

# LUTHER HOUSE GAZETTE

VOLUME 16, ISSUE 9

September 2018

## Picture Books

I HOLD the finest picture-books are woods an' fields an' runnin' brooks.  
It's everywhere I choose to tread, perhaps I'll find a violet bed  
Half hidden by the larger scenes or living greens,  
So graceful an' so fine, I swear, that angels must have placed them there  
To beautify the lonely spot that mortal man would have forgot.

What hand can paint a picture book, o marvelous as a runnin' brook?  
The sunbeams play upon it just exactly right, the mysteries of God to light.  
No human brush could ever trace a droopin' willow with such grace!

Page after page, new beauties rise to thrill with gladness an' surprise the soul  
Of him who drops his care and seeks the woods to wander there.  
Birds, with the angel gift o' song make music for him all day long;  
An' nothin' that is base or mean disturbs the grandeur of the scene.

There is no hint of hate or strife; the woods display the joy of life,  
An' answer with a silence fine the scoffer's jeer at power divine.  
When doubt is high an' faith is low, back to the woods an' fields I go,  
An' say to violet and tree: "No mortal hand has fashioned thee."

- Edgar Guest, 1881 - 1959



## September Activities Scheduled

- Tuesdays in September, **Arts & Crafts** sponsored by Harmony Home Companion at 1pm in LH III.
- Wednesday, September 5th, **Garden Meeting: Guest Speaker from South Eastern Orchid Society. This event is open to all residents** including residents without garden plots. Event will take place at 2pm in LH II & Garden weather permitting.
- Thursday, September 13th, **Reptiles & Amphibians of PA** sponsored by Gary Stolz, **Wild Life Biologist** will be here at 2pm in LH III.
- Monday, September 17th, **Chocolate Fountain** sponsored by Always Best Care at 1pm in LH III.
- Wednesday, September 19th, **Tour a Garlic Farm at local Big Elk Farm with the Chester County Master Gardeners.** This event is **open to all residents.** Meet outside LH II at 1:30pm.
- Monday, September 24th, (4th Monday of each month) join our **knitting group** at 11am in LH IV. No experience necessary.
- Saturday, September 29th, **Sweet Brew Band** will perform at 1:30 in LH I. (not LH III)

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## What Is COPD?

COPD is a term that refers to chronic lung diseases, primarily chronic bronchitis and emphysema. COPD is a disease that develops with age; it's most often seen in people 40 and above.

With COPD, less air can move in and out of the airways, either because they become less elastic, they become inflamed, they produce more mucus or the walls between the air sacs break down.

Regardless of what's happening, the result is that a person with COPD has less oxygen coming into the bloodstream. This can result in growing fatigue and shortness of breath. Eventually, the disease can prevent an individual from being active; it is a major cause of disability.

More women die of the disease than men. There are several possible reasons for this, according to the American Lung Association. The cigarette industry began an aggressive marketing push to women in the late 1960s, and those boomer women are now showing chronic diseases like COPD as they age. The smaller size of women's lungs, and the presence of estrogen, makes them more vulnerable to smoke, and doctors often miss COPD in women, because it has traditionally been considered a man's disease.

Early-stage symptoms: a nagging cough, shortness of breath, especially with exertion, wheezing, and tightness in the chest.

Later-stage symptoms: having trouble catching your breath or talking, blue or gray lips and/or fingernails (a sign of low blood-oxygen levels), confusion, a very fast heartbeat, swelling in the feet and ankles, and weight loss.

Treatments for COPD :The physician will likely do a spirometry test and offer help to kick the smoking habit if they have not already quit. Though the disease is very serious, there is a range of therapies that can help. Those include inhalers, either short- or long-acting; medications in pill form; oxygen therapy; and physical or occupational therapy.

For more information, ask your doctor.

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**Arts & Crafts  
sponsored by  
Harmony Home Companion  
every Tuesday at 1pm  
in LH III**



**The members of AS THE SPIRIT LEADS CHURCH,  
an all faiths worship and communion service,  
meeting every 3rd Wednesday from 11 AM to noon  
in Luther House I, on the 3rd floor,  
under the guidance of  
Pastor Johnny Johnston of Willowdale Chapel.**

**"Where two or more are gathered in My Name,  
there am I in the midst of them". Matt. 18:20**

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## Specialists in Aging: Do You Need a Geriatrician?

