



Clearview Terrace Newsletter

October 2023

Greater Hanover Housing Corporation
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Hanover, PA 17331

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Maintenance Emergency Phone # 1-223-303-4282

Autumn Dreams

Grinning pumpkins, falling leaves,
Dancing scarecrows, twirling breeze,
Color, color everywhere,
Autumn dreams are in the air! Autumn is a woman growing old,
Ready to let what is dead go,
Her youthful radiance has faded, and that's sad,
But underneath she discovers a
spread of colors she didn't know she had. Little children screech and run,
Ghosts and goblins having fun,
Color, color everywhere,
Autumn dreams are in the air! Around her a kaleidoscope of leaves are whirling.
Deep within her visions stir of new life that will be,
A budding, a flowering, a promise unfurling.
Autumn is a woman growing old,
Ready to let what is dead go. Calico kittens, rain falling rat-a-tat-tat,
Big full moon, funny black cats,
Color, color everywhere,
Autumn dreams are in the air!

~ Mary Naylor





Happy Birthday!



October 7	Amos Laughman	Apt. 21
October 9	Nancy Miller	Apt. 34
October 14	Joy Bruno	Apt. 49
October 18	Cathy Lam	Apt. 33
October 19	Bruce Brown	Apt. 138
October 20	Jackie McGill	Apt. 39
October 25	Maureen Stover	Apt. 22
October 28	Donna Lawyer	Apt. 44
October 30	Bernice Rau	Apt. 46
October 30	Judy Bosley	Apt. 29
October 31	Mary Morgan	Apt. 135

OCTOBER BIRTHDAY PARTY

Our October birthday lunch will take place in the Clearview Terrace Community room on **Thursday, October 5 starting at 11:45 AM.**

Menu: Grilled Ham Steak, sweet potatoes, corn, dinner roll and dessert.

ALL residents are invited to share in our birthday celebration.
Remember if you have an October birthday, your lunch is FREE!

Please sign up in person at the office to get your blue door prize ticket.

Deadline for signing up will be Wednesday, October 4 at 2:00 PM.



First Energy Upgrades

Starting on Monday, October 30 and lasting until Friday, November 3, CLEARResult, a partner of Met Ed/First Energy will be visiting each apartment in Clearview Terrace I and II, and those in Clearview III that applied for an energy efficiency study.



Each day starting at 9:00 a.m. one of our staff members along with a team from CLEARResult will visit our apartments. They will check the energy efficiency of your refrigerator. If it is not energy efficient, the refrigerator will be replaced at a future date. They will also check light bulbs and replace them with LED light bulbs. They might also check to ensure that smart power strips are being used on computers. LED night lights will be offered to you as well. We will start with apartment 1 on Monday, October 30. I expect that they will be able to visit about twenty apartments each day. We will send out a phone call at the end of each day to alert you to our visit. The visits each day will end around 4:00 p.m.

This is a free service to you that will help us save on our energy bill and assure that your apartment has the most energy efficient refrigerator and lights. We appreciate your cooperation while we conduct this study. Please feel free to call the office if you have any questions.

Voluntary Water Restrictions

Considering the current weather conditions, with sporadic yet insufficient rainfall, the Borough of Hanover is implementing proactive measures to ensure the longevity of our water supply.

The Borough kindly requests your cooperation in voluntarily reducing water usage.

Here are some suggested conservation measures:

- ❖ Skip the car wash
- ❖ Run the washing machine less often
- ❖ Water your garden and flowers in the cooler evening and morning hours
- ❖ Repair household leaks (Call the Clearview Terrace office if you find a drip or leak)

Due to these current restrictions, power washing of buildings in Clearview Terrace is on hold.

Blessing of the Animals

Save the Date: Wednesday, October 4 at 3:00 in the courtyard by CT I community room. Bring your pet on a leash or in a carrier or bring a photo of your current or past pet. Reverend Carenda Baker will be here to bless your pet.

Here is a little background on this tradition. Oct. 4 is the feast day of St. Francis, patron saint of animals. Many churches celebrate by inviting our animal friends to be blessed. Regardless of your religious background, you may know a bit about St. Francis. He is the most popular Catholic saint in the world. St. Francis preached to the birds, blessed fish, talked to wild animals. St. Francis's message was to tell animals and humans about God's glories and all the reasons why both humans and animals should be grateful. Thus, Francis is the patron saint of animals and the environment.

