

“Remember,
being happy
doesn’t mean
you have it all.
It simply
means you’re
thankful for all
you have.

“It is not
happy people
who are
thankful, it is
Thankful
people who
are Happy.”



Calling all crafters!!!

Its that time again! The Craft Bazaar

Rent a table for 10.00 and sell your crafts/goodies,

Now is a great time to get your loved ones gifts.
for the holidays.

There will be hot food being sold for \$5.00 a meal!

Look for the flyers with the finalized food menu for
that day.

Hope to see you there!

Date: December 12th

Time: 11:00

Location: Senior Center

Sign up with Zuheidy For a table.

Moravian Messenger

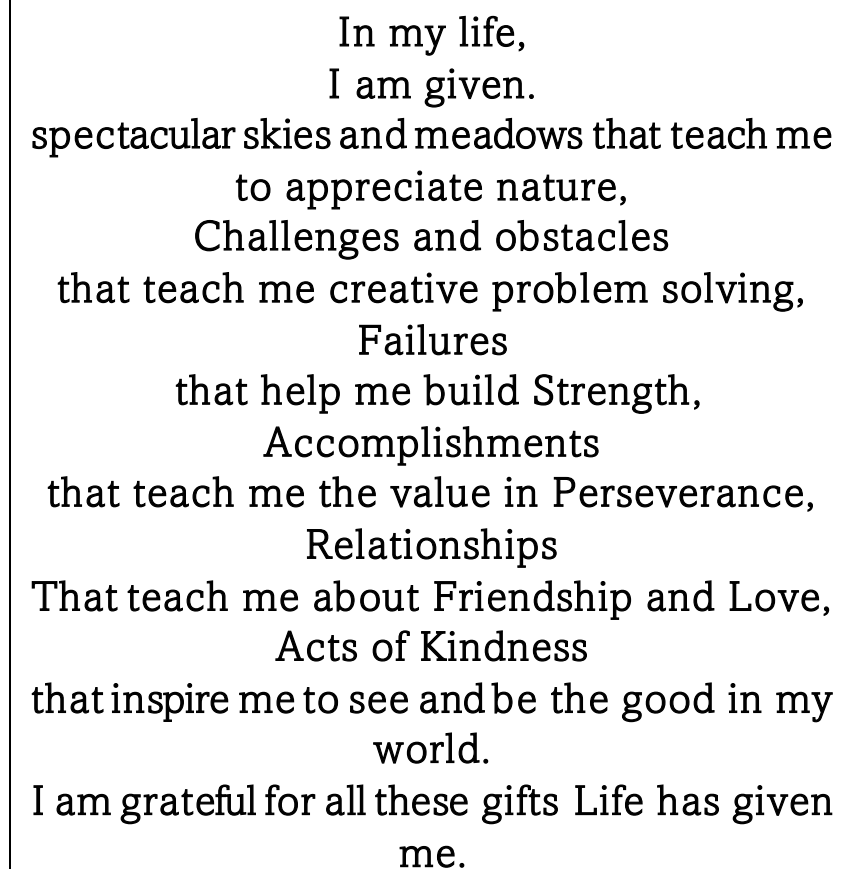
November 2025



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



THANKFUL & GRATEFUL



In my life,
I am given.
spectacular skies and meadows that teach me
to appreciate nature,
Challenges and obstacles
that teach me creative problem solving,
Failures
that help me build Strength,
Accomplishments
that teach me the value in Perseverance,
Relationships
That teach me about Friendship and Love,
Acts of Kindness
that inspire me to see and be the good in my
world.
I am grateful for all these gifts Life has given
me.

November 11th
**Ornament
Making! @12**

November 13th
**Funnel Cake
Sale!
@12**

November 20th
**Covid / RSV
Clinic**

December 12th
**SC Craft
Bazaar
Tables: \$10.00**



Happy birthday! Happy birthday! Happy birthday! Happy birthday!

Moravian House I

- Shirley T- 11/3
- Christine H- 11/5
- Timothy F- 11/5
- Kathleen C- 11/11
- Marlene F- 11/12
- Maria R- 11/15
- Neil P- 11/15
- Sara C- 11/16
- Lewis E- 11/16
- Patricia F-11/17
- Irene G- 11/21
- Ryan W- 11/23
- Alexander W- 11/23
- Veronica R- 11/27
- Kristine W- 11/27

Moravian House II

- Sonia H- 11/11
- Louis L- 11/13
- Paula S- 11/20
- Mentha H- 11/22

Moravian House III

- Mary R- 11/4
- William D- 11/21

Moravian House IV

- Michelle R- 11/8



Happy birthday! Happy birthday!

MANICURES



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



MEN & WOMENS HAIRCUTS

Quick Cuts by Joiel
Call for appointment.
610-984-4165

PODIATRY APPOINTMENTS

Dr. Proctor: 610-437-9343

For an appointment, call office directly.
accepting new patients.

B.I.N.G.O

Thurs. @ 5:00 pm

hosted by
The Tenants Association
Everyone is welcome to
join
the FUN!



CENTRAL MORAVIAN FOOD BAGS

The food bags are delivered on **November 19th** in the Senior Center. If you are interested in signing up for the food bags, please see Zuheidy in the Senior Center. If there are items in the bag that you do not want, please bring them down to the Senior Center.

