

Sterling Heights

Gracious Retirement Living

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

DECEMBER 2020

STERLING HEIGHTS STAFF

Managers.....CARROLL & PATTY HAGLE
Assistant ManagersCHRIS & JULIE BOYER
Community SalesLAURIE BREY
Activity CoordinatorLOUISE SARKO
MaintenanceALAN KLEINSCHMIDT
Transportation.....SHIRLEY PEREZ

TRANSPORTATION

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

Tuesday & 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

Toys for Tots

Let us join our hands together this holiday season by helping to bring joy and a message of hope to America's less fortunate children. This year many families have faced layoffs due to the pandemic, so this year's donations are especially vital.

Simply purchase a toy and drop it off at our building entrance. You may also tell your friends and family to participate as well.

Your donation today helps ensure that all children will have a gift to open this Christmas season.

Guidelines for donations are new toys that are unwrapped, books and homemade toys.



Ring in the New Year!

The holidays are almost here and 2020 is coming to a close. Whether you are happy to see this year end or just looking forward to 2021, there is no better way to welcome in the new year than to gather together with our close friends.

Enjoy an evening at Sterling Heights with dinner and dancing. Live music will be provided by Robin and Jim. We'll ring in the new year at the end of our evening to celebrate a year gone by and anticipate the excitement of good things to come!





Facts About Gingerbread

Gingerbread is loved all over the world and has become a holiday tradition for many. Below are 10 fun facts all about this sweet treat!

1. Gingerbread houses originated in Germany.
2. The first gingerbread man is credited to Queen Elizabeth I after presenting them to visiting dignitaries with one baked in their own likeness.
3. Unmarried women in England would often eat gingerbread men for good luck in meeting a husband.
4. The largest gingerbread house in the world is 60 feet by 42 feet and is worth 35,823,400 calories.
5. To be considered gingerbread, the recipe must feature ginger as a dominant flavor and use either honey or molasses to add sweetness.
6. According to the Swedish tradition, you can put the gingerbread in your palm and make a wish. You then have to break the gingerbread with your other hand. If the gingerbread breaks into three, the wish will come true.
7. At the Ritz-Carlton Dove Mountain in Tucson, Arizona, there's a life-size gingerbread house where you can book for a private lunch or dinner during the holiday season.
8. During the holiday season, gingerbread spice is a popular purchase. According to McCormick Spice, 3 million ounces of ground ginger are sold during this time of the year. To put that number in perspective, this amount could make 450 million gingerbread men.
9. Over time, gingerbread baking became a highly regarded profession. In fact, in the 17th century, only professional gingerbread bakers were allowed to bake gingerbread. The only exceptions were at Christmas and Easter.
10. Although gingerbread houses had been around since the 1600s in Germany, they really became popular after the Brothers Grimm published their Hansel and Gretel fairy tale in 1812. Bakers in Germany, where the Grimm brothers were from, showed off their gingerbread houses at annual Christmas markets. Soon gingerbread houses became a Christmas tradition around the world.



The Elf on the Shelf

'Tis the season for some good old-fashioned holiday fun ... the Elf on the Shelf! This traditional Christmas game will begin on Tuesday, December 1st, when a small toy elf will make his presence to our community. After his debut, the elf will be hidden somewhere throughout the building each weekday. Whoever finds him first, should return him to Louise, our Activity Coordinator, to claim a prize. We will continue this game of seek until December 18th when he will disappear until next year. Join in for this fun game of merriment and surprise!



Spotlight on Our Assistant Managers

Chris and Julie Boyer joined the Sterling Heights' team as Assistant Managers in July of 2020. Chris is no stranger to our community, as he worked in our Maintenance Department prior to becoming an Assistant Manager. He has over 30 years of building and residential maintenance.

Julie comes with experience in accounting and law. She worked for the City of Bethlehem for her entire career in the police department and Controller's Office.

Both Chris and Julie were born and raised in the Lehigh Valley — Chris from Emmaus and Julie from Bethlehem. They have three grown adult sons who make them proud parents.

In their free time, Chris and Julie head to their fifth wheel RV where they maintain a permanent site at a local campground. They are also avid sports fans.

We are happy to have you as part of The Sterling Heights family.