Many Thanks

Join our staff in thanking the J. William Warehime Foundation for their generous monetary gift that allowed us to order six new benches. The green benches replace our old brown benches and should be safer and more comfortable for our residents. Enjoy the new benches!

Check Your Thermostat

Cooler weather is here and many of you will be turning your heat on if you have not already done so. This is the time to look at your thermostat to be sure it is working. Make sure the switch is turned to "Heat" (bottom right side of thermostat above the button on the right). You should see the temperature of the apartment on the screen (number on the left). The temperature you want to set the heat at must be higher than the room temperature. If there is no visible light coming from the thermostat, you might need new batteries. Either replace the batteries or call the office to request a work order.



Stink Bugs

It is the time of year that stink bugs search for shelter from the cold. You might find them seeking a sun bath by attaching to the outside of the siding on your apartment. They will also search for small cracks to enter inside a warm home. Stink bugs get their name from the unpleasant odor they produce when they are threatened. The smell has often been compared to strong herbs like cilantro and coriander.



The brown marmorated stink bug found in this area is oval shaped. They are nearly as wide as they are long. Their legs extend from the sides, so this makes the adult bugs look even bigger. Here is a picture of an adult stink bug. They have wings and antennae.

This type of stink bug cannot sting and is not likely to bite. It feeds on plants and likes everything from weeds to ornamental plants to crops (not the farmer's favorite friend). If you find a stink bug inside your apartment, DON'T crush it because it will release its odor. Carefully sweep them up and put them outside. If you vacuum them up, the smell could linger inside your vacuum cleaner. If you have an infestation of bugs, call the office to be placed on the exterminator list.

October Anniversary Dates - Happy Anniversary!

Name	Apt. #	Year
Teresa Falletta	9	2016
Donnie Lake	11	2016
Kathy Redding	14	2020
Chuck Ott	26	2021
Rose Mohr	31	2022
Pat Smith	35	2010
Katie Gentzler	40	2021
Joy Bruno	49	2009
Randy White	54	2020
Peggy Fogle	86	2014
Bob Harlacher	62	2013
Wanda Eline	63	2020
Carol Nelson	69	2021
Judith Ress	114	2021
Gloria Brown	129	2020

Some words to the wise...

Give thanks for what you are now and keep fighting for what you want to be tomorrow.
~Fernanda Miramontes-Landeros

Now that it is all over, what did you really do yesterday that's worth mentioning?
~Coleman Cox

You can tell more about a person by what he says about others than you can by what others say about him.
~Leo Aikman

Do what you can, with what you have, where you are.
~Theodore Roosevelt

The difference between ordinary and extraordinary is that little extra.
~Jimmy Johnson

The happiest people do not worry too much about whether life is fair or not, they just get on with it.
~Andrew Matthews

FROM THE OFFICE

Air Conditioner Covers for Apartments 51 to 112 (CT II)

Beginning in mid-October the maintenance crew will place the covers on the window air conditioner units of Clearview Terrace II (apartments 51 to 112).

If you do not wish to have a cover placed on the unit, call the office before October 12. After October, no covers will be placed on the AC units.



Clearview Terrace II Residents

Many of your apartments have a metal plate that is used to cover the opening in the wall where your air conditioner is located. You might not have a cover in your apartment because over the years we have lost many covers mostly because when tenants move out of the apartment, they or their families do not know what the metal plate is used for, and they throw it away!

If you keep your air conditioner in all year round and you are not using the metal plate to cover the opening, please call the office and we will visit to collect it. It will free up your storage space and avoid it from being lost or thrown away when you vacate your apartment.



Potential Van Trip

Staff are contemplating a van trip to Cob 51 in downtown Hanover in November. Cob 51 is an art studio for “make and take” projects of your choosing. Give feedback to Kathy if you think you might be interested in joining in the fun!

October Weather Proverb

- Much rain in October, much wind in December
- For every fog in October, a snow in the winter
- Full moon in October without frost, no frost till full moon in November

Condolences

Please extend condolences to one of our newest residents, Judy Strait in apt.27 on the passing of her daughter-in-law.



Fall Yard and Bake Sale

The semi-annual yard and bake sale will take place Oct. 18-20, 2023.

