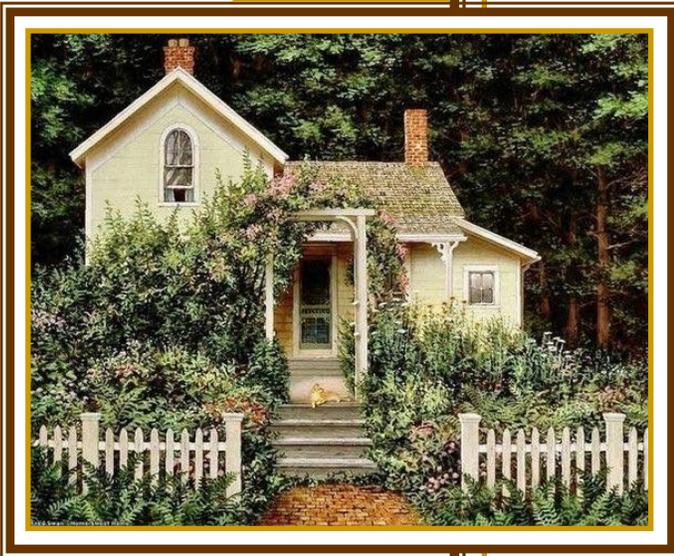




# LUTHER HOUSE GAZETTE

VOLUME 20, ISSUE 3

March 2022



## Little Cottage

I know a little cottage  
Where everything's just right;  
The windows bloom with tulips -  
At dusk there's candlelight.  
The knotted oak beside it  
Is webbed with ivy leaves,  
And honeysuckle tangles  
In clusters round the eaves.  
The friendly gate swings open  
Against the low stone wall  
Where quaint old fashioned blossoms  
Design a paisley shawl;  
And up the winding pathway  
The stones with moss are grown -  
I love this little cottage  
Because it is my own!"  
by Virginia Wauchope Bass

## March Kindness Counts - Boost Your Self-Esteem

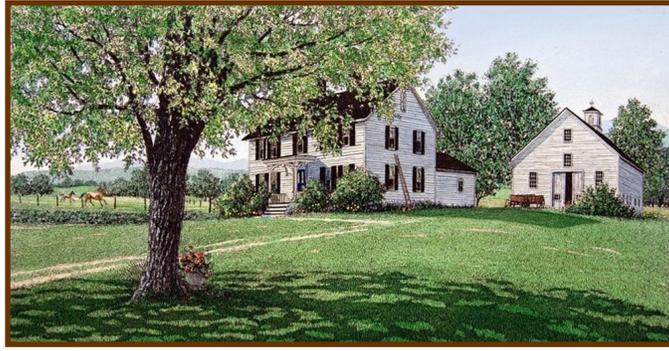
Always remind yourself of your good qualities.

Tell yourself it's going to be OK. Give yourself a morale boost by reminding yourself of your past successes. Then, come up with a plan for dealing with what happened, and take action.

Honor Your Dreams. Don't downplay your dreams by labeling them as silly fantasies. Take your dreams seriously. Turn your dreams into goals and create a plan for achieving them.

Find the Sweet Spot Between Acceptance and Striving. Acknowledge your potential. Know what you want and go after it.

Be happy with who you are, while taking action to become even better.



### March Quotes

“March is a tomboy with tousled hair, a mischievous smile, mud on her shoes and a laugh in her voice.”

— Hal Borland

“It was one of those March days when the sun shines hot and the wind blows cold:  
when it is summer in the light, and winter in the shade.”

— Charles Dickens, *Great Expectations*

“March, when days are getting long, Let thy growing hours be strong to set right some wintry wrong.”

— Caroline May

“The stormy March has come at last, With winds and clouds and changing skies;  
I hear the rushing of the blast, That through the snowy valley flies.”

— William C. Bryant

“In March winter is holding back and spring is pulling forward.  
Something holds and something pulls inside of us too.”

— Jean Hersey

“March, master of winds, bright minstrel and marshal of storms that enkindle the season they smite.”

— Algernon C Swinburne (*March: An Ode*)

Because according to the calendar, the first day of spring officially falls in March. A post about March quotes wouldn't be complete without some mention of what it's like to live in one season while perhaps still feeling as if winter hasn't quite ended yet.