As we get older, our bodies change. The kinds of conditions we have and how those conditions interact with each other differs from what adults under the age of 60 typically experience. Geriatricians are primary care doctors who have additional specialized training in treating older patients. They can practice in outpatient settings, nursing facilities or hospitals.

Geriatricians often work as part of a treatment team with other primary care providers, focusing on helping older patients who have multiple health problems or complex conditions. The role of the geriatrician is to coordinate overall care with other physicians and guide the patient in making treatment choices.

There's no right age to start seeing a geriatric specialist. A geriatrician can be helpful if you: suffer from multiple medical conditions, find that treatment for one medical condition negatively affects a second condition, are experiencing functional decline or physical frailty, have a disease associated with aging, such as dementia, incontinence or osteoporosis, and manage multiple medications (especially if they're causing side effects that interfere with your well-being).

Many older adults, for instance, take multiple medications to treat a number of conditions. Geriatricians are well-versed in drug side effects and the negative effects that may occur from taking multiple drugs. They can help prioritize which drugs are necessary and which can be skipped. Often, the geriatrician will not treat every active medical condition with a medication but will prioritize the conditions and medications to maximize the patient's physical functioning and well-being.

Geriatrics practices usually schedule longer appointments to make sure that older adults have enough time to discuss all of their medical concerns with their doctors. They focus on wellness and preventive health as well as managing chronic medical conditions.

Consider these factors when choosing a geriatrician:

- Training:** Ask whether the geriatrician has received special certifications or training. Also note whether he or she is affiliated with an academic medical center, which generally offers patients the latest advances in care.

- Accessibility:** Make sure the practice accepts your insurance. Learn about office hours, who you'll speak to after hours and how the geriatrician manages emergencies. Also inquire whether the geriatrician provides any at-home care services.

- Communication:** Find out how the geriatrician coordinates with specialists such as cardiologists, pulmonologists and neurologists. Also ask how he or she prefers to communicate with you: phone calls, electronic portals or face-to-face meetings?

- Philosophy:** Make sure you and your geriatrician are on the same page when it comes to your health goals, keeping in mind that those goals may change over time. Also ask what other programs or services he or she might offer. Some geriatricians offer programs for staying healthy, such as exercise classes or fall-prevention education.

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**The most wonderful places to be in the world are:  
In someone's thoughts, in someone's prayers and in someone's heart.  
- author unknown**

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## Part D appeals

If you were denied coverage for a prescription drug, you should ask your plan to reconsider its decision by filing an appeal. The appeal process is the same in stand-alone Part D plans and Medicare Advantage Plans with Part D coverage. Follow the steps below if your plan denied coverage for your prescription. If you need your prescription immediately, file a fast (expedited) appeal.

If your appeal is successful at any point outlined below, your plan should cover the drug in question until the end of the current calendar year. Be sure to ask your plan if they will cover the drug after the year ends. If they will not, you can appeal again next year or consider switching during the Fall Open Enrollment Period to a Part D plan that does cover your drug.



1. If your pharmacist tells you that your plan will not pay for your prescription drug, the pharmacist should give you a notice titled Medicare Prescription Drug Coverage and Your Rights. First, call your plan to find out the reason it is not covering your drug. Your plan may deny coverage because your drug is not on its formulary, or because a coverage restriction imposes requirements you must meet before you can get your drug.

2. Once you know why your drug was not covered at the pharmacy, speak to your prescribing physician or other provider about your options. For example, you may be able to try a comparable drug that is on the formulary. If switching to another drug is not an option, you can choose to appeal. Your provider may appeal on your behalf or help you with the appeal process. Your plan should issue a decision within 72 hours.

3. You can request a fast (expedited) exception request if you or your doctor feel that your health could be seriously harmed by waiting the standard timeline for a decision. If the plan grants your request to expedite the process, you will get a decision within 24 hours of the initial request.

