

Sterling Heights

Gracious Retirement Living

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

SEPTEMBER 2019

STERLING HEIGHTS STAFF

Managers.....JOE & KIM DAWSON
Executive Chef..... DANIEL HEAYN
Activity CoordinatorLOUISE SARKO
MaintenanceCHRISTOPHER BOYER
Transportation SHIRLEY 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

September Outings

Wednesday, September 4th: A luncheon outing to Paprika's Restaurant for the ROMEOs. This is a day for the men to enjoy great food, featuring homestyle Hungarian cooking. The bus departs from Sterling Heights at 11:30 a.m.

Wednesday, September 11th: Wind Creek Casino. Enjoy a few hours or the whole day at this newly renovated casino, as this trip offers two departure times. Our bus leaves at 9:30 a.m. or 2 p.m.

Wednesday, September 18th: The Juliets will go out to lunch at Stefano's Restaurant. It's the ladies' day to enjoy Italian food and homemade gelato in this relaxed atmosphere. The bus leaves at 11:30 a.m.

Wednesday, September 25: Hunterdon Hills Playhouse. Enjoy a day at this popular dinner theater to see Neil Simon's comedy, "Barefoot in the Park." This Tony Award-winning comedy is directed by film and television star Clarence Gilyard ("Die Hard," "Matlock," "Top Gun" and "Walker, Texas Ranger").

Please be sure to sign up for outings of interest, as they tend to fill quickly.

Flu Shot Clinic Coming in October

Influenza (flu) is an acute, highly contagious respiratory disease that often occurs on an epidemic scale. To diminish the impact of this communicable disease, Sterling Heights has scheduled a flu shot clinic. Participation in the clinic is easy. Simply sign your name on the participation form located on the activity table. If you have any questions/concerns, please see Louise.

Maxim Healthcare Services will be here to administer flu shots on Friday, October 4th, from 9 a.m. to 12 p.m. Meet in Sterling Heights Library.

HAWTHORN
SENIOR LIVING





Summer Fun



Marie receives special skin treatment on Pamper Yourself Day.



Pat, creating a beautiful pineapple for our Luau.



Supporting our local Iron Pigs baseball team!



Selma and John, sharing a special moment together on our canal boat trip.



Dottie and Gioia, enjoying some social time at our New Resident Reception.

Oktoberfest 2019

Fall is approaching and Oktoberfest is nearly upon us at Sterling Heights. Oktoberfest is the world's largest Volksfest (beer festival and traveling fun fair). Held annually in Munich, Bavaria, Germany, it is a 16- to 18-day folk festival, running from mid-to-late September to the first weekend in October. The Oktoberfest is an important part of Bavarian culture, having been held since the year 1810.

When it comes to celebrating this German tradition, many of our German Pennsylvania residents take pride in paying tribute to their heritage and rich culture. Traditional foods such as Bratwurst stewed with Sauerkraut and pretzel rolls are just a few of the favorites that local Pennsylvanians enjoy. Listening to live polka music is also a favorite.

This Oktoberfest, our Culinary staff will be serving a traditional German-themed meal on Thursday, September 26th, at 12:30 p.m., along with traditional polka music. Save the date! Family and friends are welcome to attend this cultural extravaganza!

A Brief History of Apples for Teachers

It's unclear precisely when and why students gave apples to their teachers, but the most solid theory is that apples became a common gift to teachers somewhere around the mid-to-late 1800s. This theory harkens back to less formal times in schoolhouse history. On America's western frontier, families whose children attended schools were often responsible for housing and feeding teachers. In these small towns, students often helped maintain the schoolhouse as well, even coming in on Saturdays to help clean it up. In that tradition, an apple for the teacher could be considered a sweet token of appreciation.

In the featured photo, are you able to determine this Sterling Heights resident whose occupation was a teacher? See Louise if you think you are correct.



- *I am a big jazz fan.*
- *I like word puzzles.*
- *I taught at the same school for 35 years.*

Welcome Home!

We would like to welcome new residents to our home:

- Laura Correll
- Agnes Gambosi
- Joyce Manella
- Diana Simon
- Gladys Weaver

We look forward to getting to know you in the months ahead!