“Autumn arrives in the early morning, but spring at the close of a winter day.”

— Elizabeth Bowen

“Today is the day when bold kites fly, When cumulus clouds roar across the sky.  
When robins return, when children cheer, When light rain beckons spring to appear.”

— Robert McCracken, *Spring*

“The first day of spring is one thing, and the first spring day is another.  
The difference between them is sometimes as great as a month.”

— Henry Van Dyke, *Fisherman's Luck*

“A light exists in Spring, Not present in the year at any other period, When March is scarcely here.”

— Emily Dickinson

“Springtime is the land awakening. The March winds are the morning yawn.”

— Lewis Grizzard

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## What a Plant-Based Diet Entails

There isn't one official plant-based diet; you simply adapt your eating habits to include more fruits, vegetables, whole grains and more while eating fewer animal products. There's no pressure to follow strict rules or give up steak forever. A plant-based diet is easier to adhere to than fad diets, which people usually quit within weeks or months. To get the most out of a plant-based diet, you need make a few life-style changes.

If you decide to adopt a plant-based diet, tell your doctor to make sure that it's right for you. What you don't want to do is end up with any specific deficiency, [so] make them aware of your dietary approach in the context of your general health and your age.

### Adopting a Plant-Based Lifestyle

Try these ideas:

Make gradual changes for longer-lasting success. Start small. There are seven days a week for the traditional eating patterns, three meals a day. Many Americans eat animal protein in all twenty-one of those meals. So as a starter, start picking a few meals [to have] without animal protein.

Cut back on animal-product portion sizes. You'll still get the flavors you enjoy. The Culinary Institute of America has even coined the term the 'protein flip' – how can you use animal protein as a condiment, seasoning or accent. For example, instead of a chicken thigh with a side of broccoli, could you serve a broccoli stir-fry with a few slices of chicken breast.

Spend more time in the produce aisle. Gravitate toward whole foods. If you look at a food label and it has fifty-two ingredients in it and many of those you can't pronounce, be cautious of that. There are healthier fats, unhealthier fats, healthier proteins, unhealthier proteins — similar to carbs. You can be on a very unhealthy low-carb diet and you can also be on a very unhealthy vegetarian diet. Healthy proteins include: white-fleshed fish, plain Greek yogurt, beans, peas and lentils, low-fat cottage cheese, Tofu, lean meats.

Occasionally enjoy plant-based meat products. They're processed and contain fat and sodium, but have their merits. They're wonderful way to transition.

For more information, ask your doctor or dietician.

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## Meals-on-Wheels

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.

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The true mind can weather all lies and illusions without being lost.  
The true heart can touch the poison of hatred without being harmed.

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## Pest Control March Schedule

3/04 LH1 3rd FL    3/11 LH2 3rd FL    3/18 LH3 3rd FL.    3/25 LH 4 3rd FL.

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## Tips for Recovering After Being Hospitalized With Acute Illness

Being discharged from the hospital after acute illness doesn't mean you're fully recovered. It should be viewed as the next step in your healing journey. Planning ahead will help you reduce stress and prevent setbacks once you're back at home. Measures such as keeping in touch with loved ones and staying mobile can help hasten the return to your normal routine.

If you're an older adult with an acute illness, an extended hospital stay is often the best way to get the treatment you need. When your condition improves, you'll likely be eager to return to the comfort and familiarity of home. But being discharged from the hospital doesn't mean you're fully recovered. Rather, it's just the next step in your healing journey.

What is an acute illness? Unlike chronic conditions that develop gradually and progress over time, acute illnesses tend to have a sudden onset. They also typically have a short duration, whether it's a few weeks or several days. Acute illnesses are often, but not always, caused by a virus or infection. Symptoms of these conditions come on suddenly and resolve with treatment. Besides COVID-19, other examples of acute illness in older adults include influenza, asthma attack, and heart attack.

