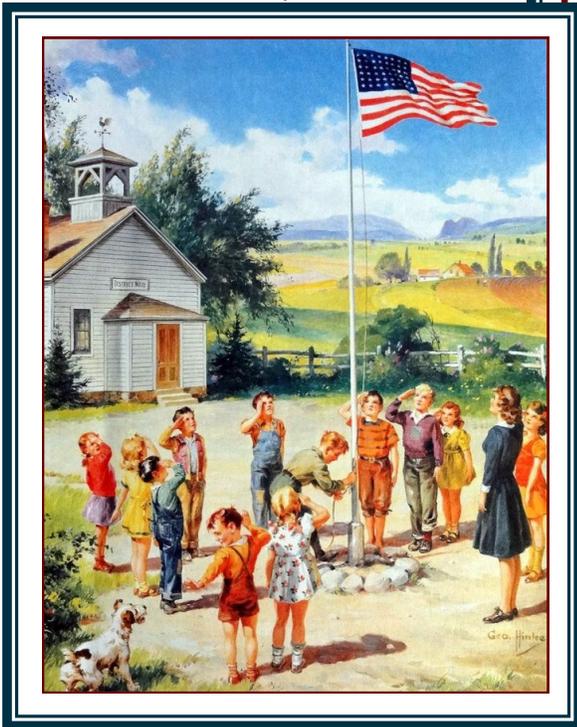




# LUTHER HOUSE GAZETTE

VOLUME 15, ISSUE 7

July 2017



## The Land of Liberty

~ author unknown

I love my country's pine-clad hills,  
Her thousand bright and gushing rills.  
I love her rivers, deep and wide,  
Her smiling fields, her pleasant vales,  
Her shady dells, her flow'ry dales,  
The haunts of peaceful rest.  
I love her forests, dark and lone,  
For there the wild bird's merry tone.  
And there are lovelier flowers, I ween,  
Than e'er in Eastern lands were seen,  
Her forests and her valleys fair,  
Her flowers that scent the morning air--  
All have their charms for me.  
But more I love my country's name,  
"The Land of Liberty."

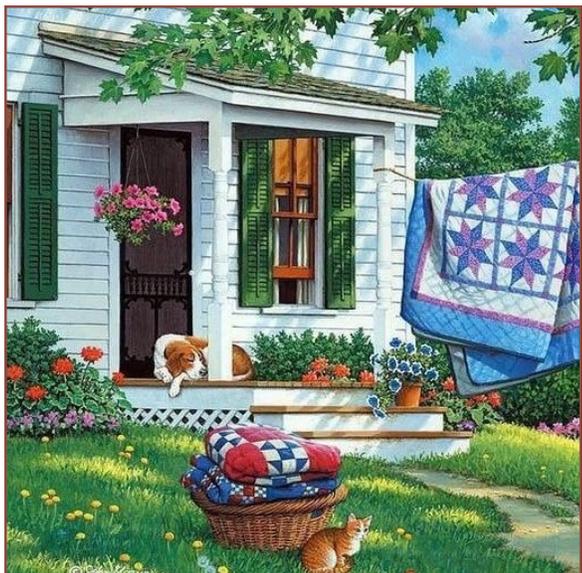
### July Activities Scheduled

- Thursday, July 6th, **Water Ice and Bingo** sponsored by United Health Care at 1pm in LH III.
- Monday, July 10th, **Fundraiser for Luther House at Perkins** between 4 pm and 8 pm.
- Saturday, July 15th, **Gene Arnold and Gospel Roads** will perform at 6 pm in LH III.
- Tuesday, July 18th, **Ice Cream Social** sponsored by Delaware Hospice at 2 pm in LH III.
- Friday, July 21st, **Luncheon** sponsored by Holistic Home Health Care at 12 noon in LH III.  
Door prizes.
- Wednesday, July 26th, **Rainbow Theater trip**. Last day to sign-up for the trip is Friday, July 7th. Call 610-869-4240 extension 111.