Chris and Julie Boyer

Health and Wellness, Stress and Anxiety

Stress and anxiety play a role in many people's lives. Did you know that anxiety affects at least 40 million adults in America?



What are some symptoms of stress and anxiety?

- Constant worrying and apprehension
- Feeling powerless or panicked
- Fatigue
- Breathing rapidly
- Increased heart rate
- Sweating and Shaking

As a result of stress and anxiety, individuals may face other issues as well including headaches, insomnia, digestive problems, and decreased social participation in activities they enjoy. If you feel stressed and anxious, do not despair. There are many lifestyle changes that you can make to increase your quality of life and relieve your stress. If you are interested in finding out more about how to manage your stress and anxiety in order to complete your daily activities and improve your well-being, stop by Legacy Healthcare Services' event on:

Friday, December 4th

3 p.m., in the AC

We will also be making homemade stress balls at the conclusion of this event!

Breast Cancer Awareness Fundraiser

October marked Breast Cancer Awareness Month. To help increase awareness of the disease, our residents donate annually to Breast Cancer research. Because of our residents' maturity, Breast Cancer walks are sometimes limited; however, wearing pink ribbons and shirts, as well as donating to the cause, makes residents feel involved.

Some of our residents have battled and survived breast cancer so is important for us to support this worthy cause. We are proud to announce that as a Community, our residents raised \$455 for this foundation!

DEC 2020

Birthdays

Joseph Bartos, 2nd
Frank Molchan, 3rd
Janet Hulse, 10th
Veronica Kempees, 15th
Roberta Messerschmidt, 17th
Meyer Bellis, 25th
Anna Marie Zieger, 28th
Lore Rohrer, 31st

Anniversaries

Len and Ann Kochuba,
12/27/1954

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.

“Time together as a family is a gift.”