How long does it take to recover from COVID-19 or another acute illness? COVID-19 survivors could face a long road to recovery, with many experiencing memory, nerve-related, muscular, mental health, and even speech issues for weeks or even months after hospital discharge. With serious cases of pneumonia, recovery time can range from 6 to 12 weeks. Older patients may find themselves struggling with fatigue and weakness, low appetite, and brain fog after returning home from the hospital.

A long hospital stay on its own can complicate recovery - a condition called post-hospital syndrome. Symptoms of this syndrome range from medication-induced side effects to disruptive changes in digestive and sleep patterns. Patients with COVID and other lung diseases may experience a unique set of symptoms related to hospitalization. What are some of the effects of hospitalization due to COVID? They include severe weakness and exhaustion, memory problems, and even post-traumatic stress disorder..

How can you ensure a smooth COVID recovery after hospitalization? A general rule of thumb is that it takes one week to recover for each day you spend in the hospital. Below are some strategies to help you reduce stress after discharge and get on a clear path to recovery.

1. Plan ahead. It's good to have a recovery plan in place before you leave the hospital. That way, you can focus fully on your healing instead of worrying about what needs to be done. Make sure that caregivers and/or family members are part of the planning process. Here are some things to think about:

Be sure to get written instructions on any medication schedule you'll be following as well as specific guidelines on activity restrictions. If your doctor has prescribed physical or occupational therapy, make sure that these programs are set up in advance.

Ask about any special equipment you may need at home while you regain your strength and mobility. This may include a wheelchair, cane, walker, oxygen tank, or spirometer to help strengthen your lungs. In some cases, you may also need modifications to your home such as grab bars in the bathroom and wheelchair ramps. Talk to your healthcare team, the hospital's discharge team, and your insurance provider to

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determine what's covered under your plan and the best way to obtain the equipment you need.

If you live alone, make arrangements ahead of time if you'll need help with tasks like grocery shopping and meals, picking up prescriptions, personal care, pet care, and other everyday tasks. The discharge team at your hospital can help you coordinate caregivers, whether it's friends and family members or paid professionals. Your insurance may cover some of the costs of a home health aide or visiting nurse. If you decide to hire a paid caregiver, it's a good idea to schedule the first visit before you're discharged from the hospital.

2. Create a safe and comfortable home environment. After an extended hospital stay, it may be some time before you regain your energy, balance, and coordination. To avoid trips, slips, and falls in your home, some smart precautions after COVID recovery include: Adding night lights to brighten dark areas, such as hallways. Stashing essentials beside your bed or favorite chair to avoid having to make unnecessary trips such as non-perishable snacks, tissues, water, books, magazines, a blanket, the remote control and your phone. Wearing comfortable slippers or shoes with non-skid soles. Placing non-skid mats in bathrooms. Removing any clutter from the floors. Be sure to ask a friend or family member for help in preparing your home for your recovery.

3. Stay engaged. When you're dealing with recovery after hospitalization, it's easy to let socializing fall by the wayside. However, prolonged isolation can lead to feelings of depression. Instead, make an effort to keep in touch with those you love through email, phone calls, texts, or social media - or go the old-fashioned route and write letters. Sometimes, a funny or kindhearted note is enough to brighten your spirits when you're not feeling well.

If you're unable to reach out to others, stay connected with the outside world by reading the local newspaper or watching the TV news. Taking part in brain-stimulating activities like jigsaw puzzles, sudoku, or reading a good book can help keep your mind engaged and entertained as you heal.

4. Keep moving. While rest is vital to a successful recovery after acute illness, lying in bed all day can cause muscle atrophy, reduced circulation, and weakness. In fact, for every week of staying in bed, you lose 1% of your muscle mass. You also lose 1% of your bone density, which can lead to brittle bones and a greater risk of fractures. In addition, spending too much time in bed can lead to painful bedsores and other issues.

To prevent this, start moving your body as soon as your doctor gives you the green light. If you're working with a physical therapist, follow their recommendations for restarting activity. Begin slowly. Aim for daily movement, even if it's just doing gentle exercises in bed or sitting upright in a chair. Spend as much time out of bed as you can. When you are able to, progress to taking short walks with a caregiver or friend.

Above all, stay in contact with your doctor throughout your post-hospitalization journey. Following their guidance for your recovery will help you heal faster from acute illness and get back to your normal life sooner.