SEPTEMBER 2019

Birthdays

Hal Geist, 2nd
Rose Marie Bedics, 4th
Pat LaBuda, 4th
Charlie Minett, 5th
Jack Knouse, 7th
Rachel Wimmer, 8th
Walter Valovage, 9th
Ruth Saalfeld, 9th
Stan Flyte, 13th
Ethel Woelfel, 14th
Ann Kochuba, 18th
Joyce Mennella, 20th
Helen Sacarackis, 28th
Selma Grabowski, 30th

Anniversary

Gus and Mary Concilio,
9/19/1953

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>LABOR DAY</div> <div>8:45 Out to Church</div> <div>10:00 Sunday Devotions with Kim, CH</div> <div>2:00 Hand & Foot, LB</div> <div>2:00 Bridge, GR</div> <div>3:00 Scrabble, LB</div> <div>7:00 Trivial Pursuit, GR</div>	<div>2</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>12:30 Labor Day Buffet</div> <div>1:30 Entertainment, AT</div> <div>2:00 Pokeno, GR</div> <div>7:00 Mexican Train Dominoes, GR</div>	<div>3</div> <div>10:00 Chair Volleyball, AT</div> <div>11:00 Bingo, AC</div> <div>2:00 Resident Store</div> <div>2:00 Honoring Labor with Home Helpers, AC</div> <div>3:00 Dance by Design, AC</div> <div>7:00 Rosary, CH</div> <div>7:00 Pinochle, GR</div>	<div>4</div> <div>10:00 Bible Study, LB</div> <div>10:00 Seated Tai Chi/ Meditation, AC</div> <div>11:30 Outing: Romeo’s Luncheon, \$</div> <div>2:00 Resident Store</div> <div>4:00 New Resident Reception with Managers, AC</div> <div>7:00 Dominoes, GR</div>	<div>5</div> <div>10:00 Cardio Drumming, AC</div> <div>11:00 Exercise Your Mind, AC</div> <div>2:00 Resident Store</div> <div>3:00 Stretch & Strength Exercise, AC</div> <div>7:00 Bingo, AC</div>	<div>6</div> <div>10:00 Balance Class, AC</div> <div>11:00 Communion, CH</div> <div>2:00 Sequence, GR</div> <div>4:00 Social Hour with Robin & Jim, AT</div> <div>7:00 Friday Night Flick, TH</div>	<div>7</div> <div>10:00 Rummy, GR</div> <div>10:00 Senior Chair Zumba, AC</div> <div>11:00 Saturday Morning Walk, AT</div> <div>2:00 Matinee, TH</div> <div>3:00 Yahtzee, LB</div> <div>4:00 Skip-Bo, GR</div> <div>7:00 Bingo, AC</div>
<div>8</div> <div>8:45 Out to Church</div> <div>10:00 Sunday Devotions with Kim, CH</div> <div>2:00 Hand & Foot, LB</div> <div>2:00 Bridge, GR</div> <div>3:00 Scrabble, LB</div> <div>7:00 Trivial Pursuit, GR</div>	<div>9</div> <div>10:00 Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>2:00 Worship Service with Pastor Dan, CH</div> <div>7:00 Mexican Train Dominoes, GR</div>	<div>10</div> <div>9:30 Blood Pressure Checks, DR-FP</div> <div>10:00 Exercise, AC</div> <div>11:00 Bingo, AC</div> <div>2:00 Resident Store</div> <div>7:00 Rosary, CH</div> <div>7:00 Pinochle, GR</div>	<div>11</div> <div>PATRIOT DAY</div> <div>9:30 Outing: Wind Creek Casino, \$</div> <div>10:00 Bible Study, LB</div> <div>10:00 Exercise, AC</div> <div>2:00 Resident Store</div> <div>2:00 Resident Meeting with Managers, AC</div> <div>7:00 Dominoes, GR</div>	<div>12</div> <div>10:00 Exercise, AC</div> <div>10:30 Chef Demo, AC</div> <div>11:00 Exercise Your Mind, AC</div> <div>2:00 Resident Store</div> <div>7:00 Bingo, AC</div>	<div>13</div> <div>10:00 Exercise, AC</div> <div>11:00 Communion, CH</div> <div>1:45 Shabbat Service, CH</div> <div>2:00 Sequence, GR</div> <div>2:00 Mobility Unlimited, AT</div> <div>4:00 Social Hour, DR-FP</div> <div>7:00 Friday Night Flick, TH</div>	<div>14</div> <div>10:00 Rummy, GR</div> <div>11:00 Saturday Morning Walk, AT</div> <div>2:00 Matinee, TH</div> <div>3:00 Yahtzee, LB</div> <div>4:00 Skip-Bo, GR</div> <div>7:00 Bingo, AC</div>
