

LUTHER HOUSE GAZETTE

VOLUME 24, ISSUE 5

May 2026



Ordinary Things

I am in love with the ordinary things in life. Fresh air. Acts of kindness. Old soul conversations. Watching things grow. Listening to the rain as it empties its heart towards earth. Remembering the times I ran through it. Unafraid. Spontaneous. Freedom filled. I find pure joy in the joy of others. I greet the morning with eyes that still have remnants of pain but will see their way through it. I am determined to create something beautiful every day. Whether art. Or peace. Or a path for those who are lacking in light. I wish for nothing more than soft hands filled with giving.

This is where I find my rest.

Author unknown

May Activities:

May 11th 2:00 PM Joyful Handbell Ringing Choir : Performance in Building III Community Room

May 13th 2:00 PM Paws for People: Meet 3 Service Dogs in the Building III Community Room

May 20th MASS Trivia 1:00 PM Building II Activity Room

Hymn Sing sponsored by Toughkenamon Church every 2nd & 4th Thursday at 2pm Luther House III Lower Level Community Room.

Bingo every Thursday in LH II Community Room from 6 to 8pm.

Bingo every Friday in LH III lower level Community Room from 6 to 8pm.

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

Rosary every Thursday in LH I - 10am to 10:45am, LH II - 10:45 am to noon. Sponsored by Assumption BVM Church.

No Humana BINGO this month

Common Foot Problems and How to Treat Them

Athlete's Foot - Athlete's foot is a type of fungal infection that is extremely contagious - you can pick it up in pools, changing rooms, showers and other public areas where walking around barefoot is the norm. Symptoms of athlete's foot include redness, itching, scaling, blistering and cracking of the skin of the feet and between the toes. Treatment for athlete's foot consists of over-the-counter antifungal creams or sprays and oral antifungal medications that your podiatrist can prescribe. In addition, you'll need to keep your feet dry and avoid wearing the same shoes daily so they have a chance to dry out completely.

Bunions - Bunions are large, bony lumps that occur at the base of the big toe due to a misalignment of the joint. This type of foot deformity, known as hallux valgus, is usually genetic and exacerbated by wearing tight or narrow shoes. To correct the bunion, your doctor may recommend surgery in severe cases. Other treatments include therapeutic exercises, orthotics, special shoes or splints to straighten the toes.

Calluses - Calluses are areas of hardened skin that occur on the bottom of the feet due to friction. They can be caused by how you walk, a deformity of the bones in your feet or improperly fitting shoes. Calluses may or may not cause you pain and can become more common as you age and your skin becomes thinner. Gently buffing at the callus with a foot file or pumice stone after a bath can help remove it. See a podiatrist (especially if you have diabetes) who can safely remove the hardened skin of the callus and provide padding or orthotic insoles that can help prevent the callus from returning.

Flat Feet - If you have low arches, then you have what is commonly referred to as flat feet. Flat feet are either caused by genetics, arthritis, injuries to the tendon of the foot, joint hypermobility or abnormal bone formation. Most cases of flat feet won't impede your ability to walk normally but can sometimes cause pain or foot fatigue when walking. Podiatrists will usually treat your flat feet with special orthotics to support them, rigid footwear or foot braces, cortisone injections, pain medication and physical therapy. Only in very serious cases will you need surgery to correct your flat feet.

Gout - Gout is a medical condition that occurs due to a buildup of uric acid in the bloodstream. This condition manifests itself in your feet, resulting in extreme pain and inflammation of the joints in your toes, ankles or knees. Without treatment, gout can result in kidney stones and acute pain in the feet, especially the toes, which returns every few months. To treat gout, your doctor will prescribe anti-inflammatory medications and recommend orthotic footwear to support your feet and prevent further inflammation. They may also recommend lifestyle changes, such as maintaining a healthy weight, avoiding alcohol and including plenty of vitamin C in your diet.

Hammertoe - A hammertoe is a type of deformity that can affect any toe but commonly affects the second toe. It occurs when the middle joint of the toe sticks out and the toe bends forward. Typically, wearing shoes that are too tight for your feet can cause hammertoes. You may also develop a corn at the middle joint. To treat a hammertoe, your podiatrist may recommend padding the protruding joint or wearing special shoes to accommodate it. In serious cases, you may need surgery to treat this condition.

