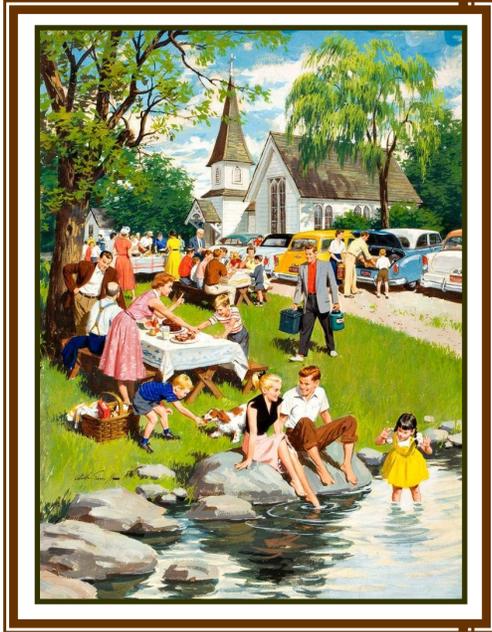




LUTHER HOUSE GAZETTE

VOLUME 19, ISSUE 7

July 2021



This Land is Your Land

This land is your land, this land is my land
From California, to the New York Island
From the redwood forest, to the gulf stream waters

This land was made for you and me

As I was walking a ribbon of highway

I saw above me an endless skyway

I saw below me a golden valley

This land was made for you and me

The sun comes shining as I was strolling

The wheat fields waving and the dust clouds rolling

The fog was lifting a voice come chanting

This land was made for you and me

Woodrow Guthrie (1912-1967)

July Kindness Counts

- Introduce your friends to a new resident.
- Give your old warm coat or an extra blanket to someone who needs it.
- Cook a meal for a friend or new neighbor.
- Bake a cake or treats for someone celebrating a birthday (find out their favorite!)
- Text a joke or photo to a friend who's going through a tough time to make them smile.
- Leave nice comments in others mailboxes
- Keep gum or treats in your pocket or purse and offer them freely.
- Give someone a ride who needs it.
- Offer a volunteer or delivery person a cup of coffee, tea or bottle of water.
- Gently distract the grumpy kids sitting next to you on the plane. Offer to read them a book or tell them a funny story so their parents can have a short break.
- Smile! Make someone's day...

Blessings

By Lois Hooven, LH III

As I look at the calendar,
Suddenly it was clear something I have to say to the ones
I love so dear.

Time has passed so quickly;
such blessings God gave to me
not wealth or position but a wonderful family.

Your dad and I were blessed with a daughter and a son.
Raising them were challenging, surprising and fun.
Then came our grandchildren, not just one but three,
what fun, joy and happiness as they sat on Mom Mom's knee.

Our gift was not over, yes, another gift from Heaven
more "Falling Stars" appeared,
the gift of GREAT were SEVEN.

Does God have it planned that I should be alive to enjoy
the blessed gift - GENERATION NUMBER FIVE?

I will not push my luck, time just seems to fly,
those seven are so important, the apple of my eye.
My greatest gift of all, as I pray to God above,
my great-grandchildren grow in a country full of love.

I have counted many blessings, the greatest one I found.
The joy and much Happiness with family all around.

Could I have changed my life?

No!! I would want no other.

The greatest gift of all, GOD MADE ME A MOTHER.



Quarters Are Available

Until the coin shortage is resolved, Luther House is 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.

Avoiding Slip, Trip and Fall Accidents

1. Engage in Regular Exercise - Many falls among seniors are caused by muscle weakness. Seniors can combat this by doing strength-building exercises. Walking, swimming and dancing are examples of exercises that build leg strength while improving coordination and balance.

2. Keep Clutter off the Floor - Clutter is a common cause of trips and falls. Assess the floor regularly and look for items that could cause a person to fall. These include electrical cords, magazines, shoes, baskets and plants. Even rugs can bunch up and cause a fall.

3. Clean Up Spills Immediately - If you see a spill, clean it up quickly. Otherwise, you or someone else could slip on the substance and cause a serious fall.

