



# LUTHER HOUSE GAZETTE

VOLUME 18, ISSUE 10

October 2020



## Leaves

How silently they tumble down  
And come to rest upon the ground  
To lay a carpet, rich and rare,  
Beneath the trees without a care,  
Content to sleep, their work well done,  
Colors gleaming in the sun.  
At other times, they wildly fly  
Until they nearly reach the sky.  
Twisting, turning through the air  
Till all the trees stand stark and bare.  
Exhausted, drop to earth below  
To wait, like children, for the snow.

Elsie M. Brady

## October: Kindness Counts

- \* Acts of altruism speak volumes for those whose voices have been silenced. Speak up for someone who needs it and you will give them the opportunity to learn how to speak on their own behalf.
- \* We are so much more influential than we realize. The next generation is observing and picking up our cues and how to treat others. Set a good example by being an ambassador for thoughtfulness and mindfulness.
- \* We need to elevate the consciousness of the planet by seeking to understand rather than to judge. When we judge another, we are essentially judging ourselves and creating separation between ourselves and those around us. The healing of the world begins with each of us.
- \* Human beings are intuitively geared to be good and do good. Fear is a learned emotion. Reconnect to the part of you that is love and allow that to guide your everyday interactions. Be kind.
- \* We have the same power to spread good as those who wish to spread hate do. Find a way to share your unique light. A simple smile or a positive thought goes a long way.

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## Four Local Eagle Scouts Earn their Certification at Luther House

This past summer season has seen many exciting changes and additions to Luther House. Mason Schaeffer repaired, cleaned and landscaped the Luther House signage along route 796. Adding to our Friendship Garden: Joshua Herring built a raised bed garden, Conner Bossing build a wheel chair friendly raised garden by the butterfly garden and A. J. Lopez build a second wheel chair accessible garden

across from the water spigot.



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## Essential Foot and Ankle Care Tips for Seniors

Foot Care, even if you've never dealt with foot or ankle problems before, when you age, it's important to start paying extra attention to them. Many serious conditions, including diabetes, arthritis, nerve disorders, and circulatory problems, begin in the feet, so it's important for seniors to check them regularly to make sure everything is healthy and working as it should. Aging also tends to affect balance and weaken the bones and muscles, which increases your risk of falling and experiencing foot and ankle injuries.

Some of the most common foot and ankle ailments that affect seniors include: arthritis - the big toe and ankle are particularly prone to pain and inflammation since they bear so much of your weight, stress

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fractures are small, hairline breaks that are often caused by an abnormal foot structure and/or repetitive stress, flatfoot occurs when the tendons that support the arches become inflamed and stretched out and stop providing as much support as they used to, ankle sprains can occur in both active and inactive seniors; those who are sedentary may have a harder time recovering, dry skin - aging leads to a decline in collagen production, which can cause the skin to dry out and be more prone to cracking, bunions are bony growths that occur most often at the base of the big toe or small toe, heel spurs are calcium deposits that develop on the heels, athlete's foot is a fungal infection that is characterized by itching, burning, and a scaly rash, ingrown toenails when left untreated, they can cause painful and unpleasant infections.

While it's not always possible to prevent foot and ankle injuries or ailments, there are lots of things you can do to help keep your feet healthy and safe. The tips listed below are a great place to start.

Keeping your toenails trimmed will help prevent ingrown toenails, which can contribute to infections and more severe issues. This also helps prevent fungus buildup and minimizes your chances of bumping your nail on an object and breaking it.

Moisturizing your feet regularly with a high-quality, gentle lotion (such as one that contains cocoa butter or aloe vera) will help keep dry skin at bay and prevent blisters and calluses from forming. Massaging lotion into your feet also promotes healthy circulation.

It's important for seniors, especially those who are already suffering from diabetes or nerve conditions, to check their feet regularly to look for bumps, sores, or other abnormalities. These need to be addressed immediately to prevent infections.

It's important for seniors to wear high-quality shoes that fit and provide plenty of support. This will help minimize strain caused by flatfoot or other conditions and minimize the risk of strains or other injuries. Proper-fitting shoes also cut down on the risk of calluses, blisters, and bunions.