Heel Spurs - A heel spur is a type of irregular bone growth that occurs where the heel bone connects to the plantar fascia. When the shock-absorbing plantar fascia becomes stretched and inflamed, it will prompt the body to grow extra bone in the area to deal with the stress of the injury. Heel spurs result in

heel pain, and their causes include ill-fitting shoes, running and being overweight. Wearing shoes that fit properly and stretching before you exercise can help prevent heel spurs. Your podiatrist may recommend rest, cold packs and corticosteroid injections to help with the pain of heel spurs.

Neuropathy - When your peripheral nervous system becomes impaired, you may experience a condition known as neuropathy. The most common type, diabetic neuropathy, can lead to damage to the nerve fibers of the legs and feet. Symptoms of diabetic neuropathy include numbness in extremities like the feet, burning pain or paralysis. This type of neuropathy results from elevated sugar levels in the body. Although neuropathy has no cure, your doctor will first treat your diabetes and then address your condition symptomatically with medication or lidocaine injections.

Plantar Fasciitis - Plantar fasciitis occurs when the thick band of connective tissue known as the plantar fascia becomes irritated and inflamed. The plantar fascia is located at the bottom of the foot between your toes and heel. When you put weight on your plantar fascia by standing, it stretches and can become injured with excessive walking or running. Extreme heel pain is a symptom of plantar fasciitis. Your doctor may recommend rest, nonsteroidal anti-inflammatory medications, ice packs for your foot and stretching exercises for the Achilles tendons and plantar fascia.

Sesamoiditis - When the sesamoid bones located beneath the joint of the big toe become inflamed, it can cause a painful condition known as sesamoiditis. It usually results from activities like ballet and running, which involve strongly pushing off with or bending your toes. To treat sesamoiditis, your podiatrist may recommend a variety of treatments, including steroid injections, anti-inflammatory medication, immobilization of the big toe and special orthotics.

Stress Fractures - Stress fractures are small, hairline cracks in the bones of the feet. They are usually caused by excessive, strenuous or repetitive exercise. Symptoms of stress fractures include pain and swelling in the injured area and can occur anywhere on the foot or ankle. To treat a stress fracture, see your podiatrist, who will usually recommend resting the injured foot until the bone has a chance to heal. Without treatment, a stress fracture can become a full fracture and require a cast.

If you feel something is not right, ask your healthcare provider.



Save the Date:

May 11th 2:00 PM

Joyful Handbell Ringing Choir :

Performance in Building III

Community Room Live Local Musicians



Nothing is impossible, the word itself says 'I'm possible.'" — Audrey Hepburn



Save the Date

Wednesday, May 13th at 1:30 PM Paws for People will bring three trained therapy dogs to the Building III Community Room. Come and meet our four legged friends,

Happy, Buddy, and Diesel and their trainers. Want to know more? Visit <https://www.pawsforpeople.org/>

Kindness Counts - Being Kind to Yourself, Too!

“You is kind. You is smart. You is important,” - Kathryn Stockett, *The Help* (book)

“If your compassion does not include yourself, it is incomplete.” - Jack Kornfield

“Be kind to yourself this evening. Buy something for yourself. Treat yourself to a meal. Look at the mirror and give a smile to yourself.”—Yoko Ono,

“You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.” - Louise L. Hay

“Being kind to others is a way of being good to yourself.” - Harold S. Kushner

“Ask yourself: have you been kind today? Make kindness your modus operandi and change your world.” - Annie Lennox

“Those who bring sunshine to the lives of others cannot keep it from themselves” - James Matthew Barrie

Did You Know -

There were active volcanoes on the moon when dinosaurs were alive.

Finland has more saunas than cars.

Avocados are actually fruits, not vegetables.

The shortest war in history, the Anglo-Zanzibar war, lasted 38 minutes.

NFL Super Bowl referees also get Super Bowl rings.

Only four countries in the world have national anthems with no lyrics.

Walt Disney currently holds the most Academy Awards at a lifetime total of 26.

The average cloud weighs over one million pounds.

Animals can also be allergic to humans.

It’s impossible to hum while holding your nose.

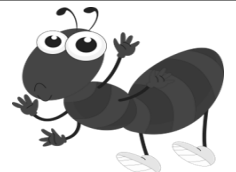
Africa is the only continent in all four hemispheres.

Pest Control Schedule: May 5th: Building I second floor

May 12th Building II second floor

May 19th Building III second floor

May 26th Building IV second floor



Four Natural Ways for Seniors to Get Better Sleep

Millions of adults struggle with insomnia and other sleep disorders. However, seniors are particularly prone to these issues. The increase in sleep disturbances may be caused by medications, pain, or financial issues. Whatever the cause, it's important for seniors to seek out natural sleep aids before turning to prescription or over-the-counter sleeping pills.