4. Use Assistive Devices - If you tend to wobble when you walk, a cane can help. If you have stairs, use the rails to assist you. In bathrooms, grab bars are helpful, especially in showers.

5. Enhance the Lighting - Many falls are caused by an inability to see what's in front of you. Add brighter lighting in frequently used areas such as bathrooms and kitchens.

6. Check Hearing and Vision Annually - Hearing loss can lead to balance issues, and this can make a senior more prone to falling. Vision is also a factor, since it's easy to trip on something you didn't see and suffer a fall as a result. As we age, our eyes are more susceptible to conditions such as glaucoma and cataracts. Poor depth perception and blurriness may also play a role. Get your eyes and ears checked once a year to address any of these possible issues.

7. Check Your Medications - Seniors often take multiple medications to manage health conditions. These medications may interact with each other to cause dizziness or drowsiness. If this is the case for you or your loved one, make sure to take extra precautions to prevent falls.

8. Wear Appropriate Footwear - Sturdy shoes that have rubber soles and fit properly are best for seniors. Seniors should avoid wearing flip flops, slippers, high heels and backless shoes. Even bare feet or socks can lead to slips and falls, so it's best to wear shoes as often as possible.

10. Don't Overdo It - If you're a senior citizen living on your own, don't feel like you have to do everything on your own. Trying to do too much can cause you to move too quickly and slip or trip. Instead, enlist the help of friends, family members or even neighbors. Have them help with household chores such as cleaning floors or vacuuming. If you don't have anyone who can help, hire a low-cost professional such as Kendal Crossing Helping Hands at 610-388-5015.

Pest Control July Schedule

7/02/21 LH1 1st Fl. 7/09/21 LH 2 1st Fl. 8/16/21 LH 3 1st Fl. 8/23/21 LH 4 1st Fl.

Coping with Arthritis as You Age

One side effect of aging is that many people deal with is arthritis. This swelling of the joints can leave you feeling stiff and sore. But arthritis doesn't have to keep you down. There are many ways of coping with this condition:

Keep up with your normal routine when you can. Engaging in gentle stretches each day that work all of your joints can enhance your flexibility and reduce stiffness and pain. Continue to do activities that you enjoy because moving your joints helps loosen them up and maintain your range of motion.

Adjust your exercise routine to avoid high-impact activities that put pressure on your joints. Focus on low-impact options such as biking, swimming, yoga, and walking. Regular exercise can also help you maintain a healthy weight which can be better for your joints.

Learn to listen to your body. While staying active can be good, you should also rest when you are feeling especially sore or tired. Give your joints a break so you don't overdo it and cause yourself more pain in the long run. It's all about finding balance and knowing when to push yourself and when to take it easy.

Arthritis does not just affect you physically; it can also take a toll on your mental health. It can be frustrating trying to do different activities and not having your joints cooperate, or dealing with chronic pain. Some people experience depression or loneliness. Connect with friends and family who make you laugh and feel good. Continue doing things you enjoy as you are able, even if that means make some modifications.

After you've been active, take a break and enjoy the warmth of a bath or shower. Or, you may find that ice packs are more effective at providing relief. It could vary depending on what you have been doing or how your muscles feel.

Living with arthritis, some days you may be more active and others not so much. Partnering with an in-home caregiver can enable you to get the level of support you need when you need it. A caregiver can assist with tasks that your arthritis makes difficult while allowing you to remain as safe and independent as possible.

For care giver information, call 610-869-4240 x. 111

For more information, ask your doctor.

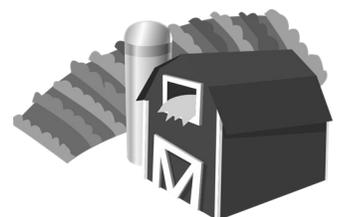
Wawa Food Donations are delivered to LH every weekday.

Wawa food donations are placed in each of the 4 activity room freezers. Please help yourself.