In addition to performing your own exams, you should also be having your feet checked by a podiatrist regularly. A podiatrist is trained to spot abnormalities and may catch things that you couldn't. It's especially important to schedule regular exams if you have a hard time bending over or reaching your feet.

If you're a particularly active individual, wear an ankle brace, especially when playing sports like tennis that involve a lot of running or lateral movements, invest in orthotics for extra arch support, warm-up the feet and ankles properly before every physical activity, invest in shock-absorbing shoes if you do a lot of walking, wear clean, dry socks to prevent infections, stretch after every physical activity to prevent tight muscles, do ankle-strengthening exercises with a resistance band, massage the feet regularly to promote good circulation.

Foot injuries and other conditions are highly common among seniors, but they're not completely inevitable. By taking steps to monitor the health of their feet and ankles and keep them strong and supported, seniors can keep doing their favorite activities without being overly worried about potential injuries.

For more information, ask your doctor or physical therapist.

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## Be Aware of New Scams and Frauds

Telephone scammers try to steal your money or personal information. Callers often make false promises and call with threats of jail or lawsuits if you don't pay them. They may say they are calling from the social security administration and tell you there is issues with your benefits. Remember, the social security administration would never call you. When in doubt - hang up on the caller and call them yourself.

During the coronavirus (COVID-19) outbreak, scammers may try to take advantage of you through misinformation and scare tactics.

Banking scams involve attempts to access your bank account.

Census scams happen when someone pretends to work for the Census Bureau to steal your personal information.

Lottery and Sweepstakes Scams try to get your money or personal information through fake lotteries, sweepstakes, or other contests. Many claim that you've won a prize but must pay a fee to collect it.

Charity Scams Some scammers set up fake organizations to take advantage of the public's generosity.

**Protect your money and your identity by not sharing personal information like your bank account number, Social Security number, or date of birth.**

**Never get into a conversation with the caller - HANG UP!**

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## Depression in Older Adults

Contrary to popular opinion, getting older doesn't mean that depression, which can cause persistent sadness, is inevitable. In fact, only about 2 to 5 percent of older people may have major depression, which is marked by at least five significant symptoms. But in older adults, it can be more difficult to determine whether true depression or something else is the cause. No matter the cause, getting treatment is key.

**How the Symptoms Differ** - The major signs tend to be the same at any age: feeling sad, hopeless, guilty, or worthless; a loss of interest in activities you once enjoyed; changes in appetite, weight, or sleep habits; fatigue, restlessness, indecisiveness, or difficulty concentrating; and suicidal thoughts. These signs may look different in seniors. Older adults may not really complain of sadness, but may have difficulty feeling joy. That's a very different symptom presentation than a younger person. If you experience any of the above, tell your doctor.

**Easing the Sadness** - Trying therapy first can be a good option for older adults who may already take multiple medications. One common type is cognitive behavioral therapy, which teaches you to change unhelpful patterns of thinking and behaving.

You may be a good candidate for antidepressant medication if you've tried therapy and haven't started to feel better, or if your symptoms are severe: eating so little that you're losing weight and/or you're not sleeping.

Your doctor may recommend therapy and medication together. The combination treatment is often-times superior to one or the other on its own, since it can take eight to twelve weeks for antidepressants to take full effect.

**Exercise** - Physical activity can offer mood-lifting benefits. Depression can sap your motivation, so enlisting a buddy can help get you up and out. Or sign up for a class. Social interaction can help you feel better.

For more information, ask your doctor

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## Safe Medication Use

There is a lot to learn about your medicine before you take it. One key is getting into the right medication routine from the start. Consistency in how and when you take your medication can make the difference between the success and failure of your treatment. When it comes to taking medications, there is little room for error. If medications are not used properly, your condition could get worse. You could experience unwanted side effects, requiring hospitalization, or worse.

Here are some tips to ensure your medication taking routine is safe from the start.

