

Sterling Heights

Gracious Retirement Living

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

JANUARY 2021

STERLING HEIGHTS STAFF

Managers.....CARROLL & PATTY HAGLE
Assistant ManagersCHRIS & JULIE BOYER
Executive Chef.....STUART STEVENS
Community SalesLAURIE BREY
Activity CoordinatorLOUISE SARKO
MaintenanceALAN KLEINSCHMIDT
TransportationSHIRLEY PEREZ

TRANSPORTATION

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

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

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

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

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

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

HAWTHORN
SENIOR LIVING

Island Hopping! Hawthorn Adventure 2021

Swaying palms,
powder-fine beaches,
and clear blue
waters — get ready,
Sterling Heights, for a
tropical getaway you
won't soon forget!

Beginning the week
of January 18th
through February 5th,
Sterling Heights will
be embarking on
an island-hopping

adventure through the Pacific Islands! You'll enjoy three
weeks of sun, sand, rest and relaxation as we explore these
amazing destinations:

- Hawaii
- Fiji
- New Zealand

As we make our scheduled stops, we will be experiencing
the food, history and culture of each of these beautiful
destinations. Be sure to attend the Island-Hopping Kickoff
Party to get all of your travel information. If you have
any additional questions, like what to pack or weather
conditions, be sure to check in with your Travel Guide,
Louise, for all the details!



Veterans Corner

Frank Molchan entered the Navy shortly after graduation from high school in Whitehall, Pennsylvania, in July of 1945. He was 18 years old. Basic training was in Bainbridge, Maryland, and after it was over, Frank's orders sent him to San Diego, California.

From California, Frank was shipped to Okinawa, Japan, in an LCI (Landing Craft Infantry). The LCI is a rather small ship by most standards and was used to land large numbers of infantry directly onto beaches during the Second World War.

On the day before Easter Sunday of 1945, their mission was given to them: The Invasion of Okinawa. When Frank's ship arrived at its destination, he thought to himself, "It does not seem like we will stand a chance with so few ships at sea."

However, when he awoke on Easter Sunday, he could not believe his eyes. There were U.S. Navy ships everywhere! The ocean was filled with ships beyond belief ... Quite a sight for a boy of 18! He also remembers the day very well. "The ocean was calm, the sun was shining, it was such a beautiful day."

When the invasion began, Frank's ship shot mortars at the shoreline while larger U.S. Navy ships were bombing from further out at sea. He realized quickly that he was safer being on his smaller ship than on the large Navy vessels because the Japanese always took aim at large ships.

The worst part were the Kamikazes. They arrived after the first day of the invasion. One could count on the Japanese Kamikazes morning and evening. Day after day, the fighting went on for close to a month as U.S. fighter pilots would bomb Kamikaze aircraft and in turn, the Kamikaze aviators would fly suicide attacks against our naval vessels. Frank commented that he saw so many sailors lying dead on the decks of ships, "A terrible sight to see." Worse yet, when the Japanese bombed our ships, thousands of sailors lost their lives. Frank commented, "You grow up fast when you're 18 years old and see those images."

Things eventually settled because the U.S. shot down so many Kamikaze fighters that few were left.

When the invasion of Okinawa was over, Frank was sent to Pearl Harbor to prepare for the invasion of Japan, but he was very thankful that the war ended during this time.

Frank was then sent to Yokosuka, Japan. While there, Frank was given leave and he had the ability to visit the Imperial Palace in Tokyo where the Emperor Hirohito lived. The palace left a lasting impression on Frank for its beauty and grandeur.

Ironically, across the street from the Imperial Palace was the Dai-ichi building that General MacArthur used as his residence. Frank mentioned that he felt safe visiting there with MacArthur nearby. Unfortunately, he never had the opportunity to meet the general.

In all, Frank served two years as a seaman 1st class in the U.S. Navy. He was relieved of his duties because his two other brothers, also servicemen, were married, leaving Frank sole supporter of his family.

We thank Frank for his service to our country and we are proud to call him our resident.



Our resident, Frank Molchan



January Trivia Quiz!

