

Sterling Heights

Gracious Retirement Living

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

MARCH 2020

STERLING HEIGHTS STAFF

Managers.....JOE & KIM DAWSON
Executive Chef..... DAVID DREHER
Community SalesLAURIE BREY
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

HAWTHORN
SENIOR LIVING

Go Green for March

Spring is the perfect time to go green —

green as in earth-friendly, as well

as adding more green foods to your

daily diet. This month's culinary

education series will focus

on foods and beverages that

will please your palate and

boost your immune system.

In addition, in our continuing

education program, we will

experience the beautiful country

of Ireland. We'll take a look at

the culture, food and art of this lush, green

country. So get your green on and look for articles and activities in

this issue that are sure to educate and inspire you!



Healthy Green Foods

Green fruits and vegetables contain chlorophyll, fiber, lutein, zeaxanthin, calcium, folate, Vitamin C, and beta carotene. The

nutrients found in these vegetables reduce the risk of cancer, lower blood pressure, lower bad cholesterol levels, help in better digestion of food, support retinal health and vision, fight harmful free-radicals, and boost the immune system. Challenge yourself to eat more green fruits and vegetables this month.

Begin with simple fruits and vegetables such as green grapes and green beans, then start trying a new green fruit or vegetable each week. Before you know it, your diet will be full of healthy goodness!





African Expedition 2020

Recently our residents enjoyed a simulated travel experience through Africa. We spent three weeks learning about the countries of Morocco, Egypt and Tanzania. This educational journey gave our travelers the ability to learn about the history and culture of these magnificent countries.

In Morocco, we learned how to belly dance, its history, and how a region in this country produces and sells rose oils and other rose products throughout the world. We also learned how foods like goat cheese and spices, such as cumin, are extremely important staples for the country.

When visiting our next stop, Egypt by itself stands alone with mysteries of the great pyramids. Educational films, competitive games, henna tattoos, and clay pot paintings gave way to new experiences for our savvy travelers.

Lastly, we visited the east coast of Africa in the country of Tanzania. There we painted safari silhouettes, learned about the magnificent volcano, Mt. Kilimanjaro, and experienced our own competitive climb to the summit. Mid-week we examined the "Big Five" game animals. Our superb guides, the Browns, shared their personal travel video, allowing us to see these amazing animals up close. On our last day of the trip, residents drank flavorful African coffee while sharing their own personal experiences visiting Africa.

This program was so well-received that our Community has the desire to continue other educational travel experiences. "Travel Tuesdays" is the new activity, and this month's adventure will take us to none other than Ireland. Each Tuesday throughout the month will be dedicated to learning something new about this lush green country. Next month we will visit another destination.



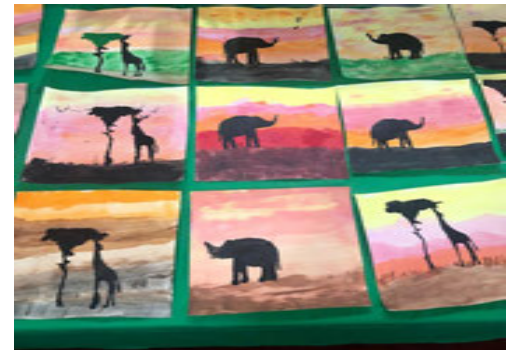
Sampling items from the charcuterie board at our Casablanca party



Nancy shares her stories of Tanzania with us.



Laura got into the spirit of the Moroccan culture.



Our colorful safari silhouettes



Success at building a pyramid while visiting Egypt



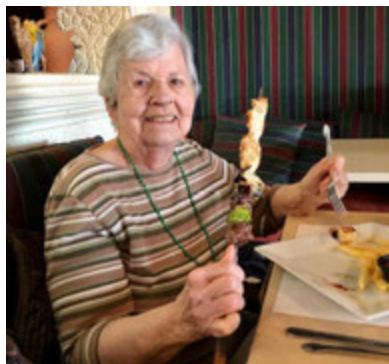
Lucky Bingo

Are you ready to test your luck? Join in the fun as we play "Lucky Bingo!" Win great prizes, eat great food and socialize with friends.