1. Read labels and other educational aids carefully. The medication label has limited space, so you may also have to read the package insert or information sheet that comes with your medicine to get all the facts. Studies show that between
2. When in doubt, ask your physician and pharmacist. Staying on track with your medications can be hard, especially when you have to take more than one a day. Make sure you know what to ask about your medicine before taking it. What's the brand and/or generic name of the medicine, and what specifically is it for? How and when do I take it, and for how long? What side effects should I expect, and what should I do about them? Should I take this medicine on an empty stomach or with food? Should I avoid any activities, foods, drinks, alcohol or other medicines while taking this prescription? If it's a once-a-day dose, is it best to take it in the morning or evening? Will this medicine work safely with any other medicines I'm taking, including over-the-counter medicines? When should I expect the medicine to begin to work, and how will I know if it's working? Should I store this medicine at room temperature, or in the refrigerator?
3. Keep an updated list of all your medications. The list should include all the medicines you take, including prescriptions, non-prescription medicines vitamins and supplements. Show the list to your pharmacist and your healthcare provider during your visit.
4. Don't share or borrow medicines. Prescription medicines are meant for you and you alone. Sharing or borrowing medications can be dangerous.
5. Store medicines safely. Store medications in a cool, dark and dry place, under lock and out of reach of children. Check package instructions, as some medicines may require refrigeration.
6. Discard unused or expired medicines safely.
7. Ask your pharmacist to set up a medication-taking calendar or to recommend a medicine dispenser to help you get organized, especially if you are on several daily medicines.
8. Set up a "brown bag session" with your pharmacist to review your medications. Bring in all the medicines you take and review them with your pharmacist. The pharmacist can help you get rid of medicines you don't need, expired products, or those that may cause potential drug interactions.
9. Do not stop taking your medications without direction from your doctor. Stopping your medication regimen prematurely can put you at risk for your condition to recur or even worsen. Always talk to your physician or pharmacist before making changes to a drug regimen.
10. Know your medical and medication history. Make sure your healthcare provider knows about any special conditions you have, including allergies (to drugs, dyes or foods) or a history of medication problems. Also let your healthcare provider know if you are a smoker, or if you have a history of kidney or liver disease. It's important that those recommending and filling your prescriptions know as much about you as possible. Taking your prescription medications as a part of your daily routine will get you on the right path toward treatment success.

For more information, ask your physician or pharmacist.

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## How to Handle Difficult People

Difficult people defy logic. Some are unaware of the negative impact that they have on those around them, and others seem to derive satisfaction from creating chaos. Either way, they create unnecessary complexity, strife and worst of all stress. To deal with difficult people effectively, you need an approach that enables you to control what you can and eliminate what you can't. The important thing to remember is that you are in control of far more than you realize.

1. Set limits. Complainers and negative people are bad news because they wallow in their problems and fail to focus on solutions. They want people to join their pity party so that they can feel better about themselves. People often feel pressure to listen to complainers because they don't want to be seen as callous or rude, but there's a fine line between lending a sympathetic ear and getting sucked into their negative emotional spiral.

You can avoid this only by setting limits and distancing yourself when necessary. Think of it this way: if the complainer were smoking, would you sit there all afternoon inhaling the second-hand smoke? You'd distance yourself, and you should do the same with complainers. A great way to set limits is to ask complainers how they intend to fix the problem. They will either quiet down or redirect the conversation in a productive direction.

2. Rise above. Difficult people drive you crazy because their behavior is so irrational. Make no mistake about it; their behavior truly goes against reason. So why do you allow yourself to respond to them emotionally and get sucked into the mix? The more irrational and off-base someone is, the easier it should be for you to remove yourself from their traps. Quit trying to beat them at their own game. Distance yourself from them emotionally. You don't need to respond to the emotional chaos - only the facts.

3. They stay aware of their emotions. Maintaining an emotional distance requires awareness. You can't stop someone from pushing your buttons if you don't recognize when it's happening. Sometimes you'll find yourself in situations where you'll need to regroup and choose the best way forward. This is fine and you shouldn't be afraid to buy yourself some time to do so.

4. Establish boundaries. This is the area where most people tend to sell themselves short. They feel like because they work or live with someone, they have no way to control the chaos. This couldn't be further from the truth. Once you've found your way to Rise Above a person, you'll begin to find their behavior more predictable and easier to understand. This will equip you to think rationally about when and where you have to put up with them and when you don't.

