



LUTHER HOUSE GAZETTE

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March 2019



The Secret Heart

by Robert Peter Tristram Coffin (1892 - 1955)

Across the years he could recall his father one way best of all.

In the stillest hour of night the boy awakened to a light.

Half in dreams, he was his sire with his great hands full of fire.

The man had struck a match to see if his son slept peacefully.

He held his palms each side the spark his love had kindled in the dark.

His two hands were curved apart in the semblance of a heart.

He wore, it seemed to his small son, a bare heart on his hidden one,

A heart that gave out such a glow no son awake could bare to know.

It showed a look upon a face too tender for the day to trace.

One instant, it lit all about, and then the secret heart went out.

But shone long enough for one to know that hands held up the sun.

March Activities Scheduled

- Monday, March 4th, **Piano & Violin Concert** sponsored by the Seiber family in LH I at 11am.
- Monday, March 4th, **AMERIKIDS in Concert**. Sit back and enjoy your favorite classics, show tunes and patriotic melodies between 7 pm and 8 pm in LH III.
- Wednesday, March 6th, **Friendship Garden Meeting** at 2pm in LH II. Speakers: "Community Supported Agriculture" with farmer Pam & Bluebird houses with donated boxes - demonstration & activity for all participants. **All residents are welcome! You do not need to have a garden plot to attend all meetings and events!**
- Friday, March 8th, **PA ACCESS Medical Card Holders** are invited to an informational session on Medicare partner plans sponsored by Aetna at 2pm in LH III.
- Wednesday, March 13th, **Dessert Social & "Ask a Nurse & Physical Therapist"** sponsored by Brandywine River Home Health and Hospice at 2:30pm in LH III.
- Thursday, March 14th, **Spring Party & Bingo** sponsored by Pocopson Home & Rehab at 1:30pm in LH III.
- Wednesday, March 20th, **Dessert Social & Bingo** sponsored by Medi Home Health Care in LH III.

5 Important Tips for Managing Your Medications

As we get older we often see an increase in the number of medications we take to stay healthy. It's important that we take our medications as directed every day, however this can become difficult for many. The increase in the number of medications, along with the variety of over the counter vitamins and herbals available to us can make it very difficult to remember everything we need to about our medications. Here are five tips to help you better manage your medications.



1. Know your medications – Do not take any medication without knowing what it is or why it's being used to treat your condition. Read your prescription label as it contains useful information about your medication. Also pay attention to the color, shape, size of your medications, if you see anything unusual ask your doctor or pharmacist before taking it.

2. Use one pharmacy – By selecting one pharmacy to use for all of your prescription needs the pharmacist can help protect you from potentially fatal drug errors, drug interactions, and serious side effects. In addition using a single pharmacy it allows the pharmacist to build a relationship with you providing for more personalized care.

3. Ask for help – Your pharmacist is always there for you. Your pharmacist can help identify cost savings, help you find the right herbals and/or vitamins, and identify side affects you may be having from current medications.

4. Develop a routine – Develop a medication routine that works for you. Knowing what your medications are is important but it's also important to take them as directed and to avoid missing doses. You can use your own schedule (breakfast, lunch, and dinner) to help you

or you can use reminders and/or pill boxes to help you. Your doctor or pharmacist can help identify which method is best for you to ensure the best outcome.

5. See your physician regularly – Each medication your doctor has prescribed is used to treat a particular condition. Seeing your physician on a regular basis ensures that your treatment is working and allows the physician to provide the best options to get you to therapeutic goal.

Taking multiple medications can feel like a burden and become a difficult task for many to juggle with daily activities. By following the five tips listed above managing your medications and health can become easier for you. Remember that your pharmacist can play an important role in helping you manage your medications and stay healthy.

If you have any questions, call your doctor or pharmacist.

