

LUTHER HOUSE, 120-126 JENNERS POND ROAD, WEST GROVE, PA 19390 610-869-4240

LUTHER HOUSE GAZETTE

VOLUME 22, ISSUE 4

April 2024



Where Go the Boats?

Robert Louis Stevenson (1850 – 1894)

Dark brown is the river.

Golden is the sand.

It flows along for ever,
With trees on either hand.

Green leaves a-floating,
Castles of the foam,
Boats of mine a-boating—
Where will all come home?

On goes the river
And out past the mill,
Away down the valley,
Away down the hill.
Away down the river,
A hundred miles or more,
Other little children
Shall bring my boats ashore.

April Activities:

Bingo sponsored by Leo Club (Lion's Club JR.) will take place on April 5th at 11:30 am in LH III lower level activity room.

St Michael Lutheran Church volunteers will perform requested chores on April 13th at 12 noon.

Fall Prevention & Luncheon, Monday, April 15th at 1pm LH III - Lower Level Activity Room

Hymn Sing sponsored by Toughkenamon Church every 2nd & 4th Thursday at 2pm LH III lower level activity room.

Bingo every Thursday in LH II in activity room from 6 to 8pm.

Bingo every Friday in LH III in lower level activity room from 6 to 8pm.


Bingo every Monday in LH IV in activity room from 6 to 8pm.

Arm chair exercises every Tuesday & Thursday in LH IV activity room from 11 am to 12 noon.


Communion is offered Sunday mornings in all buildings sponsored by Assumption BVM Church.

Knitting & Crocheting Group Open to all residents and guests. Meets every Tuesday from 10 am to Noon in Luther House II - Activity Room.

The Crow Mother



The saddest song is the one you have not sung!
It has never been heard, no words, no notes or feelings to inspire.....
Many are holding their songs deep within themselves-
There will never be a “ perfect” time or “moment” to sing
Singing just happens!
It is a reflex of the souls desire to speak!
Like laughing. Like crying. Do you have a song?
Have you sat alone and quieted your mind long enough to hear?
If you started to sing your song what would the words be, what would its story say....
This is your healing power!
Find your song.....
Sing it out into the Universe.
Let it’s reverberations call the healing you so deeply long for.
Let the emotions that are hidden away arise and take flight!
Your song is your healing!
Don’t leave this place without singing your song!
The Crow mother. CAW!
I can hear you !



Discounted Internet Program to be Ending

On March 4, 2024, the FCC issued a Public Notice confirming that absent additional funding from Congress, April 2024 is the last fully funded month for the Affordable Connectivity Program (ACP). April will be the final month that households receiving the benefit will see it applied to their monthly internet bill and without renewed funding from Congress, the ACP will only be able to provide a partial reimbursement for May 2024.

Township Events

Shred It & E-Recycling Event – Saturday, May 4, 2024 • 9 AM to 12 PM

Free shredding event with unlimited electronic recycling. Shredding is limited to 3 boxes/bags - This event is open to all.

Family Movie Night in the Park – Saturday, June 8, 2024 • 6 PM

Pest Control Schedule

4/04 LH1 1st FL., 4/12 LH2 1st FL., 4/19 LH3 LL & 1st FL., 4/26 LH4 1st FL.

Participating in Activities You Enjoy As You Age

As you grow older, you may find yourself spending more time at home alone. Being lonely or socially isolated is not good for your overall health. For example, it can increase feelings of depression or anxiety, which can have a negative impact on many other aspects of your health. If you find yourself spending a lot of time alone, try participating in activities you find meaningful - those that create a sense of purpose in your daily life. These can include hobbies, volunteer activities, or time with family and friends. Older adults who participate in activities they find meaningful say they feel happier and healthier. When people feel happier and healthier, they are more likely to be resilient, which is our ability to bounce back and recover from difficult situations. Positive emotions, optimism, physical and mental health, and a sense of purpose are all associated with resilience.