5. Know how important it is to live to fight another day, especially when your foe is a toxic individual. In conflict, unchecked emotion makes you dig your heels in and fight the kind of battle that can leave you severely damaged. When you read and respond to your emotions, you're able to choose your battles wisely and only stand your ground when the time is right.

6. Where you focus your attention determines your emotional state. When you fixate on the problems you're facing, you create and prolong negative emotions and stress. When you focus on actions to better yourself and your circumstances, you create a sense of personal efficacy that produces positive emotions and reduces stress.

When it comes to toxic people, fixating on how difficult they are gives them power over you. Quit thinking about how troubling your difficult person is and focus instead on how you're going to go about

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handling them. This makes you more effective by putting you in control, and it will reduce the amount of stress you experience when interacting with them.

7. Don't forget. Emotionally intelligent people are quick to forgive, but that doesn't mean that they forget. Forgiveness requires letting go of what's happened so that you can move on. It doesn't mean you'll give a wrongdoer another chance.

8. Squash negative self-talk. Sometimes you absorb the negativity of other people. There's nothing wrong with feeling bad about how someone is treating you, but your self-talk (the thoughts you have about your feelings) can either intensify the negativity or help you move past it. Negative self-talk is unrealistic, unnecessary and self-defeating. It sends you into a downward emotional spiral that is difficult to pull out of.

9. Get some sleep. When you sleep, your brain recharges, so that you wake up alert and clear-headed. Your self-control, attention and memory are all reduced when you don't get enough. Sleep deprivation raises stress hormone levels on its own, even without a stressor present. A good night's sleep makes you more positive, creative and proactive in your approach to toxic people, giving you the perspective you need to deal effectively with them.

10. Use your support system. It's tempting to attempt tackling everything by yourself. To deal with toxic people, you need to recognize the weaknesses in your approach to them. Tap into your support system to gain perspective on a challenging person. Everyone has someone who is on their team, rooting for them and ready to help them get the best from a difficult situation. Identify these individuals in your life and make an effort to seek their insight and assistance when you need it. Something as simple as explaining the situation can lead to a new perspective. Most of the time, other people can see a solution that you can't because they are not as emotionally invested in the situation.

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## **Pest Control Schedule for October**

Rob will be checking LH III - 3rd floor on Oct. 2nd, LH IV - 3rd floor on Oct. 9th, LH I - 1st floor on Oct. 16th, LH II - 1st floor on Oct. 23rd, and LH III - Lower Level & 1st floor Oct. 30th.

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## **Flu Clinics at Luther House**

Influenza, also called the flu, is a virus that can cause fever and other symptoms. Flu shots can help prevent seasonal influenza. Medicare Part B covers one flu shot every flu season. The flu season usually runs from November through April. Original Medicare covers flu shots at 100% of the Medicare-approved amount & when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are required to cover flu shots without applying deductibles, copayments, or coinsurance.

Three Flu Clinics sponsored by Southern Chester County Pharmacy will be held between 11 am to 1 pm in LH II activity room on Thursday, October 8th, Friday, October 9th & Monday, October 12th. Bring your Medicare card or Medicare Advantage card. Before you come to the clinic - it is imperative that you fill out your Medicare ID number (from your red, white and blue Medicare card) on the form provided on the back of the invitation you received in your mailbox.

Wear a mask and practice social distancing to ensure the safety of participants and pharmacy staff.

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## By the Garden Gate - 10 Tips for Beautiful Gardens in Small Spaces

**Add flowers or flowering plants.** Splashes of color break up green, provide variety, contrast and focal points. Try sowing both annuals and perennial flowers: cosmos, hydrangeas, sunflowers and marigolds. You don't specifically have to plant flowers though. A wide range of herbs and vegetables have beautiful flowers too: chives (purple), spring onions (white), dill (yellow), thyme (pale pink to purple), basil (white or purple), pineapple sage (red), rosemary (purple), as well as all flowering vegetables and fruits.

**Control weeds.** Remove weeds before they go to seed. Compost plants that compete with what you really want in your garden. Why waste money by sharing your plant food and nutrients with freeloaders? Adding an attractive and practical mulch will deter weeds from setting seed.