**** The last date for donating yard sale items is Tuesday, October 3.****

Reminder: There will be no activities in the community room from October 16 until October 20. We will gladly accept donations of baked goods that will be sold along with hot dogs, hot sausages and slider rolls. Please bring your baked good donations to the kitchen before noon on October 18. **We especially need individuals to make fudge to be sold at the Yard Sale. We are also accepting donations of water and soda (Diet Coke, Diet Pepsi, Pepsi, root beer). PLEASE call the office before buying soda to make sure we can tell you what type of soda we need.**

Sale for Special Customers! On Wednesday, October 18 from 2:00 p.m. until 3:30 p.m. the tenants and caregivers (sorry - no friends or family) of Clearview Terrace are invited to shop at the yard sale!

Quick and Easy Lunch Stop over to the community room on October 19 and 20 and buy hot dogs, smoked sausage, chicken salad sliders, chips, red beet eggs or macaroni salad from our kitchen. We will have picnic tables set up outside so you can enjoy a picnic lunch. The kitchen is open at 8:30 a.m.



Yard Sale Menu – note some minor changes to pricing

Hot Dog	\$1.75
Hot Dog/Sausage Toppings (Relish, Onion, Sauerkraut, Chili)	.25¢ Per Topping
Sausage	\$1.75
Chicken Salad Sliders	\$2.00
Macaroni Salad	\$1.50
Red Beet Eggs (2)	\$1.50
Chips	.50¢
Beverage	.50¢

NEW Value Meal: Sandwich, chips and macaroni salad or red beets = \$3.50

Strong Workers Needed – Attention Residents!

We need your help on Monday, October 16 at 8:00 a.m. to help carry boxes of yard sale items from the storage closet into the community room. We also need you on Friday, October 20 at 1:00 p.m. to help pack and carry the leftover items to a truck that will take them away. It will only take about two hours, but we desperately need your help.

Bea Auchey's Peanut Butter Fudge Recipe

Ingredients: 2 cups sugar, ½ cup canned milk, ¼ stick butter, 1 teaspoon vanilla, 3 heaping tablespoon marshmallow and 3 tablespoon (silver-ware size, not measuring cup) peanut butter.

Heat and stir sugar, milk, and butter until boiling. Then continue to stir and boil for 3 minutes. Take off the heat. Add vanilla, marshmallow, and peanut butter. Mix well, pour into dish and cool.

Clearview Terrace is a Smoke Free property.

Thank you for not smoking and for letting your guests know we are a
Smoke Free property.



EQUAL HOUSING OPPORTUNITY

We do not discriminate against any person because of race, color, religion, sex, handicap, familial status, marital status, or national origin.



October Mini-Trip
Clearview Terrace Apartments
Hollabaugh's Market

Friday, October 27, 2023

9:45 am - 12:00 pm



TRIP INFORMATION

- ❖ The trip is open to the first 14 people who respond.
- ❖ If we exceed 14, tenants may drive on their own.
- ❖ Shopping available at the market. Lunch will follow.
- ❖ Tenants responsible for their lunch.
- ❖ Please call the office to register – 717-632-8081.
- ❖ **Registration Deadline: Wednesday, October 25, 2023.**

Last Month at a Glance

Resident Council members, both past and present, were offered a free lunch to say thanks for their service to our community at Clearview Terrace. Rich Clark, Jerry Ball, Janet McIntyre, Mary Morgan, Lin Lippy, Anne Hufnagle, Steve Curren, Joy Bruno, Marty Wiles and Maria Law were recognized.

We thank the representative from WFX for their time and effort in checking all 140 plus fire extinguishers here at Clearview Terrace. We thank the pharmacy staff from Weis Markets on Carlisle Street for their time and effort in providing flu shots for residents and staff.

Forty residents participated in our September birthday lunch and enjoyed the free lunch and group games. We celebrated three birthdays in the courtyard by the CT I community room on September 18.

Twenty residents traveled to Sight and Sound Theatre in Lancaster, PA on September 20 to enjoy the show "Moses" and then to Yoder's Family Restaurant for a lunch buffet. Everyone had a great time.

Please extend congratulations to Lenny Laughman, our maintenance supervisor, who is celebrating 21 years of service to Clearview Terrace.