4. If your exception request is approved, your drug will be covered. If your exception request is denied, your plan should send you a Notice of Denial of Medicare Prescription Drug Coverage. You have 60 days from the date listed on this notice to begin the formal appeal process by filing an appeal with your plan. Follow the directions on the notice. You may want to ask your doctor to write a letter of support addressing the plan's reasons for not covering the needed drug. Your plan should issue a decision within seven days. If you are filing an expedited appeal, the plan should issue a decision within 72 hours.

5. If your plan approves your appeal, your drug will be covered. If your appeal is denied, you can choose to move to the next level by appealing to the Independent Review Entity (IRE) within 60 days of the date listed on your appeal denial. The IRE should issue a decision within 7 days. If you are filing an expedited appeal, the IRE should issue a decision within 72 hours.

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### Good Neighbor Reminders:

- Dogs are no longer permitted in the Garden.
- Garden refuse should be bagged and placed in the wooden fenced area behind the garage. A sign is posted to indicate the correct area.
- STATS should only be taped over if the resident is out of the building for an extended period of time - then the tape should be removed when they return. Tape on STAT and the OUT magnet - should never be used as a DO NOT DISTRB measure.

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## 4 Important Vaccines that are Covered by Medicare

While you may be celebrating the end of an unbearable summer, it's important to remember that cooler weather can also mean greater risk of getting sick. Cooler temperatures weaken our immune system, making us more susceptible to illness and infection. Additionally, cooler weather toughens the outer shell of viruses, making it easier for them to travel from person to person.

Here's a list of four vaccines that Medicare helps pay for and that you should talk with your doctor about to help protect yourself from illness this winter and beyond.

**Influenza Vaccine:** The flu (influenza) is a contagious respiratory illness that can be severe and life-threatening. Older adults - even if you are healthy - are at higher risk when it comes to the flu due to age-related weakening of our immune systems, making it more difficult for us to fight off disease. For older adults, it's best that you get your vaccine as early in the season as possible. Flu season in the U.S. is typically between October and May, with peaks between December and February. It's important to note that it does take two weeks after getting the shot for your body to build up full immunity. The flu vaccine is a once a year, cost-free Medicare Part B benefit. For Original Medicare, you must use a physician or healthcare provider who accepts Medicare, and for Medicare Advantage, you may have to use an in-network doctor or pharmacy.

**Shingles Vaccine:** Shingles is a painful skin rash that's caused by the same virus responsible for chickenpox. Shingles is less contagious than chickenpox, and can only be passed on to another person up until the point when the infected person's blisters begin to scab. Researchers believe that the age-related weakening of our immune systems can trigger the "reawakening" of the dormant chickenpox virus. The shingles vaccine is a one-time vaccination that all adults aged 50+ should receive - even if you have already had shingles. All Medicare Part D drug plans, or Medicare Advantage plans that include prescription coverage, typically cover the shingles vaccine.

**Pneumococcal Vaccine -** Pneumococcal disease causes severe infections throughout the bloodstream and/or key organs. A weakening immune system means that older adults are at greater risk, and can face more severe side effects, especially those who are managing chronic diseases. The pneumococcal vaccine is actually two shots given about a year apart. The pneumococcal vaccine is a cost-free benefit covered by Medicare Part B. For Original Medicare, you must use a physician or healthcare provider who accepts Medicare, and for Medicare Advantage, you may have to use an in-network doctor or pharmacy.

**Hepatitis B Vaccine:** Hepatitis B is a contagious virus that infects the liver. Chronic hep B is long-term, often has no symptoms at all, and can cause liver damage or death. Acute hep B is particularly dangerous for older adults because there is no specific treatment for the symptoms. The hepatitis B vaccine is a series of three or four injections received over six months. Most Americans are vaccinated against hepatitis B as infants. If you are not sure if you've been vaccinated or if you are in a situation where you may need to update your vaccination, contact your doctor immediately. Your doctor, a local clinic or a drug store can administer the vaccine. Medicare Part B insurance covers the full cost of the hep B vaccine if (A) a doctor determines that you are at high or medium risk of contracting the hep B virus, and (B) the physician or healthcare provider administering the vaccine accepts Medicare. Consult your doctor to determine your risk of getting hep B.