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

Farmer's Market Voucher Applications Are Now Available

To qualify for the program, individuals must be age 60 or older, with an income of \$23,606 for a single and \$31,894 for a couple. Participants receive \$24 worth of free vouchers to be used at approved area farm markets. Vouchers may be obtained by calling 610-869-4240 x. 111.



Mailbox Stat Procedures:

- Each day (between morning until 2pm) to confirm that you are safe, residents should push their red stat buttons to the grey position.
- At 2pm each day, a volunteer at the front desk, will check on those residents whose stats are still red (at 2pm) by calling on the phone or an in-person visit.
- Stats are then reset to red each day for the following morning.
- For your safety, you should not push your stat again until the following day.
- Even if they can't come down to push your STAT button, please call down to your building's reception desk and speak to the volunteer at the desk or ask a friend to help.

Penn Township Events 2021

Summer Fun Days - Thursday, June 17 • Thursday, July 15 • Thursday, August 19, 2021 - Join us at 10 a.m. for a free scheduled children's activity. All activities will be held outside in Penn Township Park, they will be cancelled in the event of inclement weather.

Sunset Park Day - Sunday, August 8, 2021 - It's back! Join us for free music, food, fun and more!

Penn Township Fall Festival - Saturday, October 23, 2021 - A new event! Think of this as a mix between our community picnic and our Halloween event. There will be no shortage of free, family fun at this event.

Fall Shred It Event - Saturday, November 6, 2021 @ 9 a.m. to 12 p.m. - This is a free shredding event held at Penn Township Park. The event will be drive-thru style; you will not need to exit your vehicle. This event also features free electronic recycling.

Good Neighbor Reminders:

1. If you receive a **bouquet flower arrangement** from the volunteer organization "**Petals Please**" - be sure to return the glass containers to the front desk to be returned to them.
2. Remember to **report to staff if you are making additional gross income over \$200**. Also, please report **if you start a job or are adding a household member**. Remember to **keep their medical expenses during the year for their recert. Out of pocket expenses help reduce rent**. This includes not limited to co-pays, prescriptions, supplemental insurance, hospital copays, therapies, behavioral health, dental, eye, medical equipment, over the counter (as long as there is a script from a doctor stating the medicine and what it's treating).
3. When you use the laundry or shopping **carts provided by the front door**, please return carts as soon as possible - others may be waiting for them.
4. **Do not park in front of the front doors** except (briefly off to the side) to empty your vehicle. Parking in front of the door blocks the ramp access for wheelchair & walker users; and also, blocks emergency vehicles from administering to a resident in a medical emergency.
5. If you have a maintenance issue - call 610-869-4240 x. 0. **"A stitch in time - saves 9!"**

Safe Medicine Storage & Disposal

It's important that you organize and keep track of your medicines. After all, you want to know where a particular medicine is when you need it. Always keep your medicines secure. Take an inventory of the medicines you have in your home every six months. Check the expiration date on the bottle or package - you don't want to take any chances with a medicine that no longer works the way it's supposed to. Check the expiration date for eye drops and eardrops, too. They may no longer be effective and, worse, could be a breeding ground for bacteria or fungus.

Discard leftover prescription medicines from a previous illness or condition. You should never try to treat yourself (or anyone else) with an unused / old prescription medicine. Your symptoms might seem similar to what you had before, but the cause could be different or the medicine may not be the right one this time around. Be aware that theft and abuse of prescription medicines - especially prescription pain and ADHD medications is a serious problem.

Store your medicine in an area that is convenient, but is also cool and dry since heat and humidity can damage medicines. Some medicines require refrigeration, so check the information on the medicine bottle or label. Keep your medicines separate from those of your spouse or other family members (for instance, on a different shelf or at least on a separate side of a shelf). This will make it less likely that you take the wrong ones by mistake.

Use a countertop or tabletop near where you take your medicine so you can open the bottle with it resting on the flat surface. In case you drop your pill, it will land on the tabletop and not be lost down the drain or on the floor. Never leave your medicine bottles out on the counter.