Seniors are typically much more sensitive to these drugs than their younger counterparts. Sleeping pills also can cause confusion and memory issues, which, in turn, increase the risk of falls, fractures, and car accidents in seniors.

To avoid these serious, life-threatening risks, seniors who are experiencing sleep difficulties should try to correct them with one of these four natural sleep aids.

1. **Increase Your Magnesium Intake** - Many people who struggle with insomnia are actually deficient in the calming mineral magnesium. Researchers have identified a connection between higher levels of magnesium and deeper, more consistent sleep. Some good sources of magnesium include: Goat's milk kefir, spinach, pumpkin seeds, dark chocolate, almonds, dark cherries, tart cherry juice. Magnesium should be consumed with calcium to ensure adequate absorption.

2. **Upgrade Your Mattress** - If your mattress is lumpy or worn out, you will likely have a harder time falling and staying asleep. This is especially true for seniors who have arthritis or other chronic, pain-causing conditions. Sleep is essential for minimizing inflammation from these conditions and helping the body heal. If you can't afford a whole new mattress, you can invest in a high-quality foam topper or wedge instead to ensure pain-free sleep.

3. **Use Essential Oils** - Certain essential oils have been proven to improve sleep quality without any of the negative reactions that often accompany prescription or over-the-counter sleep aids. Some oils that are particularly beneficial for people with insomnia are lavender, bergamot, sandalwood, and frankincense. You can simply inhale the scent of these oils before bed, or diffuse them throughout your bedroom. Some people also like to combine the oils with a "carrier" like coconut oil and then massage them into their skin.

4. **Try Herbal Remedies** - There are several herbs that have been used for centuries to reduce nervousness and fight insomnia. Two popular options are valerian root and chamomile. Valerian is often consumed in capsule form, while chamomile is usually sold as a tea (you can also find chamomile extract and topical ointments infused with chamomile). Both herbs are considered safe and effective sleep aids that come without any dangerous side effects. Chamomile can also be used to treat a variety of other health conditions, including digestive and gastrointestinal disorders, eczema, and the common cold.

Sometimes, sleeping pills are the only thing that will work to help you get to sleep. However, lots of people turn to these drugs prematurely, without considering the natural options that are available to them. If you're having trouble sleeping, give these four natural aids a try -- they might be just what you need to finally get a good night's rest.

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 Chesco Connect 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. Chesco Connect Community Transportation 610-344-5545.

Ride SCCOOT and SEPTA Trains for free with a PA Senior Citizen Transit ID Card. Seniors wanting to obtain a free pass should call 610-993-0911. Applicants are required to show at least one form of accepted identification at the time of process..

Medical Assistance Card Holders: All individuals currently enrolled in the Medical Assistance Program may be eligible to use Chesco Connect Community Transportation for appointments in which the medical card is used as payment for services provided. Call 877-873-8415.

Persons with Disabilities: if you are between the ages of 18 and 64, are disabled according to the American’s with Disabilities Act and need transportation, you may qualify for the Persons with Disabilities Program. The cost is \$4.00 for the first ten (10) miles and 15% of the full fare after ten (10) miles. Call 877-873-8415.

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. For additional information, call SEPTA at 215-580-7145 or TMAcc at 610-993-0911.

SCCOOT is a bus service that travels from Oxford to West Chester, Monday through Friday. These routes are designed to connect you to shopping, entertainment, medical appointments, and more. Funding for SCCOOT is provided by through PennDOT's ACT 89 program with match funding primarily from the Chester County Commissioners with support from Kennett Township, Penn Township, Oxford Borough and the Avon Grove Lions. SCCOOT connects to SEPTA Route 92, SEPTA Route 104 and Krapf's "A" Bus at the West Chester Transportation Center. To schedule a pick up at LH II, call Krapf at 610-431-1500.

Veterans Affairs provides quality assistance to all Chester County Veterans at 610-344-6375. Benefit Services include: compensation claims, death indemnity compensation, VA pension aid and attendance, GI bill and education benefits, VA healthcare, burial allowance, cemetery flags and flag holder, Veterans temporary assistance, disabled veteran property tax exemption, blind veterans pension, amputee and paralyzed veteran pension, and educational gratuity program.

