

Sterling Heights

Gracious Retirement Living

3500 Fairview Street • Bethlehem, PA 18017 • Phone (610) 868-4600 • www.seniorlivinginstyle.com

JANUARY 2019

STERLING HEIGHTS STAFF

Managers..... ERIC & SANDI SOVEREIGN
Assistant Managers BERNARD & DALE ROBERTS
Executive Chef.....RICK SOARES
Activity CoordinatorLOUISE SARKO
MaintenanceJOEL ALVAREZ
TransportationSHIRLEY PEREZ

TRANSPORTATION

Monday and Friday,
9:30 a.m.-Noon and 2-3 p.m.:
Shopping/Errands

Tuesday and Thursday, 9 a.m.-2 p.m.:
Medical Appointments

Wednesday, 11 a.m.-4 p.m.: Outings

Sunday, 9:55-11:30 a.m.: Church Services

HAWTHORN
SENIOR LIVING

All Aboard the Hawthorn Express

Full Steam Ahead! Beginning the week of January 21st through February 8th, the residents of Sterling Heights will be boarding a high-speed, luxury train: The Hawthorn Express! The Hawthorn Express will be transporting its passengers to these amazing destinations:

- Germany
- France
- Italy

As we make our scheduled stops at each destination, we will be experiencing the food, history and culture of each of these beautiful countries. Be sure to attend the Kick-Off Party on Thursday, January 17th, to get your Eurail Pass and Travel Itinerary. If you have any additional questions like what to pack or weather conditions, be sure to check in with your Hawthorn Express conductor, Louise, for all the details!





Celebrating Thanksgiving



Special friends enjoying the Thanksgiving meal.



Ann and her son celebrating family time in the private dining room.



Sweet smiles



Maria displayed our delicious pecan pie.



Catherine and Peggy sharing a humorous moment.



Frank helps out with the baskets.



Our volunteers at work



Our thankful tree was filled with many notes of gratitude.



Teachers from Fountain Hill happily received our gift baskets.



In the Spirit of Giving

The holiday season is a time of year for us to reflect on the things in our lives for which we are grateful, while being mindful that many are less fortunate than ourselves. This year, Sterling Heights made a difference. In a combined effort with St. Paul's Lutheran Church, we donated Thanksgiving Turkey Baskets to families with children who attend Fountain Hill Elementary School. Our residents supplied all the canned and dry goods, while our building's culinary department purchased turkeys for the baskets. A big thank-you goes out to all our residents for their wonderful support in making this effort a big success. Together, we can make a difference!

Welcome New Residents

The staff and residents would like to welcome our newest residents to Sterling Heights! We are very happy to have you here with us, and we look forward to getting to know you in the months ahead.

- Ray Venable
- John and Mary Ann Vidumsky
- Chet Wargaski

Holiday Shopping Fair

In mid-November, Sterling Heights hosted a holiday shopping fair for residents and guests. There were a variety of vendors who offered items for men and women alike. Many of our residents came out to shop for gift-giving, but they also treated themselves to items such as jewelry, sweet treats, skin care products and crafts. It was a fun day to shop at home!



Wendy's craft stand



Something for everyone at the Avon booth



A few good finds!



Sue peruses some items for sale.

JANUARY
2019

Birthdays

Frank Messerschmidt, 7th
Olga Kachmarsky, 7th
Ruth Calvo, 13th
Mary T. Smith, 17th
Bert Kempees, 24th
Ed Gigliotti, 29th

Locations

Activity Room, AC
Atrium, AT
Chapel, CH
Cost For Activity, \$
Dining Room
Fireplace, DR-FP
Exercise Room, ER
Game Room, GR
Library, LB
Theater, TH
TV Lounge, TV

Breakfast: 8-9 a.m.
Dinner: 12:30-1:30 p.m.
Supper: 5:30-6:30 p.m.

Home Helpers is available
to meet with individuals
with specific concerns.
Please call to schedule
an appointment:
610-838-7494.

“The beginning
is the most
important part of
any work.”