For more information, ask your doctor or physical therapist.

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## What is COPD and How Can You Manage Symptoms?

Chronic obstructive pulmonary disease or COPD is an umbrella term that encompasses several progressive lung diseases such as emphysema and chronic bronchitis. It commonly affects individuals aged 65 and older and can negatively impact quality of life.

As COPD progresses, it becomes harder to breathe. Many people first notice symptoms when they become out of breath after light exercise or climbing up a flight of stairs. Activities that used to be easier now cause coughing, wheezing, or shortness of breath. Seniors may feel like they frequently have to clear their throat or cough, and that their chest becomes tight. These challenges can cause people to rethink how active they are and what activities they participate in.

Common risk factors for COPD include: smoking, asthma, air pollution, jobs that involve inhaling dust, chemicals, fumes, or other irritants. Your doctor will perform several tests and review imaging to assess your lung function and identify common signs of COPD. Early detection can help with managing symptoms before they become more severe.

There currently is no cure for COPD, but treatment and symptom management can help slow progression and improve quality of life. There are several steps you can take to enhance your breathing ability such as:

**Quit Smoking.** Cigarette smoke is filled with harmful chemicals and toxins that you then breathe into your lungs. This can damage your airway and the lining of your lungs making breathing more difficult. It can also destroy the tiny air sacs in your lungs that move oxygen in and out. This can exacerbate COPD symptoms and leave you with increased shortness of breath, chest tightness, coughing, and mucus production. Avoid exposure to second-hand smoke as well.

**Clean More Frequently.** Minimize the amount of dust that accumulates in your home through regular cleaning. You can also get an air purifier to help clean harmful particles out of the air and breathe a little easier. Pay attention to out door air quality reports too so you can plan accordingly.

**Stay Active.** It can be difficult to exercise and stay active when you have trouble breathing, but not exercising can make your COPD worse. Engage in activities that help to strengthen your lungs and improve oxygen circulation. Start slowly and work your way up as you are able, discussing any exercise plans with your doctor to stay safe. You may want to work with a respiratory therapist on ways to improve your lung capacity and minimize COPD symptoms.

**Maintain a Healthy Diet.** It may seem odd that diet affects COPD, but you need good nutrition to fuel your body. Plus, when your body breaks down different foods, it creates carbon dioxide that your lungs must then expel. Carbohydrates can produce a lot of carbon dioxide, so some people find a low-carb diet to be helpful. Limiting the amount of sodium you consume can be beneficial as well because sodium increases water retention which can put more pressure on your lungs. Obesity can also have a negative effect because it requires more energy to carry around the extra weight, and your lungs and heart have to work harder to function.

For more information, ask your doctor.

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## What Is the Earned Income Tax Credit?

The earned income credit (EIC) is a tax credit for certain people who work and have earned income under \$57,414. A tax credit usually means more money in your pocket. It reduces the amount of tax you owe. The EIC may also give you a refund.

1. Your adjusted gross income (AGI) must be less than: \$51,464 (\$57,414 for married filing jointly) if you have three or more qualifying children who have valid SSNs, \$47,915 (\$53,865 for married filing jointly) if you have two qualifying children who have valid SSNs, \$42,158 (\$48,108 for married filing jointly) if you have one qualifying child who has a valid SSN, or \$21,430 (\$27,380 for married filing jointly) if you don't have a qualifying child who has a valid SSN.

2. You must have a valid social security number by the due date of your 2021 return.

3. You must meet certain requirements if you are separated from spouse and not filing a joint return.

4. You must be a U.S. citizen or resident alien all year.

5. You can't file Form 2555 (relating to foreign earned income).

6. Your investment income must be \$10,000 or less.

7. You must have earned income.

8. Your child must meet the relationship, age, residency, and joint return tests.

9. Your qualifying child can't be used by more than one person to claim the EIC.

10. You can't be a qualifying child of another person.

11. You must meet the age requirements.

12. You can't be the dependent of another person.

13. You can't be a qualifying child of another person.

14. You must have lived in the United States more than half of the year.

15. Your earned income must be less than: \$51,464 (\$57,414 for married filing jointly) if you have three or more qualifying children who have valid SSNs, \$47,915 (\$53,865 for married filing jointly) if you have two qualifying children who have valid SSNs, \$42,158 (\$48,108 for married filing jointly) if you have one qualifying child who has a valid SSN, or \$21,430 (\$27,380 for married filing jointly) if you don't have a qualifying child who has a valid SSN.