Have good lighting near where you store your medicines to help you make sure you are taking the right medicine. Never take medicines in the dark. Keep the medicine in the bottle it came in. The amber color of prescription containers protects the medicine from light. You will also have the label information right there about what the medicine is, its dosage and how often to take it. The label will also have the phone number of the pharmacy so you can call when it is time for a refill.

If you do use a weekly pillbox to help you remember to take your medicines, keep the original bottles so that you can quickly access dosing information and refill information that are generally printed on the bottle or packaging. Never mix different medicines in the same bottle. You might end up taking the wrong one by mistake. Keep the lids on your pill bottles tightly closed.

Tips for proper medicine disposal: Mix the medicines with an unpalatable substance such as dirt, kitty litter, or used coffee grounds. This prevents thievery or diversion of medicines from the trash. Then, place the mixture in a container such as a zip-lock or sealable plastic bag, and throw the container away in your household trash. Remove the label and / or scratch off all personal information on the label when disposing of a prescription vial. Flush prescription medications down the toilet only if the label or accompanying patient information specifically instructs doing so. Take advantage of pharmacy "take-back" programs. Medications can also be disposed of in police stations such as the State Police barracks in Avondale.

For more information, ask your doctor or pharmacist.

Your Medicines and Self-Care

Self-care refers to the decisions and actions we take as individuals, as family members, and as a community to manage our health, prevent disease and promote wellness. It is important to build a self-care and healthcare routine to optimize your health, maximize medicine safety and minimize medicine risk.

For some, self-care means regular exercise, or meditating and finding ways to relieve stress, eating more vegetables, or going to physical therapy. There are many dimensions to self-care, and certainly, our self-care priorities change with life's ages and stages.

What are your self-care priorities today? Is taking medicine safely and appropriately a priority? If not, it should be. Taking your medicines for as long as prescribed, at the right time and dose, and according to precise instructions, can help you feel better, stay well and improve your health outcomes. Responsible, informed medicine use assures the maximum beneficial impact of the medicines you take, and minimizes risks like side effects and drug interactions. Whatever your age and whatever life stage you may be in, having the resources to make informed decisions about self-care and about the medicines you take is important to your health.

How many times have you walked out of the doctor's office and said to yourself, "I forgot to ask that question?" or thought "what did the doctor or nurse say again about this medicine?" Remember, you are a key player on your own healthcare team. Good communication is a key component of good health management. Be proactive in asking questions, seeking clarity and getting the information you want and need.

When you begin taking a new medicine - whether it is prescription medication or an over-the-counter (OTC) medicine - who is in charge of using that medicine correctly? You are! And if you have any unexpected side effects while using your medicine, who is in charge of describing the symptoms and alerting a member of your healthcare team immediately, if necessary? You are!

You are a key player on your own healthcare team when it comes to taking medicines. Know your roles and responsibilities; the right to easy-to-understand information about your prescription medicines, and the right to ask questions. If you don't really understand how or why to take your medicines, chances are you'll make a mistake. Your healthcare professional wants you to get and stay well. Ask your questions. Answering questions is an important part of their job.

Before you decide to take a medicine, you should know its benefits, potential risks and side effects, including what could happen if you don't take it. You should tell the doctor or nurse how you prefer to take medicine - for instance, in tablet or liquids, or taking one large tablet or multiple small ones. Many times, there are options that can be adjusted to your preferences. Speak up and work together with your healthcare providers so that they know your preferences and concerns.

Communicate with your healthcare professionals. They need information from you to give you the quality care you want. Tell the pharmacist, doctor, nurse, dentist, or physician assistant if the medicine you are taking has side effects, if you aren't feeling better or if you are feeling worse.

Do your part to help your treatment succeed. Take your medications as directed, reading and follow the full label instructions to ensure appropriate and safe use. Skipping doses or not following instructions can limit the benefits that your medicines can provide.

For more information, ask your doctor.

