

Happy St Patrick's Day!

## Someone's Trash is another one's Treasure



There is a "Free Table" located in the Senior Center. You can bring items down to donate if they are not broken or expired. We accept any items EXCEPT furniture, clothing, or books. To donate clothing, please call the Salvation Army at (610) 867-4681 to see if they will pick up donations.

~Irish  
Blessing  
~  
May the  
wind at  
your  
back not  
be the  
result of  
the  
corned  
beef and  
cabbage  
you had  
for  
lunch.

### Managers Memo:

### Happy St. Patrick's Day!

March 2023  
Manager's Memo  
Happy St. Patrick's Day!  
We are happy to announce the Laundry Rooms in each building are now being managed by Lehigh Coin Laundry Co. You will start to see machines being replaced and new change machines being installed. Offices will no longer be able to exchange your cash for quarters. You will see NEW front loading washing machines with larger capacity capabilities. Starting April 1, 2023, the cost for washers will increase to \$1.50 a load/cycle. We hope that you will enjoy the new and improved facilities.

### AARP Tax Assistance

Free tax help is available for low and middle income taxpayers sponsored by AARP and IRS. Please bring last years' tax returns and all pertinent information detailing

### Ice Cream Social

It's that time again. Moravian Houses is sponsoring an Ice Cream Social to Celebrate the First Day of Spring, on Monday, March 20, 2023, at 1:00pm in the Senior Center We hope to see you there!



income and expenses for 2022 it will be in the Health Check office in MHI on Mondays between 9:00 am and 12pm. This service will be available now thru April 10<sup>th</sup>. Please call to make appointments. Walk ins are not accepted. 484-935-3472

March 2023

# Moravian Messenger



Moravian House Apartments  
737 Main Street  
Bethlehem, PA 18018  
Phone: 610-691-8409  
Fax: 610-691-1756  
<https://moravian-house.org>



## New Senior Center Officers!

President – Chris Bolmer  
Vice President – June Robinson  
Treasurer – Elizabeth Klein  
Secretary – Paul Anuskiewicz

Together and with the help of other volunteers we will get the Senior Center rolling again.

If you have any ideas or suggestions or would like to volunteer for the Senior Center association, please do not hesitate in reaching out to either Zuheidy or any of the officers listed above.

**A HUGE THANK YOU**  
To our already existing  
Volunteers!

Shirley G.	Dolly W.
Shirley S.	Kathy M.
Loretta R.	Sarah B.
Kathy C.	Debbie P.
Jacky E.	Alice
Irene S.	Bernided B.
Steven F.	Nick S.
Nick G.	Kathy B.
Karen P.	Joe F.
Pam S.	Gale B.

## Volunteers Needed!!!

Have a few hours a week to spare?  
Want to make new friends?

Then speak with Zuheidy for details on  
how to become a volunteer in the  
Senior Center.

**Movie Madness**  
**March 14<sup>th</sup> at 1:00**  
**Senior Center**  
**Movie: TBA**  
 Popcorn, Pretzels,  
 and Iced Tea  
 will be served.

**MEN & WOMENS HAIRCUTS**  
**March 8<sup>th</sup>, 22<sup>nd</sup>**



Cheryl will be here twice monthly. Please call her directly to make an appointment @ 610-393-7175, leave a message. Please wash your hair prior to your appointment. If you need to cancel, your appointment, please call ahead of time so that someone else can take your spot...

**MANICURES**



**Nail Tech Wanted!**

If anyone knows anyone who would be interested in doing nails, contact Zuheydi in the Senior Center

MH1  
 MH2

3/21 Sheila K

3/22 Jennifer M

- Happy birthday! Happy birthday! Happy birthday! Happy birthday!**
- |                  |                 |
|------------------|-----------------|
| 3/3 Frank C      | 3/2 Richard K   |
| 3/3 Eveliz F.    | 3/11 Dorothea S |
| 3/9 Noah F       | 3/13 Miae P     |
| 3/9 Jim H        | 3/17 Hannah M   |
| 3/9 Marilyn H.   | 3/19 Dorothy A  |
| 3/16 Rosalina M  | 3/20 Karen P    |
| 3/17 Paul A      | 3/21 Cheryl B   |
| 3/18 Mildred M   | 3/22 Helene B   |
| 3/19 Teresa R    | 3/24 June R     |
| 3/20 James S     |                 |
| 3/20 Susan P     |                 |
| 3/20 Clarissa J. |                 |
| 3/21 Rosemary S  | 3/3 Michael H   |
| 3/23 Stephen G   | 3/13 Jeanette H |
| 3/23 Priscilla D | 3/17 Ana A      |
| 3/24 Dolores S   | 3/21 Sheila K   |
| 3/25 Robert C    | 3/27 Sandra B   |
| 3/25 Sharon P    |                 |
| 3/25 Nick G.     |                 |
| 3/27 Steve D     |                 |
| 3/30 Robert H.   |                 |
| 3/30 Jeffrey M.  |                 |