You can use the EITC Qualification Assistant at [IRS.gov/EITC](https://www.irs.gov/EITC) to find out if you may be eligible for the credit. The EITC Qualification Assistant is available in English and Spanish.

Earned income credit has no effect on certain welfare benefits. Any refund you receive because of the EIC can't be counted as income when determining whether you or anyone else is eligible for benefits or assistance, or how much you or anyone else can receive, under any federal program or under any state or local program financed in whole or in part with federal funds. If you can claim the EIC on your federal income tax return, you may be able to take a similar credit on your state or local income tax return. For a list of states that offer a state EIC, go to [IRS.gov/EITC](https://www.irs.gov/EITC).

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## By the Garden Gate - Listing of Most Oxygen Producing Houseplants

1. Pothos - Pothos is the primary indoor plant for oxygen on account of its quick conversion charge.
2. Peace lily - Peace lily can decrease down the presence of carbon dioxide and assist in boosting up the share of oxygen in a well-ventilated room by as a lot as 25%. The plant additionally earned a spot in NASA's clear air examine on account of its air-purifying skills.
3. Areca Palm - Areca palm is prized with the flexibility to supply oxygen and enhance its degree within the space the place it's saved. It additionally filters dangerous pollution like xylene, toluene, and formaldehyde. Conserving two giant houseplants like areca palm in 100 sq. can improve oxygen ranges within the surrounding area.
4. Snake Plant - Snake Plant is as one of many most oxygen-producing indoor crops because it might soak up carbon dioxide. Because it's a CAM plant, it additionally emits oxygen and absorbs carbon dioxide at night time, together with benzene, formaldehyde, xylene, and toluene.
5. Weeping Fig - The weeping fig was profitable in decreasing the focus of CO<sub>2</sub> from the air, thereby bumping up the oxygen ranges by a substantial margin. Additionally, it is a potent plant to filter out dangerous VOCs like formaldehyde, benzene, and trichloroethylene.
6. Orchid - Orchid releases oxygen at night time, making it among the finest crops for bedrooms. The beautiful flowers of the plant will even make the house extra aesthetic.
- 7 Christmas Cactus - It actively makes use of carbon dioxide to create oxygen and glucose throughout photosynthesis, raising the oxygen within the air. The plant additionally emits oxygen at night time. Because the plant seems fairly gorgeous with its colorful flowers, this flowering succulent generally is a stunning addition to your own home!
8. Dieffenbachia - Dieffenbachia is efficient in decreasing the CO<sub>2</sub> and raises the oxygen ranges. The plant additionally cleans off VOCs like acetone, benzene, formaldehyde, and toluene inside the house.
9. Chrysanthemum - Although it isn't precisely identified for its oxygen-producing capabilities, it's a nice plant to scrub the dangerous VOCs off the air. As mums have extra leaves, oxygen manufacturing is considerably greater than the opposite houseplants.

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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.

**Luther House has 3 Community Gardens which provide free produce and herbs.  
Help yourself and enjoy!**

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### Good Neighbor Reminders:

1. **Do not overload washers.** Overloading washers results in broken machines. There are 3 machines currently down over the past month due to overloading.
2. **Double bag all trash and recycling items before** taking to trash chute or trash receptacle.

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## Spotlight on Resources

**Affordable Connectivity Program** - The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need. The benefit provides a discount of up to \$30 per month toward internet service. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. A household is eligible if a member of the household meets at least one of the criteria below: income: 1 person \$13,590, 2 persons \$18,310; or Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline. Two Steps to Enroll: Go to [ACPBenefit.org](http://ACPBenefit.org) to submit an application or fill out a mail-in application. Eligible households must both apply for the program and contact a participating provider (example: Comcast, Verizon) to select a service plan.

