

Be Kind  
Be Thoughtful  
Be Genuine  
But most of all  
Be Thankful

When asked if  
my cup is half  
full or half  
empty my only  
response is  
that I am  
Thankful I have  
a cup

Never regret  
being a good  
person, to the  
wrong people.  
Your behavior  
says everything  
about you, and  
their behavior  
says enough  
about them

## ❖ What's Happening!!

- ❖ 12/1-12/23: Live Advent Calendar  
5:30-6pm @ Bethlehem Visitor Center on Main St
- ❖ Weekends in December until 12/17: Christkindlmarkt  
Opens at 10:00 AM @ PNC Plaza at the SteekStacks
- ❖ Thursdays-Sundays until 12/24: Christmas City Village  
11:00AM-8:00PM Thursday-Saturday, 11:00AM-4:00PM  
Sunday  
(The huts along Main St)
- ❖ Throughout December: Horse drawn Carriage Rides  
Tickets purchased @ [historicbethlehem.org](http://historicbethlehem.org) or at the  
Historic Bethlehem Visitor's Center on Main St
- ❖ 12/30-12/31: Peepsfest  
3:00PM-6:00PM at the SteelStacks  
Chick drops at 5:30pm

## Thank You To Our Veterans!



# Moravian Messenger

December 2023



Moravian House Apartments  
737 Main Street  
Bethlehem, PA 18018  
Phone: 610-691-8409  
Fax: 670-936-9379



## Manager's Memo

### Annual Unit Inspections

All houses are now complete! Thank you to all our Moravian House Tenants for being understanding and flexible with your time and space during our annual inspections.

### Thanksgiving Meal

Another Thanksgiving meal prepared and distributed by Moravian House Staff & Family was a success! We hope you all enjoy this wonderful tradition as much as we do! This year we made approximately 100 Thanksgiving To-Go meals.

### House Rules

By now everyone should have received a notice on their apartment door to stop at the office within their building and sign for the new House Rules which will become effective January 1, 2024.

### 2024 Social Security Award Letters

When you receive your 2024 Social Security Award Letter in the mail, please bring it to the management office so we can place a copy of it in your file. Thank you!

### Moravian House I Fob Entry System

Management has signed a contract to replace the broken panel that works the front and back doors of Moravian House I. The contracted company has the new panel on expedited order. Management is hoping to have the new panel installed ASAP.

### Office Hours for Christmas

Moravian House Offices will be closing early on December 20<sup>th</sup> for our Annual Staff Holiday Party.

Moravian House Office & Senior Center will be closing early December 21<sup>st</sup> and closed December 22<sup>nd</sup> through January 1<sup>st</sup>. We will resume normal business hours on Tuesday January 2<sup>nd</sup> at 9am.

**Moravian House Management wishes a Blessed  
Holiday to all Moravian House Friends and Family!**

**“And the angel  
answered her,  
“The Holy Spirit  
will come upon  
you, and the  
power of the  
Most High will  
overshadow you;  
therefore the  
child to be born  
will be called  
holy—the Son of  
God” –  
Luke 1:35**

**“For God so loved  
the world, that he  
gave his only  
begotten Son, that  
whosoever  
believeth in him  
should not perish  
but have  
everlasting life”—  
John 3:16**

**“A merry heart  
does good, like  
medicine, but a  
broke spirit dries  
the bones”—  
Proverbs 17:22**



## RELIGIOUS ACTIVITIES

Bible Study-Wednesdays at 6:00pm  
Rosary Tuesdays at 10:00 am  
Church Service at 9:55 Fridays

“Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour”- John Boswell

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.” – Oprah Winfrey

“Our hearts grow tender with childhood memories and love of kindred, and we are better throughout the year for having, in spirit, become a child agai at Christmas-time”—Laura Ingalls Wilder

“Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.”—Benjamin Franklin

## Tenants’ Association

Saturday Dec. 2<sup>nd</sup> - RTO Orchestra at 2:00pm

Sunday Dec 10<sup>th</sup> Moravian Choir at 3:15

Tenants Association Meeting December 15<sup>th</sup> at 6pm

Saturday December 16<sup>th</sup> International Singer at 7pm

Sunday December 17<sup>th</sup> Christmas Party at 4:00 pm

## B.I.N.G.O

Thurs. @ 6:00 pm hosted by The Tenants’ Association  
Everyone is welcome to join the FUN!