**Emergency Food Boxes are available while supplies last.
(Box's contain canned & dry food articles)
If interested, call 610-869-4240 extension 111**

Please sign up for garden plots by April 30th. For questions, call 610-869-4240 x. 111

Nothing great was ever achieved without enthusiasm. - Ralph Waldo Emerson

You Remind Me of a Rose

Poem by Lois Hooven, LH III, to her granddaughter

Just what is it about you, that reminds me of a rose?

You electrify the air, as your beauty clearly shows.

Your smile is so contagious, as your personality grows;

With features so exquisite, as the petals of a rose.

Your eyes are big and blue, like a rose that's in full bloom.

You stand out in a group, even in a crowded room.

Your unassuming ways, on everyone soon grows.

Since you're unique and rare, you remind me of a rose.

A single rose means love, giving love is just your aim.

So "Shannon" and "The Rose" have meanings quite the same.

You are loved because you're you, from your head down to your toes.

Now you know the reason, you remind me of a rose.

Along the Road

Poem by Ron Sylvina, LH IV

I was walking down the road one day,
when off in the distance I saw a bright light

I was so afraid

A voice came from the light,

"Do not be afraid

for I am the Lord God Almighty.

I have come to walk with you

down the road."

I asked,

"Why have you come to walk with me?"

The Lord answered and said,

"I want to be a closer friend."

But again, I said, "Why?"

The Lord answered saying,

"With me in your heart

your faith will be stronger than before."

And, at that time, He was gone.

But, He said, "I will pray for

you everyday."

Two Scams to Watch Out for in 2019

It is estimated that older adults lose billions of dollars to scammers each year. Here are three scams that are currently making the rounds.

1. Beware of Social Security spoofing calls - There's been a significant uptick in fraudulent telephone calls from people claiming to represent the Social Security Administration (SSA). In them, unknown callers threaten victims that they face arrest or other legal action if they fail to call a provided phone number or press the number indicated in the message to address the issue. Sometimes the scammers switch tactics and say that they want to help an individual activate a suspended Social Security number. They may even "spoof" the actual Social Security hotline number to appear on the recipient's phone: 1-800-772-1213. If you receive one of these calls, hang up. Know that Social Security rarely contacts persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action. Report suspicious calls to the SSA Office of the Inspector General by calling 1-800-269-0271.

2. Watch for a new twist on the old grandparent scam - The grandparent scam has been around for several years. In this approach, a person calls an older adult pretending to be a grandchild who's been involved in an accident or legal trouble and needs money immediately. Recently, the Federal Trade Commission (FTC) found that instead of using wire transfer or gift cards, an increasing number of older adults are mailing cash to these fraudsters, with a median individual loss of \$9,000. If you or a loved one receives one of these calls, don't act right away. Call that grandchild back on a correct phone number and verify their whereabouts. If you've mailed cash, report it right away to the Postal Service or shipping company you used. Some people have been able to stop delivery by acting quickly and giving a tracking number. To file a complaint go to the FTC at: [FTC.gov/complaint](https://www.ftc.gov/complaint).

Simple Steps to Getting a Good Night's Sleep

Sleeping well directly affects your mental and physical health and the quality of your waking life. Making simple but important changes to your daytime routine and bedtime habits can have a profound impact on how well you sleep, leaving you feeling mentally sharp, emotionally balanced, and full of energy all day long. Experimenting with the following tips, you can enjoy better sleep at night, improve your mental and physical health, and improve how you think and feel during the day.

1. Get in sync with your body's natural sleep-wake cycle, or circadian rhythm, is one of the most important strategies for sleeping better. If you keep a regular sleep-wake schedule you'll feel much more refreshed and energized. Try to go to sleep and get up at the same time every day. Choose a bed time when you normally feel tired, so that you don't toss and turn. If you're getting enough sleep, you should wake up naturally without an alarm. If you need an alarm clock, you may need an earlier bedtime. Avoid sleeping in - even on weekends. Be smart about napping. While napping is a good way to make up for lost sleep, if you have trouble falling asleep or staying asleep at night, napping can make things worse. Limit naps to 15 to 20 minutes in the early afternoon. If you get sleepy way before your bedtime, get off the couch and do something mildly stimulating, such as washing the dishes, calling a friend, or getting clothes ready for the next day. If you give in to the drowsiness, you may wake up later in the night and have trouble getting back to sleep.