**MH3**

**MH4**

3/4 Steven G

The Senior Center is excited to announce that we will be introducing meditation in our monthly Program.

**Benefits of Meditation**

- Reduces Stress
- Controls Anxiety
- Promotes Emotional Health
- Enhance Self Awareness
- Lengthens attention spans
- Improves Sleep
- Helps control pain
- Generates Kindness

Hope to see you there!

**Won't You Be My Neighbor?**

Each year, March 20 is celebrated as Won't You Be My Neighbor Day, honoring the birthday of Fred Rogers, everybody's favorite television neighbor. Rogers had a shy and lonely childhood. He overcame his shyness to become a Presbyterian minister but left the seminary to go into television. He hated TV and wanted to transform it into a means of nurturing those who would watch and listen. Rogers was a natural when it came to children's broadcasting, using his talents to develop puppets, music, and characters that appealed to kids. By the time the show *Mister Rogers' Neighborhood* aired in 1968, he had mastered his use of imaginative elements and the kind, quiet manner that became his beloved trademark.

**PODIATRY APPOINTMENTS**



Dr. Bentzinger 3/13/23 610-865-1380  
 Dr. Lori Proctor 3/6/23 610-437-9343 (new patients welcome!)

**For an appointment, call the Doctor's office.**

**DOCTOR'S VISIT**

For appointments, call the Doctor's office directly.

**Dr. Persin:**  
 610-866-0466

**Dr. Bartelt:**  
 484-526-7910

**Moravian Nurses**

Come down and enjoy the Moravian Nurses!

They will be in the Senior Center every Tuesday from 9am –12pm.





## CHAPLAIN BILL'S CHAT!

TO THE FAMILY OF MORAVIAN HOUSES

I have some questions for you to think about. You do not need to answer them in writing and hopefully we all realize how fortunate we all are. In the last period of time our lives have truly been changed. Fortunately, we will all survive in a positive way. My first question is. Do you still have your apartment to live in? Do you have sufficient heat comfort? Do you have sufficient food and medicine? Do you have great management support under the present circumstances as usual? Do you feel safe in your facility? Can you communicate with others by phone or electronically? Please think about these questions so we can realize how fortunate we truly are during these challenging times. I know that I am very fortunate as well and my biggest challenge currently is not being with you either in my office, in the community room programs, in the Senior center particularly at lunch time and finally in the hallways, lobbies and laundry rooms. HOW BLESSED WE ARE! Thank you, Chaplain Bill,

How has your salvation in Christ changed you regardless of when this occurred or if it has not occurred yet, please think about. Some things to think about may be the Fruit of the Spirit, which might include being more joyful, more patient, and being more kind in your daily happenings. These things that we are speaking of are truly expressions of our whole personality. We would like to encourage you all to become more like Christ. Salvation does not mean that we are simply given a pass into God's kingdom. We cannot bring our old, offensive self into God's presence. Indeed, salvation is an ongoing process. Yes, Christ's work on the Cross is once and for all, but the Holy Spirit continues to make us presentable before our heavenly Father. Our salvation in Christ influences how we relate to others. We care about them as our brothers and sisters in the Lord. For those who aren't, we want them to experience the same liberation and freedom from sin and the same absorbing love God that God has given us in Jesus. And only through the power of the Holy Spirit which resurrected Jesus, can we truly behave in these ways. Let us pray! May God the Father prepare your journey, Jesus the Son guide your footsteps, The Spirit of Life strengthen your body, The Three in one watch over you on every road that you may follow. Amen!

**RELIGIOUS ACTIVITIES**

**CHURCH SERVICE:** Fridays at 9:45 In the Senior Center

**BIBLE STUDY:** every Monday at 9:45 in the Senior Center Feel Free to come and join us! We have great discussions and you only read if you want to.