Everyone has different limits to the amount of time they can spend on social or other activities. What is perfect for one person may be too much for another. You might start by adding one or two activities to your routine and see how you feel. You can always add more. Participating in activities you enjoy should be fun, not stressful. There are plenty of places to look for opportunities to engage in activities you enjoy, depending on your interests and ability. Following are ideas that might work for you. Some of these include activities that can be enjoyed even from a distance using phones, computers, and other devices. Others can be done alone. So even if you're in a rural area or have other restrictions, you can still find ways to engage in activities you like.

Connect with family and friends by playing cards or other games in person or online. Travel with a group of older adults. Try different restaurants with your friends and loved ones. Listen and share favorite music with your family or friends. Join a group interested in a hobby, such as knitting, hiking, birdwatching, painting, or wood carving. Reconnect with old friends through your high school or college alumni association. Learn something new. Take a cooking, art, dance, language, or computer class. Get in touch with your local community college or library. Many offer free or discounted courses for older adults. You may even be able to find classes online. Form or join a book or film club. Try yoga, tai chi, or another new physical activity. Learn (or relearn) how to play a musical instrument. Visit local museums. Many offer free group tours and educational programs. Visit a senior center and take part in its events and activities. Serve meals or organize clothing donations for people in need. Run errands for people with limited mobility or access to transportation. Join a committee or help out with an activity at your place of worship. Volunteer at a school, library, museum, hospital, or animal shelter. Help with gardening at our community garden or park. Organize a park clean-up through your local recreation center or community association. Sing in a community choral group. Take part in a local theater troupe. Teach a favorite pastime or skill, such as embroidery, photography, building models, chess, baking, woodworking, calligraphy, or quilting, to a new generation. Go out and get moving. Garden (indoors or out). Take an exercise class or do group exercises with friends. Join a sports club for older adults, like a bowling club or the YMCA. Walk or bicycle with a friend or neighbor. Play with your grandchildren. Teach them a game or dance you remember from childhood. Take a stroll around the neighborhood. Practice gratitude and mindfulness. Enjoy the little things, such as a cup of coffee or sunrise.

Get out, make friends and remember to have fun!

Vintage Cooking Tips We Learned That Were Actually Wrong

We are forever grateful for the cooking lessons taught to us growing up by the cook in our house, who tirelessly managed to get a well-balanced meals on the table every night for decades. But in the years since, food trends have come and gone. Scientific studies have taught us a lot more about germs. Persistent urban legends have been disproven. And within seconds, we can access cooking tips and tricks from the world's best chefs on every TV, laptop, and phone screen at our disposal. So it only makes sense that we may still have some vintage cooking practices that are actually wrong. Here are the most common bad habits, as well as how to turn them into better ones for better-tasting, healthier cooking.

#1: Defrosting Meat And Poultry On The Countertop

These days, we're much more aware of how quickly harmful microorganisms can multiply at room temperature. (And no, cooking can't destroy them all.) The USDA warns that using these methods to defrost frozen meat aren't safe because the outer layer of the meat will reach the "danger zone" of 40 to 140 °F (where bacteria multiplies rapidly), while you're still waiting for the frozen center of the meat to thaw.

The Better Habit - Defrost meat, poultry, and seafood in the refrigerator overnight to ensure that they never sit at temperatures where harmful bacteria thrive.

#2: Neglecting Your Kitchen Knives

A few decades ago, the average home cook likely had just a couple of budget-friendly knives that they'd add to the dishwasher to clean, then unceremoniously toss in a crowded kitchen drawer for storage. Today's knife sets can be quite the investment, though, so you want to make sure to take care of them to make them last for years. That not only includes how you wash and store them, but how to maintain them too.

The Better Habit - Get your blades sharpened regularly to maintain their edge. Handle with care. Hand wash all kitchen knives, then thoroughly dry them to prevent rust and other damage to the blade. (It might be easier to throw them in the dishwasher, but spending an hour or more of a high-heat dishwasher cycle will wear your blades out much faster. Store properly. Knives should be stored in a wooden knife block, magnetic strip, individual sheaths, or other storage method that keeps the individual knives separated and away from other utensils that might bump up against them and dull their blades.

