

LUTHER HOUSE GAZETTE

VOLUME 15, ISSUE 5

May 2017



Silver

Slowly, silently, now the moon
Walks the night in her silver shoon;
This way, and that, she peers, and sees
Silver fruit upon silver trees;
One by one the casements catch
Her beams beneath the silvery thatch;
Couched in his kennel, like a log,
With paws of silver sleeps the dog;
From their shadowy cote the white breasts peep
Of doves in silver feathered sleep
A harvest mouse goes scampering by,
With silver claws, and silver eye;
And moveless fish in the water gleam,
By silver reeds in a silver stream.

By Walter de la Mare

May Activities Scheduled

- Thursday May 11th, **CPR & Stroke educational session** sponsored by **West Grove Medic 94** at 1 pm in LH II.
- Monday, May 15th, **Avon Grove Charter School Luncheon & Bingo** starting at 11:30 am in LH III.
- Thursday, May 18th, **Department of Aging Senior Games** to take place at Lenape Picnic Park.
- Monday, May 22nd, Perkins Restaurant **Fundraiser for Luther House** between 4pm and 8pm.
- Tuesday, May 23rd **Bingo** sponsored by **Harmony Companion Home Care** at 2 pm in LH III.

Developing Great Charisma

You might think people get charisma from their way with words, but a lot actually has to do with what they do when they're not in the spotlight. If you act interested in others, they'll have a better impression of you.

Ask follow-up questions. Active listeners aren't just waiting to pass the time until they can talk again, they really care about understanding what the other person has to say. Your talking should be to draw out more information from the other person or for clarity.

Be willing to show emotion. Revealing how you feel will help you connect better. Be authentic as opposed to being transparent. Show empathy without saying a word.

Look cheerful, even when you aren't smiling. If your face looks friendly and welcoming, you'll seem warmer and more approachable.

Use big, upward hand gestures. "Up" body language, like holding your head high, turning up the corners of your mouth, and lifting your arms for hand gestures, makes you seem like a happier, lighter person. Not only will you look more fun to others, but you'll also start to feel it for yourself.

Hold eye contact. Focused eye contact shows you're listening hard, which will show you care about what others have to say.

Be good at reading emotions. Adjusting reactions to fit the situation. Look for subtle cues and inconsistencies. For instance, you might notice that a smile looks forced, or that excessive fidgeting makes a person seem anxious.

Drawn-out hellos and goodbyes. Spending a long time greeting someone or saying farewell will show you're genuinely excited to see that person and aren't just rushing through formalities.

Don't be cliquey. Introducing yourself to people from different generations, backgrounds, and cultures. The more you get out and interact with people, the more you understand the diversity of people and you'll be able to adapt better to different situations without losing any authenticity.



Veterans Affairs Facts

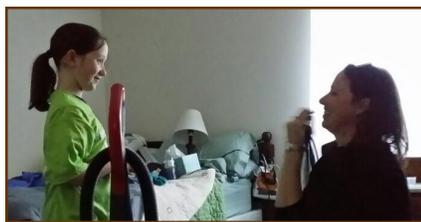
Chester County Veterans Affairs was founded in 1947, It was originally called Register of Graves. The Chester County VA annually provides 30,000 U.S. flags and bronze flag holders to veterans. There are 953,644 veterans living in PA; 31,000 call Chester County their home. Chester County maintains records of every veteran dating back to the birth of our Nation. Chester County veterans can keep a record of their discharge paperwork at the Chester County Recorder of Deeds (610-344-6330).



Heartland Hospice
Tea Party & Musical Party

Spotlight on Resources

- **Transportation Services (also known as “Shared Ride Programs” and “reduced fare”)** 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 (1002 South Chestnut Street Downingtown, PA 19335).
 - **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.
 - **Persons with Disabilities:** if you are between the ages of 18 and 64, live in Chester County, are disabled according to the American’s with Disabilities Act and need transportation, you may qualify for the Persons with Disabilities Program (PWD). The cost is \$4.00 one way for the first ten (10) miles and 15% of the full fare after ten (10) miles.
 - **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, which is primarily east of Route 100 and in the TMACC service area which is along Route 1 in Southern Chester County and near Business Route 30 in Coatesville. For additional information and to see if you qualify, please call SEPTA directly at 215-580-7145 or TMACC at 610-993-0911
- **“Farmer’s Market Vouchers** become available late spring. To qualify for the program, individuals must be age 60 or older, with an income of \$20,036 for a single and \$26,955 for a couple. Participants receive \$20 worth of vouchers to be used at approved area farm markets. Vouchers can be obtained at area senior centers.