2. Control your exposure to light. Melatonin is a naturally occurring hormone controlled by light exposure that helps regulate your sleep-wake cycle. Your brain secretes more melatonin when it's dark - making you sleepy - and less when it's light - making you more alert. However, many aspects of modern life can alter your body's production of melatonin and shift your circadian rhythm. Expose yourself to bright sunlight in the morning. (have your coffee outside or eat breakfast by a sunny window). Take breaks outside in sunlight, exercise outside, or walk during the day instead of at night. Let as much natural light into your home as possible. Keep curtains and blinds open during the day, and try to move your chair closer to the window. At night avoid bright screens within 1-2 hours of your bedtime. The blue light emitted by your phone, computer, or TV is especially disruptive. Say no to late-night television. Not only does the light from a TV suppress melatonin, but many programs are stimulating rather than relaxing. Try listening to music or audio books instead. When it's time to sleep, make sure the room is dark. Use heavy curtains or shades to block light from windows, or try a sleep mask. If you need some light to move around safely at night, try in using nightlights. This will make it easier for you to fall back to sleep.

3. People who exercise regularly sleep better at night and feel less sleepy during the day. Regular exercise also improves the symptoms of insomnia and sleep apnea and increases the amount of time you spend in the deep, restorative stages of sleep. Even light exercise such as walking for just 10 minutes a day improves sleep quality. It can take several months of regular activity before you experience the full sleep-promoting effects. So be patient and focus on building an exercise habit that sticks. Exercise speeds up your metabolism, elevates body temperature, and stimulates hormones such as cortisol. This isn't a problem if you're exercising in the morning or afternoon, but too close to bed and it can interfere with sleep. Finish workouts at least three hours before bedtime.

4. Your daytime eating habits play a role in how well you sleep, especially in the hours before bedtime. You might be surprised to know that caffeine can cause sleep problems up to ten to twelve hours after drinking it! Similarly, smoking is another stimulant that can disrupt your sleep, especially if you smoke close to bedtime. Avoid big meals at night. Try to make dinnertime earlier in the evening, and avoid heavy, rich foods within two hours of bed. Spicy or acidic foods can cause stomach trouble and heartburn. Avoid alcohol before bed (while a nightcap may help you relax, it interferes with your sleep cycle once you're out). Avoid drinking too many liquids in the evening (drinking lots of fluids may result in frequent bathroom trips throughout the night). Cut back on sugary foods and refined carbs (eating lots

of sugar and refined carbs such as white bread, white rice, and pasta during the day can trigger wakefulness at night and pull you out of the deep, restorative stages of sleep). For some people, a light snack before bed can help promote sleep. For others, eating before bed can lead to indigestion and make sleeping more difficult. If you need a bedtime snack, try half a turkey sandwich, a small bowl of whole-grain, low-sugar cereal, milk or yogurt or a banana.

5. Residual stress, worry, and anger from your day can make it very difficult to sleep well. If anxiety or chronic worrying dominates your thoughts at night, there are steps you can take to learn how to stop worrying and look at life from a more positive perspective. By learning how to manage your time effectively, handle stress in a productive way, and maintain a calm, positive outlook, you'll be able to sleep better at night. The more overstimulated your brain becomes during the day, the harder it can be slow down and unwind at night. During the day, many of us overstress our brains by constantly interrupting tasks to check our phones, emails, or news media. Try to set aside specific times for these things and focus on one task at a time. Practicing relaxation techniques before bed is a great way to wind down, calm the mind, and prepare for sleep. Try the following relaxation techniques:

- ✓ Deep breathing: Close your eyes and take deep, slow breaths, making each breath even deeper than the last.
- ✓ Progressive muscle relaxation: Starting with your toes, tense all the muscles as tightly as you can, then completely relax. Work your way up to the top of your head.
- ✓ Visualizing a peaceful, restful place: Close your eyes and imagine a place that's calming and peaceful. Concentrate on how relaxed this place makes you feel.
- ✓ Try these bedtime rituals to help you relax: read a book or magazine by a soft light, take a warm bath, listen to soft music, do some easy stretches, wind down with a favorite hobby, listen to books on tape, make simple preparations for the next day and dim the lights in the hours leading up to bed.