#3: Pressing Meat Into Grill Grates

Somewhere along the way, we were taught that getting an audible "sizzle" by pressing juicy burgers onto the searing-hot grates of a grill was a good thing. The truth is, anytime you hear liquid sizzling on the grates, coals, or flames of a grill, you're sending the juices that make burgers, steaks, and other meat, poultry, and seafood plump, juicy, and flavorful straight down into the flames.

The Better Habit - To avoid dried-out meat, resist the urge to press your patties into the grill grates. For the juiciest results and the best sear, let them sit without moving until they're ready to flip.

#4: Tossing Out Pasta Water

Until recent years, no one but professional chefs and in-the-know Italian grandmothers were saving their pasta water. Now thanks to celeb chef-hosted television shows and online cooking lessons, word has spread: this most humble liquid can help transform a pasta sauce thanks to the starch it leaches from your spaghetti, penne, or bow ties during cooking. So stop sending all that liquid gold down the drain.

The Better Habit - Just before draining your pasta, use a coffee mug to scoop pasta water from the top of your pot. Then pour the liquid into your sauce a little bit at a time until you get your desired consistency.

#5: Washing Raw Chicken In The Sink

You're probably no stranger to seeing a parent awkwardly wrestling a raw chicken or turkey under the running water of a kitchen faucet. Not only is it easy to fumble a slippery whole bird you're trying to rotate around under the water faucet, but this habit actually does more harm than good. Store-bought raw poultry doesn't benefit by being rinsed before cooking. Doing so actually spreads messy, germ-y raw chicken from your hands to the sink, faucet, and handle as well as surrounding surfaces and any other nearby food ingredients .

The Better Habit - If cooking a whole bird, remove any packaging and giblets from the cavity. Trim your whole chicken, turkey, or poultry parts, then continue with your meal prep without the germ-spreading dunk under the kitchen faucet.

#6: Forgetting To Use A Meat Thermometer

Whether our dad was grilling his famous pork chops or my mom was cooking absolutely everything else, we never saw either of our parents use a meat thermometer growing up. Instead, they eyeballed it, or cut into a piece of meat to check how done the center was. But it doesn't take much to overcook a pricey piece of filet mignon. And cutting into a nice piece of chicken or steak straight from the oven or grill just makes you lose those precious juices.

The Better Habit - While they're a bit more pricey than the old-school instant-read thermometers with the large dials, it's best to go with the digital variety since they're faster and more precise.

#7: Adding Oil To Pasta Water

A lot of home cooks used to subscribe to the popular myth that adding oil to a pot of boiling pasta would keep the noodles from sticking together. Not only does the oil, which floats on the surface of the water, not prevent sticking. But the slick oil actually prevents sauce from adhering to the pasta.

The Better Habit - Stir the pasta regularly during the first few minutes of cooking to keep individual strands or pieces from sticking together.

#8: Believing In The Five-Second Rule

Maybe it was a childhood friend who told you about the "five second rule," the decades-old belief that when food hits the floor and you snatch it up in less than five seconds, it's still safe to eat. The notion is so popular, in fact, that many studies have been conducted to determine if the "rule" is actually fact or fiction. Results proved without a doubt, bacteria can transfer to food instantaneously. In less than one second, it can pick up enough dangerous bacteria to make eaters ill.

The Better Habit - If you ever flip something in your skillet that ends up on the floor (or any other potentially contaminated surface), just throw it out. It's smarter to play it safe than to eat it and risk getting sick.

#9: Treating Cast Iron Like the Rest Of Your Cookware

Maybe you were lucky enough to have a parent or grandparent teach you that cast iron requires a little special care. But the rest of us might not realize that there are some big "don'ts" when it comes to cast iron. Soaking it in water, using soap to clean it, and scrubbing it with an abrasive tool can eat away at the pan's "seasoned" surface and lead to rust.

The Better Habit - While cast iron may require a little extra TLC when compared to other pans, it totally worth the special cleaning and maintenance. Clean it with water and a very small amount of soap and maintain its surface with regular seasoning, that trusty cast iron pan can last for decades. You may even be able to pass it down to your own kids.