Ring in the new year with a little trivia challenge! Below are five trivia questions, all themed around the month of January. How many can you answer correctly? Answers can be found on the following pages. Good luck!

1. What color is often associated with January's birthstone, garnet?
 - A. Blue
 - B. Red
 - C. Yellow
 - D. Green
2. Which January event occurred first in history?
 - A. The Lone Ranger debuted on Detroit radio.
 - B. Indira Gandhi became India's prime minister.
 - C. Wham-O produced the first Frisbees.
 - D. The League of Nations was instituted.
3. First published on January 29, 1845, what famous poem begins, "Once upon a midnight dreary, while I pondered, weak and weary"?
 - A. Robert Frost's "Stopping by Woods on a Snowy Evening"
 - B. William Wordsworth's "I Wandered Lonely as a Cloud"
 - C. Edgar Allan Poe's "The Raven"
 - D. Rudyard Kipling's "If"
4. True or false? One of January's birth flowers, the snowdrop, used to be considered bad luck.
5. All born in January, which of the following was not a musician?
 - A. Wolfgang Amadeus Mozart
 - B. Rod Taylor
 - C. Eartha Kitt
 - D. Elvis Presley

The Words of MLK

In honor of Martin Luther King Jr. Day on January 18th, here are some of his most enduring speeches.

Montgomery bus boycott speech — One of King's first public speeches took place on December 5th, 1955, in Alabama, just a few days after Rosa Parks was arrested for



refusing to give up her bus seat. His inspiring words about peaceful protests launched his role as a leader of the civil rights movement.

"I Have a Dream" — King delivered these iconic words from the steps of the Lincoln Memorial in Washington, D.C., on August 28th, 1963. Over 250,000 people gathered there and heard King describe his vision of the future, where his children "will not be judged by the color of their skin, but by the content of their character."

Nobel Peace Prize speech — In 1964, King was 35 and at the time, was the youngest person to win the Nobel Peace Prize. Accepting the honor on December 10th, 1964, he described the beauty of brotherhood and peace as "more precious than diamonds or silver or gold."

"How Long, Not Long" — On March 25th, 1965, after marching with 25,000 protesters from Selma to the Alabama Capitol in Montgomery, King encouraged the crowd, saying, "The road ahead is not altogether a smooth one. ... But we must keep going."

"I've Been to the Mountaintop" — King gave his final address in Memphis, Tennessee, on April 3rd, 1968, the night before he was assassinated. Speaking to a group of striking city workers, King emphasized the importance of unity in the fight for justice.

JAN 2021

Birthdays



Toni Policastro, 6th
Frank Messerschmidt, 7th
Marlene Hall, 10th
Laura Correll, 11th
Agnes Gombosi, 14th
Joan Castle, 22nd
Ruby Steele, 22nd
Bert Kempees, 24th
Susan Taylor, 28th