**ROSARY SERVICES:** Tuesdays @ 1:00

**CHOIR PRACTICE:** Weds. @ 2:30 pm

**BINGO!**

With Cash Prizes

**Thursdays @ 6:00**  
**Hosted by: The Tenants Assoc.**

**Tenants Thursday  
Supper Menu**

**(4:00pm – 6:00pm)**  
**Bingo Starts at 6:00 p.m.**  
**Everyone is Welcome to Play**

**Weekly Hot Dog meal**  
**\$2.50**

**Each Week they will provide  
something different for the  
cost of \$3.50**

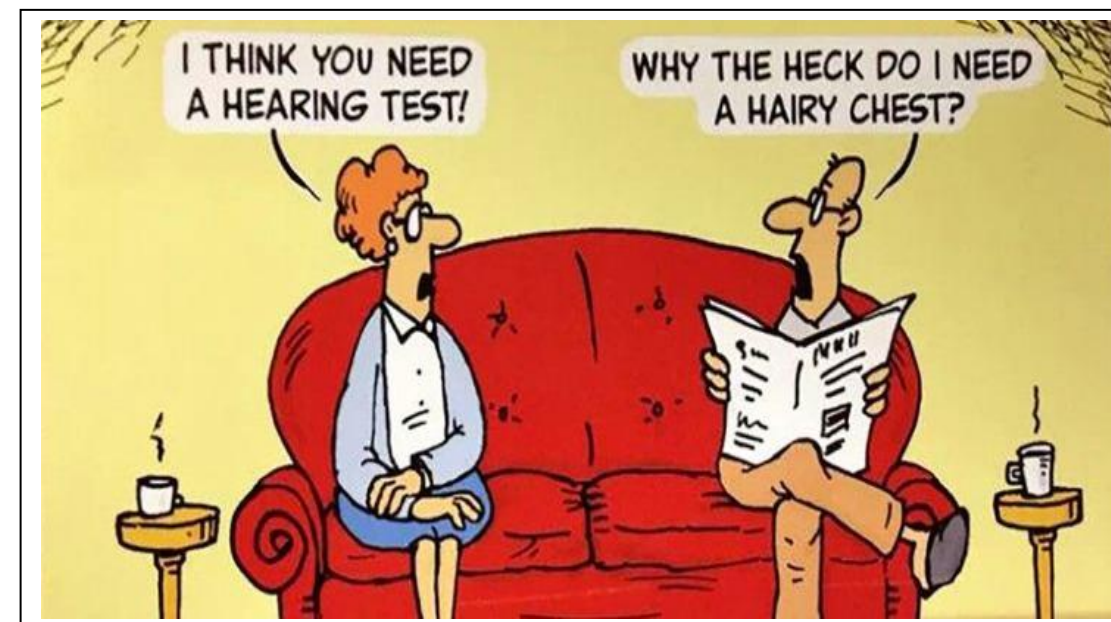
**All dinners include a drink  
and a bag of chips.**

**SECOND HARVEST**  
Second Harvest delivery schedule will be on the **FIRST** Thursday of the month from 11:00am – 12:00pm  
If you are interested in signing up for Second Harvest, bring proof of income and photo ID on the delivery days and fill out an application. If you cannot pick up your boxes, please let Zuheydy know in the Senior Center.



**CENTRAL MORAVIAN FOOD BAGS**

The food bags are delivered on the **4<sup>th</sup>** Thursday of the month at 12:00pm in the Senior Center. If you are interested in signing up for the food bags, please see Zuheydy For an application.



### Lab-Work Wednesday, March 1<sup>st</sup> 15<sup>th</sup> 29<sup>th</sup>

Lehigh Valley Health Network will be drawing blood in the health check office in Bldg.1 starting at 7:30 am. It is first come first served, and the lab technician will be leaving when they finish with the last client signed in. Please try to be there by 7:30 am and remember to sign-in. They will not wait for anyone.

### TENANT ASSOCIATION ACTIVITIES

**Tenants Association Meeting TBA**  
**Mon/Wed/Fri – 3:00 pm: Shuffleboard**  
**Thursdays – 6:00pm Bingo**  
**We need Officers for this year's board. If interested, please contact Dolly W.**