5 Foods to Avoid if You Have Arthritis (and 5 That Might Help)

There are many different types of arthritis, but we can use the same healthy arthritis diet foods for all of these conditions to help ease inflammation and relieve some joint pain associated with arthritis. You cannot cure arthritis through diet alone. Pain management needs to be guided by a doctor. It should be a mix of physical therapy, stress management, exercise, anti-inflammatory eating, and possibly surgical or pharmaceutical interventions. Now that we have that covered, let's dish on the best arthritis treatment diet (to use in conjunction with those other lifestyle changes).

Avoid eating :

1. Refined Carbohydrates. White flour and sugars are acceptable in moderation, yet pervasive in the SAD (standard American diet). Refined carbs may contribute to the production of advanced glycation end (AGE) products, which have been shown to stimulate inflammation. AGE's are damaging compounds created when fat or protein combines with sugar in the blood. Research also proves that white sugars, such as those found in many breakfast cereals and packaged snacks, also do a number on your gut health, aka microbiome, which can also worsen inflammation. They may reduce beneficial bacteria.

2. Sugar-Sweetened Beverages. Similarly, the highly processed sugars (and resulting blood sugar spike) found in sweetened drinks have been associated with higher levels of chronic inflammation. Soda, in particular, has been found to increase arthritis symptoms in women.

3. Omega-6 Fats. If possible, limit sunflower, safflower, corn, soybean, and grapeseed oils, because they have a higher ratio of omega-6 to omega-3 fatty acids than other oils. Molecules called eicosanoids, which are derived from omega-6 fatty acids, are known to increase blood pressure, trigger the immune response, and exacerbate inflammation.

4. Processed Meats. Processed meats including bacon, sausage, and some deli meats contain more of those AGEs than less-processed options. Plus these foods that are bad for arthritis tend to be higher in sodium, which can lead to more water retention, which may cause your joints to swell.

5. Frozen Pizzas. One of the leading sources of sodium in the typical American diet, per the Centers for Disease Control and Prevention (CDC), pizza may result in joint inflammation as well. This is especially true if you grab a slice made with a refined carb crust and topped with pepperoni; that would be a trio of the worst foods for arthritis all in one bite.

The Best Foods for Arthritis:

1. Broccoli

Sometimes, the best foods for arthritis are the most unassuming. Mom's favorite dinner side is notable for its nutritious blend of vitamins C and K, as well as the sulforaphane (the part of the veggie that makes it smell a bit when you cook it). Scientists believe sulforaphane might slow the onset and progression of osteoarthritis symptoms, according to the Arthritis Foundation. Bonus points are awarded to the calcium (21 milligrams per cup), which can help bolster weak bones.

2. Cherries. The phytochemicals and antioxidants in colorful fruits and vegetables are both associated

with reducing inflammation and disease. Cherries, in particular, are among the top picks due to their ample anthocyanins (a flavonoid that lends a red or purple tint to plant foods) and other antioxidants that may improve blood flow and potentially reduce pain. The more vibrant the color, the more antioxidants on most occasions, the Arthritis Foundation says.

3. Matcha Tea. All green teas are potent in antioxidants. Matcha offers a high amount of antioxidants that fight cellular damage, which might make it particularly good at alleviating arthritis symptoms.

4. Omega-3 Fats. According to the Arthritis Foundation, eating a 3- to 6-ounce serving of these fish twice or more each week may protect your heart and reduce inflammation all at once. Foods high in omega-3 fatty acids, specifically regular consumption of fatty fish like salmon, herring, sardines, anchovies, or mackerel may improve arthritic symptoms.

5. Turmeric. Turmeric is the spice du jour for good reason. To reach the quantity needed for anti-inflammatory effects, consider a turmeric supplement. Study up on how to buy, prepare, and use turmeric. If you decide to try it for your joint pain, help your body absorb natural curcumin by eating your turmeric along with black pepper.

While a holistic approach to arthritis treatment is a must, you can eat your way to fewer aches and pains. If you're looking for one current eating plan as an ideal model of the arthritis diet, think whole foods, plant-based, and well-balanced diet plans that studies have proven to be effective, such as the Mediterranean diet.

For more information, ask your doctor health care professional.