The Kitchen Corner - Tips

Cold Pan, Cold Oil Technique

Now, let's debunk a common kitchen myth: that you should always start with a hot pan and hot oil. For certain dishes, starting with a cold pan can actually be your ticket to flavor town. This approach allows the oil and ingredients to heat up together, which can be particularly beneficial for rendering fat from bacon or for gently sweating onions without burning them.

However, if you are searing meat then a hot pan, hot oil is the way to go. To get the perfect sear you want your oil to reach 365 degrees F 185 degrees C. The easiest way to determine if your pan has reached that temperature is with a digital thermometer. However, another way is if you are using extra virgin olive oil, wait until you see it starts to smoke then you know your oil has reached a temperature of at least 350 degrees F. With regular olive oil, the smoke point is 390 degrees Fahrenheit. This technique is all about control and allowing flavors to build and meld gradually. It's especially useful for delicate ingredients that might burn or seize up under sudden heat. So next time you're cooking something that needs a gentle touch, remember that starting cold can sometimes be the way to go. It's all about understanding the needs of your ingredients and adjusting your techniques accordingly.

Cooking with Wine

Cooking with wine is one of those pleasures of the culinary world that can elevate a dish from ordinary to extraordinary. But here's the thing – not all wines are created equal, and not just any wine will do when it comes to cooking. If your wine doesn't taste good in the glass, it won't taste good in your dish. When it comes to reducing wine in cooking, it's all about concentration and balance. When cooking with wine you need to reduce your wine by half. By doing this you burn off the alcohol and intensify its flavor, adding depth and complexity to your sauces and stews.

Whether you're deglazing a pan or simmering a braise, remember that wine is not just an ingredient; it's a bridge between the ordinary and the sublime. Use it wisely, and let it work its magic. Also remember about fortified wines, like Port, Madeira, and Marsala. These wines contain distilled spirits like Brandy or Cognac that were added during the wine-making process. These wines are rich, and complex and don't have to be reduced. The beauty of these wines is you can add them at the end to your liking.

Good Neighbor Reminders:

If you have a maintenance issue - call 610-869-4240 x. 0.

Please take empty Chester County Food Bank SHARE boxes back to your activity rooms. KACS picks them up monthly to reuse.

For the safety of residents who have fallen, please do not attempt to pick fallen neighbors up yourself. This may cause more injuries to both the resident and yourself. To be safe, call 911 after any fall. The emergency personnel will pick residents - up as a courtesy - at no cost to residents. No one is required to go to the hospital against their wishes. Be safe - call 911 instead!



Gardening isn't just a hobby: It can challenge your brain and help reduce your stress levels, two factors that may help stave off cognitive decline. When you think about ways to stay mentally sharp as you age, putting your hands in soil probably isn't one of the first strategies to come to mind. But as it turns out, gardening may actually be beneficial for brain health.

"Gardening supports cognitive health," said Smita Patel, an integrative neurologist and sleep medicine physician at Endeavor Health. "Not because it definitively prevents dementia, but because it bundles physical activity, mental engagement, stress reduction and other healthy lifestyle habits into one activity."

"The research is more compelling than you might expect from an activity associated with sun hats and strong opinions about mulch," said Jordan Weiss, an assistant professor in the division of precision medicine and the Optimal Aging Institute at New York University Grossman School of Medicine.

One recent study that included nearly 137,000 participants aged 45 years and older found that people who engaged in regular physical activity, including activities such as gardening and yard work, were less likely to report memory problems and limitations in daily functioning connected to cognitive decline. The link appeared to be partly explained by higher physical activity levels and lower rates of depression.

"Gardening independently touches nearly every lifestyle factor brain-health research has already confirmed matters: physical movement, stress reduction, social connection, sleep quality and sustained mental engagement," Weiss said. "When one activity lines up that well with the established evidence, it's harder to dismiss as noise."

A separate study which tracked participants from childhood into older adulthood, found that those who reported gardening (anywhere from "rarely" to "frequently") at age 79 had better thinking and memory skills — and showed stronger cognitive performance relative to their childhood baseline — than those who never gardened.

However, the gardeners didn't experience slower cognitive decline between ages 79 and 90. The findings suggest that gardening may support cognitive aging from childhood to late adulthood, but it may not protect against conditions such as dementia late in life. Gardening engages multiple brain systems at once, including movement, sensory processing, automatic functions and higher-level thinking,

HOW GARDENING MAY PROMOTE COGNITIVE HEALTH

As some of the experts mentioned, gardening is a complex activity that may support cognition in multiple ways. Here are some of the specific ways it might help.