YMCA Togetherhood Volunteers Day





Amazing Grace

'Twas grace that taught my heart to fear,
And grace my fears reliev'd;
How precious did that grace appear,
The hour I first believ'd!
Thro' many dangers, toils, and snares,
I have already come;
'Tis grace has brought me safe thus far,
And grace will lead me home.
The Lord has promis'd good to me,
His word my hope secures;

He will my shield and portion be,
As long as life endures.
Yes, when this flesh and heart shall fail,
And mortal life shall cease;
I shall possess, within the veil,
A life of joy and peace.
This earth shall soon dissolve like snow,
The sun forbear to shine;
But God, who call'd me here below,
Will be for ever mine.

"Amazing Grace" is a Christian hymn published in 1779, with words written by the English poet and clergyman John Newton (1725–1807). Newton wrote the words from personal experience. He grew up without any particular religious conviction, but his life's path was formed by a variety of twists and coincidences. He was pressed (conscripted) into service in the Royal Navy. In 1748, a violent storm battered his vessel off the coast of County Donegal, Ireland, so severely that he called out to God for mercy, a moment that marked his spiritual conversion. He continued his sea faring career until 1755, when he ended altogether and began studying Christian theology.

Ordained in the Church of England in 1764, Newton became curate of Olney, Buckinghamshire, where he began to write hymns with poet William Cowper. "Amazing Grace" was written to illustrate a sermon on New Year's Day of 1773. It is unknown if there was any music accompanying the verses; it may have simply been chanted by the congregation. It debuted in print in 1779 in Newton and Cowper's *Olney Hymns* but settled into relative obscurity in England.

In the United States, however, "Amazing Grace" was used extensively during the Second Great Awakening in the early 19th century. It has been associated with more than 20 melodies, but in 1835 it was joined to a tune named "New Britain" to which it is most frequently sung today.

"Amazing Grace" is one of the most recognizable songs in the English-speaking world. It has had particular influence in folk music, and has become an emblematic African American spiritual. Its universal message has been a significant factor in its crossover into secular music. "Amazing Grace" saw a resurgence in popularity in the U.S. during the 1960s and has been recorded thousands of times during and since the 20th century, occasionally appearing on popular music charts.

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.

What is the Difference Between a Copay, Co-Insurance and a Deductible?

What is a copay? A copay (or copayment) is a flat fee that you pay on the spot each time you go to your doctor or fill a prescription. Let's say you hurt your back and go see your doctor. Or you need a re-fill. The amount you pay for that visit or medicine is your copay. Your copay amount is printed right on your insurance card. Copays cover your portion of the cost of a doctor's visit or medicine.

Do I ever not have a copay? You may not have a copay if you have a health insurance plan that pays 100% for annual check-ups. You also may not have a copay if you have a health insurance plan that pays 100% for preventive care services. For sure, you don't have a copay when you hit your yearly out-of-pocket maximum.

What is a deductible? A deductible is the amount you pay each year for eligible medical services or medicines before your insurance plan kicks in. For example, if you have a \$1,000 yearly deductible, you're on the hook to pay the first \$1,000 of your total eligible medical costs.

What costs count toward my annual deductible? Many costs for eligible medical services count toward your deductible. Examples include bills for hospitalization, surgery, lab tests, MRIs, CAT scans, anesthesia, physical therapy, medical devices like pacemakers, mental health care and chiropractic care.

What costs don't count toward my annual deductible? Premiums and typically, copays don't count toward your deductible.

If your plan includes out-of-network benefits and you go to in-network doctors and hospitals, your deductible amount will be much lower than if you go to out-of-network doctors and hospitals.

How do I decide what deductible amount to pick? Let's say you're mostly healthy and don't expect to need costly medical services during the year. Then, a plan that has a higher deductible and lower premium may be a good choice for you. On the other hand, let's say you know you have a medical condition that will need care. Then, a plan with a lower deductible and higher premium that pays for a greater percent of your medical costs may be better for you.