We thank our yard sale volunteers who have been working hard to price and sort the many donated items in preparation for our fall yard sale.

Power washing of buildings has been going on as part of our efforts to maintain the beauty of our property. While this work takes place, ALL residents are reminded of their responsibility to sweep their porch and stairwells on a regular basis, as they are able, to assist us in keeping our property look as nice as possible. Power washing will be on hold until water restrictions are lifted.



The Effects of a Good Friendship

Good friends can lift our moods, increase our self-love, avoid feelings of loneliness, keep us motivated and provide support. Cherish friendships and those you can lean on in good times and bad.

Source: Spring 2023 edition of Cross Keys Village magazine.

Fire Prevention Week 2023 ----- October 8-14, 2023



P.A.S.S.

Do you know what the acronym PASS stands for?



Clearview Terrace provides a fire extinguisher in your apartment and in the community areas. Here are some simple steps using the acronym "PASS" on how to use your extinguisher:

First you must twist off the plastic tie that holds the pin in place.

Then you:

- **P**ull the pin (round, metal loop at top)
 - **A**im the hose
 - **S**queeze top handle and
 - **S**weep (back and forth at the **base** of the fire)
- If the fire is in your trash can, smother it with something to get the fire out.
 - If the fire is on your stove, aim the fire extinguisher at the range hood and let it deflect the extinguishing material to the fire; do not aim at the stove itself.



Other Safety Tips:

Smoke Alarms – Working smoke alarms cut the risk of dying in a home fire in half; test smoke alarms at least once a month using the test button (have a family member do it if you are not able).

Cooking – cooking is the leading cause of home fires and home fire injuries; the leading cause is unattended cooking – stay in your kitchen when preparing food in your oven or on your stove.

Heating – heating equipment is one of the leading causes of home fires during the winter; space heaters are usually the type of heaters that cause the most fires; keep anything that can burn 3 feet from any heating equipment.

Mobility Scooter Safety

Here are a few commonsense things to remember when using your mobility scooter at Clearview Terrace and the surrounding neighborhoods.

1. As a mobility scooter or powerchair driver, you are exempt from rules and regulations that are applicable to vehicles. However, safety is still important, and you should keep in mind that while you are not considered a vehicle, you are considered a pedestrian and should always drive with both safety and courtesy in mind.
2. Wear a safety vest with reflective tape so you can easily be seen by pedestrians and drivers.
3. Use slow speed when you are on Clearview Terrace sidewalks. This will prevent you from running into someone who steps in your path.
4. Consider putting a safety color flag at the top of a pole on your scooter. Again, this will help people see you coming when you are hidden from their sight by other vehicles.
5. If you must use your scooter during dark hours, find a light to attach to your scooter to make it easier for people to see you.

Common Q & A about scooters:

1. Do I need a license to operate a mobility scooter?

Nope! An operator's license is not required to operate a mobility scooter.

2. Is there a minimum driving age?

Anyone at any age can operate a mobility scooter!

3. Do I need to register my mobility scooter?

Because mobility scooters are not considered to be vehicles, you do not need to register your mobility scooter.

4. Do I need to insure my mobility scooter?

Just like registration, you are not required to insure your mobility scooter.

However, if you are interested in ensuring your mobility scooter or powerchair, liability and physical damages are normally included in your home/renters insurance policy. Contact your insurance provider for specifics.

5. Do I need to wear a helmet?

Since they are categorized differently from motorcycles, electric bikes and scooters and bicycles, you are not required to wear a helmet when riding a mobility scooter. However, you may want to consider wearing one if you are going to encounter uneven terrain.



Some Common Sense First Aid Advice

Living in a senior community sometimes presents some unique situations. Chances are that you will encounter someone who has a medical emergency. First thing you need to do is recognize the emergency. Look, listen and smell for unusual things. For example, your neighbor who always gets up at the crack of dawn, still has their blinds closed at 9 a.m. Or maybe you smell the odor of natural gas. Or you hear glass breaking or the muffled sound of someone calling for help. Or something more obvious; a neighbor who is lying on the sidewalk!



Follow the three C rules: Check, Call, Care



Check the Scene– first check the scene to make sure it is safe for you to approach the person. An example of an unsafe scene might be the person’s dog that is growling and showing their teeth. You could be bitten if you get too close. If the scene is safe, then check the person for injuries or illness.