**Group plants around a theme.** Create a collection of plants with the same foliage or flower color for greater impact. Theming an area of your garden by clever use of color is an easy trick to use. Surrounding these with another contrasting color will 'frame' the picture. You can also achieve this simple technique by planting along the edge of a garden bed with a border plant.

**Add some Garden Art.** Garden art can be any ornament, collection, treasured find or something you make. When you add decorative items to your garden, it reflects your personality and adds character to your small space. Perhaps a pot could be jazzed up with a small ornament.

**Use multi-functional edible herbs and flowers.** Herbs provide fresh ingredients for the kitchen, have edible flowers, make attractive borders and pleasing aromas. Choose herbs like curly leafed parsley, clumps of chives, mounds of lemon thyme and compact Greek basil with marigolds, violets and tatsoi. Thyme, oregano and rosemary herbs in terracotta pots make attractive and edible garden features "Herbs are the friend of the physician and the pride of cooks." - Charlemagne

**Create unity and diversity.** Repeating a color provided by a variety of different plants: Yellow/Orange: yellow capsicums; orange marigolds; calendula; cherry tomato varieties like 'yellow pear,' nasturtiums; orange chard; cosmos; and yellow chillis. Purple: sages; purple basil; thyme; eggplant; beetroot; rainbow chard; rhubarb; rosemary and chive flowers; lavender; violet; geranium; viola; and petunia. White, Grey & Blue: leeks; culinary sage; alyssum (white); cauliflower; and some cabbages.

**Edible art.** With a little imagination, pots and containers with a highly productive food garden can also be a feature to highlight. One combination that works well is using the principle of proportion by putting a taller plant such as spring onions in the center of a round pot and surround it with lower growing salad vegetables and herbs.

"Gardening is the art that uses flowers and plants as paint, and the soil and sky as canvas." – Elizabeth Murray

**Free produce and herbs are available in our 4 community demonstration gardens. Signs will let you know which are open gardens for everyone to enjoy and which are private individual resident gardens.**

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### Good Neighbor Reminders:

1. **Please clean laundry rooms after using them.** Do not leave materials such as lint, animal hair, etc. in the washers and dryers.
2. **Trash should be placed down the trash chute or in proper trash receptacles.** Do not leave trash on floor of trash room. Do not leave trash in laundry room.
3. **Do not flush wipes down toilet.** They are a non-woven product made with polymer fibers that do not degrade when flushed down toilet.
4. **Free produce will now be available Saturday evenings at 5:30 pm** - in each activity room. This produce is generously donated by a local Amish farm on Crowl Toot Road in Lincoln University.
5. Smoking should take place in **designated areas only. Smoking is not permitted on the front and back porch benches.**

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## Spotlight on Resources

**Diabetic Medicare Covered Preventative Nutrition Therapy Services** - Medicare Part B (Medical Insurance) may cover medical nutrition therapy (MNT) services and certain related services if you have diabetes or kidney disease. You pay nothing for these preventive services. Services may include: an initial nutrition and lifestyle assessment, individual and/or group nutritional therapy services, help managing the lifestyle factors that affect your diabetes, and follow-up visits to check on your progress in managing your diet. A Registered Dietitian or nutrition professional can provide services, but only your doctor can refer you for the service. If you get dialysis in a dialysis facility, Medicare covers MNT as part of your overall dialysis care.

**Prepared Meal programs** - The most commonly recognized program is Meals-on-Wheels which delivers hot meals each weekday between 11:00 am and 1:00 pm. Your requested donation for each meal is \$3 for each meal. If interested call 610-430-8500

Aid For Friends provides 7 frozen meals delivered weekly. Call Ann at 610-869-8559.

Mom's Meal are \$6.49 each meal plus shipping and handling. Meals are delivered frozen. There is a 10% discount for bi-weekly auto-delivery. To order call 1-877-508-6667.

**Hearing Aids** may be obtained at low cost (\$125 each) through a program called the "Starkey Foundation." This program provides hearing aids for people with net incomes below \$19,547 for a single or \$26,477 for couples. Your only costs are a hearing test and an application fee of \$125 per hearing aid request. To obtain an application, call 610-869-4240 x 111.

Lions Affordable Hearing Aid Project provides the opportunity to purchase new, digital hearing aids for \$200 per aid. Income eligibility is \$22,340 or \$30,260 for couples. Call 630-203-3837.