—Plato

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	NEW YEAR'S DAY 1 10:00 Chair Volleyball, AT 11:00 <i>New Year's Day Bingo, AC</i> 12:30 New Year's Day Dinner 2:00 "Family Feud," AC 2:00 <i>Football, TH</i> 7:00 Rosary, CH 7:00 Pinochle, GR		2 10:00 Bible Study, LB 10:00 Seated Tai Chi with Louise, AC 11:30 Outing: Ladies' Day Lunch, \$ 2:00 Resident Store 2:30 Matinee, TH 7:00 Dominoes, GR	3 9:30 A Visit with The Audiologist 10:00 Drumming, AC 11:00 Puzzles, Games, Etc., AC 2:00 Resident Store 2:00 Arthritis & Back Pain, AC 3:00 Exercise with Louise, AC 7:00 Poker, TV 7:00 Bingo, AC	4 10:00 20 Minute Balance with Louise, AC 11:00 Communion, CH 2:00 Bridge, GR 4:00 Social Hour, DR-FP 7:00 Movie, TH 7:00 Bunco!, GR	5 10:00 Wii Bowling, AC 11:00 <i>Saturday Morning Walk (1st Floor), AT</i> 2:00 Yahtzee, LB 4:00 Skip-Bo, GR 7:00 Movie, TH 7:00 Bingo, AC
	6 9:55 Out to Church 11:00 Hand & Foot, GR 2:00 30-Second Mysteries, AC 3:00 Scrabble, LB 7:00 Movie, TH	7 10:00 Exercise with Louise, AC 11:00 Bean Bag Baseball, AT 2:00 Bridge, GR 7:00 Movie, TH 7:00 Poker, TV 	8 9:30 Blood Pressure Checks, DR-FP 10:00 Chair Volleyball, AT 11:00 Bingo, AC 2:00 "Family Feud," AC 2:00 Resident Store 7:00 Rosary, CH 7:00 Pinochle, GR	9 10:00 Bible Study, LB 10:00 Seated Tai Chi with Louise, AC 11:30 Outing: Romeos, \$ 2:00 Resident Store 2:30 Matinee, TH 7:00 Dominoes, GR	10 10:00 Drumming, AC 11:00 Puzzles, Games, Etc., AC 2:00 Resident Store 2:00 Resident Meeting, AC 3:00 Exercise with Louise, AC 7:00 Poker, TV 7:00 Bingo, AC	11 10:00 20 Minute Balance with Louise, AC 11:00 Communion, CH 11:00 Learning About Diabetes with Hartzell's Pharmacy, AC 2:00 Bridge, GR 4:00 Social Hour, DR-FP 7:00 Movie, TH 7:00 Bunco!, GR
	13 9:55 Out to Church 11:00 Hand & Foot, GR 2:00 30-Second Mysteries, AC 3:00 Scrabble, LB 7:00 Movie, TH 	14 10:00 Exercise with Louise, AC 11:00 Bean Bag Baseball, AT 2:00 Bridge, GR 2:00 <i>Worship Service with Pastor Dan, CH</i> 3:00 Medicare Fraud with C.A.R.I.E., AC 7:00 Movie, TH 7:00 Poker, TV	15 9:00 On-Site Dermatology 10:00 Chair Volleyball, AT 11:00 Bingo, AC 2:00 "Family Feud," AC 2:00 Resident Store 7:00 Rosary, CH 7:00 Pinochle, GR	16 10:00 Bible Study, LB 10:00 Seated Tai Chi with Louise, AC 11:30 Outing: Blue Mt. Ski Lodge & Lunch, \$ 2:00 Resident Store 2:30 Matinee, TH 7:00 Dominoes, GR	17 10:00 Drumming, AC 10:30 Chef Chat, DR-FP 11:00 Puzzles, Games, Etc., AC 12:30 2019 Hawthorn Adventure Kickoff! 