**“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.

**Community HealthChoices (CHC)** is Pennsylvania’s mandatory managed care program for individuals who are dually eligible for Medicare and Medicaid (medical insurance coverage through the PA ACCESS card). Office of Long-Term Living participant Helpline: 1-800-757-5042.

- AmeriHealth Caritas Community HealthChoices, 1-855-235-5115, Personal Care Connector: 1-855-332-0116, Complaints and Grievances: 1-855-235-5115, Fax: 1-855-332-0141, Email: [pamemberappeals@amerihealthcaritas.com](mailto:pamemberappeals@amerihealthcaritas.com)
- Keystone First Community HealthChoices, 1-855-332-0729, Personal Care Connector: 1-855-349-6280, Complaints and Grievances 1-855-332-0729, Fax: 1-855-332-0141, Email: [pamemberappeals@amerihealthcaritas.com](mailto:pamemberappeals@amerihealthcaritas.com)
- PA Health & Wellness, 1-844-626-6813, Complaints and Grievances 1-844-626-6813, Fax: 1-844-873-7451
- UPMC Community HealthChoices, 1-844-833-0523, Personal Care Connector 1-833-672-8078, Complaints and Grievances 1-844-833-0523, Fax: 412- 454-7920

**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 \$42. Call 1-800-932-4600.

**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.

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## The History Page - Early America (part ten)

1848 The Treaty of Guadalupe-Hidalgo ends the Mexican War, giving the United States Texas, California, New Mexico and other territories in the southwest.

1848 A huge flock of sea gulls arrives providentially in the Salt Lake Valley to devour a swarm of crickets that had threatened to destroy the Mormons' crops.

1848 President James K. Polk confirms the discovery of gold in California, sparking a nationwide stampede to the West.

1849 Forty-niners heading for California's gold fields expand the network of trails across the continent, as wagon trains stretch across the plains and struggle through the mountains as far as the eye can see.

1849 By year's end, more than 80,000 fortune-seekers have made their way to California from every corner of the world, nearly tripling the territory's population.

1849 Brigham Young organizes the Perpetual Emigrating Company to help Mormon converts in England and Europe make the trip to Utah and so increase the Mormon population there.

1850 California enters the Union.

1850 Complaints by Americans that miners from Mexico, South America, Canada, Australia and other parts of the world are taking gold that "belongs to the people of the United States" prompt the California legislature to enact a Foreign Miners' Tax which requires all miners who are not native or naturalized citizens of the United States to obtain a license at the staggering cost of \$20 per month.

1850 Levi Strauss begins manufacturing heavyweight trousers for gold miners, made of the twilled cotton cloth known as "genes" in France. Strauss had intended to make tents, but finding no market, made a fortune in pants instead.

1851 The United States and representatives of the Lakota, Cheyenne, Arapaho, Crow, Arikara, Assiniboin, Mandan, Gros Ventre and other tribes sign the Fort Laramie Treaty of 1851, intended to insure peace.

1851 Federal commissioners attempting to halt the brutal treatment of Indians in California negotiate eighteen treaties with various tribes and village groups, promising them 8.5 million acres of reservation lands. California politicians succeed in having the treaties secretly rejected by Congress in 1852.

1851 John L. Soule, in an editorial in the Terre Haute Express, advises: "Go West, young man, go West." But New York Tribune editor Horace Greeley gets credit for the line.

1852 Uncle Tom's Cabin, by Harriet Beecher Stowe, galvanizes public opinion against slavery and stiffens its defenders in the South.

1853 Domingo Ghirardelli begins selling rich chocolates to rich San Franciscans, establishing a confectionary that will become a landmark of the city's skyline.

1853 As many as 150,000 Indians lived in the state before 1849; by 1870, fewer than 30,000 will remain.

1854 The increasing presence of travelers on the plains has divided the buffalo into a northern and southern herd, where once they roamed freely from Kansas into the Dakotas.

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## The Origin of Phrases

**Shoot the Bull** - The meaning has to do with talking. When a group get together and they just make a lot of loud noise and talk senselessly it's called "a bull session." To participate in such a discussion means "to shoot the bull." The origin is simply based on how bulls act when they are in a pen. They just have a tendency to snort and make loud noises at each other, but none of it is threatening or means anything.