Gets you moving

Digging, planting and weeding all fall under low-to-moderate-intensity aerobic movement, which helps improve blood flow to the brain and is associated with a lower risk of cognitive decline, Patel said.

"Physical activity is one of the most evidence-based ways to support long-term brain health."

Exercise also increases levels of BDNF, a growth factor that helps maintain the hippocampus, the part of the brain responsible for forming new and long-term memories, and one that often shrinks in dementia. So far, no research suggests there's a specific amount of time you should spend gardening (or exercising, for that matter) to reap cognitive benefits. What the broader physical activity literature does tell us is that consistency matters more than any single session, and that regular activity beats sporadic activity every time.

Challenges your brain

One of the most powerful ways to stay mentally sharp is to introduce new or consistent stimulation into your daily life. “Beyond physical benefits, gardening provides mental stimulation — planning, remembering plant care and problem-solving — which engages memory and executive function, supporting slower cognitive decline over time,” Patel said. It also engages multiple cognitive systems simultaneously, which may help build the brain’s resilience against decline.

Article submitted by Constance Crissman

Garden spaces are available each year in our Luther House Friendship Garden located behind Luther House II (behind the Gazebo) call 620-869-4240 extension 111 for a garden spot. At this time there are 5 open spots. Each garden donation is \$10 due now.

Reminder from the West Grove Fire Chief

Emergency personnel will come **pick you up if you have fallen**. They will ask if you are okay - then they will leave. They will only take your vitals if you express that you are not feeling well. **There is no obligation to go to the ER for simple 911 “I have fallen and I need to be pick-up” calls, which are free.**

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 extension 111

Rent Rebate Information: Books have been mailed by the state for rent paid during 2025. If you received a rebate in the past and filed **by mail** you received a book. People who filed electronically or moved into Luther House in 2025 may not have received a book. Landlord pages can be picked up in Building II at Victoria’s desk between 8:00 AM and Noon or 1:00-4:00 PM. Ann Marie will complete requested rent rebates. If you filed electronically in the past a booklet will no longer be mailed. Checks are mailed from the state beginning July 1st. Please contact Ann Marie at 610-869-4240 extension 111

Important Reminder

Remember to report to staff if you are making additional gross income over \$200. Also, please report if you start a job or are adding a household member. Remember to keep their medical expenses during the year for their recert. **Out of pocket expenses help reduce rent.** This includes not limited to co-pays, prescriptions, supplemental insurance, hospital copays, therapies, behavioral health, dental, eye, medical equipment, over the counter (as long as there is a script from a doctor stating the medicine and what it's treating).

The History Page - Local History (part 27) Longwood Gardens (part one)

Longwood Gardens has a long, varied history. For thousands of years, the native Lenni Lenape tribe fished its streams, hunted its forests, and planted its fields. Evidence of the tribe's existence is found in quartz spear points that have been discovered on and around the property and can be found on display in the Peirce-du Pont House on the Longwood Gardens property.

In 1700, a Quaker farmer named George Peirce purchased 402 acres of this English-claimed land from William Penn's commissioners. George's son Joshua cleared and farmed the land and in 1730 he built the brick farmhouse that, enlarged, still stands today. In 1798, Joshua's twin grandsons Samuel and Joshua, who had inherited the farm, actively pursued an interest in natural history and began planting an arboretum that eventually covered 15 acres. By 1850, the arboretum boasted one of the finest collections of trees in the nation and had become a place for the locals to gather out-



doors - a new concept that was sweeping America at the time. Community picnics and socials were held at Peirce's Park in the mid to late 19th century. The Pennsylvania guide noted in 1940 that "Longwood received its present name from 'Long Woods,' as the section was known before the Civil War. Peirce also added a historical marker for Hannah Freeman, purportedly the last surviving member of the Lenape people, who had been born in the area in 1731. This area became known as Peirce's Park toward the end of the 19th century.

After Pierre S. du Pont purchased the property in 1906, he began developing the outdoor gardens adding the 600-foot long Flower Garden Walk in 1907. The Flower Garden Walk features a pool known as the Round Fountain at the intersection of the main paths. Its simple jet of water was Longwood's first fountain. In 1914, Pierre S. du Pont added the Open Air Theatre after visits to the Villa Gori in Siena, Italy, provided inspiration. From 1925 to 1927, du Pont designed and constructed the Italian Water Garden on a site northeast of Longwood's Large Lake, after gaining inspiration from a visit to the Villa Gamberaia, near Florence, Italy.