Audient helps people purchase new, digital hearing aids at reduced prices ranging from \$495 to \$975 for one hearing aid or \$990 to \$1,575 for a pair. To be eligible, your income must be below \$27,075 for a single or \$36,425 for couples. Call Audient at 866-956-5400 (participating audiologist is Mark Lisi 610-345-0977 - call for appointment after being accepted by Audient).

**Home Health Care Providers** are available through various agencies in Chester County. The cost of these services is paid by individuals, families, Medicare, Medicaid and private insurance policies. Call Diane for list of providers.

**Medication Drop-off locations** are located at Kennett Square Borough Police Department (610-444-0501) 115 N. Broad Street, Kennett Square, New Garden Township Police Department (610-268-2907) 8934 Gap Newport Pike, Landenburg, and Oxford Borough Police Department (610-998-0032) 57 N. Forth Street, Oxford. Products accepted include: tablets, capsules, liquid meds in original containers, creams, ointment, prescription patches, vitamins, nasal sprays, and pet meds.

**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 Landlord's payment of property taxes and the resident's income that 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. All claims must be filed by June 30th unless the state extends the filing date. To check on the status of your rent rebate call 1-888-222-9190. For more information or to obtain required forms, call 610-869-4240 x 111.

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## Quarters Are Now Available

Until the coin shortage is resolved, Luther House will be offering the exchange of paper money for quarters on a temporary basis. Quarters will be available from Victoria at the Front Desk of Luther House 2, Monday thru Friday from 8a.m. to 12 noon & 1p.m. to 5p.m. Quarters are only available in \$5 increments. Please limit the quarters requested at one time - to ensure sufficient amounts for others. Only paper money will be accepted in exchange for quarters.

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## The History Page - The United States Flag (part 2)

On June 22, 1942, Congress passed a joint resolution that encompassed what has come to be known as the U.S. Flag Code. The code's objective is that the flag and its likeness should be treated with respect and its image should not be cheapened or tarnished by improper use.

Members of the armed services and veterans are asked to stand at attention and salute when their flag is passing in a parade or being hoisted or lowered; civilians should place their right hand over their heart. The flag should only be displayed from sunrise to sunset unless, if also displayed at night, it is illuminated. The flag should be displayed at every public institution including schools when open, and in or near every polling place on election days. The flag should never touch anything beneath it. It should not be displayed upside down except as a signal of extreme distress or danger. The flag should never be used as wearing apparel, bedding, drapery. The flag should never be used for any advertising purpose. When the flag is damaged should be destroyed in a dignified and ceremonious fashion, preferably by burning.

The name Old Glory was given to a large, 10-by-17-foot flag by its owner, William Driver, a sea captain from Massachusetts. The flag survived multiple attempts to deface it during the Civil War. The colors of the flag are symbolic with red symbolizing hardiness and valor, white symbolizing purity and innocence, and blue representing vigilance, perseverance, and justice. The flag that inspired Francis Scott Key to write "The Star-Spangled Banner" still exists and is on permanent display at the Smithsonian's National Museum of American History in Washington D.C.

There are a few locations where the U.S. flag is flown 24 hours a day: Fort McHenry National Monument and Historic Shrine, Baltimore, Flag House Square, Baltimore, United States Marine Corps Memorial (Iwo Jima), Arlington, On the Green of the Town of Lexington, Massachusetts, The White House, United States customs ports of entry, and the National Memorial Arch in Valley Forge State Park.

There have been 27 official versions of the flag over the years. The first flag was commissioned with a payment of "three strings of wampum" by Thomas Green, an American Indian. In 1777 when Congress was still deciding on the exact look of its flag, Green wanted the protection of an official flag while traveling through treacherous territory to Philadelphia. Asking for help from Congress, he offered a payment of three strings of wampum - a traditional shell bead of the Eastern Woodlands tribes of American Indians. Within 10 days, a resolution was passed, finalizing the flag as a creation with 13 stars and 13 stripes on June 14, 1777. Pennsylvania is the only one state that observes Flag Day as a legal state holiday.