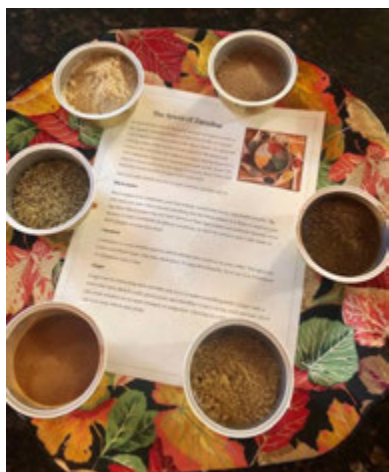
Join us on St. Patrick's Day, Tuesday, March 17th, at 3:30 p.m. in Sterling Heights Dining Room. Don't forget to "Get your green on!"

Book Club

This month's read is "The Handmaid's Tale" by Margaret Atwood. This popular novel imagines a U.S. government taken over by an oppressive Republic of Gilead. It explores a broad range of issues relating to power, gender and religious politics. It is considered to be one of the most powerful and widely read novels of our time.



Mary samples a new Moroccan dish at a local restaurant.



The many spices of Zanzibar



Having fun during the mummy wrap

How to Go Green for the Planet!

You may ask, "What does it mean to go green?" Going green simply means opting for a more sustainable and renewable way of living. A green lifestyle focuses on reducing, reusing and recycling whenever possible. It may seem like a difficult task, but it is not as tricky as you may think. Here are some small steps you can take towards a greener lifestyle.

1. Shop with reusable bags.

Get into the habit of reusing plastic bags from previous shopping trips or begin using a tote bag. Join along with Louise, our Activity Coordinator, to make a reusable tote on Friday, March 6th, at 11:15 a.m. in the Activity Center. Please sign up for this activity and bring an old T-shirt to make your own.

2. Upcycle! Upcycling is when you find new uses for old belongings. For National Plant a Flower Day, we will upcycle old tin cans to use as planters to plant a flower. This class will be on Thursday, March 12th, at 11 a.m. in the Activity Center. Please sign up in advance for this activity.

3. Recycle paper, plastic, and metal. More specifically, you may pay bills online, set up automatic check pay from your bank, or ask to be removed from junk-mail lists.

MARCH
2020

Birthdays

Jack Griffis, 2nd
Louise Stratton, 5th
Bernice Poniktera, 5th
Mary Heil, 10th
Sandra Ernst, 15th
Lucille Engel, 21st
Joyce Stout, 22nd
Bernadine Yost, 23rd
Bev Coccia, 23rd
Margaret Isaac, 29th
Diana Simon, 30th
Dorothy Lewis, 30th

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.