6. Improve your sleep environment. A peaceful bedtime routine sends a powerful signal to your brain that it's time to wind down and let go of the day's stresses. Sometimes even small changes to your environment can make a big difference to your quality of sleep: keep your room dark, cool, and quiet, keep noise down (if you can't avoid or eliminate noise from neighbors, traffic, or other people in your household, try masking it with a fan or sound machine, earplugs may also help), keep your room cool (most people sleep best in a slightly cool room (around 65° F or 18° C) with adequate ventilation - a bedroom that is too hot or too cold can interfere with quality sleep), make sure your bed is comfortable (bed covers should leave you enough room to stretch and turn comfortably without becoming tangled, experiment with different levels of mattress firmness, foam toppers, and pillows that provide more or less support).

7. Learn ways to get back to sleep. It's normal to wake briefly during the night but if you're having trouble falling back asleep, these tips may help: stay out of your head (focus on the feelings in your body or practice breathing exercises: take a breath in, then breathe out slowly while saying or thinking the word, "Ahhh," take another breath and repeat), make relaxation your goal, not sleep (if you find it hard to fall back asleep, try a relaxation technique such as visualization, progressive muscle relaxation, or meditation, which can be done without even getting out of bed). Even though it's not a replacement for sleep, relaxation can still help rejuvenate your body. Do a quiet, non-stimulating activity. If you've been awake for more than 15 minutes, get out of bed and do a quiet, non-stimulating activity, such as reading a book. Keep the lights dim and avoid screens so as not to cue your body that it's time to wake up. Postpone worrying and brainstorming. If you wake during the night feeling anxious about something, make a brief note of it on paper and postpone worrying about it until the next day when it will be easier to resolve. Similarly, if a great idea is keeping you awake, make a note of it on paper and fall back to sleep knowing you'll be much more productive after a good night's rest.

March

Sunday

Monday

Tuesday

<p>3</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>4</p> <p>10:00am Exercise Class-LH3</p> <p>11:00am Piano & Violin Concert sponsored by the Seiber Family-LH 1</p> <p>7:00 to 8:00pm AMERIKIDS in Concert, evening of your favorite classics, old time favorites & patriotic music -LH 3</p> <p>6:00-8:00pm Bingo-LH3</p>	<p>5</p> <p>10:00-12:00pm Cords of Love Knitting Group-LH2 10:00am Rosary-LH1 Parlor 6:00pm Movie Night-LH2</p>	
<p>10 Daylight Savings</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>11</p> <p>10:00am Exercise Class-LH3 6:00-8:00pm Bingo-LH3</p>	<p>12</p> <p>10:00-12:00pm Cords of Love Knitting Group-LH2 10:00am Rosary-LH1 Parlor 6:00pm Movie Night-LH2</p>	
<p>17</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>18</p> <p>10:00am Exercise Class-LH3 6:00-8:00pm Bingo-LH3</p>	<p>19</p> <p>10:00-12:00pm Cords of Love Knitting Group-LH2 10:00am Rosary-LH1 Parlor 6:00pm Movie Night-LH2</p>	
<p>24/31</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>25</p> <p>10:00am Exercise Class-LH3 11:00am Prayer Shawls for Shut Ins-LH4 6:00-8:00pm Bingo-LH3</p>	<p>26</p> <p>10:00-12:00pm Cords of Love Knitting Group-LH2 10:00am Rosary-LH1 Parlor 6:00pm Movie Night-LH2</p>	