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## Hospice & Respite care

Hospice care is usually given in your home, but it also may be covered in a hospice inpatient facility. Depending on your terminal illness and related conditions, the plan of care your hospice team creates can include any or all of these services: doctor services, nursing care, medical equipment (like wheelchairs or walkers), medical supplies (like bandages and catheters), prescription drugs for symptom control or pain relief, hospice aide and homemaker services, physical and occupational therapy, speech-language pathology services, social work services, dietary counseling, grief and loss counseling for you and your family,



short-term inpatient care (for pain and symptom management), short term respite care, and any other Medicare-covered services needed to manage your pain and other symptoms related to your terminal illness and related conditions.

When you choose hospice care, you decide you no longer want care to cure your terminal illness and/or your doctor determines that efforts to cure your illness aren't working. As a hospice patient, you always have the right to stop hospice care at any time.

All care that you get for your terminal illness must be given by or arranged by the hospice team. However, you can still see your regular doctor or nurse practitioner if you've chosen him or her to be the attending medical professional who helps supervise your hospice care.

Medicare doesn't cover room and board if you get hospice care in your home or if you live in a nursing home or a hospice inpatient facility. If the hospice team determines that you need short-term inpatient or respite care services that they arrange, Medicare will cover your stay in the facility. You may have to pay a small copayment for the respite stay.

You can get hospice care if you have Medicare Part A (Hospital Insurance), your hospice doctor and your regular doctor certify that you're terminally ill, and you accept palliative care (for comfort) instead of care to cure your illness.

Your costs in Original Medicare are \$0 for hospice care. You may need to pay a copayment of no more than \$5 for each prescription drug and other similar products for pain relief and symptom control while you're at home. In the rare case your drug isn't covered by the hospice benefit, your hospice provider should contact your Medicare drug plan to see if it's covered under Part D. You may need to pay 5% of the Medicare-approved amount for inpatient respite care.

For more information, ask your physician.

This article provided by Caring Hospice Services, 1 (302) 290 - 6641.

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### Save the Date - Annual Summer Picnic

The annual Summer Picnic will be held on August 26th between 11:30 am to 1:00 pm beside the Gazebo.

(Rain date: Sunday, August 27th, 2 pm to 3:30 pm)

Residents are asked to bring a cold dish item or dessert if they wish.

Please RSVP on the sign-up sheet located at the front desk in each building.

**Volunteer** - Do you have a story, poem, recipe, painting, photo, craft, and/or any other ideas or items, etc. you would like to share in future

**Luther House Gazettes?**

**Please call Diane at  
(610) 869-4240 x 111**

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## What Medicare Covers

Speaking with your doctor is an opportunity for you to guarantee that you get every Medicare-covered benefit you are entitled to. For example, attending your Welcome to Medicare Visit or Annual Wellness Visit and speaking with your doctor about the preventive services you could be eligible for in the coming year helps ensure that you can access free Medicare-covered screenings, counseling, and interventions as appropriate.

You have the right to seek a second opinion. Medicare will pay for you to get a second opinion if your regular doctor recommends that you have surgery or a major diagnostic procedure. A third opinion may also be covered by Medicare if the recommendations of the first and second providers differ regarding the need for surgery. The second and third opinions will be covered even if the surgery or other procedure is not covered by Medicare. If you want a third opinion but the first and second opinions were the same, you may be able to see a third doctor for a “confirmatory consultation.” If you are in a Medicare Advantage Plan, your plan may have different rules about second and third opinions. Call your plan to learn the rules for getting second opinions.

**Note: Do not wait for a second opinion if you need emergency surgery. Some types of emergencies may require immediate surgery, like appendicitis, blood clots, aneurysms, or accidental injuries.**

Health care services not covered by Medicare include, but are not limited to: alternative medicine, including experimental procedures and treatments, acupuncture, and chiropractic services (except when manipulation of the spine is medically necessary), most dental care, hearing aids or the examinations for prescribing or fitting hearing aids, personal care or custodial care, most non-emergency transportation, including ambulance services, some preventive care, including routine foot care, most vision care, including eyeglasses (except when following cataract surgery) and examinations for prescribing or fitting eyeglasses.

Keep in mind that even for Medicare-covered services, Medicare does not usually pay 100% of the cost. Unless you have supplemental insurance, you will usually have to pay deductibles and coinsurances. Most preventive services are covered by Original Medicare with no copays or deductibles. If you are in a Medicare Advantage Plan (sometimes called a Medicare private health plan), your plan may cover some of these services. Check with your plan to find out what additional benefits they offer.