“Great art picks up where nature ends.”
—Marc Chagall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>1</div> <div>8:45 Out to Church</div> <div>11:00 Wii Bowling, AC</div> <div>2:00 Bridge, GR</div> <div>2:00 Knit & Crochet, DR-FP</div> <div>3:00 Scrabble, LB</div>	<div>2</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>3:00 Health Talk: Medication Management, AC</div> <div>3:30 Journaling, AC</div> <div>7:00 This & That Fireside Chat, DR-FP</div> <div></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 <i>Travel Tuesday</i>, AC</div> <div>7:00 Rosary, CH</div> <div>7:00 Trivial Pursuit, GR</div>	<div>4</div> <div>10:00 Bible Study, LB</div> <div>10:00 Seated Tai Chi/ Meditation, AC</div> <div>2:00 Resident Store</div> <div>2:00 Outing: Mystery Ride, \$</div> <div>7:00 Left, Right, Center, GR</div>	<div>5</div> <div>9:30 Audiologist Visit</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></div>	<div>6</div> <div>10:00 Balance Exercise, AC</div> <div>11:00 Communion, CH</div> <div>11:15 Craft: T-Shirt Tote, AC</div> <div>4:00 Entertainment/ Social Hour: Danny Grae, AT</div> <div>7:00 Friday Night Flick, TH</div>	<div>7</div> <div>10:00 Rummy, GR</div> <div>11:00 Hand & Foot, GR</div> <div>2:00 Matinee, TH</div> <div>3:00 Pictionary, AC</div> <div>4:00 Skip-Bo, GR</div> <div>7:00 Bingo, AC</div>
<div>8</div> <div>DAYLIGHT SAVING TIME BEGINS</div> <div>8:45 Out to Church</div> <div>11:00 Wii Bowling, AC</div> <div>2:00 Bridge, GR</div> <div>2:00 Knit & Crochet, DR-FP</div> <div>3:00 Scrabble, LB</div>	<div>9</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>2:00 <i>Worship Service, CH</i></div> <div>3:00 Journaling, AC</div> <div>7:00 This & That Fireside Chat, DR-FP</div>	<div>10</div> <div>9:30 Blood Pressure Checks, DR-FP</div> <div>10:00 Chair Volleyball, AT</div> <div>11:00 Bingo, AC</div> <div>2:00 Resident Store</div> <div>2:00 <i>Travel Tuesday</i>, AC</div> <div>7:00 Rosary, CH</div> <div>7:00 Trivial Pursuit, GR</div> <div></div>	<div>11</div> <div>10:00 Bible Study, LB</div> <div>10:00 Seated Tai Chi/ Meditation, AC</div> <div>2:00 Resident Store</div> <div>2:00 <i>Resident Meeting with Managers</i>, AC</div> <div>3:00 <i>New Resident Welcome Party</i>, AC</div> <div>7:00 Left, Right, Center, GR</div> <div>11:30 Outing: Romeos, \$</div>	<div>12</div> <div>10:00 Cardio Drumming, AC</div> <div>10:30 <i>Chef Demo: Irish Nachos, AC</i></div> <div>11:00 Craft: Natl. Plant a Flower Day, AC</div> <div>2:00 Resident Store</div> <div>3:00 Chair Zumba with Legacy, AC</div> <div>7:00 Bingo, AC</div>	<div>13</div> <div>10:00 Balance Exercise, AC</div> <div>11:00 Communion, CH</div> <div>11:15 Exercise Your Mind, AC</div> <div>1:45 <i>Shabbat Service, CH</i></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 Hand & Foot, GR</div> <div>2:00 Matinee, TH</div> <div>3:00 Pictionary, AC</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>11:00 Wii Bowling, AC</div> <div>2:00 Bridge, GR</div> <div>2:00 Knit & Crochet, DR-FP</div> <div>3:00 Scrabble, LB</div> <div></div>	<div>16</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>2:00 <i>Mass, CH</i></div> <div>3:00 Journaling, AC</div> <div>3:30 <i>Karaoke!, AT</i></div> <div>7:00 This & That Fireside Chat, DR-FP</div>	<div>17</div> <div>ST. PATRICK'S DAY</div> <div>9:00 On-Site Dermatology</div> <div>10:00 Chair Volleyball, AT</div> <div>2:00 Resident Store</div> <div>2:00 <i>Travel Tuesday</i>, AC</div> <div>3:30 Lucky Bingo</div> <div>7:00 Rosary, CH</div> <div>7:00 Trivial Pursuit, GR</div>	<div>18</div> <div>10:00 Bible Study, LB</div> <div>10:00 Seated Tai Chi/ Meditation, AC</div> <div>11:00 Outing: America on Wheels/Lunch, \$</div> <div>2:00 Resident Store</div> <div>4:00 Social Event: Smoothies with Legacy, AC</div> <div>7:00 Left, Right, Center, GR</div>	<div>19</div> <div>FIRST DAY OF SPRING</div> <div>10:00 Cardio Drumming, AC</div> <div>10:30 <i>Chef Meeting with Residents, DR-FP</i></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>20</div> <div>10:00 Balance Exercise, AC</div> <div>11:00 Communion, CH</div> <div>11:00 <i>Teena's Treats, AT</i></div> <div>4:00 Social Hour, DR-FP</div> <div>7:00 Friday Night Flick, TH</div>	<div>21</div> <div>9:00 Tax Preparation with AARP, LB</div> <div>11:00 Hand & Foot, GR</div> <div>2:00 Matinee, TH</div> <div>3:00 Pictionary, AC</div> <div>4:00 Skip-Bo, GR</div> <div>7:00 Bingo, AC</div> <div></div>
<div>22</div> <div>8:45 Out to Church</div> <div>11:00 Wii Bowling, AC</div> <div>2:00 Bridge, GR</div> <div>2:00 Knit & Crochet, DR-FP</div> <div>3:00 Scrabble, LB</div> <div></div>	<div>23</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>1:30 Spring Craft Show, AC</div> <div>7:00 This & That Fireside Chat, DR-FP</div> <div></div>	<div>24</div> <div>10:00 Chair Volleyball, AT</div> <div>11:00 Bingo, AC</div> <div>2:00 Resident Store</div> <div>2:00 <i>Travel Tuesday</i>, AC</div> <div>3:15 <i>Book Club, LB</i></div> <div>7:00 Rosary, CH</div> <div>7:00 Trivial Pursuit, GR</div>	<div>25</div> <div>10:00 Bible Study, LB</div> <div>10:00 Seated Tai Chi/ Meditation, AC</div> <div>10:00 Outing: Wind Creek Casino, \$</div> <div>2:00 Resident Store</div> <div>7:00 Left, Right, Center, GR</div>	<div>26</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 Veterans' Meeting, AC</div> <div>3:00 Chair Zumba with Legacy, AC</div> <div>7:00 Bingo, AC</div>	<div>27</div> <div>10:00 Balance Exercise, AC</div> <div>11:00 Communion, CH</div> <div>2:00 Ping Pong Ball Drop, AT</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>10:00 Senior Chair Zumba, AC</div> <div>11:00 Hand & Foot, GR</div> <div>2:00 Matinee, TH</div> <div>3:00 Pictionary, AC</div> <div>4:00 Skip-Bo, GR</div> <div>7:00 Bingo, AC</div>
<div>29</div> <div>8:45 Out to Church</div> <div>11:00 Wii Bowling, AC</div> <div>2:00 Bridge, GR</div> <div>2:00 Knit & Crochet, DR-FP</div> <div>3:00 Scrabble, LB</div> <div></div>	<div>30</div> <div>10:00 Stretch & Strength Exercise, AC</div> <div>11:00 Bean Bag Baseball, AT</div> <div>2:00 <i>Worship Service, CH</i></div> <div>3:00 <i>Sequence, GR</i></div> <div>7:00 This & That Fireside Chat, DR-FP</div> <div></div>	<div>31</div> <div>10:00 Chair Volleyball, AT</div> <div>11:00 Bingo, AC</div> <div>2:00 Resident Store</div> <div>2:00 <i>Travel Tuesday</i>, AC</div> <div>7:00 Rosary, CH</div> <div>7:00 Trivial Pursuit, GR</div>	<div></div> <div></div>	<div></div> <div></div>	<div></div> <div></div>	<div></div> <div></div>