What is coinsurance? Coinsurance is a portion of medical cost that you pay when your health plan kicks in. Your plan kicks in after you hit your deductible. Coinsurance is just a way of saying that you and your insurance carrier each pay a share of eligible costs to add up to 100%.

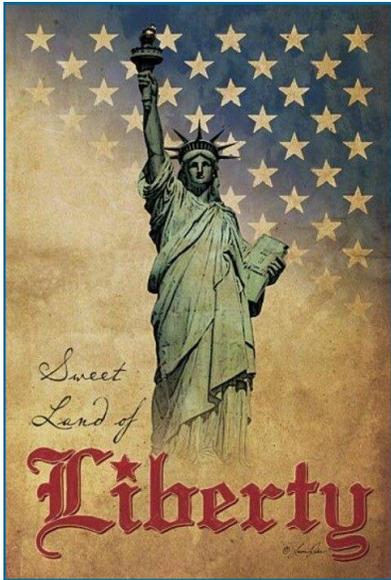
For instance, if your coinsurance is 20%, you pay 20% of the cost of your medical bills. Your health insurance plan will pay the other 80%. Here's an example. Let's say you hit your annual deductible in June. In July, you need an MRI that costs \$2,000. Your coinsurance share is 20%. That means you need to pay \$400 ($\$2,000 \times 20\%$). Your insurance company pays the other \$1,600. The higher your coinsurance percentage, the higher your share of the eligible cost is.

How long do I have to pay copays and coinsurance? You don't have to pay copays and coinsurance forever. You only pay until you hit your out-of-pocket maximum. This is the most you could pay for covered medical expenses in a year. This amount includes money you spend on deductibles, copays and coinsurance. Once you reach your annual out-of-pocket maximum, your insurance will pay your covered medical and prescription costs for the rest of the year.



The History of Presidents - Facts and Trivia (part three)

- "First Lady" was used first in 1849 when President Zachary Taylor called Dolley Madison "First Lady" at her state funeral. It gained popularity in 1877 when used in reference to Lucy Ware Webb Hayes. Most First Ladies, including Jackie Kennedy, are said to have hated the label.
- Grover Cleveland was the only president to be elected two nonconsecutive terms. (22nd President)



- Ronald Reagan was the only divorced president.
 - Andrew Jackson was the only president to serve in both the American Revolution and the War of 1812.
 - George Washington might have had a set of false teeth — but he made sure each of his six horses had their teeth brushed every day!
 - James Buchanan's niece, Harriet Lane, was the White House hostess for the only president to remain a bachelor
 - William Henry Harrison was the only president who studied to become a doctor.
 - Grover Cleveland was the only president married in a ceremony at the White House, June 2, 1886.
 - James A. Garfield was the second president to die by assassination. Two months after being sworn into office, Garfield was shot in a Washington railroad station. Doctors repeatedly probed for the bullet with non-sterile instruments and unwashed fingers, the president died 80 days later.
- Zachary Taylor did not vote until the age of 62. Until that time, he had not established an official place of residence because he had moved many times as a soldier.
 - Martin Van Buren was the first U.S. president born in the United States. The presidents preceding Van Buren were born in colonies that later became states. Van Buren was the first to be born under the Articles of Confederation, in 1782.
 - While governor of Massachusetts, Calvin Coolidge was once punched in the eye by the mayor of Boston.
 - Chester A. Arthur was diagnosed with Bright's disease, a fatal kidney disease; a year after he succeeded to the presidency. Arthur ran for a second term in 1884 in order not to appear that he feared defeat, though he knew the more active he was the greater his chance was of succumbing to the disease. He did not gain his party's nomination and died in 1886.

The Origin of Phrases

Toe the line - Behave or act in accordance with the rules.

Origin: In the early days of the British Parliament, members wore swords in the House of Commons. To keep the members from fighting, the Speaker of the House forced the Government and Opposition parties to sit on opposite sides of the chamber. Lines, two sword-lengths plus one foot apart, were drawn in the carpet. Members were required to stand behind the lines. To this day, when a member steps over the line during a debate, the speaker yells: "Toe the line!"

Second string - Replacement or backup.

Origin: In medieval times, an archer always carried a second string in case the one on his bow broke.



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 ~**

**What a bargain grandkids are!
You give them loose change
and they give you
a million dollars worth of pleasure.**



My Favorite Recipe ...