<div>15</div> <div>8:45 Out to Church</div> <div>10:00 Sunday Devotions with Kim, CH</div> <div>2:00 Hand & Foot, LB</div> <div>2:00 Bridge, GR</div> <div>3:00 Scrabble, LB</div> <div>7:00 Trivial Pursuit, GR</div>	<div>16</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>2:00 Mass, CH</div> <div>3:30 Karaoke!, AT</div> <div>7:00 Mexican Train Dominoes, GR</div>	<div>17</div> <div>9:00 On-Site Dermatology</div> <div>10:00 Chair Volleyball, AT</div> <div>11:00 Bingo, AC</div> <div>2:00 Resident Store</div> <div>3:00 Dance by Design, AC</div> <div>7:00 Rosary, CH</div> <div>7:00 Pinochle, GR</div>	<div>18</div> <div>10:00 Bible Study, LB</div> <div>10:00 Seated Tai Chi/ Meditation, AC</div> <div>11:30 Outing: Juliets’ Luncheon, \$</div> <div>2:00 Resident Store</div> <div>2:00 Veterans’ Group Meeting, AC</div> <div>3:00 Educational: Celebrate Sept. with Healthy Aging, AC</div> <div>7:00 Dominoes, GR</div>	<div>19</div> <div>10:00 Cardio Drumming, AC</div> <div>11:00 Exercise Your Mind, AC</div> <div>2:00 Resident Store</div> <div>2:00 Chef Meeting with Residents, AC</div> <div>3:00 Stretch & Strength Exercise, AC</div> <div>7:00 Bingo, AC</div>	<div>20</div> <div>10:00 Balance Class, AC</div> <div>10:30 Avocado & Kale Smoothies, AC</div> <div>11:00 Communion, CH</div> <div>2:00 Sequence, GR</div> <div>2:00 Resident Craft Show, AT</div> <div>4:00 Social Hour, DR-FP</div> <div>7:00 Friday Night Flick, TH</div>	<div>21</div> <div>10:00 Rummy, GR</div> <div>11:00 Saturday Morning Walk, AT</div> <div>2:00 Matinee, TH</div> <div>3:00 Yahtzee, LB</div> <div>4:00 Skip-Bo, GR</div> <div>7:00 Bingo, AC</div>
<div>22</div> <div>8:45 Out to Church</div> <div>10:00 Sunday Devotions with Kim, CH</div> <div>2:00 Hand & Foot, LB</div> <div>2:00 Bridge, GR</div> <div>3:00 Scrabble, LB</div> <div>3:00 Picnic on the Porch with Joe & Kim</div> <div>7:00 Trivial Pursuit, GR</div>	<div>23</div> <div>AUTUMN BEGINS</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>2:00 Trivia with Louise, AC</div> <div>3:00 Travelogue with Bob & Madeline, TH</div> <div>7:00 Mexican Train Dominoes, GR</div>	<div>24</div> <div>10:00 Chair Volleyball, AT</div> <div>11:00 Fall Into Bingo with Home Helpers, AC</div> <div>2:00 Resident Store</div> <div>3:00 Dance by Design, AC</div> <div>3:15 Book Club, LB</div> <div>7:00 Rosary, CH</div> <div>7:00 Pinochle, GR</div>	<div>25</div> <div>10:00 Bible Study, LB</div> <div>10:00 Seated Tai Chi/ Meditation, AC</div> <div>10:15 Outing: Hunterdon Hills Playhouse, \$</div> <div>2:00 Resident Store</div> <div>7:00 Dominoes, GR</div>	<div>26</div> <div>10:00 Cardio Drumming, AC</div> <div>11:00 Exercise Your Mind, AC</div> <div>12:30 Oktoberfest Dinner</div> <div>1:30 Entertainment: Alex Gergar, AT</div> <div>2:00 Resident Store</div> <div>3:00 Stretch & Strength Exercise, AC</div> <div>7:00 Bingo, AC</div>	<div>27</div> <div>10:00 Balance Class, AC</div> <div>11:00 Communion, CH</div> <div>2:00 Sequence, GR</div> <div>4:00 Social Hour, DR-FP</div> <div>7:00 Friday Night Flick, TH</div>	<div>28</div> <div>10:00 Rummy, GR</div> <div>11:00 Saturday Morning Walk, AT</div> <div>2:00 Matinee, TH</div> <div>3:00 Yahtzee, LB</div> <div>4:00 Skip-Bo, GR</div> <div>7:00 Bingo, AC</div>
<div>29</div> <div>ROSH HASHANAH BEGINS AT SUNSET</div> <div>8:45 Out to Church</div> <div>10:00 Sunday Devotions with Kim, CH</div> <div>2:00 Hand & Foot, LB</div> <div>2:00 Bridge, GR</div> <div>3:00 Scrabble, LB</div> <div>7:00 Trivial Pursuit, GR</div>	<div>30</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>2:00 Sequence, GR</div> <div>2:00 Worship Service with Pastor Dan, CH</div> <div>7:00 Mexican Train Dominoes, GR</div>					