2019

Wednesday

Thursday

Friday

Saturday

			<p><i>1</i></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>6:00pm</u> Movie Night-LH2</p>	<p><i>2</i></p>
<p><i>6</i></p> <p><u>10:00am</u> Exercise Class-LH3 <u>2:00pm</u> Friendship Garden Meeting-LH 2. Everyone is invited! You do not need to have a garden plot to attend all garden events. <u>2:00pm</u> Bible Study-LH1 <u>6:00pm</u> Card Night-LH3</p>	<p><i>7</i></p>	<p><i>8</i></p> <p><u>10:00am</u> Exercise Class-LH3 <u>Pest Control-3rd Floor-LH2</u> 10:00am-12:00pm <u>2:00pm</u> PA ACCESS card holders informational session on Medicare Partner Plans & appetizer social sponsored by Aetna-LH III <u>6:00pm</u> Movie Night-LH2</p>	<p><i>9</i></p>	
<p><i>13</i></p> <p><u>10:00am</u> Exercise Class-LH3 <u>2:00pm</u> Bible Study-LH1 <u>2:30pm</u> Dessert Social & "Ask a Nurse & Physical Therapist" sponsored by Brandywine River Valley Home Health & Hospice-LH3 <u>6:00pm</u> Card Night-LH3</p>	<p><i>14</i></p> <p><u>Kennett Food Cpbrd. Delivery</u> 9:30-LH1 10:00-LH2 <u>1:30pm</u> Spring Party & Bingo sponsored by Pocopson Home & Rehab in LH III <u>6:30pm</u> Bingo-LH2</p>	<p><i>15</i></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>	<p><i>16</i></p>	
<p><i>20</i></p> <p><u>10:00am</u> Exercise Class-LH3 <u>2:00pm</u> Dessert Social & Bingo sponsored by Medi Home Health Care in LH3 <u>2:00pm</u> Bible Study-LH1 <u>6:00pm</u> Card Night-LH3</p>	<p><i>21</i></p> <p><u>Kennett Food Cpbrd. Delivery</u> 10:00-LH3 10:30-LH4</p>	<p><i>22</i></p> <p><u>10:00am</u> Exercise Class-LH3 <u>Pest Control-2nd Floor-LH4</u> 10:00am-12:00pm <u>6:00pm</u> Movie Night-LH2</p>	<p><i>23</i></p>	
<p><i>27</i></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>Rainbow Comedy Playhouse Trip (last day to sign-up is March 8th)</p>	<p><i>28</i></p> <p><u>2:00pm</u> Hymn Sing & Bible Study sponsored by Toughkenamon Church will take place in LH 3 <u>6:30pm</u> Bingo-LH2</p>	<p><i>29</i></p>	<p><i>30</i></p>	

By the Garden Gate

At February's meeting of Luther House Community Friendship Garden, Keith provided an excellent overview of how to start seeds. Starting plants from seeds can be beneficial for several reasons. It saves money, control over plants and timing for specific gardening needs. On February 27th, a group car pooled to Rohrer's seed store in Smoketown PA. Our gardening group has a designated space this year to grow seeds for the gardens! It is in the lower level activity room in LH 3. Everyone is welcome to look at the plants we are growing, however, please do not touch them or water them. We have plant tenders who are taking care of them and getting them ready for transplanting into the gardens.

If you have any gardening questions, come to our meetings on the first Wednesday of each month. The March meeting topics are Community Supported Agriculture by Farmer Pam and Bluebird houses by Master Gardener Matt. We will have a demonstration on how to put together bluebird houses. We are also looking for drivers for our field trips in April and May. If you would like to help out, please call Diane at 610-869-4240 x.111.