Kindness Counts -

“Be kind whenever possible. It is always possible.” - Dalai Lama

“Do your little bit of good where you are; it’s those little bits of good put together that overwhelm the world.” - Archbishop Desmond Tutu

“The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.” - Franklin D. Roosevelt

“It takes courage to be kind.” - Maya Angelou

“Wherever there is a human being, there is an opportunity for kindness.” - Seneca

“If we are asking for the world to be kind, we must first ask what are we doing to add more kindness to the world. If we are asking for the world to be more loving, we must first ask what are we doing to add more love to the world. We are the vessels for the things we seek.” - Joél Leon

“How do we change the world? One random act of kindness at a time.” - Morgan Freeman

Good Neighbor Reminders:

Clean pet hair out of washers and dryers after use.

If you have a maintenance issue - call 610-869-4240 x. 0. “A stitch in time - saves 9 !

By the Garden Gate - Preparing Your Soil for Planting

Here are some tips to prepare your soil now for the spring planting season.

Add Organic Matter -Garden soil always benefits from the addition of organic matter. Bringing in soil for a new garden? Adding compost to the topsoil/clay/rubble makes the soil much more usable for the plants, as well as bringing an element of biology (and lots of micro critters).

The key to good soil health, and hence good plant health, is to keep those micro critters happy. Feeding them compost at every available occasion keeps them chomping big pieces and pooping out smaller pieces until finally, soil is usable and functional for plants. Whether you're about to plant seeds, planting transplants, or have already planted and are just admiring your handiwork, adding compost into the mix is always beneficial. By putting some compost between your plants and garden rows, it can continuously rot downwards to feed those micro critters.

Avoid "Naked" Soil - "Naked" soil, or soil that is uncovered, is generally a bad thing. Short term nakedness is ok, because birds come and eat all the newly exposed bugs and grubs, but your garden will suffer if soil is uncovered for too long. For example, it's much harder to keep plants watered when the surface of the soil is constantly exposed to wind, air, and sun, which leads to the soil drying out. Weeds germinate faster in naked soil. Seeds of weeds explode out of the ground seemingly in an effort of the soil to cover up its unnatural nakedness. In fact, most weed seeds lie dormant in the soil until stimulated by light, which ultimately means that pulling up weeds leads to more weeds coming in.

Uncovered soil also leads to mud, and then crust, and then more weeds. Rain beating down on naked soil flattens out the surface, making it smooth and slippery. Then the soil bakes the surface into cement, which makes it difficult for anything except weeds to grow, since they have very low expectations. So, cover it all up! Loose leaves are excellent, but if you don't have enough of those, mulch or compost is a pretty good alternative.

With these tips and helpful reminders, you'll be able to get your garden ready for the spring planting season, and be well on your way to healthy, nutrient-rich soil, even if you got a late start on soil prep.

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

Each garden donation is \$10.

Donation proceeds go toward garden up-keep, infrastructure and improvements.

Rent Payments Made Easy

Did you know you don't need to write out a check for your rent every month? Luther House makes it very easy to sign up for monthly auto debit. You would just need to complete a form available at Luther House 2. It is taken out on the 4th of the month, unless that is a weekend, then it would be the next business day. There is no fee and you can stop it at any time. This is a very convenient service, especially if you will be on vacation or away from your home for medical or other reasons. Please contact Ted, Laura, or Katie if you are interested.

Spotlight on Resources -

Medicare Savings Program/Medicare “Buy-In” is a state program under Medicaid that offers individuals on a limited income, help paying for Medicare part B premium and in some cases part A. There are four plans based on income eligibility.

Qualified Medicare Beneficiary Plus (QMB plus), also called “Medical Assistance” & “Healthy Horizons” with income limits of \$1,275 (asset limit \$2,000) for an individual or \$1,723 for a married couple (asset limit \$3,000). Note: \$20 monthly SSI amount is disregarded, plus first \$65 of earned income and half of remaining gross income. MA will pay for both parts A and B, qualifies for full Medicaid benefits (green or yellow ACCESS card), and can change Part D plans monthly. Medicare is primary, Medicaid is secondary. Automatically qualifies for LIS (Low Income Subsidy).