If you have further questions, ask your doctor.

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## Good Neighbor Reminders:

- **Improper disposal of sharps has caused numerous injuries to maintenance staff. Proper disposal of sharps needles must be adhered to in order to prevent injury to others.** Place all sharps **in a thick plastic or glass container before disposal.**
- Please remind visitors that **smoking on Luther House property must take place in designated areas only**. Violation to this house rule may lead to eviction.

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## Evolution of the Flag of the United States

For more than 200 years, the American flag has been the symbol of our nation's strength and unity. It's been a source of pride and inspiration for millions of citizens. And the American Flag has been a prominent icon in our national history.

*" We take the stars from Heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white stripes shall go down to posterity representing Liberty." - George Washington*

On January 1, 1776, the Continental Army was reorganized in accordance with a Congressional resolution which placed American forces under George Washington's control. On that New Year's Day the



Continental Army was laying siege to Boston which had been taken over by the British Army. Washington ordered the Grand Union flag hoisted above his base at Prospect Hill. It had 13 alternate red and white stripes and the British Union Jack in the upper left-hand corner.

On June 14, 1777, in order to establish an official flag for the new nation, the Continental Congress passed the first Flag Act: "Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."



Between 1777 and 1960, Congress passed several acts that changed the shape, design and arrangement of the flag and allowed for additional stars and stripes to be added to reflect the admission of each new state: Act of January 13, 1794 – provided for 15 stripes and 15 stars after May



1795, Act of April 4, 1818 provided for 13 stripes and one star for each state, to be added to the flag on the 4th of July following the admission of each new state, signed by President Monroe, Executive Order of President Taft dated June 24, 1912 established proportions of the flag and provided for arrangement of the stars in six horizontal rows of eight each, a single point of each star to be upward, Executive Order of President Eisenhower dated January 3, 1959 provided for the arrangement of the stars in seven

rows of seven stars each, staggered horizontally and vertically, Executive Order of President Eisenhower dated August 21, 1959 provided for the arrangement of the stars in nine rows of stars staggered horizontally and eleven rows of stars staggered vertically.

Today the flag consists of thirteen horizontal stripes, seven red alternating with 6 white. The stripes represent the original 13 colonies, the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: Red symbolizes Hardiness and Valor, White symbolizes Purity and Innocence and Blue represents Vigilance, Perseverance and Justice.

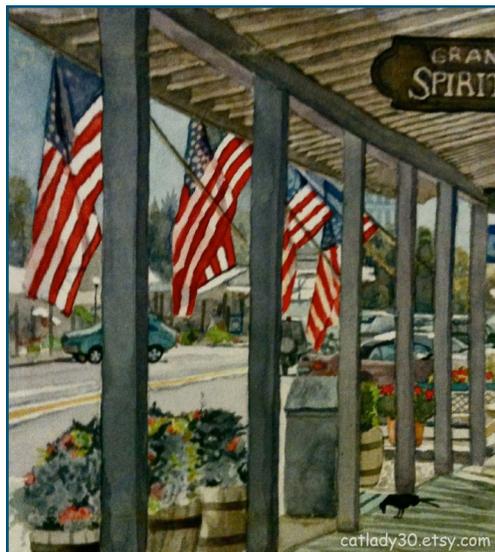
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**Volunteer** needed: If you are interested in being a backup Meals-on-wheels driver for 5 Luther House residents, please call Diane at 610-869-4240 ext. 111.