Do not leave them in common areas!

Do not leave them in common

May your Stuffing be tasty,
May your turkey be plump,
May your potatoes n' gravy have nary a lump,
May your yams be delicious,
May your Thanksgiving Dinner stay off your thighs.



Dear Residents of Moravian Houses,

As many of you know, legislators in Washington, D.C. failed to pass a federal budget, resulting in a federal government shutdown. The Commonwealth of Pennsylvania has issued a notice stating that Supplemental Nutrition Assistance Program (SNAP) benefits will not be paid starting **November 1, 2025**, until the shutdown ends and funds are released to PA. SNAP recipients will be notified when payments can resume and will be informed of when to expect SNAP payments.

We understand that this change may create financial and food-related challenges for many of our residents. To help support our community, **Moravian Houses will be opening a Food Pantry** for residents who need supplemental groceries or household food assistance. The pantry will provide a variety of non-perishable items. Residents in need should contact management to set up an appointment to visit the pantry. We will do our best to ensure everyone who needs assistance has access to necessary food resources during this transition.

We appreciate you're understanding and cooperation as we work to support residents affected by this change. If you are willing and able, Moravian Houses will be accepting non-perishable food donations to help stock the pantry. Please drop off donations at the main office of your building.

Sincerely,

Michael A. Garganta
Vice President
Moravian Development Corp.

Holiday Health Tips for Seniors

As we approach yet another holiday season, we look forward to visiting family, giving/receiving gifts, and most importantly – FOOD!

While it is rare that families are serving healthy options for Thanksgiving or the other holidays celebrated in the States, it falls on the eater to make the right decision to avoid gaining weight. Unfortunately, the older one gets, the slower their metabolism works and the harder it gets to fight off the holiday pounds and other potential health hazards. High cholesterol, an increase in blood pressure and foods that can cause inflammation to joints are just some of the things to keep in mind, particularly for older adults.

-Below are 8 holiday health tips to help keep a balanced health plan during the holiday season:

1. Take a Walk after Large Meals

After large meals it is natural to want to rest or even catch in a nap. While sleep during the holidays is important, it has the potential to allow food to sit. As food sits, particularly carbs, it does not turn into energy for your body. Instead, it gets stored into fat cells.

2. Wash Hands Frequently

With family visiting from all over, they can carry all kinds of potentially harmful bacteria. To combat this, just remember to wash your hands.

3. Don't Drink Alcohol in Excess

Most alcohol is loaded with carbs and unnecessarily high calorie counts.

4. Drink Plenty of Water

Water helps flush out toxins and cleanse the body faster than any other drink because it contains replenishing electrolytes.

5. Try to Avoid eating Heavy Meals Late at Night

The earlier you eat the better the opportunity to burn off your meal.

6. Seek Flavoring Alternatives

Seek out more spices to substitute for the salt and butter. If you use butter for bread, try dipping it in gravy already on your plate or making a sandwich with what you already have chosen to eat.

7. Watch Your Carbohydrates

Watch how many bread rolls you take at the table. These will also fill you up faster and can increase your risk for overeating significantly. Carbohydrates also can cause inflammation of joints and muscles particularly along the spinal cord and back.

8. Keep a Regular Sleep Schedule

It is recommended for most adults to get at least 6 hours of sleep per night, but no more than 8.

Most importantly, ENJOY THE HOLIDAYS! The above are simply recommendations to assist in the good health you keep all year. If you think you can be healthier, than that may be a great New Year's Resolution.

Manager's Memo November 2025

Offices/Senior Center Closed

Moravian House offices and Senior Center will be closing early on Wednesday, November 26th and closed on Thursday and Friday, November 27th & 28th in observance of the Thanksgiving holiday. Happy Thanksgiving to all our Moravian House Friends and Family.

Welcome Raven!

Raven is the new secretary located in Moravian House I. Please welcome Raven with open arms and give her a warm Moravian House Welcome!

Annual Inspections

Annual Inspections are continuing with House 2 in November. Thank you to our tenants for being understanding and patient with us during this time. Please remember these important points for inspections:

Do NOT have personal items within 18 inches of all sprinkler heads.

Do NOT store any flammable or combustible items in or on top of your stove.

Management MUST be able to access BOTH windows to ensure they are functioning properly.

Thanksgiving To-Go Meals

Once again Moravian House staff will be cooking up a wonderful Thanksgiving Day Meal To-Go for our Tenants who need a homecooked meal. Please sign up in the office of the building you live in **no later than November 7th!**

Tip Line

Did you know that cockroaches and other household pests/rodents are attracted to pet food and pet feces? To help keep pests/rodents out do NOT leave your cat or dog food out all day. Instead maintain a couple supervised feedings throughout the day. This will also keep your animal healthy and will prevent them from heating any bacteria or anything left behind from pests/rodents. Also make sure to keep your litter box clean. Do not leave feces in the litter box for hours or days on end. Try to keep it clean as much as possible! More helpful tips coming your way each month....

MHI Hallway Floors

This is an ongoing project throughout 2025. Management just finished floor 8 which means we are halfway done! Thank you to our Tenants in advance for their cooperation and understanding during this time.

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.