Qualified Medicare Beneficiary (QMB) with income limits of \$1,275 (asset limit \$9,430) for an individual or \$1,723 for a married couple (asset limit \$14,130). Note: \$20 monthly SSI amount is disregarded, plus first \$65 of earned income and half of remaining gross income. Must be enrolled in prescription drug coverage or one will be assigned. MA will pay for both parts A and B, and can change Part D plans monthly. Automatically qualify for LIS (Low Income Subsidy).

Specified Low-Income Medicare Beneficiary (SLMB) with income limits of \$1,526 (asset limit \$9,090) for an individual and \$2,064 (asset limit \$13,630) for a married couple. Note: \$20 monthly SSI amount is disregarded, plus first \$65 of earned income and half of remaining gross income. Must be enrolled in prescription drug coverage or one will be assigned. MA will help pay for part B premium, and can change Part D plan.

Mental Health & Crisis Management

National Suicide & Mental Health Crisis Hotline - 988. Callers first hear a greeting message while their call is routed to the local Lifeline network crisis center (based on the caller’s area code). The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in additional languages for people who call 988.

Valley Creek Crisis (Chester County) 610-280-3270 If you are experiencing a mental health or emotional crisis, call 610-280-3270. The Valley Creek Crisis Center is open 24 hours a day, 7 days a week.

Chester County Warm Line 1-866-846-2722. If you are feeling lonely, depressed, or anxious and just want to talk. This line is manned by trained individuals in recovery. Monday through Friday from 8:00am to 10:00pm and weekends 10:00am to 10:00pm.

The Veterans Crisis Line connects veterans in crisis (and their families and friends) with qualified responders from the Department of Veterans Affairs. Dial 988 and press 1.

Other Mental Health services: Main Line Health 888-771-6276, Community Care Behavioral Health (for Medicaid recipients) 866-622-4228, PA Support & Referral Helpline 1-855-284-2494, National Suicide Prevention Lifeline: 1-800-273-TALK (8255), Línea Nacional de Prevención del Suicidio: 1-888-628-9454, Veteran Crisis Line: 1-800-273-TALK (8255), The National SAMHSA Helpline provides 24-hour free and confidential referrals and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish. Call 800-662-HELP (4357).

Always Call 911 if you or someone else feels unsafe.

The History Page - Local History (part 2)

Kelton Post Office , Kelton Pa. "The name of the railroad station on the line between West Grove and Oxford was originally Penn Station." Early in 1871 Robert Kelton, the station agent, asked to set up a post office for settlers in the lower end of Penn Township. The postal authorities readily approved a post office but not the name. There was a post office with a similar name in Westmoreland County and another named Penn over the line in Lancaster County. The post office was consequently called Kelton in honor of the station agent, and in 1885, four years before Robert Kelton resigned as postmaster, the railroad changed its name to Kelton.



West Grove Fire apparatus (pictured) was the first piece of equipment purchased April 1905.

The first discussion about the need for a fire company was held in the late 1800's. A charter membership was first formed in 1904, and the West Grove Fire Company was incorporated in 1905



In April 1905, the new fire company purchased its first apparatus – a horse drawn chemical wagon for the sum of \$1,315. Spray powder was kept in tank to put out fires. The first motorized apparatus was purchased in 1919, and, for the first time, the apparatus carried water to the fire.

The fire company bought the original building on Prospect Street in 1928. This building is still occupied today by the fire company. As you drive down Prospect Avenue , you can still see the curved brick openings through which the horse drawn apparatus responded 100 years ago.

The gentleman driving was Dr Jesse W. Bushong (1878 - 1953)

The Origin of Phrases

Achilles Heel - This phrase comes from Greek mythology, where Thetis dipped her son Achilles in the Styx, a river that was believed to be a source of incredible power and invulnerability. However, Thetis was holding her son by his heel, meaning it was the only part of his body that was not touched by water, making his heel vulnerable. Eventually, Achilles was killed by the shot of an arrow in his heel.