—Joanna Gaines

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:00 Chair Volleyball, AC 11:00 Bingo, AC 2:00 <i>Gathering of the Minds</i> , AC 2:30 Holiday Carols, AT 3:00 Holiday Tree Trimming, AT	2 10:00 Seated Tai Chi/ Meditation, AC 10:30 Bible Study, LB 11:00 Gingerbread Workshop, AC 11:00 Outing: Wind Creek Casino, \$ 2:00 Resident Store 7:00 Tree Lighting at Rockefeller Center, TV 	3 9:30 <i>A Visit with the Audiologist</i> 10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Holiday Craft, AC 	4 10:00 Balance Exercise, AC 11:00 Communion, CH 11:15 Hangman, AC 3:00 Did You Know?: Stress & Anxiety, AC 7:00 Holiday Movie, TV	5 9:15 Weekend Walkers, AT 10:00 Chair Zumba with Danny, AT 10:00 Rummy, GR 2:30 Matinee, TH 7:00 Bingo, AC
	6 11:00 Saying the Rosary, CH 2:00 Pinochle, GR 3:00 Scrabble, LB 7:00 Movie Night, TH	7 10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 Cookie Baking, AC 3:00 Group Crossword, AC 4:00 Get Fit with Sara, ER	8 10:00 Chair Volleyball, AC 11:00 Bingo, AC 2:00 <i>Gathering of the Minds</i> , AC 3:00 Holiday Craft, AC 4:00 Entertainment: Danny Grae, AT	9 10:00 Seated Tai Chi/ Meditation, AC 10:30 Bible Study, LB 11:00 Gingerbread Workshop, AC 12:45 Outing: Lunch at Hotel Bethlehem, \$ 2:00 Resident Store 2:00 <i>Resident/Manager Meeting, AC</i>	10 HANUKKAH BEGINS AT SUNSET 10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 Craft: Christmas Cards, AC 3:00 Gingerbread Lattes, AC  7:00 You Be the Judge, AC	11 9:00 <i>Blood Pressure Checks, LB</i> 10:00 Balance Exercise, AC 11:00 Communion, CH 11:15 Hangman, AC 2:00 Holiday Shopping with Mary Kay, AT 7:00 Holiday Movie, TV
13 11:00 Saying the Rosary, CH 2:00 Pinochle, GR 3:00 Scrabble, LB 7:00 Movie Night, TH	14 10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 <i>Worship Service, CH</i> 2:00 Seated Tai Chi/ Meditation 3:00 Group Crossword, AC	15 10:00 Chair Volleyball, AC 11:00 Bingo, AC 2:00 <i>Gathering of the Minds</i> , AC 3:00 Christmas Symbol Pictionary, AC 	16 10:00 Seated Tai Chi/ Meditation, AC 10:30 Bible Study, LB 11:00 Gingerbread Workshop, AC 11:00 Outing: Brunch at Hotel Bethlehem, \$ 2:00 Resident Store	17 10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 2:00 <i>Resident/Chef Meeting, DR-FP</i> 2:00 Merry Little Christmas Party, AT  7:00 Skip-Bo, GR	18 10:00 Balance Exercise, AC 11:00 Communion, CH 11:15 Hangman, AC 2:00 Matinee, TH 2:00 Cookie Decorating, AC 7:00 Entertainment: Lorri & James, AT	19 9:15 Weekend Walkers, AT 10:00 Rummy, GR 2:30 Matinee, TH 7:00 Bingo, AC
20 11:00 Saying the Rosary, CH 2:00 Pinochle, GR 3:00 Scrabble, LB 7:00 Movie Night, TH	21 WINTER BEGINS 10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 Seated Tai Chi/ Meditation, AC 3:00 Group Crossword, AC 4:00 Get Fit with Sara, ER	22 9:00 On Site Dermatology 10:00 Exercise, AC 11:00 Bingo, AC 2:00 <i>Gathering of the Minds</i> , AC 2:30 Holiday Carols, AT 3:00 LadderBall, AC 3:15 <i>Book Club, LB</i>	23 10:00 Exercise, AC 10:30 Bible Study, LB 2:00 Resident Store 2:00 Outing: Mystery Scenic Ride, AT 3:00 Secret Santa Gift Exchange, AC	24 10:00 Exercise, AC 11:00 Exercise Your Mind, AC 2:00 Christmas Eve Service with Pastor Dan, CH 3:00 Matinee, TV 7:00 Story Share, AC	25 CHRISTMAS DAY 10:00 Fireside Meetup with Cocoa & Cookies, AC 11:00 Holiday Trivia, AC 12:30 Christmas Dinner 2:00 Carols Around the Tree, AT  7:00 Holiday Movie, TV	26 9:15 Weekend Walkers, AT 10:00 Rummy, GR 2:30 Matinee, TH 7:00 Bingo, AC
27 11:00 Saying the Rosary, CH 2:00 Pinochle, GR 3:00 Scrabble, LB 7:00 Movie Night, TH	28 10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 Seated Tai Chi/ Meditation, AC 3:00 Group Crossword, AC 	29 10:00 Chair Volleyball, AC 11:00 Bingo, AC 2:00 <i>Gathering of the Minds</i> , AC 2:30 Holiday Carols, AT 3:00 LadderBall, AC	30 10:00 Seated Tai Chi/ Meditation, AC 10:30 Bible Study, LB 11:00 Gingerbread Workshop, AC 11:30 Outing: Romeo's Lunch, \$ 2:00 Resident Store	31 NEW YEAR'S EVE 10:00 Cardio Drumming, AC 11:00 Exercise Your Mind, AC 4:00 Cocktails & Appetizers, AC 5:30 New Year's Eve Dinner 7:00 Entertainment & Ringing in the New Year, AT 		



The History of “The Twelve Days of Christmas”

In the 16th century, England proclaimed an official state church and any other religious teaching was strictly forbidden. So, for the next three centuries, those who refused to join the state church developed creative ways to teach children their beliefs. One popular method was to use lyrics and song. The following are secret Christian symbols that were concealed in the carol “The Twelve Days of Christmas.” This cheerful song, about a generous benefactor who loved to give, could be freely sung without ever using God’s name, because “my true love” refers to God.



THE FIRST DAY OF CHRISTMAS:

The partridge represents Jesus, the original gift of Christmas, while the pear tree represents the cross.

THE SECOND DAY OF CHRISTMAS:

The two turtle doves are for the Old and the New Testaments.

THE THIRD DAY OF CHRISTMAS:

Three French hens represent the three gifts of faith, hope, and love.