By the Garden Gate - 6 Things Every Beginner Gardener Should Know

A garden beautifies the environment and brings tranquility to your life. Plus, it provides an outlet for creativity and energy. If you plant vegetables, you have the added bonus of eating your harvest! The best way to learn is to get dirty! Here are six aspects of successful gardening:

1. Soil is a living organism that nurtures plants and as such is critical to a thriving garden. For most beds, dig down six to eight inches into the soil so that the earth is nice and loose. Work additives into the soil, such as manure, peat moss, and compost. These enrich the soil and prepare it for planting.

2. Depending on the size of your garden and how it is situated, you may not have much choice when it comes to light. Don't worry; there are plants suitable for every degree of light. If your garden gets at least six hours of full sun every day, you can plant vegetables and flowers requiring full sun. If you get sun in the morning and shade in the afternoon, buy plants that do well in half, or partial, shade. Buy plants that grow in light shade if your garden gets fewer than three hours of sunlight a day.

3. Flowers fall into two general categories: annuals and perennials. Annuals last only for the season, while perennials come back season after season, going dormant during the freezing winter and then poking up in the spring. As a rule, annuals bloom all summer and perennials have shorter blooming seasons. Annuals, which include flowers such as petunias, impatiens, begonias, and marigolds, require more water than perennials but reward you with bright color. Plant flowers with enough room between them to spread. They will, as the summer progresses. Vegetables tell a different story. Most need good sun and plenty of room to grow. If you plant flowers and herbs around the edges of the vegetable patch, the garden will be prettier and some flowers even deter some pests.

4. All gardens need water. Water the garden at least three times a week, giving it a good soak. Water in the cool parts of the day, such as the morning and evening. When the sun is hottest, the water evaporates quickly and does your garden very little good.

5. Flowers and many vegetables benefit from monthly fertilizing. Fertilizers add nutrients including the two most crucial for a garden: nitrogen, which promotes leaf growth, and phosphorous, which helps with root health. Chemical fertilizers are efficient and powerful, but organic fertilizers do a good job, too, and have the added benefit of doing more to improve the soil over the long term. Sprinkle the fertilizer over the dirt and scratch it into the soil with a rake or fork.

6. Every good gardener extols the virtues of mulch. Use when the garden is active and the latter during the cold, dormant months of winter. Mulch holds in moisture and inhibits weed growth. Once the garden is planted, spread mulch so that it's an inch or two deep.

Be realistic when you plan your first garden. Start small; you can always expand later in the summer or next spring. Pull weeds when you spot them, water regularly, fertilize during the growing season, and then sit back and enjoy the fruit of your labor.

How does your garden grow? Very nicely!

Garden spaces are available in our Luther House Friendship Garden located behind Luther House II behind the Gazebo, call 620-869-4240 x. 111.