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>NEW YEAR'S DAY1</div> <div>10:00 Balance Exercise, AC 11:00 Communion, CH 11:15 Hangman, AC 12:30 New Year's Day Dinner 7:00 Movie, TH</div>	<div>2</div> <div>9:15 Weekend Walkers, AT 10:00 Rummy, GR 2:30 Matinee, TH 4:00 Knit & Crochet, LB 7:00 Bingo, AC</div>
<div>3</div> <div>10:00 Rosary, CH 11:00 Rummikub, GR 2:00 Pinochle, GR 2:30 Matinee, TH 3:00 Scrabble, LB 7:00 Movie Night, TH</div>	<div>4</div> <div>10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 An Exercise in Braille, AC 3:00 Group Crossword, AC 4:00 <i>Get Fit with Sara, ER</i> 7:00 Movie, TH</div>	<div>5</div> <div>10:00 Chair Volleyball, AC 11:00 Bingo, AC 2:00 <i>Gathering of the Minds, AC</i> 2:30 Sequence, GR 3:00 LadderBall, AC 7:00 Poker, TV</div>	<div>6</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Mexican Train, GR 2:00 Resident Store 2:00 Scenic Ride, AT 3:00 Bible Study, LB 7:00 Movie, TH</div>	<div>7</div> <div>10:00 Cardio Drumming, AC 10:30 Meeting with Chef Stuart, DR-FP 11:00 Exercise Your Mind, AC 2:30 Ambassadors Meeting, LB 3:00 Did You Know? Brain Fitness, AC 7:00 Canasta, TH</div>	<div>8</div> <div>10:00 Balance Exercise, AC 11:00 Communion, CH 11:15 Hangman, AC 2:00 Crafting with Louise, AC 4:00 Skip-Bo, GR 7:00 Movie, TH</div>	<div>9</div> <div>9:15 Weekend Walkers, AT 10:00 Rummy, GR 2:30 Matinee, TH 4:00 Knit & Crochet, LB 7:00 Bingo, AC</div>
<div>10</div> <div>10:00 Rosary, CH 11:00 Rummikub, GR 2:00 Pinochle, GR 2:30 Matinee, TH 3:00 Scrabble, LB 7:00 Movie Night, TH</div>	<div>11</div> <div>10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 2:00 <i>Worship Service, CH</i> 3:00 Group Crossword, AC 7:00 Movie, TH</div>	<div>12</div> <div>10:00 Chair Volleyball, AC 11:00 Bingo, AC 2:00 <i>Gathering of the Minds, AC</i> 3:00 Zumba with Sara, AC 4:00 Uno, GR 7:00 Poker, TV</div>	<div>13</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Mexican Train, GR 2:00 <i>Resident/Manager Meeting, AC</i> 2:00 Resident Store 2:00 Scenic Ride, AT 3:00 Bible Study, LB 7:00 Movie, TH</div>	<div>14</div> <div>10:00 Cardio Drumming, AC 10:30 Chef Demo, AC 11:00 Exercise Your Mind, AC 3:00 Hawthorn Adventure Kickoff Party!, AC 7:00 Canasta, TH</div>	<div>15</div> <div>9:45 <i>Blood Pressure Checks, DR-FP</i> 10:00 Balance Exercise, AC 11:00 Communion, CH 11:15 Hangman, AC 3:00 Strawberry Ice Cream Sundaes, AC 7:00 Movie, TH</div>	<div>16</div> <div>9:15 Weekend Walkers, AT 10:00 Rummy, GR 2:30 Matinee, TH 4:00 Knit & Crochet, LB 7:00 Bingo, AC</div>
<div>17</div> <div>10:00 Rosary, CH 11:00 Rummikub, GR 2:00 Pinochle, GR 2:30 Matinee, TH 3:00 Scrabble, LB 7:00 Movie Night, TH</div>	<div>MARTIN LUTHER KING JR. DAY18</div> <div>10:00 Stretch & Strength Exercise, AC 11:00 Big Island Adventure, AC 2:00 Big Island Adventure, AC 3:00 Group Crossword, AC 4:00 <i>Get Fit with Sara, ER</i> 7:00 Movie, TH</div>	<div>19</div> <div>9:00 On-Site Dermatology 10:00 Chair Volleyball, AC 11:00 Big Island Bingo, AC 12:30 Luau 2:00 <i>Gathering of the Minds, AC</i> 7:00 Poker, TV</div>	<div>20</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Maui Adventure, AC 2:00 Resident Store 2:00 Scenic Ride, AT 3:00 Bible Study, LB 3:00 Maui Adventure, AC 7:00 Movie, TH</div>	<div>21</div> <div>10:00 Cardio Drumming, AC 11:00 Oahu Adventure, AC 2:00 Oahu Adventure, AC 3:00 Zumba with Sara, AC 4:00 Hangman, AC 7:00 Canasta, TH</div>	<div>22</div> <div>10:00 Balance Exercise, AC 11:00 Communion, CH 11:15 Kauai Adventure, AC 2:00 Kauai Adventure, AC 7:00 Movie, TH</div>	<div>23</div> <div>9:15 Weekend Walkers, AT 10:00 Rummy, GR 2:30 Matinee, TH 4:00 Knit & Crochet, LB 7:00 Bingo, AC</div>
<div>24</div> <div>10:00 Rosary, CH 11:00 Rummikub, GR 2:00 Pinochle, GR 2:30 Matinee, TH 3:00 Scrabble, LB 7:00 Movie Night, TH</div>	<div>25</div> <div>10:00 Stretch & Strength Exercise, AC 11:00 Bean Bag Baseball, AT 11:00 Fiji Adventure, AC 2:00 <i>Worship Service, CH</i> 2:00 Fiji Adventure, AC 3:00 Group Crossword, AC 7:00 Movie, TH</div>	<div>26</div> <div>10:00 Chair Volleyball, AC 11:00 Fiji Adventure, AC 2:00 <i>Gathering of the Minds, AC</i> 3:00 Fiji Adventure, AC 3:15 <i>Book Club, LB</i> 7:00 Bingo, AC 7:00 Poker, TV</div>	<div>27</div> <div>10:00 Seated Tai Chi/ Meditation, AC 11:00 Fiji Adventure, AC 2:00 Resident Store 2:00 Scenic Ride, AT 3:00 Bible Study, LB 3:00 Fiji Adventure, AC 7:00 Movie, TH</div>	<div>28</div> <div>10:00 Cardio Drumming, AC 11:00 Fiji Adventure, AC 2:00 Fiji Adventure, AC 4:00 Sequence, GR 7:00 Canasta, TH</div>	<div>29</div> <div>9:45 <i>Blood Pressure Checks, DR-FP</i> 10:00 Balance Exercise, AC 11:00 Communion, CH 11:15 Fiji Adventure, AC 2:00 Fiji Adventure, AC 7:00 Movie, TH</div>	<div>30</div> <div>9:15 Weekend Walkers, AT 10:00 Rummy, GR 2:30 Matinee, TH 4:00 Knit & Crochet, LB 7:00 Bingo, AC</div>
<div>31</div> <div>10:00 Rosary, CH 11:00 Rummikub, GR 2:00 Pinochle, GR 2:30 Matinee, TH 3:00 Scrabble, LB 7:00 Movie Night, TH</div>						