Getting these vaccines is an important part of healthy aging, and they also help ensure the health of your friends and family. Call your doctor today to see if these vaccines are right for your health, and then check with your Medicare provider about where you can get them. If you know someone who may not be vaccinated, share this information with them so they can take the next step toward protecting themselves.

# September

Sunday

Monday

Tuesday

<p>2</p> <p><b><u>Bus to St. Michael's</u></b> 8:30am-LH1 8:34am-LH2 8:36am LH3 8:38am-LH4</p> <p><b><u>Holy Communion</u></b> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>3</p> <p><u>10:00am</u> Exercise Class-LH3 <u>6:00-8:00pm</u> Bingo-LH3</p>	<p>4</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 <b><u>1:00pm</u> Arts &amp; Crafts sponsored by Harmony Home Companion will take place in LH 3</b> <b><u>2:00pm</u> Dessert Social &amp; Free Back Scan sponsored by Fitchett Chiropractic Care in LH 3</b></p>	
<p>9</p> <p><b><u>Bus to St. Michael's</u></b> 9:30am-LH1 9:34am-LH2 9:36am LH3 9:38am-LH4</p> <p><b><u>Holy Communion</u></b> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>10</p> <p><u>10:00am</u> Exercise Class-LH3 <u>6:00-8:00pm</u> Bingo-LH3</p>	<p>11</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 <b><u>1:00pm</u> Arts &amp; Crafts sponsored by Harmony Home Companion will take place in LH 3</b></p>	
<p>16</p> <p><b><u>Bus to St. Michael's</u></b> 9:30am-LH1 9:34am-LH2 9:36am LH3 9:38am-LH4</p> <p><b><u>Holy Communion</u></b> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>17</p> <p><u>10:00am</u> Exercise Class-LH3 <b><u>1:00pm</u> Chocolate Fountain sponsored by Always Best Care Senior Services will take place in LH 3.</b> <u>6:00-8:00pm</u> Bingo-LH3</p>	<p>18</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 <b><u>1:00pm</u> Arts &amp; Crafts sponsored by Harmony Home Companion will take place in LH 3</b></p>	
<p>23/30</p> <p><b><u>Bus to St. Michael's</u></b> 9:30am-LH1 9:34am-LH2 9:36am LH3 9:38am-LH4</p> <p><b><u>Holy Communion</u></b> 9:15am-LH2,3,4 9:30am- LH1</p>	<p>24</p> <p><u>10:00am</u> Exercise Class-LH3 <b><u>11:00am</u> Prayer Shawls for Shut Ins-LH4</b> <u>6:00-8:00pm</u> Bingo-LH3</p>	<p>25</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 <b><u>1:00pm</u> Arts &amp; Crafts sponsored by Harmony Home Companion will take place in LH 3</b></p>	

