

What ailment do dads get in October? They get rakes and pains.

Why is October the best month to play a joke on a leaf? Because they fall for anything

What's the best type of joke to tell to an oak tree in October? Acorn-y joke

Why do birds fly south in October? Because it is too far to walk

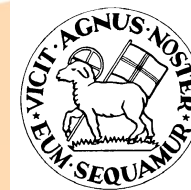
MEDITATION What is Meditation? How do I meditate? I can't just sit there and think of nothing. My mind is going all over the place! Is it like Hypnosis? So, these are a few questions that have been asked of me about Meditation. First, it is not hypnosis. Secondly, anyone can meditate. Meditation is a practice that involves focusing your mind to achieve a state of calm and of clarity. It is a technique that you hone the more you do it. When you meditate, you pay attention to your breath and learn to redirect your thoughts. You remain present in the moment not thinking about what comes next, but where you are right now. Why should you meditate? For many reasons, but to name a few: 1) It lowers your stress level. It can help you feel calmer and more relaxed. 2) It reduces brain chatter in your mind and helps clear the mental clutter that sometimes hangs out in your brain. 3) It enhances emotional health by improving your mood and outlook on life. Increases feeling more positive 4) It boosts your body's immunity by strengthening your immune system and helps your body to resist illness and recover more quickly. 5) It allows you to better cope with challenges and setbacks in life. (Mindful, healthy mind, healthy life)

How do I meditate? 1) Take a seat in a quiet place with your feet touching the floor and hands in your lap. 2) Close your eyes and begin to focus your breathing – inhale through your nose and exhale through your mouth at least three times. 3) Be aware of your body and how each part of you feels. 4) If your mind wanders, just gently bring it back to the present moment. You may even think something like, "Be present in this moment." 5) How much time you want to meditate is up to you. You can meditate for 10 minutes or longer. When you are done, open your eyes and be aware of how you feel both emotionally and physically. (Mindful, healthy mind, healthy life) Some people develop a practice of meditating every day. Do what is best for you! There is a lot information out there to read in books, articles, Google, etc., and many apps that you can download onto your phone. If you are interested, there are two meditation classes that are offered here – Mondays at 1:30pm in the Chapel and Tuesdays at 1:30pm in Building III second floor solarium. If you are interested, just attend. If you would rather just meditate on your own, that is great. Just know you have options, and the end result is the benefits for you! Namaste,

Kristel

Moravian Messenger

October 2024



BUILDING #1- 737 MAIN STREET
P: 610-691-8409 F: 610-936-9379
BUILDING #2- 701 MAIN STREET
P: 610-861-0717 F: 610-866-6236
BUILDING #3- 133 WEST UNION BOULEVARD
P: 610-691-3808 F: 610-936-9275
BUILDING #4- 70 WEST NORTH STREET



Things happening in the Lehigh Valley this Fall!!!

Bethlehem Oktoberfest @ SteelStacks- October 4/6 & October 11-13 (Fridays 5-10PM, Saturdays 12-10PM)

Bethlehem Halloween Parade- October 27 at 2PM on West Broad & Main St

Harvest Fest- October 12 from 12-5pm on Main St

Autumn Adventure Basket Social- October 14 @ Lehigh Valley Active Life- 1633 W. Elm St, Allentown. Doors open @12, Raffle starts at 2:15

What did the ground say when October arrived? What a re-leaf.

Why are trees in such a good mood in October? Because that is the month that they let loose.

Why was the ghost passed out on October 31st? He was really into the boos!



MHI

Kathryn G- 10/1
 Gloria H- 10/3
 Mary M- 10/4
 Donna L- 10/5
 Terry C- 10/7
 Chiron J- 10/8
 John G- 10/10
 Edwin R- 10/12
 Linda L- 10/20
 Gregory C- 10/21
 Susan M- 10/23
 Rennie L- 10/30
 Cindy C- 10/31

MHII

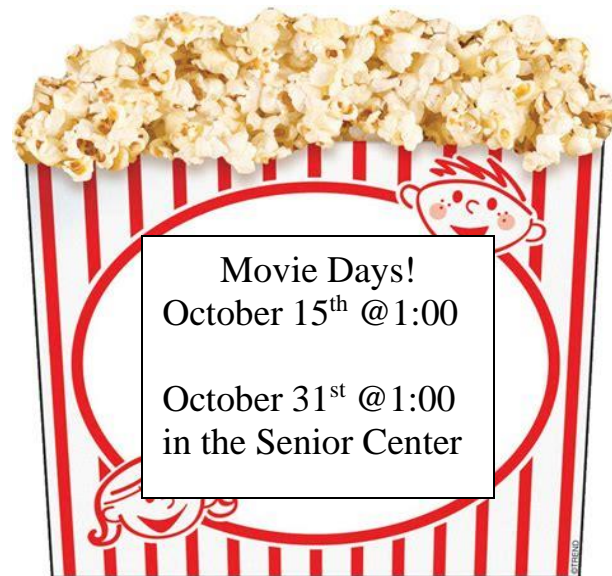
Gregory D- 10/1
 Matthew M- 10/4
 Justine T- 10/5
 Mary R- 10/7
 Eric P- 10/13
 Jeffrey K- 10/14
 Felicita R- 10/14
 Ronald L- 10/14
 Tracy H- 10/15
 Gerald C- 10/20
 Sandra A- 10/24
 Constance D- 10/25