Chatting with Bernice

Less than a mile away from here, on a farm on Camel's Hump, on the estate of Archibald Johnson, first mayor of Bethlehem, Bernice Poniktera was born on March 5th, 1938. Her father was a milkman who later worked at Bethlehem Steel. Her mom took in washing so she could stay at home to raise Bernice, who was an only child. Around the age of five, the family moved to 4th Avenue in "the city" of Bethlehem. Bethlehem was a safe place for kids to grow up. It was a very small town, and everyone knew their neighbors.

Bernice recalls a very happy childhood. Her mother was clever at coming up with fun things for the two of them to do together, like playing pretend piano on the dining room table. She taught Bernice her ABCs and numbers on a blackboard that hangs today, 75 years later, on a wall in Bernice's apartment. Bernice played with her Franklin Logs (precursor to Lincoln Logs), rode her bike, went sleigh riding, romped with her dog and played records on a crank Victrola. The next door neighbor boys played guitar and saxophone, and Bernice often joined them on the front porch to sing the country songs she entertains us with today at Karaoke. There were two movie theaters on the north side of town, three on the south side, and it only cost 15 cents to go all day. One time, at about 10 years old, Bernice left the theater after watching "Invasion of the Body Snatchers." Spying a tree with big pods growing on it, she ran home, frightened to death that the body snatchers had invaded Bethlehem!

During her junior high school years, Bernice feels fortunate to have spent time on her step-grandmother's farm. There she learned a lot about farming, raising sheep, growing corn and wheat and milking cows. Tending chickens was not fun, however. Those chickens could be mean! Steckels Meat Market was another business of her step-grandmother's, and there she learned butchering. Often at night, after her grandmother had gone to bed, Bernice would sit at her bedroom window and watch the movie at the drive-in down the road.

Bernice met her future husband, Frank, at a downtown soda shop called the High Spot. But it was at a fateful Turkey Day Game between Allentown and Bethlehem that Frank asked Bernice for a date. By the following April, they had fallen in love and gotten married. A daughter, Dale, made the family of three for a few years. But the birth of son, Frank III, was a real surprise. At the time, Bernice had lost a lot of weight but she retained a rather big belly. She didn't think too much about it until one night she delivered a 6 1/2-pound baby boy! Bernice was a stay-at-home mom, but didn't stay home much, she says. The kids' athletic activities kept her super busy, especially their softball teams, where Bernice kept score, raised money for uniforms and ran the concession stand.