## Health Network Lab-Work

December 6 & December 20

Health Network Lab draws blood in the HealthCheck office in Bldg. I at 7:30am. It is first come, first served. The Lab Technician will be leaving when they finish with the last client signed in. Please be there by 7:30am to sign-in. They will NOT wait for anyone. Please have your script for the bloodwork ready, and make sure you have followed the the instructions on the lab slip.



## DOCTORS’ VISITS

For appointments, call the doctors’ offices directly.

*Dr. Bartelt: 484-526-7910*

*Dr. Bentzinger: 610-865-1380*

*Dr. Proctor: 610-437-9343*

## 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 Zuheidy. If there are items in the bag that you do not want, please bring them to the Free Table in the Senior Center.

**Do not leave them in common areas!  
Do not leave them in common areas!**

## MANICURES

Manicure appointments can be made by calling Michelle at 484-951-0524



## MEN & WOMENS HAIRCUTS

Quick Cuts by Joel Call for Appointments.  
610-984-4156

## PODIATRY APPOINTMENTS

Dr. Bentzinger: (610) 865-1380  
Dr. Proctor: (610)-437-9343  
**To make an appointment, call his office directly.**  
*Accepting new patients.*

## **HAPPY HOLIDAYS !**

It's the holiday season! Time for joy. Time for cheer. Time for stress?! Possibly feeling of loss or remembering Christmases of the past. Holiday blues can happen. Symptoms can include insomnia, headaches, restlessness, boredom and a general feeling of sadness. But, it doesn't have to be like this. There are ways to help get through this season and enjoy it for what it is.

- 1) Acknowledge how you are feeling! Do you find yourself feeling down; dreading "the holidays," wishing the day was over? Remember it is one day. Try to understand your feelings and realize that you can get through the day and maybe you have to do things "differently" than you have done before.
- 2) Stop creating an "ideal Christmas" in your head. The "Norman Rockwell Christmas" are images in your head. There is no perfect Christmas. If you try to reproduce what you think it should be like, you may disappoint yourself. Don't over commit yourself to something unrealistic. It may be time to make new Christmas memories.
- 3) Change some Christmas traditions around. Invite friends over and watch Christmas movies – "White Christmas," "It's a Wonderful Life," "Miracle on 34<sup>th</sup> Street," "How the Grinch Stole Christmas," or "Home Alone," to name a few. Have munchies or a potluck dinner.
- 4) Do things you can enjoy for Christmas. Decorating, making cookies, making a cup of hot cocoa or egg nogg.
- 5) Help someone else who may need a friend. It may take so much off your mind.
- 6) Don't isolate yourself. You think this may help, but it won't. Surround yourself with people you care about and who make you feel good.
- 7) Reconnect spiritually if need be. It may help you understand your motivations, relationships, and life.
- 8) Don't overeat during the holidays. Everything in moderation. Yes, eat different things you normally wouldn't eat, but you don't have to overeat every day.

- 1) Don't forget to exercise! Don't forget to move. It doesn't mean you have to walk a marathon, it could just mean moving your arms around, or sit in a chair and move your legs.
- 2) Don't put yourself in situations that you know are going to be stressful, uncomfortable or make you feel bad about yourself. You may just choose not to be with a family member that causes you to feel that way. Do something different. Be with friends who make you feel good. If you are with a friend that makes you feel not so great, why are you still with that person?!
- 3) We know that there are things we can do to help us feel better emotionally and physically. Eat foods that are healthy for you. If you are not sure what that is, ask. Laugh often! Practice being optimistic, not pessimistic. Learn something new every day. Everyday ask yourself these questions:
  - A) What am I looking forward to tomorrow?
  - B) What made me laugh today?
  - C) What action(s) did I take to nurture my physical body today?
  - D) How did I learn today? What did I learn today? (Depak Chopra)

You can control how you will respond to things. Whether it's Christmas/Holiday time, any holiday, getting through winter, whatever it may be. You are not alone.

Happy Holidays!!  
Kristel and Virgen



### **Moravian House 1**

Elizabeth D. 2/3  
Yolanda D. 12/4  
Gisela B. 12/6  
Bernadine S. 12/10  
Kelly M. 12/12  
Gwendolyn M. 12/14  
Candida S. 12/15  
Kathryn M. 12/19  
Beatrice R. 12/30  
Liveria J. 12/30

### **DECEMBER BIRTHDAYS**

#### **Moravian House 2**

Manuel E. 12/3  
Robert B. 12/8  
Pamela M. 12/26  
Mary B. 12/30  
Curtis P. 12/31

#### **Moravian House 3**

Lois K. 12/25

#### **Moravian House 4**

James H. 12/8

