Rose Morrone - I
Sara Deaton - II
- 5 - Linda Minkler - III
- 6 - Phyllis Sunderland - I
- 7 - Judy Counts - IV
- 12 - Irm Devon - IV
- 15 - Ruth Smith - IV
- 16 - Betty Frabutt - II
- 17 - Anna Greer - II
- 19 - Carol Castelveter - I
- 20 - Nancy West - III
- 23 - Richard Martin - III
Alfred Webber - III
- 28 - Ron Mitchell - III
- 30 - Doris Green - III
- 31 - Peggy Pitts - II

January

- 1 - Alice Osborne - I
Evelyn Bennett - IV
- 2 - Shirley Barnes - I
- 5 - Mary Scott - II
- 7 - Anna McClain - III
- 8 - Matilda Matherly - III
- 12 - Clyde Gent - I
Helen McNeill - II
- 13 - Ralph Ream - III
- 16 - Metta Woodruff - IV
- 18 - Rosalie Carter - I
Peg Nuse - IV
- 20 - Lawrence Hallinan - II
- 22 - Donald Stone - III
- 23 - Robert Reeves - I
- 25 - Carol Lynn DeHart - I
- 26 - George Barnes - I
- 28 - Lois Hooven - III
- 29 - Annie Clendenin - I

There is nothing like staying at home for real comfort.
- Jane Austen