Call 911. If the person has a life-threatening injury or illness or you are not sure what to do, call 911. It is common for the injured person to tell you not to call for help, but you don’t have to have their permission to call 911. When the emergency personnel arrive on the scene, they will check the person, care for them, and sometimes recommend a trip to the hospital. The injured or ill person can refuse to go. Then the ambulance staff will have them sign a release form.

Care for the Person – If you have first aid or CPR training, you can care for the person until emergency personnel arrive and take over. If you don’t know what to do, the 911 operator will give you step-by-step instructions on how to keep the person safe and comfortable until help arrives.

Remember your three Cs – **Check** the scene and victim, **Call** 911 if you find life threatening emergency and **Care** for the victim. You can do a lot to help someone.

Thanks for being a good Samaritan!



Updated List of Tenant Phone Numbers

In the November newsletter, we would like to include a list of tenants, their apartment number and phone number. If you have changed your phone number recently, please notify the office of your new number. If you **DO NOT** want some or all of this information published in the newsletter, please contact the office before **Thursday, October 12**.

If we did not publish your number in last year's list, we will not publish it this year unless you give us permission to do so or if you moved in this year and requested that we keep your number private, we will not publish it unless you give us permission.

Did you change your phone number?

Residents who make a change to their phone number or have a phone number disconnected should contact the office so we can keep our phone numbers updated. This is particularly important for our 'One Call Now' system which we use for our group phone calls.

Emergency Contact Information

Every year we update each tenant's emergency contact information. This form is used by Clearview Terrace staff to contact your family if you have an emergency or to give to emergency medical personnel if they need to contact your family. Please complete the form found on the back of this newsletter and drop it off at the office as soon as possible. This form has been very helpful when a tenant becomes ill or is not answering their door or phone, and we had to reach a family member. Thank you for helping us to provide better service to you! Contact information remains confidential.

Overnight Guests – information for ALL residents

Your Tenant Handbook explains that if you have overnight guests for more than two nights, you need to notify the office, identify the person, and provide make and license of their care. Many residents don't read any further in this part of your handbook. The next paragraph states that "a stay of more than ten days within a calendar year by another person(s) should be discussed with the manager." This includes, for example, a person who spends one night every week. If they have stayed more than ten days in the calendar year, please discuss this with management. They could have overstayed their welcome

Faster Response Time for Ambulance

If you become ill or injured in your apartment and need to call 911, please let the EMS dispatcher know if you cannot open your door and let them know if your door is locked. If your apartment door is locked, they can get a key to your apartment from our KNOX Box. The KNOX Box is situated outside the office and can only be opened by career fire and EMS personnel. This allows for a rapid, non-destructive entrance to your apartment.

Letting the 911 dispatcher know that your door is locked will save time. When the ambulance arrives at Clearview Terrace, they will first get the key and then respond to your apartment. It will save a lot of time and extra suffering while you wait for the ambulance or fire team to go back to the office to open the box and get our key.



Hud Re-certification Procedures - CT I and II residents only



Residents in CT I and II who participate in the HUD re-certification process should note we are continuing the procedure we started at the beginning of the pandemic. When your apartment is inspected, you will receive a worksheet to be completed that will provide information on income, assets, and medical expenses; all the items used in calculating your rent. You are to complete the worksheet and provide your Social Security benefit amount letter, information on assets (name of bank and 6 months bank statements) and ALL receipts for medical expenses you paid for in the last year and were not reimbursed for from the vendor. **That information is to be handed in to the office ONE week prior to your re-certification meeting.** Tenants are welcome to bring their own pen for signing the necessary papers for their re-certification.



“A strong mind always hopes and always has cause to hope.” Thomas Carlyle

“Think of all the beauty still left around you and be happy.” Anne Frank

“Happiness is when what you think, what you say and what you do are in harmony.”
Mahatma Gandhi

THINGS TO DO

Grocery Store Visits - 9:00 am



October 3	Walmart
October 10	Myers' Meat Market*
October 17	Aldi
October 24	Dollar Tree
October 31	Weis Markets

*You probably noticed a new store on our schedule. We will be going to Myers' Meat Market in Midway on October 10. We have had several people ask about visiting this store.