Save the dates: Weds, March 6th - meeting @ 2pm in LH2 Community Supported Agriculture and Bluebird houses, Weds, April 3rd - meeting @ 2pm in LH 2 Irises/Flower Arranging/Raised Bed Tilling, Sunday, April 28th - Field Trip to Mt. Cuba Wildflower Celebration (free event) (time to be announced; drivers needed-contact Diane. May 1st we will take a trip to Longwood Gardens, May 6th Amish farmer Steven and his family will be here with plants to purchase, end of May we will attend the Iris Show at Jenkins Arboretum, June 5th we will check the garlic bed, harvest garlic, identifying weed and insects, plant our sweet potato spuds in our demonstration garden, July 3rd garlic harvesting, August 7th tomato and pepper tasting, Sept 4th "Good Natured" Gardening Awards, October 3rd planting garlic and/or shallots, Nov 7th sweet potato distributions and tasting and December 4th we will have "Garden Teas and Scones."

In general, our 2019 demonstration/community gardens will be: "pizza garden" containing a bed of different pepper plants; one garden that is all tomatoes; spuds in a bag with smaller fingerling, and we'll be focusing on the pollinator garden this year. All community/demonstration gardens are open to all LH residents to sample produce 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 any of the Garden Club special trips into the community.

Gardening Tips:

1. Did you know the male bluebird looks for and sets up the nest for bluebird eggs? He starts around the end of February.
2. Potatoes can be planted around St. Patrick's Day; flowers and veggies around Mother's Day.

Penn Township Special Events

- ✓ Shred-It Day – April 27 and November 9 from 10:00 a.m. – 1:00 p.m.
- ✓ Summer Concert Series – June 9 and July 14 from 6:00 p.m. – 8:00 p.m.
- ✓ Summer Fun Days – June 20, July 18, and August 15 from 10:00 a.m. – 12:00 p.m.
- ✓ Sunset Park Day – August 11 from 6:00 p.m. – 8:00 p.m.

Spotlight on Resources

- **Transportation Services** (also known as “Shared Ride Programs”) are provided to:
 - **Senior Citizens:** All residents of Chester County age 65 years or older are sponsored to ride ROVER Community Transportation with 85% of the ride paid for by PA State Lottery funds. The remaining 15% is paid by the passenger and/or the Chester County Department of Aging. All rides must be pre-scheduled and fares are calculated based on trip purpose and distance to be traveled. Fares are given when reservations are made or upon request. Rover Community Transportation 610-594-2664.
 - **Ride SCCOOT and SEPTA Trains** for free with a PA Senior Citizen Transit ID Card. Seniors wanting to obtain a free pass should call 610-993-0911. Applicants are required to show at least one form of accepted identification at the time of process..
 - **Medical Assistance Card Holders:** All individuals currently enrolled in the Medical Assistance Program may be eligible to use ROVER Community Transportation for appointments in which the medical card is used as payment for services provided. Call 877-873-8415.
 - **Persons with Disabilities:** if you are between the ages of 18 and 64, are disabled according to the American’s with Disabilities Act and need transportation, you may qualify for the Persons with Disabilities Program. The cost is \$4.00 for the first ten (10) miles and 15% of the full fare after ten (10) miles. Call 877-873-8415.
 - **SEPTA / ADA Complementary Paratransit Service:** is available to individuals who qualify under the Americans with Disabilities Act and who cannot make use of regular public transportation services. It is offered in the SEPTA service area of Chester County. For additional information, call SEPTA at 215-580-7145 or TMACC at 610-993-0911.
- **Rent Rebate Program:** any person living on a limited income might be eligible to receive a refund for part of the money paid for rent during the calendar year. The refund depends on the resident’s income which cannot exceed \$15,000 per year (only half of social security is counted towards total). Claimants or spouses 65 years of age or older; widows or widowers 50 years of age or older; and the permanently disabled 18 years of age or older may qualify for the Property Tax/Rent Rebate Program. Luther House will have your landlord forms available for processing in early April. Specific date to be announced in a future Gazette. To check on the status of your rent rebate call 1-888-222-9190. For more information or to obtain required forms, call Diane.
- **“My Pet is Home Alone”** sticker (to be placed on the outside of your door) or card (to be placed in your wallet) in case of emergency, may be obtained. Call Diane at 610-869-4240 ext 111. 610-869-4240 extension 111.
- **Home Modifications** can be done for residents requiring special needs to enable them to maintain health, safety and independence in their homes. The modifications include grab bars, hand rails, walk in tubs, etc. Call 610-869-4240 for details.
- **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. Participants complete a personal information form, which includes the participant’s name, contact information, emergency contact information, medical history and medications, allergies, photo and the participant's doctors’ names. The yellow dot decal provided in the program kit is placed in the lower left corner of the participant’s vehicle’s rear windshield. This decal alerts first responders that vital information can be found in the vehicle. To obtain a Yellow Dot Program kit, call Diane at 610-869-4240 extension 111.