2:00 Resident Store 2:00 <i>Veterans' Group Meeting, AC</i> 3:00 Exercise with Louise, AC 7:00 Poker, TV 7:00 Bingo, AC 	18 10:00 20 Minute Balance with Louise, AC 11:00 Communion, CH 2:00 Bridge, GR 4:00 Social Hour, DR-FP 7:00 Movie, TH 7:00 Bunco!, GR
	20 9:55 Out to Church 11:00 Hand & Foot, GR 2:00 30-Second Mysteries, AC 3:00 Scrabble, LB 7:00 Movie, TH	MARTIN LUTHER KING JR. DAY 21 10:00 Exercise with Louise, AC 11:00 Hawthorn Express Activity, AC 2:00 Mass, CH 2:00 Bridge, GR 2:30 Hawthorn Express Activity, AC 3:30 Karaoke!, AT 7:00 Movie, TH 7:00 Poker, TV	22 10:00 Chair Volleyball, AT 11:00 Hawthorn Express Activity, AC 2:00 "Family Feud," AC 2:00 Resident Store 3:00 Hawthorn Express Activity, AC 7:00 Rosary, CH 7:00 Pinochle, GR	23 10:00 Bible Study, LB 10:00 Hawthorn Express Activity, AC 11:30 Outing: Dunderbak's Cafe, \$ 2:00 Resident Store 2:30 Matinee, TH 2:30 Hawthorn Express Activity, AC 7:00 Dominoes, GR	24 10:00 Hawthorn Express Activity, AT 11:00 Puzzles, Games, Etc., AC 12:30 Hawthorn Express Activity 2:00 Resident Store 3:00 Exercise with Louise, AC 7:00 Poker, TV 7:00 Bingo, AC 	25 10:00 20 Minute Balance with Louise, AC 11:00 Communion, CH 11:15 Hawthorn Express Activity, AC 2:00 Bridge, GR 2:00 Hawthorn Express Activity, AC 4:00 Social Hour, DR-FP 7:00 Movie, TH 7:00 Bunco!, GR
27 9:55 Out to Church 11:00 Hand & Foot, GR 2:00 30-Second Mysteries, AC 3:00 Scrabble, LB 7:00 Movie, TH	28 10:00 Hawthorn Express Activity, AC 11:00 Bean Bag Baseball, AT 2:00 Bridge, GR 2:00 Hawthorn Express Activity, AC 7:00 Movie, TH 7:00 Poker, TV	29 10:00 Chair Volleyball, AT 11:00 Hawthorn Express Activity, AC 2:00 Hawthorn Express Activity, AC 3:00 Resident Store 7:00 Rosary, CH 7:00 Pinochle, GR 	30 10:00 Bible Study, LB 10:00 Hawthorn Express Activity, AC 11:30 Outing: Cachette Bistro Creperie, \$ 2:00 Resident Store 7:00 Dominoes, GR	31 10:00 Drumming, AC 11:00 Hawthorn Express Activity, AC 2:00 Hawthorn Express Activity, AC 3:00 Exercise with Louise, AC 7:00 Poker, TV 7:00 Bingo, AC		