THE FOURTH DAY OF CHRISTMAS:

The four calling birds are reminders of the four Gospel writers: Matthew, Mark, Luke and John.

THE FIFTH DAY OF CHRISTMAS:

Five golden rings represent the first five books of the Old Testament, which were treated with reverence and considered to be worth more than gold.

THE SIXTH DAY OF CHRISTMAS:

Six geese a-laying are reminders of the six days of creation when God brought forth life on Earth.

THE SEVENTH DAY OF CHRISTMAS:

Seven swans swimming symbolize the seven gifts of the Holy Spirit.

THE EIGHTH DAY OF CHRISTMAS:

Eight maids a-milking are the eight beatitudes.

THE NINTH DAY OF CHRISTMAS:

Nine ladies dancing represent the nine ranks of angels.

THE TENTH DAY OF CHRISTMAS:

Ten lords a-leaping symbolize God’s 10 basic laws, the Ten Commandments.

THE ELEVENTH DAY OF CHRISTMAS:

Eleven pipers piping represent the 11 apostles who remained faithful to Jesus.

THE TWELFTH DAY OF CHRISTMAS:

Twelve drummers drumming represent the 12 vital Christian beliefs as stated in the Apostle’s Creed.



Halloween at Sterling Heights

Another Halloween has come and gone, and with it, memories of a day filled with fun and laughter. This year, we celebrated with a "Roaring 1920s" theme. We began the day capturing photos of residents in costume, followed by entertainment with Lorri and James.



Loraine wins best costume!



Jackie, our fashionable flapper



We had a surprise visit from this mystery guest.



Laura made a glamorous flapper.

Afterward, residents paraded through the Dining Room so spectators could get a glimpse of residents dressed for the occasion. Once the votes were tallied, Loraine Loreti was chosen as the winner for best costume.

Veterans Corner

Stanley (Stan) Flyte, a resident of Sterling Heights, was 24 years old when he was drafted into the U.S. Army in January of 1958. Stan was processed in Philadelphia, Pennsylvania before being sent to Fort Jackson, South Carolina for 8 weeks of Basic Training (boot camp).

He then went on to Advanced Training at Fort Carson, Colorado for an additional 8 weeks. From there, Stan was shipped from Fort Dix, New Jersey on the U.S. Naval Geiger.

On the morning Stan left Fort Dix for his orders in Bavaria, Augsburg, Germany, his sister, brother-in-law and mother were there to see him leave. When asked what that time was like, Stan commented, "It was a very emotional time, very emotional."

The journey across the Atlantic was a rough one, as the weather was stormy much of the time, with 90 foot waves. Stan indicated that was an experience he would never forget.

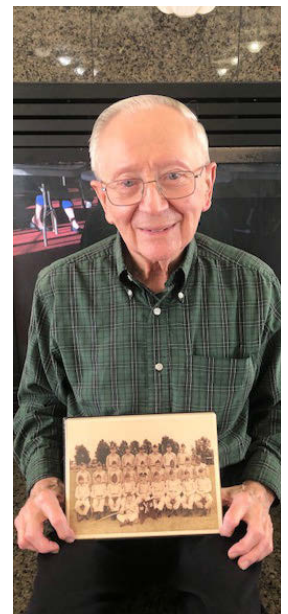
After arriving in Germany, Stan was sent to Munich, for classes in film projection and film library — two jobs that required him to be licensed to perform his duties.



Out on the range while in Grafenwohr, Germany



Stan (front row) holding the flag



Stan with his company photo

Stan also spent time training in Grafenwohr, Germany. It was in this town that Stan was stationed with Elvis Presley and often heard him entertaining our troops.

As a Specialist First Class (SP4), Stan spent six years serving our country: Two years active, two years reserve and two years clear.

We thank Stan for his service to our country.

Sterling Heights

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Bethlehem, PA 18017



It's always Warm at

Sterling Heights
Gracious Retirement Living

We invite you to experience the warmth of our community. Our caring staff is here for you any time, day or night. We take care of the cooking, cleaning, and maintenance, leaving you more time to enjoy your lifestyle. We'll even drive you to appointments, shopping and other outings.

610-868-4600