Our national flag has been placed on a number of distant shores: In 1805, the American flag was flown overseas for the first time at a foreign fort in Libya, on the shores of Tripoli. In 1909, Robert Peary placed an American flag, sewn by his wife, at the North Pole. In 1963, Barry Bishop placed the American flag on top of Mount Everest. In July 1969, the American flag was "flown" in space when Neil Armstrong placed it on the moon. Of the six flags planted on the Moon, five of them still stand.

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### The Origin of Phrases

**To be at the end of your rope** - It originated from the tethering of horses to eat (but not allowing them to run free). So, horse would eat in the area his rope allowed. When the horse ate all the grass that was easy, he then was stretching and eating in the area that was "at the end of his rope."

**Up To Snuff** - The origin in a way goes back. Snuff is tobacco. And, in the old days men carried around pouches of it, with spoons and graters. Soon, commercial mixes got into the mainstream and so the real connoisseurs of smoking prided themselves on being able to tell the real, pure grade snuff from the commercial stuff. Someone who couldn't tell the difference between pure quality tobacco and the mixture was said to be "not up to snuff."



Please **REMEMBER OUR TROOPS**

in your thoughts and prayers, and especially:

- Bryan Hammell, grandson of Mary Hammell (LH I)
- Jason Sunderland, son of Phyllis Sunderland (LHI)
- Jonathan Shavor, grandson of Nancy & Bob Brynildsen (LH II) & Joan & Don Shavor, Sr. (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 ~**  
No matter how many grandchildren a grandmother has, she always knows everyone's favorite type of cookies.



*My Favorite Recipe ...*

**Spanish Rice**

*Becky Lockerby*

- 2 cups long grain rice
  - 1/8 cup oil
  - 8 oz tomato sauce
  - 6 stems cilantro (optional)
  - 1 tsp salt
  - 1 tsp minced garlic
  - 4 cups water
  - 1 cube chicken flavored bouillon
  - dash cumin
  - dash garlic pepper
- Heat oil in large frying pan on medium heat.  
Add rice and cook until golden brown.  
Add 1 chicken flavored bouillon cube to 4 cups water and microwave for 3 minutes.  
When rice is brown, add water, tomato sauce, salt, garlic, cumin and garlic pepper to pan.  
Stir and cover pan. Let simmer for 30-40 minutes or until all is cooked and there is no liquid left. Fluff before serving and ENJOY.

**Wawa Food Donations**

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



*Walking, I am listening  
to a deeper way.  
Suddenly all my  
Ancestors are behind me.  
Be still, they say...  
Watch and Listen.  
You are the result  
Of the Love of Thousands.  
Linda Hogan (1947)*

Photography by  
Candi Ward



## 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*

### October

- 4 - Elizabeth Webb - II
- 5 - Patricia Rossbauer - II  
James Cordivano - II
- 6 - Lewis McMillan - II  
June McMillan - III  
Constance Crissman - IV
- 9 - Esther Stoner - IV
- 12 - Patricia Fitzpatrick - I
- 14 - Rosie Potter - III
- 15 - John Gallagher - IV
- 17 - Marguerite Warren - III
- 19 - Janie Tink - III  
Anne Tibbs - I
- 21 - Patricia McLaughlin - II  
Frances Ferrante - III
- 22 - Charlotte Fiske - I
- 24 - Charlotte Edison - I
- 25 - Mae Morrison - II  
Leonilda Santana - III
- 26 - Janis Myer - IV
- 29 - Kathleen Ranck-Curtis - III
- 30 - Diane Danielson - I
- 31 - Julia Roark - IV

### November

- 1 - Sharon Scott - I
- 5 - Zeke Rzuclidlo - III
- 6 - Otley Jackson - II
- 7 - Mary Guy - I
- 8 - Jane Kramer - I
- 9 - Anita Wilson - IV
- 11 - Robert Ritter - II
- 23 - Janet Cavender - II
- 24 - Carmelo Santiago - II  
Gloria Lee - III
- 28 - Dee Cooper - IV

When you  
see something  
beautiful in someone,  
tell them. It may  
take a second to say,  
but for them it could  
last a life time.

**Old West Wisdom**  
You can't keep trouble from visitin,  
but you don't have to offer it a chair.