App Adventures

From phone calls and video chats to text messaging and social media, smartphones and tablets help us keep in touch with family and friends. And with apps available for nearly every interest, they can also keep you busy! Explore your device's app store by searching some of these topics:

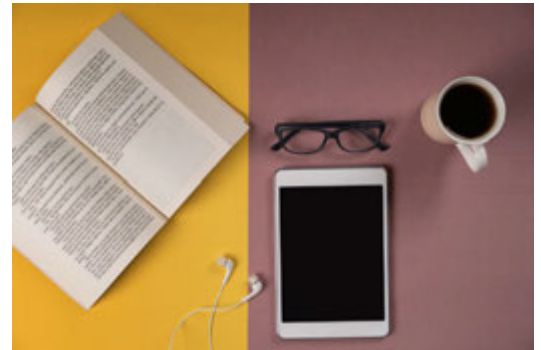
Games and puzzles: Brainteasers, crosswords, jigsaw puzzles, hidden objects ... Today's mobile games provide a variety of engaging options. You can also play with loved ones, helping you stay connected.

Nature hobbies: Are you a bird-watcher? You can download apps with bird guides and a spot to log your sightings. Love to take outdoor walks? Find out the name of a shrub or flower by using a nature identification app.

Books: Literary apps let you manage your to-read list, browse and write reviews, and find new titles. If you want to read on your device, you'll find apps with e-books you can buy, rent or download for free. There are also apps for audiobooks.

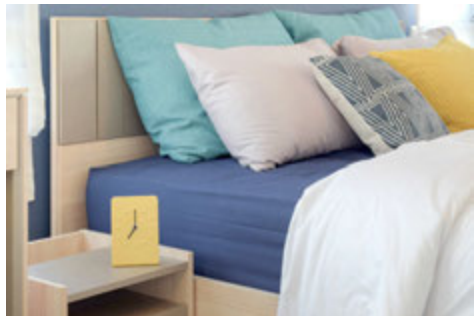
Foreign languages: Multiple apps make learning a language fun with daily challenges and interactive games. Developing this new skill can benefit your brain.