**To Keep A Stiff Upper Lip** - The meaning is to show no emotion in times of great emotional distress. The origin is pretty simple. It has to do with British soldiers and their mustaches. Even when trimmed and waxed, moustaches sort of moved when standing at attention. This was considered undisciplined! So, a soldier was ordered to control his mustache's movements and keep a stiff upper lip!



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 ~**

Grandparents house rules:

- Kitchen open 24 hours
- Expect to be spoiled
- Desserts come first
- Laugh-giggle-snuggle
- Storytelling
- Always have fun
- Bedtime negotiable
- Endless hugs and kisses



*My Favorite Recipe ...*

**Crustless Quiche**  
**Janie Tink**

For quiche base:

6 large eggs

2/3 cup whole milk

1/4 cup half-and-half

1/2 teaspoon kosher salt

1/4 teaspoon black pepper

1 teaspoon Dijon mustard (optional)

Pinch ground nutmeg (optional)

1 1/2 cups mix-ins of choice listed below

2/3 cup grated Gruyère cheese or swap fontina, sharp cheddar, or smoked mozzarella

2 tablespoons chopped fresh chives

Choose from mix-in combinations:

Cooked crumbled turkey bacon

Chopped and sautéed broccoli

Caramelized onions

Cubed leftover ham

Roasted vegetables roughly chopped

Instructions

Place a rack in the center of your oven and pre-heat the oven to 350 degrees F. Coat a deep 9-inch pie dish with nonstick spray.

In a large mixing bowl, whisk together the eggs, milk, half-and-half, salt, pepper, mustard, and nutmeg. Scatter the mix-ins evenly across the bottom of the prepared pie dish.

Sprinkle the cheese on top.

Carefully pour the egg mixture into the dish. Place the dish on a rimmed baking sheet. Sprinkle the chives over the top.

Bake the quiche on the baking sheet until the center is set, about 35 minutes. Note: When a thin, sharp knife is inserted in the center, the center should be cooked through without visible liquid. Let cool a few minutes. Cut into big wedges. Enjoy warm.

*No matter how long the winter, Spring is sure to follow!*

*Proverb*

Paintings by Bob Ritter

It was one of those *March* days when the *SUN* shines hot and the *wind* blows cold: when it is *summer* in the *light*, and *winter* in the *shade*.



# 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*

## March

- 1 - Hilda Shaneman - I
- 2 - Phyllis Cogdill - II  
Jean McLaughlin - II
- 3 - Nancy Demme - I
- 5 - Terri Barrett - III
- 6 - Mary Jane Irwin - III  
Agnes Kennedy - IV
- 8 - Carmelene Sottile - II
- 9 - Virginia Gallagher - II
- 10 - Margaret Russell - III
- 11 - Carol Boyd - II
- 13 - Shirley Kurtz - II  
Dell Gary - III
- 14 - Lilli Burkholder - IV
- 16 - Marian Pitts - III
- 21 - Asik Mehdihanian - II  
Darlene Sedlak - IV
- 25 - Marsha Paisley - II
- 26 - Jean Dorety - II
- 28 - Judith Blevins - II
- 29 - Carolyn Everley - III
- 30 - Joan Shavor - II
- 31 - Norma Maisonet - I  
Frances Lawrence - IV

## April

- 1 - Cathy Collins - I  
Patricia Ramirez - II  
Jean Stewart - III  
Gabriela Santiago - IV
- 4 - Florence Oppelt - II
- 5 - Theresa Lewis - II  
Lillian Campbell - III  
Patricia Brittingham - IV
- 6 - Albert Watson - IV
- 11 - Venice Atwood - III
- 17 - Catherine Silverman - I
- 19 - Judy Gibson - II
- 20 - Elizabeth Cleveland - II
- 22 - Tomas Aquilar - I  
Nancy Dry - IV
- 24 - Linda Hamby - II
- 25 - Dot Daddario - IV

### Old West Wisdom

Don't judge people by their relatives.  
When you give a lesson in meanness to a critter or a person, don't be surprised if they learn their lesson.