Spotlight on Resources

- Advance Beneficiary Notice (ABN) is a notice you should receive when a provider or supplier offers you a service or item that Medicare normally covers but may not cover for you. Know that ABNs only apply to people with Original Medicare; people with Medicare Advantage plans will not receive an ABN. The notice serves as a warning that Medicare might not pay for your care; it is not an official determination. If you receive an ABN but decide to move forward with the item or service, you must select option 1 which says you agree to pay for care in the event Medicare denies coverage.
- Chester County Health Department provides a wide variety of programs, activities, and services through the Dept. of Aging 610-344-6363, Managed Behavioral Health 610-344-5300, Dept. of Children, Youth and Families, 610-344-6225, Dept. of Drug and Alcohol Services 610-344-5630, Dept. of Mental Health/Developmental Disabilities 610-344-6365.
- “Do Not Call List” (state) if you want to stop unwanted state wide telemarketing calls to your residential or wireless phones, contact 1-888-777-3406 to request that your name be placed on the “Do not call registry.”
- “Do Not Call List”(national) registry number is 1-888-382-1222.
- Note: Do Not Call Registries do not stop all unwanted calls. The FTC still allows calls from political organizations, charities (with some limitations), telephones surveys (as long as they do not offer to sell anything), and companies with which you have an existing business relationship. If you need to file a complaint, call 1-888-382-1222 choose option 3.
- Access Cards are issued to individuals who qualify for (full dual eligible) Medicaid (yellow card) or Medicare Savings Program and/or food stamps and/or Medical (blue card). The Access card is secondary to Medicare and covers things not covered by Medicare.
- Food / Prepared Meal Programs in Chester County are also numerous.
 - The most commonly recognized program is Meals-on-Wheels which delivers hot meals each weekday between 11:00 am and 1:00 pm. Your requested donation for each meal is \$3 for each meal. 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.
 - Free Lasagna delivered to your apartment each month through a non-profit volunteer organization. To register for your monthly lasagna delivery: Call Lynn at 484-324-8027 or sign-up at lasagnalove.org. You will be matched with a community volunteer who will coordinate delivery each month.
- Food Stamp Program also called SNAP (Supplemental Nutrition Assistance Program) provides low income households with electronic benefits (yellow card) they can use like cash at most grocery stores to ensure residents maintain healthy diets. Eligibility income is \$1,287 a month for a single person and \$1,736 for a married couple. Asset limits are \$0. For more information call 610-869-4240 x 111.
- Medicare Part A provides for hospital care, skilled nursing care after being discharged from the hospital, home health care, and hospice care.
- Medicare Part B helps pay for Doctor’s services, outpatient hospital care, and other medical services.
- Medicare Part C is a voluntary program (also called Medigap or Medicare Supplemental Insurance) is sold by private insurance companies which cover additional costs of health care services not covered by original Medicare.
- Medicare Part D is a voluntary program providing prescription drug coverage to Medicare beneficiary’s regardless income, health care or current prescription status.

The History Page - Early America (part two)

1541 De Soto's expedition crosses the Mississippi into Arkansas, where they are only 300 miles from Coronado as he advances through Kansas, though neither Spaniard is aware of the near-coincidence.

1541 Traveling by compass north across the Texas and Oklahoma panhandles, Coronado comes to the first Quivira settlement on the Arkansas River in early July, discovering a cluster of grass huts. He continues to explore the region for a month, ranging as far north as central Kansas.

1542 De Soto's expedition circles back to the Mississippi. Then they head west again into east Texas, but after months of wandering they return to the Mississippi and construct boats that carry them downriver into the Gulf and, they hope, eventually to Mexico.

1542 Juan Rodriguez Cabrillo is sent on a naval expedition up the California coastline. He sails into San Diego harbor, becoming the first European to enter California.

1543 The Cabrillo expedition continues under the command of chief pilot Bartoleme Ferrer, who discovers San Francisco Bay and pushes on to the Rogue River, north to Oregon, before turning back.

1543 The survivors of the De Soto expedition arrive in Mexico, confirming Coronado's report that there is no gold nor wealth among the people to the north.

1579 Sir Francis Drake sails into a small harbor north of San Francisco Bay to repair his ship, The Golden Hind, after a year of marauding along the Mexican coast; he claims the surrounding territory for Queen Elizabeth I and England.

1598 Don Juan Oñate leaves Chihuahua to establish the colony of New Mexico e establishes his headquarters at a confiscated pueblo north of present-day Santa Fe, which he names San Juan, creating the first permanent European settlement in the American West.

1602 Sebastian Vizcaino sails along the California coastline in search of a sea-lane to Oñate's colony; he discovers Monterey Bay but no link to the interior.

1603 Oñate explores westward through Arizona to the Gulf of California, searching for gold or silver to capitalize his colony; he returns empty-handed, but stops at El Morro, a massive rock formation to add his name to the hundreds of Indian writings. "There passed by here the Adelantado Don Juan de Oñate, from the discovery of the Sea of the South, the 16th of April of 1605."

1605 By this time, diseases brought to North America by Europeans have devastated tribes across the continent, with losses in New Spain estimated as high as 90 percent.

1607 Jamestown founded in Virginia, first permanent English colony on the continent.

1608 Quebec founded in Canada, first permanent French colony on the continent.

1610 Franciscan claims of success in converting the Indians of New Mexico persuade Mexican officials to maintain their colony there rather than abandon Christian souls to damnation. Pedro de Peralta is named governor of the colony and establishes Santa Fe as its new capital. For his Governor's Palace on the new town plaza, he does not recreate the architecture of Spain but instead adopts the style and materials of the pueblos.