Every Cloud Has A Silver Lining - This expression can be traced directly from a piece written in 1634 by English poet John Milton called *Comus: A Mask Presented at Ludlow Castle*. He spoke of a silver lining of brightness behind a gloomy cloud, and soon afterward 'Milton's clouds' became a staple of English Literature. The proverb 'every cloud has a silver lining' eventually came into being in the 1800's, a time of optimism and positivity in the upper-classes of Victorian England.

Looking for Art Work and Recipes for the Gazette

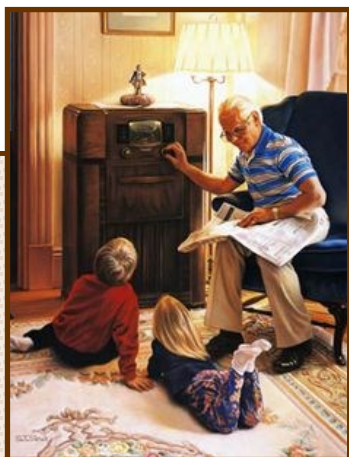
Looking for your favorite recipes or personal artwork (paintings, photography, knitting, wood working, quilting, drawing, etc. to be featured in future Gazettes. Call 610-869-4240 x. 111



Please **REMEMBER OUR TROOPS**

in your thoughts and prayers, and especially:

- Jonathan Shavor, grandson of Joan Shavor (LH II)
- Bryan Hammell, grandson of Mary Hammell (LH I)
- Jason Sunderland, son of Phyllis Sunderland (LH I)
- 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 ~

We loved their home.
Everything smelled older, worn but safe;
the food aroma had baked itself
into the furniture.

Native American Proverbs & Wisdom

A brave man dies but once, a coward many times.
– Tribe Unknown.

A man or woman with many children has many homes. – Lakota Sioux
Seek wisdom, not knowledge. Knowledge is of the past, Wisdom is of the future. – Lumbee



My Favorite Recipe ***Sweet Potatoes with Apple Sauce*** ***Marsha Paisley***

Ingredients

3 pounds sweet potatoes (about 5 medium),
peeled and sliced

1-1/2 cups unsweetened applesauce

2/3 cup packed brown sugar

3 tablespoons butter, melted

1 teaspoon ground cinnamon

1/2 cup glazed pecans, chopped, optional

Directions

Place sweet potatoes in a 4-qt. slow cooker. In a small bowl, mix applesauce, brown sugar, melted butter and cinnamon; pour over potatoes.

Cook, covered, on low 4-5 hours or until potatoes are tender. If desired, sprinkle with pecans before serving. Serve with a slotted spoon.



People inspire you,
or they drain you.
CHOOSE WISELY.

powerofpositivity.com

Photography by
Pat & Bob Kendel



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*

April

- 1 - Patricia Ramirez - II
- Jean Stewart - III
- Gabriela Santiago - IV
- 4 - Florence Oppelt - II
- 5 - Theresa Lewis - II
- Mara Kubulins - II
- Lillian Campbell - III
- Patricia Brittingham - IV
- 6 - Albert Watson - IV
- 7 - Edith Wiest - I
- 8 - Granville Burke - II
- 16 - Jean Thomson - I
- 19 - Judy Gibson - II
- 20 - Elizabeth Cleveland - II
- 22 - Tomas Aquilar - I
- Ruth D'Antonio - I
- 24 - Linda Hamby - II

May

- 1 - Cathy Collins - I
- 6 - Joan Barnett - IV
- 9 - Lyubov Kultysheva - II
- Tish Lindsay - III
- Mary Burton - IV
- 14 - Michael Nastasiak - III
- 17 - Lawanda Jennings - III
- 18 - Osvaldo Crespo - I
- 20 - Gloria Anderson - I
- 22 - Hector Rivera-Moreno - I
- 23 - Arta Thomas - III
- Iris Vazquez-Ortega - IV
- 25 - Mary Hammell - I
- Judy Martorana - II
- 26 - Joan Thornton - I
- Betty Polier - II
- 27 - Kathleen Blevins - III
- 28 - Betty Harmon - I
- Laura Jenkins - III
- 29 - Virginia Noblit - III

Old West Wisdom

There never was a horse that couldn't be rode,
there never was a rider that couldn't be thrown.
Behind every successful rancher is a wife who works in town.