The History Page: The Indians of Pennsylvania (part 3 of 5)

Benjamin West's painting Penn's Treaty with the Indians (1771) is the most widely recognized representation of Pennsylvania's founding. In it, an open-armed William Penn meets with local Indians upon his arrival in America in 1682. The story of the Indians' encounter with Europeans, however, was much more complicated than this. For the native peoples of Pennsylvania, the arrival of Europeans was fraught with perils as well as pleasures. Cloth, metal tools, and other trade goods attracted Indians, but the people who brought such objects also carried diseases, weapons, and alcohol that destroyed Indian populations and cultures. Indians who agreed at such treaties to allow colonists a certain use of their land often found out later that Europeans interpreted such documents to mean that Indians had surrendered to them the land and all its uses forever. The disruptions caused by the European colonization of America profoundly altered life for Indians, uprooting many of them and reshaping the cultural and political map of the colony in the process.

Exploring the northern reaches of Chesapeake Bay in 1608 Captain John Smith encountered the Susquehannocks, who lived in a river valley to the north. The Susquehannocks already had in their possession European beads and metal that they acquired by trading with other Indians. Although strangers to Smith, they were already knitted into patterns of trade with Europeans established along coastline and inland water routes of North America. Those networks of fur trade became more developed in the Pennsylvania region when Dutch and Swedish colonizers appeared on the Delaware River in the 1620s & 1630s.

The fur trade set in motion all sorts of processes that reshaped the Indians' Pennsylvania. Over-hunting of animals gradually pushed the trade west. The Indian paths that connected the Delaware, Susquehanna, and Allegheny-Ohio watersheds became the interior routes of the trade, and new Indian communities, sprang up in western Pa. Algonquian nations from the Chesapeake Bay moved into the Pennsylvania interior by way of the Susquehanna Valley, creating communities such as Conoy Town and Shamokin. Farther west, Shawnee, Delaware, and Iroquois peoples moved into the Allegheny and Ohio valleys.

By the middle of the 1700s, Indians living within the borders of Pennsylvania included a host of peoples—Tuscaroras, Nanticokes, and others who had been dispossessed from their homelands by war and colonization. For such displaced peoples, Pennsylvania seemed a bountiful refuge, still rich with fur-bearing animals and home to a colonial government with a reputation for fair dealing with Indian neighbors.

Throughout the colonial era, treaty conferences convened in locations like Philadelphia, Easton, Logstown, and Carlisle, where participants engaged in speech-making and gift exchange to advance their interests against one another and provided a basis for mutual understanding and communication. Unfortunately, nothing eroded that good faith more severely than the Europeans' pursuit of Indian lands. The Dutch and the Swedes came in small numbers and primarily for trade, but after Penn's colony was established in 1682, droves of settlers recruited by the Penn family in Britain, Ireland, and Germany began arriving. By the early decades of the eighteenth century, this onslaught of newcomers was displacing Indians from the Delaware and lower Susquehanna valleys.