The Origin of Phrases

Go to Pot - When something is said to "go to pot" it means it is declining or going downhill. The phrase originated with roasts back in 15th century England. Squires ate the best cuts of beef, pork and lamb. The leftovers (lesser good cuts of meat) were put in a pot for stew.

Gravy Train - The phrase means anyone who has an easy task or job. The phrase originates with (1) the fact that gravy is an automatic by-product when you cook a roast. The juices to make gravy are just there when the roast is done. (2) Train travel was very popular, esp. during the 1920's. Guys who worked on the railroad used the phrase "gravy train" to mean any job they did that paid well, but wasn't hard. The term then slipped into society.



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)



Grandparent's Corner -
God's most precious work of art,
is the warmth and love
of a Grandmother's heart.



My Favorite Recipe ...

Potato & Tomato Soup

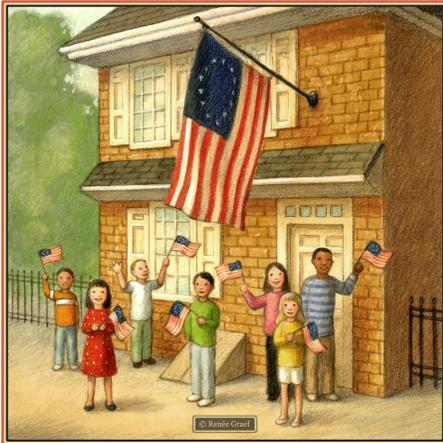
Asik Estepanian

- 2 tablespoons chopped onion
 - 2 tablespoons butter
 - 2 teaspoons salt
 - 1/2 teaspoon pepper
 - 3 cups of potatoes, mashed
 - 3 1/2 cups milk
 - 2 teaspoons chopped celery leaves
- Cook for one half hour.
Serve in cups with celery top leaf as a garnish.



- 2 cups milk
 - 4 tablespoon flour
 - 4 tablespoon butter or oil
 - 1/2 teaspoon salt
- Make a roux by cooking the first 4 ingredients.
In a separate pot:
3 pounds tomatoes, fresh
1/4 teaspoon pepper
2 large onion, chopped
- Cook ingredients together, drain off all solids to make juice.
Add juice mixture to roux and simmer for 10 minutes. Serve with chopped parsley garnish.

The only way of finding the limits of the possible is by
going beyond them into the impossible.
- Robert Collier



Artwork by
Dawn Moore



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*

July

- 6 - Jane Houtman - II
- 7 - Geraldine Samson - III
Claire Nunn - IV
- 8 - Nancy Doyle - III
- 9 - Bunny Skinner - IV
- 12 - Francine Lee - I
- 13 - Ada Miller - II
Theodore Crammer - III
- 15 - Ann Osborne - I
Donald Jefferis - III
Donna Cole - III
- 20 - Margaret Andrews - III
- 22 - Margaret DeShields - II
- 24 - Robert Kendel - III
- 27 - Patricia Kendel - III
Rina Constantini - IV
- 29 - Candie Ward - I
Gloria Manning - II
- 31 - Madeline Salerni - III

August

- 2 - Patricia Delaney - II
Judith Person - I
- 4 - Patricia Harrison - II
- 6 - Maria Crespo - I
- 8 - Bonnie Barlow - II
- 9 - Joan Cannon - II
Robert May - III
- 13 - Susan Jordan - III
- 16 - Guy Silvestri - III
- 21 - William Miller - I
- 22 - Anatoliy Kultysheva - II
- 27 - Ron Sylvina - IV
- 29 - Janice Evans - III
- 30 - Cheryl McMillan - II
Mary Rzucidlo - III

Old West Wisdom

- It don't take a genius to spot a goat in a flock of sheep.
- A good fence should be pig tight, horse high, and bull strong.
 - Wide-open spaces don't breed no chatterboxes.