Holiday Joy

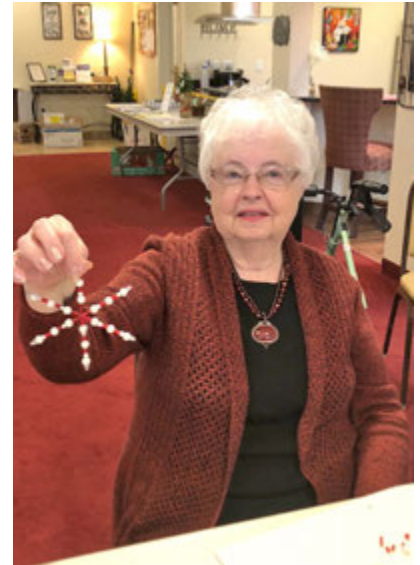
With a crispness in the air and the fireplace aglow, our residents gathered together to enjoy the beauty and fun of decorating our Christmas tree and our Hanukkah display.



Dorothy having fun decorating.



Our beautiful tree!



Loraine made a beautiful beaded Christmas star.



"Oh, what a big tree to decorate!"



Working on the gingerbread house



Celebrating the holidays with a historic tour of our city and lunch at Hotel Bethlehem

Interesting Facts About January

- January 1st is both the furthest away and closest day to December 31st.
- More couples separate or divorce in January than in any other month.
- Studies show that people born in the winter months are less irritable and less prone to mood swings than people born in other seasons.
- Leap years exempted, January always begins on the same day as October.
- Elvis Presley would have been 83 on January 8th.
- The birthstone for January is the garnet; the flower is the carnation.
- Studies show that people born in January show higher levels of creativity and imaginative problem-solving skills.



Why Are Snowflakes Different?

You may have heard that no two snowflakes are exactly alike. This is not exactly true, although the chance of finding twin snowflakes is very unlikely.

Scientists estimate the chances of two snowflakes being exactly alike are about one in one million trillion and meteorologists think that there are one trillion, trillion, trillion, different types of snowflakes.

A snowflake has three basic ingredients: ice crystals, water vapor and dust. The ice crystals form as water vapor freezes on a bit of microscopic dust.

The dust particles can come from many different places, including flower pollen, volcanic ash and even celestial bodies such as meteors.

Snow forms in very cold clouds containing water droplets and ice crystals. As water droplets attach themselves to ice crystals, they freeze, creating an even larger ice crystal.

In any crystal, little bits called molecules line up in a pattern. In ice crystals, water molecules line up and form a six-sided shape called a hexagon. This is why all snowflakes are six-sided.



Some of the many beautiful designs.

The temperature of the cloud it forms in determines the pattern of an ice crystal. Likewise, the amount of moisture in the cloud determines the size of the ice crystal.

More moisture will create a bigger crystal. When several ice crystals stick together, they form a snowflake.

As snowflakes tumble through the air, swirling and spiraling, they each take a different path to the ground. Each snowflake falls and floats through clouds with different temperatures and moisture levels, which shapes each snowflake in a unique way.

Even though two snowflakes may form in the same cloud, their different journeys to the ground will affect their shape and size, giving each snowflake its own unique identity. Enjoy their beauty!

Source: www.Wonderopolis.com

January Is Glaucoma Awareness Month

While most people have probably heard of Glaucoma, they may not realize it is the second most common cause of blindness in the United States. What exactly is it? Glaucoma is a group of eye diseases that damage the optic nerve. The optic nerve carries the images we send to the brain. When the nerve is damaged, vision can become impaired or even lost. At first, people with Glaucoma lose side (peripheral) vision, but if the disease is not treated, vision loss may get worse. Glaucoma is often called the silent thief of sight, gradually stealing sight without warning and often without symptoms.

Finding and treating Glaucoma early is important to prevent blindness. It is important to have regular eye exams. With early detection, Glaucoma can often be controlled with medication: either eye drops or pills. If Glaucoma doesn't respond to medication, the doctor may recommend surgery. Remember, about half the people with Glaucoma don't know they have it, and doctors cannot reverse damage from Glaucoma. There is no cure for Glaucoma and vision lost cannot be regained, but it is possible to halt further loss of vision.

Everyone is at risk for Glaucoma from babies to senior citizens. However, older people are at a higher risk. Risk for Glaucoma rises after age 40 and even more quickly after age 70. Race is also a factor. African Americans are more likely than Caucasians to get the disease. You are also at risk if you have diabetes or if a close family member has had Glaucoma.

Being diagnosed with Glaucoma can be a scary thing for some. As older adults, we are often dealing with several problems that come with age. Many people keep their vision in check with proper medication and care, and there are many services available to help cope with impaired vision. The goal of Glaucoma management is to preserve the visual function and quality of life of the patient. Remember to have your eyes regularly examined to prevent any further damage.

Article facts secured via web from: Brandon Eyes, Glaucoma Organization, Lifescript, Medicine Plus and WebMD.

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A close-up photograph of a white ceramic mug filled with hot chocolate. A cinnamon stick is tucked into the drink. In the foreground, there are several whole and broken walnuts and a star anise spice. The background is dark and out of focus, with warm, glowing bokeh lights suggesting a cozy indoor setting.

Leave Your Winter Worries Behind

Enjoy the winter season by joining us for hot chocolate and homemade treats around a warm and cozy fire. You can count on things really "heating up" with our packed winter activities calendar. Please call for more information on any of the activities you'd like to participate in, or stop by for a complimentary meal and tour.

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