Mindfulness: Apps aimed at relaxing are popular. Featuring guided meditations and soothing sounds, these programs can help you rest physically and mentally.



Kick-Start Your Day

How you start your day affects how you feel and act the rest of the day. These simple habits can get you ready to take on whatever comes your way.



Wake up to music: Groggy when you first get up? Using an upbeat song instead of a harsh beeping sound as your alarm can help you feel more awake and alert. Scientists say a melody eases the brain into waking up, while alarms seem to confuse it.

Stay offline: If you use your phone as an alarm, resist the urge to stay on your device and scroll through your social media, check your email or read the news. Use the time to make a plan for the day ahead, journal or just think.

Make your bed: This small task can have a big impact on the rest of your day. High achievers agree that completing small actions, such as straightening your bed, will give you a sense of pride and provide momentum to accomplish other tasks.

Answers: January Trivia Quiz!

Below are the answers to the January Trivia Quiz! How did you do?

1. (B) Red. The term garnet comes from the Latin *granatum*, which means "seed" — a reference to their hue being akin to a pomegranate's seeds.
2. (D) The League of Nations was instituted on January 10, 1920. The Lone Ranger debuted on Detroit radio on January 30, 1933. Wham-O produced the first Frisbees on January 23, 1957. Indira Gandhi became India's first female prime minister on January 19, 1966.
3. (C) Edgar Allan Poe's "The Raven." The poem was published in the New York Evening Mirror.
4. True. The snowdrop was considered bad luck due to its tendency to grow in graveyards. Today, it is said to represent hope and beauty because it is one of the first flowers to come up through the snow.
5. (B) Rod Taylor. Born on January 11, 1930, Australian actor Rod Taylor was known for playing the lead in movies like Hitchcock's "The Birds."



Winter Wonders

It's winter here in the Northern Hemisphere, bringing cooler temperatures. Keep warm with this bundle of cold-weather facts:

- While it may not snow in every city, about 1,200 cubic miles of the fluffy stuff falls on North America every year.
- The Great Lakes region is known as the snow belt of the U.S.
- Fairbanks, Alaska, gets the title of America's coldest city in winter. Its average low temperature is a frosty 16 below zero.
- Residents of Bethel, Maine, built a record-breaking snowperson in 2008. Named Olympia, she stood 122 feet high — almost as tall as the Statue of Liberty — and was made of 13 million pounds of snow!
- You don't have to wait for spring to see beautiful blossoms. Pansies, snowdrops and English primroses are some common flowers that bloom during the chilly months.



Where We Are Headed! Destinations for the 2021 Hawthorn Adventure

This year for the Hawthorn Adventure we are island hopping among three beautiful destinations — Hawaii, Fiji and New Zealand. Below is a bit more information on each of these beautiful islands.

Hawaii:

Floating all by itself in the middle of the Pacific, Hawaii proudly maintains its own distinct identity apart from the US mainland. Spam, shave ice, surfing, ukulele and slack key guitar music, hula, aloha shirts — these are just some of the touchstones of everyday life, island style. Pretty much everything here feels easygoing, low-key and casual, bursting with genuine aloha and fun.

Fiji:

Dazzling sands, perfect palm trees and waters so blue they glow — Fiji's beaches look airbrushed. These beaches are the poster child of paradise. The appeal of the islands stretches beyond holiday snaps; the reefs, bays, and sublime sands have provided cinematic eye candy to films including "Cast Away" with Tom Hanks and the 1980 teen dream classic, "The Blue Lagoon."

New Zealand:

There are just 4.8 million New Zealanders, scattered across 103,483 square miles: bigger than the UK with one-fourteenth of the population. Filling in the gaps are the sublime forests, mountains, lakes, beaches and fiords that have made NZ one of the best hiking (locals call it 'tramping') destinations on the planet. Looking for a little rest and relaxation? New Zealand is perfect for that too! Take a leaf out of the locals' book and embrace the laid-back vibes and rejuvenating activities. Find a beach where you can sunbathe the day away, splash around in a hot pool, or shop for quirky souvenirs.



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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