MHIII

Brian G- 10/2
 Lisa P- 10/9
 Mary B- 10/11
 Sheldon L- 10/12
 Richard P- 10/13
 Gale B- 10/28

MHIV

Matthew P- 10/5



Movie Days!
 October 15th @ 1:00
 October 31st @ 1:00
 in the Senior Center

Religious Activities
 Rosary:
 Wednesdays at 10:00 in the Chapel
 Bible Study:
 Tuesdays at 5:00 (Felicita)
 Wednesdays at 2:00 (Ian)
 In the Chapel

Tenants Association

Saturday October 5th – 1:00 Baseball – SC

Thursday Meals 4:00- 5:00pm

Oct 3 – Pork BBQ / Hot Dog

Oct 10 – Hamburgers / Hot Dog

Oct 17 – Grilled Chicken Sandwich/ Hot Dog

Oct 18 - Monthly Meeting 6:00pm

Oct 24 - Walking Taco / Hot Dog

Oct 31- Hamburger BBQ / Hot Dog



Manager's Memo October 2024

MHI Hallway Floors

This is an ongoing project throughout 2024. Management and staff want to thank our Tenants in advance for their cooperation and understanding during this time.

Inspections

Management has started the annual inspections for each building. MHI will be starting in November. **If you have a pet** and would like to schedule an appointment, please contact Kathy at 610-861-0717 ext. 126 or Jessica at 610-691-3808 ext.131. All appointments will be held on **November 26th**.

Say Something

Management wants to remind all our Tenants to report pests in your apartment so we can have them treated. MOST pests besides the common fruit flies, lady bugs, etc. need to be professionally exterminated. There is no need to be embarrassed or ashamed – Management is here to help you care for the problem.

Renter's Insurance

If anyone is interested in obtaining renter's insurance or learning more about it, please come to the office in your building and get a brochure for "ERenterPlan". They also have a website where you will put in your zip code and then choose the Moravian House that you live in to get an accurate quote: www.erenterplan.com. There are many affordable options to fit your needs. Moravian House is not affiliated with "ERenterPlan" in any way.

2025 Social Security Award Letters

In October the Social Security Administration will be releasing the 2025 Social Security COLA increase and the new amount you will pay for Medicare. Once you receive your 2025 award letter in the mail, please bring to the office in your building so we can make a copy for your file. **Section 8 and Moravian House 3 Tenants only**

Pets

Please remember that staying in compliance with your lease means keeping your pet's vaccine records up to date with the office in your building. All Tenants who have a pet are required to keep them up to date on their vaccines and provide the office with a copy of their records.

MEN & WOMENS HAIRCUTS

To schedule appointment, call Joiel directly at 610-984-4165.

Please wash your hair prior to appointment.



If you need to cancel your appointment kindly call ahead of time so that someone else can take your spot.

Flu & Shingles Clinic With Giant Pharmacy

October 16th in the Senior Center

You will receive a letter with the time you are scheduled for the shot you chose.

NO WALK INS

WALK-IN CLINIC IN HEALTHCHECK

Health Network Lab draws blood in the Healthcheck office in Bldg. 1 at 7:30am. It is first come first served.

The lab Technician will be leaving when 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 instructions on the lab slip.



SECOND HARVEST

Second Harvest delivery schedule will be on the **FIRST** Thursday of the month from 12:00 – 2:00

If you are interested in signing up for Second Harvest, please see Zuheydi in the Senior Center.

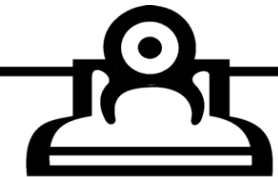
There is currently a Waiting List, so if you are signed up and no longer need the delivery, please see Zuheydi to be removed.



CENTRAL MORAVIAN FOOD BAGS

The food bags are delivered on the 4th Wednesday of the month from 12:00 – 2:00 in the Senior Center. If you are interested in signing up for the food bags, please see Zuheydi. If there are items in the bag that you do not want, please put them in the free table in the Senior Center.

Do not leave them in common areas!



PODIATRY APPOINTMENTS

Dr. Proctor

610-437-9343

**For appointments, call
the Doctor's office
directly.**

B.I.N.G.O With cash prizes

Thurs. @ 6:00 pm hosted by
The Tenants Association

MANICURES

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