Cheese & Onion Pull-Apart Bread

Metta Woodruff

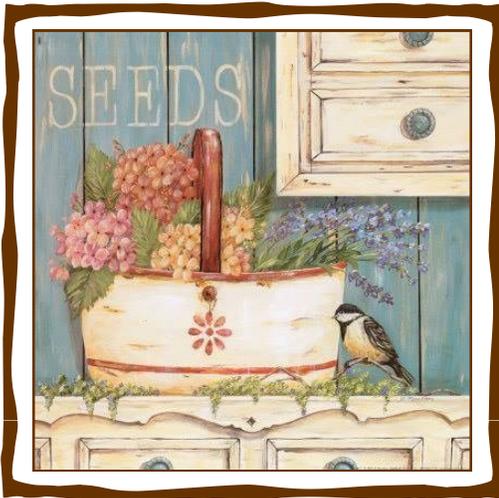
- 1 1/2 sticks cold unsalted butter, 1 stick cubed
- 1 large onion, finely chopped
- 1 tablespoon poppy seeds
- Kosher salt and freshly ground pepper
- 3 ounces coarsely shredded Gruyère cheese
- 2 cups all-purpose flour, plus more for dusting
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 cup buttermilk

Preheat the oven to 425°. Butter a bread loaf pan. In a large skillet, melt the ½ stick of uncubed butter; pour 2 tbsp. of melted butter into a small bowl and set aside. Add chopped onion to the skillet and cook over moderate heat, stirring occasionally, until it is softened. Stir in the poppy seeds. Season with salt and pepper. Scrape the onion mixture onto a plate and refrigerate until cooled slightly. Stir in the Gruyère.

Meanwhile, in a food processor, pulse the flour with the baking powder, baking soda and salt. Add the cubed butter and pulse until it is the size of small peas. Add the buttermilk and pulse 5 or 6 times, just until a soft dough forms.

Turn the dough out onto a well-floured work surface and knead 2 or 3 times. Roll the dough into a 2 x 24 inch rectangle. Spread the onion mixture on top. Cut the dough crosswise into 10 pieces. Stack 9 pieces onion side up, then top with the final piece, onion-side down. Carefully lay the stack in the prepared loaf pan and brush with the reserved butter.

Bake the loaf in the center of the oven for 30 minutes, until it is golden and risen. Let the bread cool for at least 15 minutes before unmolding and serving.



Art Work by
Pat Rossbauer
& Teresa Skelton



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*

May

- 2 - Rosalie Gallo - III
Robert Anspach - III
Jo Thomas - IV
- 3 - Melissa Michael - II
Sally Hamilton - IV
- 5 - Janice Keen - III
- 6 - Joan Barnett - IV
- 9 - Frances Ianni - III
Kathleen Johnson-III
- 16 - Anne Savidge - II
Marlene Lasko - II
Winnie Kauffman - III
- 18 - Betsy Jones - III
- 20 - Marguerite Lowe - II
- 22 - Dan Sylvina - I
Hector Rivera-Moreno - I
Jen Rosa - IV
- 23 - Helen Lawrence - IV
- 25 - Mary Hammell - I
Ruth Crampton - IV
- 26 - Joan Thornton - I
Paul DeCurtis - I
Edward Cote-II
- 27 - Kathleen Blevins - III
- 28 - Rose Mills-II
Laura Jenkins - III
- 30 - Carolyn Carroll - I
Linda Weatherby - III

June

- 1 - Jean Caldwell - IV
- 2 - Bridget Lubovinsky - II
- 3 - Norma Grant - I
- 4 - Janet Thompkins - I
- 7 - Rusty Essick - III
Pearl Church - III
- 8 - Rosie Jones - II
- 10 - Florence Prange - I
- 13 - Pauline Wassler - III
Howard Minkler - III
- 14 - Jeannette Losito - I
- 16 - Geraldine Brenthel - I
Howard Thompson - I
- 18 - Joyce Quigley - II
Frances Lukas - III
- 20 - Norma Alsina - I
- 23 - Arthur Harrison - II
- 24 - Gladys Canale - III
- 28 - Laverne Jones - III

A man who does things makes mistakes,
but he never makes the biggest mistake at all - doing nothing.
- Benjamin Franklin (1706 - 1790)