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## Spotlight on Resources

- Adult Day Care is available at Adult Care of Southern Chester County (Kennett Square) 610-444-4413.
- Books on tape are available for purchase (\$2 each) through the Chester County Association for the Blind. For a full list of books on tape, call Diane at 610-869-4240 extension 111.
- Department of Transportation offers Discount Car Registration for any retired resident with an income of \$19,200 or less. The registration fee costs \$10 instead of the usual \$36. Call 1-800-932-4600.
- Emergency Services are available in Chester County.
  - There are two ways to call 9-1-1. The fastest and most direct way to get help in an emergency is to call 9-1-1 on a landline or cell phone. If you are unable to call 9-1-1, you may text 9-1-1 on your cell phone. Note: Emergency operators request that you be brief, do not use abbreviations or “texting” language when using this service. Text 9-1-1 calls do not have the same location accuracy as voice calls. Texting is not a replacement for voice calls but it is an alternative if you need one.
  - Smart 9-1-1 is another service available in Chester County when you call 9-1-1. Once you have signed up, first responders will be aware of important information you have provided that will help them address your emergency. This information, including: medical issues, current location and even pets, can help Police, Fire and EMS locate and help you in times of emergency - when seconds count. Register your personal information at [www.SMART911.com](http://www.SMART911.com)
- Mental Health services are available at Community Care Behavioral Health (for Medicaid recipients). Call 866-622-4228.
- Vision Assistance devices are available to all residents of LH. The magnification assistive devices are located in the libraries of LH I and LH III. User guides are available at each station.
- 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.



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## 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.

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## The History of Presidents - Facts and Trivia (part five)

- Benjamin Harrison was the first president to use electricity in the White House. After he got an electrical shock, his family often refused to touch the light switches and sometimes would go to bed with the lights on.
- James Madison was one of two (George Washington was the other), American presidents to sign the Constitution. Madison's contributions towards the development of the Constitution earned him the title "Father of the Constitution."
- Dwight D. Eisenhower was the only president to serve in both World War I & World War II.
- William Taft was the first of two presidents to be buried in Arlington National Cemetery. John F. Kennedy is the other.



- Dwight D. Eisenhower played football at West Point and was injured trying to tackle Olympic and NFL star Jim Thorpe.
  - During Woodrow Wilson's presidency a flock of sheep was raised on the White House lawn. The wool was used to raise money for the Red Cross during World War I.
  - A man of few words, a dinner guest made a bet that she could get Calvin Coolidge to say more than two words. When she told the president of her wager, he replied, "You lose."
  - While sheriff of Erie County, New York, Grover Cleveland was also the public executioner and personally hanged two murderers.
  - Calvin Coolidge averaged nine hours of sleep a night and took afternoon naps of from two to four hours.
- Herbert Hoover was the first president born west of the Mississippi River.
  - During Rutherford B. Hayes' administration, the first telephone was installed in the White House by Alexander Graham Bell himself.
  - Gerald Ford is the only president who was employed by the National Park Service. He served as a Yellowstone Park Ranger in 1936.
  - Franklin D. Roosevelt was the first president whose mother was eligible to vote for him.
  - When John Adams and his family moved to Washington to live in the White House, they got lost in the woods north of the city for several hours.

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## The Origin of Phrases

### Put up your dukes - raise your fists and get ready to fight

Origin: In the early 1800s, the Duke of York, Frederick Augustus, shocked English society by taking up boxing. He gained such admiration from boxers that many started referring to their fists as the "Dukes of York," and later "dukes."

### Have an axe to grind - having a hidden agenda

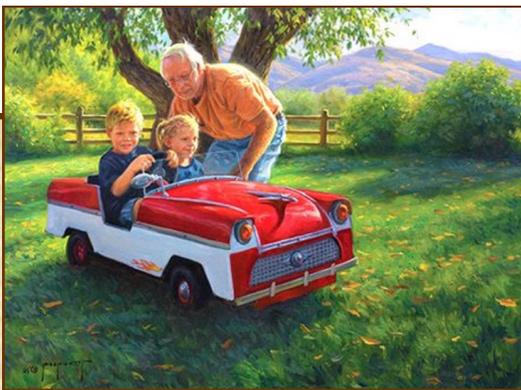
Origin: The expression comes from a story told by Benjamin Franklin. A man once praised Franklin's father's grindstone and asked young Benjamin to demonstrate how the grindstone worked. As Franklin complied, the stranger placed his own axe upon the grindstone, praising the young boy for his cleverness and vigor. When the axe was sharpened, the man laughed at Franklin and walked away, giving the boy a valuable lesson about people with "an axe to grind."