Canine Companions

Sterling Heights recently hosted Canine Companions for Independence at our Community. Canine Companions is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships at no charge to the recipient. These incredibly trained dogs are bred, raised and trained to be not only the ears, hands and legs of their human partners, but also serve as goodwill ambassadors and best friends.

Each assistance dog starts as a puppy that needs a loving home. Volunteer puppy raisers provide Canine Companions puppies a safe home, take them to obedience classes, serve a healthy diet, provide socialization opportunities and provide lots of love.

If you are interested in becoming a volunteer puppy raiser or to donate to this valuable organization, you may go online to www.cci.org for more information.



Puppy Companions in training

Mobility Unlimited

Mobility Unlimited, Inc. is a leading provider in the Lehigh Valley of Assistive Technologies and Power Mobility Devices. Two of their qualified specialists, Michele and Josh, will be here on Friday, September 13th, at 2 p.m., to make free minor adjustments to walkers and powered mobile devices. Please sign up for this free service at the activity table. You may visit with them in our Atrium.

Entertainment and Special Events

Monday, September 2nd, at 12:30 p.m.: Labor Day Celebration. Please join us as we celebrate with family and friends for a holiday buffet dinner. Entertainment will follow the meal.

Tuesday, September 3rd, at 2 p.m.: "Honoring Labor." This interesting activity will give residents the opportunity to discuss prior job experiences, sponsored by our friends at Home Helpers. (Activity Center)

Wednesday, September 4th, at 4 p.m.: New Resident Reception. Please join our Managers to welcome new residents for an afternoon reception. Refreshments and light bites will be served. (Activity Center)

Friday, September 6th, at 4 p.m.: Social Hour with Robin and Jim. We welcome this new entertainment duo to Sterling Heights, but don't let their newness to our Community fool you. This couple has over 30 years of experience in the entertainment field. Robin and Jim play a variety of music from the '30s, '40s, '50s and '60s, as well as show tunes and singalongs. Their style of music is sure to lift your spirits! (Atrium)

Monday, September 16th, at 3:30 p.m.: Karaoke! Join your fellow residents in song, or simply listen for mere entertainment. (Atrium)

Wednesday, September 18th, at 3 p.m.: Educational-Celebrate September with Healthy Aging, presented by Bayada Nurses. (Activity Center)

Monday, September 23rd, at 3 p.m.: Educational-Travelogue with Bob and Madeline. Experience the culture and foods of a great destination while in the comfort of our Theater.