Subs, Pretzel Sandwiches and Pretzel Sale –

Benefits all the residents of Clearview Terrace Apartments.

Our next sale will be: **Wednesday, October 25**

All orders due to the office by: **Tuesday, October 17**



2023 Halloween costume lunch and parade – Tuesday, Oct. 31

All are invited to join us for some Halloween fun on Tuesday, October 31 as we dress up for Halloween and enjoy lunch catered by Railside.

The menu will be Baked Sausage, Baked Beans, Tater Tots, and Dinner Roll. Sign up by Monday, Oct. 30 at 2:00 pm. Those of you signing up for a take-out lunch can dress up as well!



If you dress up, your lunch is FREE. We have had a request to have tenants decorate walkers, scooters, and canes to add to the holiday spirit. Stroll along our private street before or after lunch to show off your decorated mobility device.

Hanover Borough Trick or Treat Night

Residents interested in handing out treats on Tuesday, October 24 during the Borough trick or treat night can do so along Randolph St. from 6:00 – 8:00 pm. Dress up in your Halloween garb and hand out as many treats as you are willing. Take a chair or blanket with you to enjoy the cool, fall weather and take part in Trick or Treat night.

Resident Council

Resident Council will meet Monday, October 2 at 10:00 am in the CT II community room.

Coffee and Donuts

All residents can join in our monthly coffee and donuts session on Monday, October 9 at 10:00 am in the CT I community room. Come find out about the latest news and happenings at Clearview Terrace.



ALL mail correspondence – please include your apartment number. We have all seen the substitute mail carriers filling in for Donna when she is out. The substitute carriers do not know tenant's apartment numbers the way Donna does. Please communicate to organizations and magazine publishers your FULL address which should include your apartment number. Even if the organization or mailer you are receiving is “junk” mail, it still needs a FULL address. If you see a red number on your mail, the carrier will not deliver it to you because it did not have an apartment number on it.



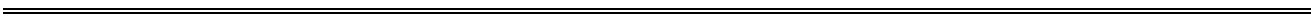
Pumpkin Search

Fall 2023

NAME _____ Apt. # _____

How many pumpkins did you find that look like the one to the left?

Include this pumpkin in your count. Happy counting!



Wellness 2023

VNA Wellness Checks

Tuesday, October 10, 2023 (2nd Tuesday)

Benefits all the residents of Clearview Terrace Apartments and is FREE!



Locations: **CT III** **10:00 AM**
 CT II **10:30 AM**
 CT I **11:00 AM (community room due to Yard Sale)**

Medicare Annual Open Enrollment Period

October 15 through December 7

The APPRISE Program at the Area Agency on Aging will be offering one-to-one assistance by pre-scheduled appointments only during the upcoming Annual Enrollment.

To schedule an appointment, call the APPRISE Scheduling Line at (717) 771-9042.

Stay tuned for more information on Open Enrollment in the November newsletter.

SNAP and EBT

The produce stand at the Markets at Hanover on Broadway is now accepting SNAP and EBT. The produce stand is open Thursday and Friday 9-7 and Saturday 8-4.

UPMC Presentation

Mark your calendar for **Tuesday, October 10 at 12:30 PM** to meet in the CT I community room for our last UPMC presentation of the calendar year. Our topic will be Emergency Preparedness – best practices, planning and available resources. No one thinks an emergency will happen to them; we see on the news every day areas affected by flooding, tornadoes, etc... It could happen to you, be ready. Sign up in the office.

Emergency Information Form

(Effective: October 2023)
Resident of Clearview Terrace Apartments

(Please return this form to the Clearview Terrace Office)

Tenant Name _____ Apt. # _____ Current Age _____

Emergency Contact Person _____

Relationship to Tenant _____

Contact Person's Address _____

Home Phone Number _____

Work Phone Number _____

Cell Phone Number _____

Alternate Emergency Contact Person _____

Relationship to Tenant _____

Contact Person's Address _____

Home Phone Number _____

Work Phone Number _____

Cell Phone Number _____

Tenant's Physician _____

Physician's Phone Number _____

If necessary, do you have any medical problems that we can share with emergency medical services? If so, please list them on the line below:

THE FUNNY PAGE



SENIORS TEXTING CODE:

ATD: At The Doctors
BFF: Best Friend Fell,
BTW: Bring the Wheelchair,
BYOT: Bring Your Own Teeth,
FWIW: Forgot Where I Was,
GGPBL: Gotta Go Pacemaker Battery Low,
GHA: Got Heartburn Again,
IMHO: Is My Hearing-Aid On,
LMDO: Laughing My Dentures Out,
OMMR: On My Massage Recliner,
OMSG: Oh My! Sorry, Gas,
ROFLACGU: Rolling On Floor Laughing And
Can't Get Up
TTYL: Talk To You Louder.