# 2018

Wednesday	Thursday	Friday	Saturday
			1
<p>5</p> <p><u>10:00am</u> Exercise Class-LH3  <u>2:00pm</u> Bible Study-LH1  <b>2:00pm Garden Club Meeting in LH 2. All residents are welcome! You do not need to have a garden plot to attend garden club meetings trips and events. Today's speaker: South Eastern Orchid Society.</b>  <u>6:00pm</u> Card Night-LH3</p>	<p>6</p> <p><u>10:00am</u> Exercise Class-LH1</p>	<p>7</p> <p><u>10:00am</u> Exercise Class-LH1  <u>10:00am</u> Exercise Class-LH3  <b><u>Pest Control-3rd Floor-LH1</u></b>  10:00am-12:00pm  <b><u>Blood Pressure Checks Sponsored by Penn Medicine/Neighborhood Health</u></b>  11:15am-LH1 12:00pm-LH2  12:40pm-LH3 1:30pm-LH4  <u>5:30pm</u> Movie Night-LH2</p>	8
<p>12</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>13</p> <p><u>Kennett Food Cpbrd. Delivery</u>  9:30-LH1 10:00-LH2  <u>10:00am</u> Exercise Class-LH1  <b>2:00pm "Reptiles and Amphibians of PA" sponsored by Gary Stolz, Wildlife Biologist will be here in LH 3</b>  <u>6:30pm</u> Bingo-LH2</p>	<p>14</p> <p><u>10:00am</u> Exercise Class-LH1  <u>10:00am</u> Exercise Class-LH3  <b><u>Pest Control-3rd Floor-LH2</u></b>  10:00am-12:00pm  <u>5:30pm</u> Movie Night-LH2</p>	15
<p>19</p> <p><u>10:00am</u> Exercise Class-LH3  <b>1:30pm Big Elk Garlic Farm Trip. Open to all residents. Meet outside of LH II to car pool to farm.</b>  <u>2:00pm</u> Bible Study-LH1  <u>6:00pm</u> Card Night-LH3</p>	<p>20</p> <p><u>Kennett Food Cpbrd. Delivery</u>  10:00-LH3 10:30-LH4  <u>10:00am</u> Exercise Class-LH1</p>	<p>21</p> <p><u>10:00am</u> Exercise Class-LH1  <u>10:00am</u> Exercise Class-LH3  <b><u>Pest Control-3rd Floor-LH3</u></b>  10:00am-12:00pm  <u>5:30pm</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>10:00am</u> Exercise Class-LH1  <u>6:30pm</u> Bingo-LH2</p>	<p>28</p> <p><u>10:00am</u> Exercise Class-LH1  <u>10:00am</u> Exercise Class-LH3  <b><u>Pest Control-3rd Floor-LH4</u></b>  10:00am-12:00pm  <u>5:30pm</u> Movie Night-LH2</p> <p><b>Spirit of Philadelphia Trip</b></p>	29
			<p><b>1:30pm Sweet Brew Band to perform in LH 1 (not LH3)</b></p>

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## By the Garden Gate

We had a really nice turn out for the August garden meeting. The topic was expanding upon the butterfly garden area and Liz S. specifically talked about the morning butterflies and their need for wa-



ter. Yes, it rained a lot, however butterflies can drown in a bird bath. She demonstrated a puddler, which is a small dish with a few stones in it for butterflies to land on. This allows them to drink without drowning. There were several new people in attendance and we are glad that they came and had gardening questions. We will continue to talk about what to be doing as fall approaches.

The next meeting will be Wednesday, September 5th at 2pm and we have a speaker from South Eastern Pennsylvania Orchid Society to talk about orchids. We will meet in the community room in Building II. Come and learn about these beautiful and fragrant flowers. Also, we hope to harvest our sweet potato crops. Please join us and take some potatoes from the garden. On Wednesday, September 19th we have been invited to visit Big Elk garlic farm which is very near Luther House. Farmer Frank will show us around and provide us with garlic that we can grow here our-

selves. Meet in front of building II at 1:30 to car pool over.

See you all soon!

Garden tips: Did you know that garlic is planted in the fall? It over winters and is harvested the following June.

Fall is also a good time to clean and sharpen tools before putting away for winter.

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### **11 Habits the Most Likable People Have in Common**

They develop a positive mental attitude and let it be seen and felt by others.

They always speak in a carefully disciplined, friendly tone.

They pay close attention to someone speaking to them.

They are able to maintain their composure in all circumstances.

They are patient.

They keep an open mind.

They don't procrastinate.

They engage in at least one good deed a day.

They find a lesson in failure rather than brood over it.

They act as if the person they are speaking to is the most important person in the world.

They praise others in a genuine way without being excessive.