Tuesday, September 24th, at 11 a.m.: Fall into Bingo with Home Helpers. We'll play a variety of games based on the topic of fall. (Activity Center)

Thursday, September 26th, at 12:30 p.m.: Oktoberfest Celebration. Join in the fun as we indulge in fabulous German food prepared especially for you by our culinary team. Traditional German polka music will also be performed by Alex Gergar. (Dining Room)



Culinary Education Series: Brain Power!

September marks the beginning of the school year for many kids, and what better way to celebrate this time of year than to learn how our activity program may provide ongoing education and to keep your mind sharp. From our “Exercise Your Mind” class and physical exercise, to nutritious foods for brain power, we’ll take a look at what and how these classes will play a role in improving your health.



Join Louise for Avocado and Kale Smoothie Bowls on Friday, September 20th, at 10:30 a.m. in the Activity Center.

Why is our “Exercise your Mind” class so important?

Have you ever heard the term “use it or lose it?” This popular saying may seem harsh, but it is very much to the point. The brain is a muscle and the more we use it, the stronger it becomes. Our Exercise Your Mind class works to build your cognitive reserve (your memory) which in turn could protect your brain from dementia and Alzheimer’s. This class is offered weekly on Thursdays from 11 a.m. to 12 noon.

Physical Exercise and Brain Health: Exercise affects the brain on many fronts. It increases heart rate, which pumps more oxygen to the brain. It also aids the release of an abundance of hormones, all of which aids and provides a nourishing environment for the growth of brain cells. Below are a variety of exercise classes that are available to you.

- **Mondays at 10 a.m. and Thursdays at 3 p.m.:** Stretch and Strength Exercise in the Activity Center
- **Tuesdays:** Chair Volleyball at 10 a.m. in the Atrium
- **Tuesday afternoons:** Dance by Design at 3 p.m. in the Activity Center
- **Wednesdays:** Tai Chi/Meditation at 10 a.m. in the Activity Center
- **Thursdays:** Drumming at 10 a.m. in the Activity Center
- **Fridays:** Balance Exercise at 10 a.m. in the Activity Center

Brain Food:

An important ingredient in keeping our minds sharp is food! What we put in our bodies has a major impact on how our brain functions. Good nutrition is important at any age. The benefits not only include better cardiovascular

health, a lower risk of diabetes and a lower chance of developing clinical depression, but good nutrition can also improve our memory ability. Below are a few nutrition boosters to keep in mind:

1. Antioxidants

Antioxidants are food compounds found in Vitamins C and E and beta carotene. Among the many things that antioxidants do for the body are their ability to improve blood flow to the brain. Some foods that are packed with antioxidants are kale, berries, beets, broccoli, red bell peppers, oranges, cherries and dark chocolate.

2. Omega-3 Fatty Acids

Omega-3 Fatty Acids are essential to good brain health. These fatty acids are most commonly found in fish, such as salmon, trout and tuna. If you do not care for fish, other foods that contain Omega-3 fatty acids are almonds, avocados, walnuts and flaxseeds.

3. Dark Green, Leafy Vegetables

Green leafy vegetables are filled with folic acid, which is associated with faster processing of information and memory recall. You may find folic acid in kale, spinach and collard greens.

4. Water

As we age, drinking plenty of water is vital. Aging can cause your ability to detect thirst to decrease; therefore it is important to drink water even if you don’t think you are thirsty. Being dehydrated can have a negative impact on mental performance and can create a higher potency of medication in the body. This is important to know for those who take high doses of medication.

5. Eat Healthy Foods

Even though this may sound simple, many people forget to eat well-balanced meals on a daily basis. The rule of thumb is to consume five servings of fruits and vegetables daily. Begin your day with a serving of fruit, then be sure to add veggies to sandwiches, and snack on apples, carrots and bananas throughout your day. Before you know it, you will be eating a well-balanced diet!

In addition to brain building activities, exercise, and proper nutrition, check the activity section of this newsletter for additional new educational activities to try in our Back to School Series for September.

Sterling Heights
Gracious Retirement Living

3500 Fairview Street
Bethlehem, PA 18017



Fall in love... with the season

Embrace Autumn without the worry of rising utility costs and home maintenance issues. Enjoy the freedom that our gracious retirement lifestyle has to offer. Please give us a call or stop by any day of the week for a complimentary meal and tour.

610-868-4600

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