"I'M JUST SAYING, IF OUR INCOME IS 'FIXED', HOW COME WE'RE 'BROKE'?"



Just days before her 62nd birthday, Brenda has a senior moment.

October 2023 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CT I rented 12:00 -7:00	2 Resident Council CT II 10:00 AM	3 9:00 AM Walmart Yard Sale volunteers 12:30 pm LAST day for Yard Sale donations	4 BINGO 1:00 PM Blessing of the Animals 3:00 PM CT I Courtyard Deadline for b-day lunch 2:00 PM	5 Birthday Party CT I Community Room 11:45 a.m.	6 BINGO 1:00 PM	7 Bible Study 9 AM 
8 Fire Prevention Week	9 Coffee and Donuts CT I 10:00 AM	10 9:00 AM Myers' Meat Market* Blood Pressure Screening 10:00 – 10:30 AM in CT III 10:30 – 11:00 AM in CT II 11:00 – 11:30 AM in CT I UPMC Presentation 12:30 PM	11 Exterminator Visits BINGO 1:00 PM	12 Bowling 9:30 AM	13 Office closed today BINGO 1:00 PM	14 Bible Study 9 AM
15	16 Yard Sale set up 8:00 AM CT I NO activities and NO lunches this week	17 9:00 AM Aldi Sub Orders Are Due Today!	18 Tenant ONLY yard sale 2:00 – 3:30 PM	19 Yard Sale 8:00 – 2:00	20 Yard Sale 8:00 – 2:00 Kitchen closes at 1:00 PM	21 Bible Study 9 AM
22	23	24 9:00 AM Dollar Tree Volunteers make Sub Packs 1:00 PM Trick or Treat 6:00 – 8:00 PM 	25 BINGO 1:00 PM Exterminator Visits Sub Sale 8:00 AM  Board of Directors Mtg. 3:30 PM	26	27 BINGO 2:00 PM Note time change Van trip to Hollabaugh's Depart 9:45 AM	28 Bible Study 9 AM 
29 	30 Book Club 3:00 PM CT I	31 9:00 AM Weis Markets Halloween Costume Lunch – dress up at lunch, decorate canes, walkers, and scooters 	 	Banking Dates and Times: Mondays 9:00 – 9:30 Wednesdays 12:15 – 12:45 Fridays 9:00 – 9:30 Fridays 12:15 – 12:45	 	

October 2023 Lunch Meals – catered by Railside Restaurant

Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday
1 	2	3 Baked Chicken Pot Pie Cucumber Slaw Dinner Roll	4	5 No takeout lunches today! Birthday Lunch Grilled Ham Steak Sweet Potatoes Corn, Dinner Roll & Dessert	6	7
8	9	10 Chicken & Gravy over Waffles Glazed Carrots Cookie	11	12 Salisbury Steak Steak Fries Peas and Dinner Roll	13	14
15	16	17 NO Lunch – Yard Sale	18	19 NO Lunch – Yard Sale	20	21
22	23	24 Ham & Cheese Hoagie Macaroni Salad Brownie	25	26 Hot Turkey Sandwich Lima Beans Cole Slaw	27	28
29	30	31 Halloween Costume Lunch Baked Sausage Baked Beans Tater Tots Dinner Roll				

Lunches are available to eat in or carry-out on Tuesdays and Thursdays in the CT I Community Room at 11:45 am.

Everyone is invited to purchase lunches. Call before 2:00 p.m. on the day before lunch is served to reserve a meal. The cost for tenants is \$2.50 to eat in and \$4.00 to carry out and is paid when you come to lunch. Remember to plan your schedule carefully. If you reserve a lunch, but cannot attend, you will be charged the full price of \$5.00 for the meal.

Please invite friends or relatives to join you for only \$6.00.

FYI – The Chef has the right to substitute sides.