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## Spotlight on Resources

- CMS (Center for Medicare and Medicaid Service) is US federal agency which administers Medicare, Medicaid, and the Children's Health Insurance Program.
- Emergency Alerts are available through visiting at [www.readychesco.org](http://www.readychesco.org). Ready ChesCo is used to notify you during a major crisis and delivers important emergency alerts such as: weather, health, or other community alerts. You can receive notifications on all your devices, such as: email, cell phone, via voice mail, text, pager, or smartphone. This county service is available through the Chester County Department of Emergency Services.
- Emergency Services are available in Chester County.
- There are two ways to call 9-1-1. The fastest and most direct way to get help in an emergency is to call 9-1-1 on a landline or cell phone. If you are unable to call 9-1-1, you may text 9-1-1 on your cell phone. Note: Emergency operators request that you be brief, do not use abbreviations or “texting” language when using this service. Text 9-1-1 calls do not have the same location accuracy as voice calls. Texting is not a replacement for voice calls but it is an alternative if you need one.
- Smart 9-1-1 is another services available in Chester County when you call 9-1-1. Once you have signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information including: medical issues, current location and even pets, can help Police, Fire and EMS locate and help you in times of emergency - when seconds count. Register your personal information at [www.SMART911.com](http://www.SMART911.com)
- Internet access low-cost for low-income seniors and families is available through Comcast. Cost \$9.95 a month. Call 1-855-846-8376.
- Medicaid health insurance helps eligible individuals who have little or no medical insurance. It is available to certain low-income individuals and helps pay for some or all of their medical bills. Congress and the Centers for Medicare and Medicaid Services (CMS) set out the main rules under which Medicaid operates. Qualified Medicare Beneficiary Plus (QMB plus), also called “Medical Assistance” & “Healthy Horizons” with income limits of \$1,005 (asset limit \$2,000) for an individual or \$1,354 for a married couple (asset limit \$3,000). Note: \$20 monthly SSI amount is disregarded, plus first \$65 of earned income and half of remaining gross income. MA will pay for both parts A and B, qualifies for full Medicaid benefits (green or yellow ACCESS card). Medicare is primary, Medicaid is secondary. Automatically qualifies for LIS (Low Income Subsidy).
- Postage can be obtained from home (Luther House) with no need to travel to the post office. Simply use the stamp request envelopes supplied to all buildings. Fill out the orange request envelope complete with check or money order. Place in mailbox for pick up and the mail carrier will fill your request. Other postal supplies may also be obtained by using the request envelopes: envelopes, express mail service information, money order applications, priority mail services and movers guides.
- Telephone (free cell phone and minutes) can be obtained free through a federal program called Lifeline for eligible individuals. Total yearly income cannot exceed \$14,621 for a single person and \$19,670 for a married couple. Note: If you live at Luther House, you are automatically eligible regardless of income. You may apply by calling 1-800-977-3768 or ask Diane for assistance.



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## The History Page: United States Facts & Trivia (part one)

- The tomato was put "on trial" on September 25, 1820 in Salem, New Jersey. In front of a court-house, Robert Johnson ate a basket of tomatoes to prove they were not poisonous. The crowd waited for him to keel over dead. He never did.
- American bison were once hunted to near-extinction. Only 1,000 remained in 1890, down from 30 million bison less than a century earlier.
- Ford Motor Company paid its auto workers \$5 per day in 1914.
- George Washington, was the wealthiest of past presidents with assets worth more than \$500 million (in today's dollars).
- Two-thirds of all US \$100 bills are held outside the US.
- The 1962 escape from Alcatraz, the only successful one, is still under investigation by the U.S. Marshals Service.
- Yellowstone National Park, Wyoming is the oldest national park which was founded in 1872.
- The Founding Fathers penned the first couple of drafts of the Declaration of Independence on hemp paper, since at the time at least 75 percent of all the world's paper was made from cannabis hemp fiber.
- American Indians were not made citizens of the U.S. until congress acted in 1924.
- In 1918 a flu epidemic killed 548,000 people in the U.S.
- Thomas Jefferson invented the swivel chair.
- Christmas was illegal in the U.S. until 1836 as it was considered an Ancient Pagan Holiday.
- 100 acres of Pizza are served in the U.S. every day.
- President James Madison was only 5 feet 4 inches tall and weighed under 100 pounds.
- It Costs the Government 1.7 Cents to Mint a Penny
- The Four Corners Monument is the only point in the U.S. shared by four states.
- Snake Alley, the most crooked street in the world, can be found in Burlington, Iowa.
- The 30's gangster Machine Gun Kelly gave the FBI the nickname "G-Men."
- 150 residences in New York City got the first televisions in 1936.
- America's oldest airport is located in Maryland. It was founded by the Wright brothers in 1909.