In 1928, du Pont began adding fountains to a garden he had begun developing in 1921. This space, directly south of the Conservatory, would become du Pont's most ambitious project - the 5-acre. Main Fountain Garden. The Main Fountain Garden debuted to the public in 1931 and was the last major project in the gardens during du Pont's life. In 1957, the Waterlily Display opened under the direction of Russell Seibert, who was Longwood's first director after Pierre du Pont's death in 1954.

The Origin of Phrases

Limelight - Thomas Drummond in 1816 devised a lighting source for theatres. It was a cylinder of lime heated by an incandescence flame and placed behind a lens or in front of a reflector. These "lime lights" were very bright. Thus the star performer was very visible as long as he stood in it. Soon, actors were competing to be in the easily seen limelight. And so any location where many can see you today is called being in the limelight.



Please **REMEMBER OUR TROOPS**

in your thoughts and prayers, and especially:

- Jonathan Shavor, grandson of Joan Shavor (LH II)
- Jason Sunderland, son of Phyllis Sunderland (LH I)
- William W. Farmer III, grandson of Al Watson (LH IV)
- James Markus Gary, grandson of Dell Gary (LH III)



Grandparent's Corner ~

Every grandchild is a piece of my heart walking around in the world.

Please Remember: Luther House Staff are not onsite Memorial Day, May 25th.



**Save the Date:
Saint Michael's
Community Picnic:
Saturday, June
27th**

**Sign ups will be
available soon.**

My Favorite Recipe

Honey Ginger Chicken

By Betty Crocker

2 Tablespoons vegetable oil

2 Tablespoons margarine

1/3 cup flour

1/2 teaspoon ground ginger

1/4 teaspoon pepper

3 pounds boneless chicken thighs

1/3 cup honey

1/3 cup chili sauce

1/3 cup soy sauce

1/2 teaspoon ground ginger

Heat oven to 425 degrees. Heat oil and margarine in a 13"x9" pan when melted add the flour ginger, and pepper. Coat chicken with this mixture and place skin side down in pan. Bake uncovered for 30 minutes. Turn chicken and bake another 15 minutes. Drain the fat from the pan. Line the pan with foil and return the chicken to the pan.

Mix remaining ingredients starting with the honey and pour over the chicken. Bake 15 minutes.

Serve over rice or noodles.

Serves 6

Thank you Shirley Billheimer for this photo from the Kennett Parade.



Welcome Spring!

A magical time as
MOTHER EARTH
 awakens from her
 Winter slumber and
 begins to come alive
 once again...

Artwork by
 Nancy Byers



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, gender, handicap or national origins.

Articles are due by the 24th for next month's publication.

Diane Berquist, and
 Ann Marie Barr *reporters*
 and *layout & activity calendar*

May

Birthday	Resident	Building
5/6	Joan Barnett	IV
5/7	Walter Brown	II
5/9	Lyubov Kultysheva	II
	Mary Burton	IV
	Bertha Hambleton	I
	Carolyn Tish Lindsay	III
5/13	Kathryn Cole	I
5/14	Michael Nastasi-	III
5/16	Velez Monserrate	III
5/17	Shelley Gardner	IV
	Lawanda Jennings	III
5/18	Osvaldo Crespo	I
5/20	Gloria Anderson	I
5/22	Hector Rivera-Moreno	I
5/23	Arta Thomas	III
5/25	Joanne Schulze	I
5/26	Judy Martorana	II
	Bette Polier	II
5/27	Kathleen Blevins	III
5/28	Laura Jenkins	III
5/29	Virginia Noblit	III
5/30	Linda Weatherby	III

June

Birthday	Resident	Building
6/2	Robert Sakers	II
6/3	Norma Grant	II
6/6	Charles Rochester	II
	Francine Brown	IV
6/7	Pearl Church	III
	Adelaide Essick	III
6/9	Dorothy Ebersole	I
6/15	Brenda Davis	III
6/16	Sheila Whister	III
	Howard Thompson	I
6/23	Elizabeth Moor	III
6/25	James Keegan	I
6/26	Edwina Nowland	II
	Kathy Mashishin	IV
6/28	Karen Drake	I
6/30	Allen "Manny" Cornelius	III

A Special May Birthday greeting to
 Joan Barnett and Laura Jenkins
 who will be 90 in May and to

Kathleen Blevins
 who will turn
 102. Happy
 Birthday!!