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)
- Stephen Burke, grandson of Vera Passmore (LH III)
- William W. Farmer III, grandson Al Watson (LH IV)
- James Markus Gary, grandson Dell Gary (LH III)



**Grandparent's  
Corner ~  
A grandchild's mischief  
is a grandparent's joy!**



*My Favorite Recipe ...*

Banana Nut Mini Muffins

Carol Lawrence

- 1/4 cup butter, softened
- 1/2 cup sugar
- 1 egg
- 3/4 cup mashed ripe banana
- 1/2 teaspoon vanilla extract
- 1 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/8 teaspoon baking soda
- 1/8 teaspoon ground cinnamon
- 1/4 cup chopped walnuts

In a small bowl, cream butter and sugar. Beat in the egg, banana and vanilla. Combine the flour, baking powder, salt, baking soda and cinnamon; add to creamed mixture just until moistened. Fold in walnuts.

Coat muffin cups with cooking spray; fill two-thirds full with batter. Bake at 350° for 23-25 minutes. Cool for 5 minutes before removing from pan to a wire rack. Serve warm.



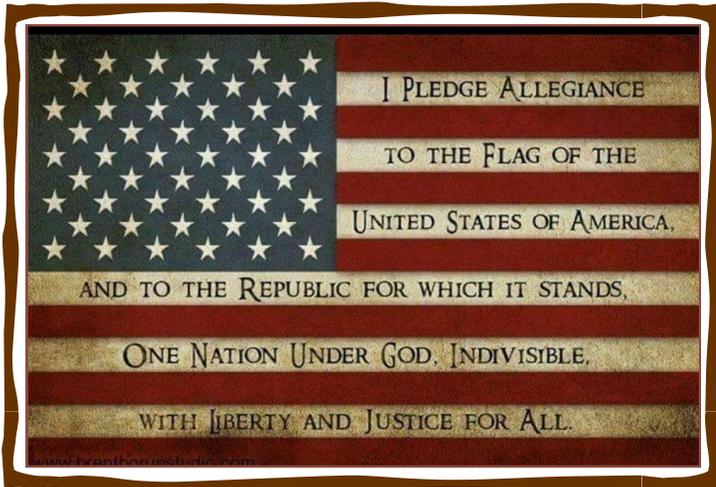
*My Favorite Recipe ...*

Bean Salad

Venice Atwood

- 30 oz. dark red kidney beans, drained
- 1/2 cup onions, diced
- 3/4 cup sweet pickles, chopped
- 3 hard boiled eggs, diced
- 2 tablespoons apple cider vinegar
- 1 tablespoon sugar

Combine all ingredients. Keep refrigerated



Art Work  
by Otley Jackson



# 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*

## July

- 2 - Margaret Kent - III
- 4 - Nancy Herb - III
- 5 - Edith Armstrong - II
- 7 - Bucky Bacchetta - II  
Geraldine Samson - III  
Claire Nunn - IV
- 8 - Nancy Doyle - III
- 9 - Bunny Skinner - IV
- 12 - Francine Lee - I  
Robert Porter - I
- 13 - Ada Miller - II  
Theodore Crammer - III
- 18 - Mary Moran - I
- 23 - Dorothy Mummert - I
- 24 - Sara Fanning - III
- 26 - Joyce Rogers - IV
- 29 - Candie Ward - I  
Gloria Manning - II

## August

- 1 - Mabel Myers - I
- 2 - Patricia Delaney - II
- 4 - Frances Samms - III  
Patricia Harrison - II
- 7 - Allred Modell - III
- 8 - William Alder - II  
Bonnie Barlow - II
- 9 - Joan Cannon - II
- 10 - Patricia Dunlap - III
- 13 - Linwood Boyer - III
- 14 - Pam Jackson - I
- 19 - Harry Weatherby - III  
Doris Gallagher - III
- 21 - William Miller - I  
Lora Salmons - I
- 22 - Dale Bloats - II  
Marianne Cherry - III
- 23 - Margaret Hoopes - III
- 24 - Eleanor Bahel - II
- 27 - Ray McGovern - I  
Ron Sylvina - IV
- 29 - Clyde Cannon - I
- 30 - Cheryl Morcom - II  
Mary Rzucidlo - III

"Give thanks to those who defend democracy -  
for they bear the gift of liberty and pay the price of freedom."