By the mid-1700s, the high-handed and fraudulent tactics employed by the Penn family in acquiring land had soured Indian relations within the colony. Along Pennsylvania's western frontier, communities such as Burnt Cabins defied the efforts of officials to remove them and aggravated neighboring Indians. The contest for land eroded the goodwill that go-betweens, traders, and missionaries relied on in conducting their affairs. During the 1750s, their efforts collapsed under the strain of war, unleashing unprecedented violence between Indians and colonists on the Pennsylvania frontier.

The Origin of Phrases

I smell a rat! - The source goes back to the use of dogs in large mansions and palaces to warn of rats. It's believed that a dog who suddenly stirred could smell a rat. Whenever a dog suddenly jerked from lying on the carpet, people would say that "he smelled a rat." Soon, society used the phrase anytime someone got suspicious.

Gum up the works - The phrase originates in old lumbering days when the men had to deal with the Sweet Gum tree. This is sap that gummed up their saws. They discovered that the gum was fun to chew. So, they'd collect it and as a result, oftentimes returned all sticky from head to foot. And, it was hard to wash off! So, a person was all gummed up and stuck (lacking freedom of movement.)



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 -
My grandma
has ears that
truly listen,
arms that
always hold,
love that's never
ending and
a heart that's
made of gold!**



My Favorite Recipe ...
Crab Cakes
Jack Gallagher

- 1 pound claw meat (well picked)
 - 1/2 cup mayonnaise
 - 1 beaten egg
 - 1 1/2 teaspoon Worcestershire
 - 1 teaspoon parsley
 - 1/2 teaspoon dry mustard
 - 1 tablespoon lemon juice
 - 1/2 tablespoon mustard
 - 1/2 teaspoon old bay seasoning
 - 1/2 cup seasoned dry bread crumbs
- Mix all ingredients together, then form mixture into 3.5 ounce balls (approx. 1/2 cup).
Cook crab cakes in butter in a medium heat frying pan for 3 to 4 minutes each side.

**The March wind rises through the skies,
His great wings rustling as he flies,
And downward sweeps, o'er plain and hill,
The sunshine to the daffodil.**





Art Work
by Bonnie Barlow



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*

March

- 1 - Hilda Shaneman - I
William Robinson - I
- 2 - Phyllis Cogdill - II
Jean McLaughlin - II
- 6 - Mary Jane Irwin - III
Agnes Kennedy - IV
- 8 - Carmelene Sottile - II
- 9 - Virginia Gallagher - II
- 10 - Margaret Russell - III
- 13 - Shirley Kurtz - II
Dell Gary - III
- 14 - Lilli Burkholder - IV
- 16 - Janet Meredith - I
Marian Pitts - III
- 21 - Asik Mehdihanian - II
Darlene Sedlak - IV
- 24 - Doris Short - II
- 25 - Marsha Paisley - II
- 26 - Jean Dorety - II
- 28 - Judith Blevins - II
- 31 - Curtis Crossman - II
Virginia Sloyer - III
Frances Lawrence - IV

April

- 1 - Patricia Ramirez - II
Gabriela Santiago - II
Jean Stewart - III
- 2 - Elsie Woodward - II
- 4 - Jean Thomson - I
Florence Oppelt - II
- 5 - Theresa Lewis - II
Lilian Campbell - III
Patricia Brittingham - IV
Albert Watson - IV
- 8 - Verlin Short - II
- 11 - Venice Atwood - III
Barbara Atwood - III
- 12 - Becky Lockerby - IV
- 17 - Catherine Silverman - I
- 18 - Wanda Madron - IV
- 19 - Judy Gibson - II
- 20 - Elizabeth Cleveland - II
Mary Payne - III
Christine Woods - III
- 22 - Jo Rahme - II
Nancy Dry - IV
- 24 - Linda Hamby - II
- 25 - Grace Peterson - I
Doris Trimble - IV
- 26 - Marian Taggart - II
- 29 - Edna Farmer - I

Old West Wisdom

Don't interfere with something that ain't botherin' you none.
Timing has a lot to do with the outcome of a rain dance.
If you find yourself in a hole, the first thing to do is stop diggin'.