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## The Origin of Phrases

**Double-cross** - Illiteracy was common in the old days and so when a person was asked to sign his name to a document, he would put an "X" and it was perfectly legal. If a cross was doubled - one was written over the other one, then the second one voided out the first. The contract was then null. So a double-cross was often referred to someone who promised in word or writing, but changed their minds, or never even intended to obey the rules they agreed to.

**Hoodlum** - One of the most notorious criminals of the Barbary Coast was Muldoon, who was hard to arrest. The San Francisco newspaper led a campaign to help clean up the town. But rather than printing his name they put it in backwards "Noodlum." A bit obvious, the reporter then changed the N to H = Hoodlum. So every time this criminal's activities were written up, it was as Hoodlum. Soon the name was synonymous with crime and illegal activities.



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 (LHI)
- 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 -**  
**Simple moments with your grandchildren**  
**often become priceless memories.**



*My Favorite Recipe ...*

**Lima Bean Casserole**

*Candi Ward*

- 1 pound dry lima Bean
- 2 pounds sausage
- 1 onion, chopped
- 2 - 15 ounce cans tomato puree
- Poultry seasoning
- 1 tablespoon brown sugar

Cook and drain lima beans, set aside. Brown sausage and onion in a sauce pan. Add tomato puree, poultry seasoning, and brown sugar to sausage mixture. Put beans in a greased casserole pan, cover with sausage and tomato mixture. Cover and bake at 350 degrees for 30



*My Favorite Recipe ...*

**Beef Dish**

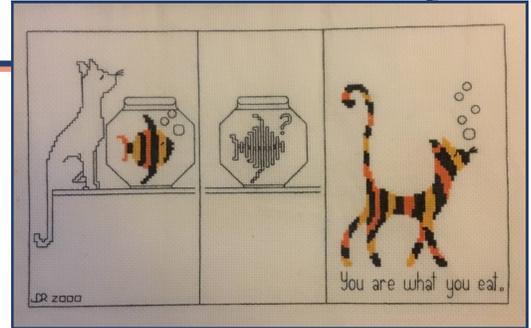
*Connie Crissman*

- 4 pound beef cubes
- 1 can cream of celery soup
- 1 can cream of asparagus soup
- 1 can cream of chicken soup
- 1 can cream of mushroom soup

Combine all ingredients together (do not add water to cans of soup). Place all ingredients into greased casserole dish. Bake at 350 degrees until meat is tender. Serve over egg noodles.



## 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](http://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*

## September

- 2 - Marguerite Allen - I  
Dawn Moore - III
- 3 - Margaret Pennington - IV
- 8 - Mary Pridham - I  
Joan Davis - III  
Robert Brynildsen - II
- 9 - Laurie Desind - II
- 12 - Walter Kolynych - II
- 16 - James Fiore - II  
Patricia Dillow - II
- 18 - Barbara Miller - IV
- 20 - Betty Cerrato - IV
- 21 - Camillo Catena - I  
Nancy Brynildsen - II
- 25 - Jeannette Nunn - IV
- 27 - Grace Barnes - I
- 28 - Irene Hollywood - II
- 29 - Ruth Hall - IV

## October

- 4 - Elaine Copeland - II
- 5 - Patricia Rossbauer - II  
James Cordivano - II
- 6 - Bonita Eller - I  
Lewis McMillan - II  
June McMillan - III  
Constance Crissman - IV
- 7 - Aileen Morgan - I
- 8 - Joseph Gallagher - III
- 9 - Esther Stoner - IV
- 12 - Patricia Fitzpatrick - I
- 14 - Rosie Potter - III
- 15 - Constance Katevatis - III  
John Gallagher - IV
- 17 - Marguerite Warren - III
- 19 - Janie Tink - III  
Anne Tibbs - I
- 20 - Joan Greene - III
- 21 - Frances Ferrante - III
- 22 - Charlotte Fiske - I
- 25 - Leonilda Santana - III
- 30 - Adam Miller - I
- 31 - Julia Roark - IV

The most decisive actions of our life ...  
are most often unconsidered actions.