Bernice shared her husband's passion for stock car racing and the Civil War. They spent a lot of time in Gettysburg, where Frank would research the battle. Once while sitting alone at the "high water mark" of the battlefield, Bernice was visited by a mysterious lady in tattered Civil-War-era garb, who smiled at her and then disappeared. It wasn't the only time Bernice experienced ghostly happenings. When she and Frank bought Frank's grandmother's house and started refurbishing it, his grandfather's hunting cap would mysteriously fall off the very big peg where it hung. Once the rehabbing was done, the hat stayed put, proof positive, they believe, that Grandpa was happy with the improvements.

Frank, being a skilled woodworker, made the beautiful shelving units Bernice has in her apartment that display some of the toys he loved most to build: trains, trucks and cars of all types. One fire engine was sent to an 8-year-old boy in Montana dying of cancer. Miraculously, the boy recovered and his family credits the wonderful fire truck with helping his recovery, because he loved it so much. Frank retired after 45 years as supervisor of the Bethlehem





Water Treatment Plant. When he passed away at age 69 from cancer, Bernice requested a second room at the funeral home in which to display over 30 trucks, trains, airplanes and cars that friends and family brought in to remember him by. Afterwards, the Allentown Art Museum put his creations of Civil War submarines, puzzles and trains on exhibit, a wonderful tribute, Bernice feels, to his skill and knowledge of the subject matter. She was overwhelmed when she visited the exhibit. A friend for whom Frank had made a doll-sized rocking chair claimed the chair, which had been put up on a shelf, rocked all by itself on the day he died.

Bernice, at a very young age, developed a passion of her own for butterflies. It's evident in everything around her, from clothes to curtains to artwork. She found she has a talent for oil painting, which she took up several years ago. The paintings on display in her apartment are remarkable for their realism of the subject matter.

Bernice enjoys living at Sterling Heights and participating in the available activities. She is grateful to the staff of Legacy Healthcare Services who has been helping her regain her mobility after an accident left her unable to walk two years ago. Soon we'll be seeing her back walking down the hallways instead of being wheelchair- and scooter-bound as she has been these last months. Bernice is looking forward to doing more around Sterling Heights and getting out with friends and family again. And we're happy to see her out and about enjoying herself as well.

Health Talk: Medication Management

Medications are the most common treatment for many medical conditions in older adults. Medications have advanced our society, contributing to improved health, longer life spans and an overall higher quality of life. However, when used inappropriately, medications can have harmful consequences.

Due to multiple chronic conditions, such as diabetes, high blood pressure and arthritis, seniors are more likely to be prescribed multiple medications from multiple prescribers. According to the American Society of Consulting Pharmacists, those 80 years and older take an average of 18 prescriptions per year. The more medications one takes, the more complex the medication schedule becomes, increasing the risk of problems arising when managing medications.

Join our Health Talk to learn about how to identify and prevent medication related problems, how your physician, pharmacist and occupational therapist can help manage medications, and what tools/resources can be used to help.

Medication Management Health Talk: Monday, March 2nd, at 3 p.m. in the Activity Center

Welcome, New Residents

Sterling Heights is excited to introduce the following new residents to our beautiful Community:

- Joan Castle
- Shirley Reiff
- Kathy Spagnola

Thank you for choosing our Community as your new home. We hope that in the months ahead, you will feel safe and happy as our resident. Our activity program includes outings, the celebration of holidays, exercise classes, spiritual and educational programs, and fun activities like game nights, social hours, as well as town trips to retail stores. Details for all programs will be advertised in this newsletter, so we hope you will find time to participate in our Community activities. Please see Louise, our Activity Coordinator, if you have any questions. Residents of Sterling Heights enjoy the beauty of our Community and the opportunity to live and socialize among their peers. Welcome, and enjoy the experience!

Sterling Heights
Gracious Retirement Living

3500 Fairview Street
Bethlehem, PA 18017



SPRING INTO ACTION & SHAKE OFF THOSE WINTER BLUES

Springtime brings fresh beginnings so let today be the start of something new! Join us for one of our engaging activities or stop by for a complimentary meal and take a tour of our beautiful community. We would love the opportunity to share with you all we have to offer.

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