



# Terrace Talk

Friday, March 6th to Friday, March 13th

*From Molly's Desk:*

\*Please note the water will be off Friday morning from 8:30am-10:30am.  
We apologize for any inconvenience\*

Welcome to Mary Allen, the newest member of the housekeeping team! Mary will primarily be working on the 3rd and 4th floor. Prior to this role, she worked in housekeeping in the Health Care Center. Mary grew up in East Allentown and now lives in Orefield with her husband. When she isn't working she enjoys reading, gardening and spending time with her granddaughter. Please be sure to say hello if you pass her the hall.

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## **An Invitation**

To all of the Residents and Guests of Phoebe Terrace,

Please join us in the 5th floor lounge to help us put our puzzles together. It is relaxing and rewarding to see the finished picture!

See you there!

Jackie Lare

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## **A Very Happy Birthday to...**



- ◆ March 7<sup>th</sup> Althea Sell
- ◆ March 11<sup>th</sup> Patricia Dooley
- ◆ March 14<sup>th</sup> Gladys Lerch
- ◆ March 22<sup>nd</sup> Mae Clay
- ◆ March 28<sup>th</sup> Regina Grzeszkiewicz
- ◆ March 29<sup>th</sup> Anne Pentz
- ◆ March 31<sup>st</sup> Dolores Zimmerman





## Resident Updates

Joe Lepore — LVCC

### *Programming Highlights*

**Friday, March 6th**– Meet the bus to head over to the Allentown Farmer’s Market at 11:30am to stock up on Mink’s Candies or eat a delicious lunch at Dan’s BBQ! ~~Later that day the Cosgroves are back for part 3 of their Norman Rockwell series at Meet the Artist at 2:00pm in the social room!

**Saturday, March 7th**– Meet the bus at 6:45pm to head over to Beethoven’s Pastoral presented by Allentown symphony Orchestra at Miller Symphony Hall. We still have two complimentary tickets available to this fabulous show!

**Monday, March 8th**– Professor Joyce Conner is back with a brand new group of St. Luke’s Nursing students to help them learn more about the different challenges that seniors face both in health and their everyday lives. Head down to the lobby at 9:45am to enjoy a donut with the students and learn more about them.

**Wednesday, March 11th**– Allentown’s own Mayor Ray O’Connell has agreed to join us to give us an update on the state of the city. Please join us in the social room at 1:30pm to welcome him to the Terrace.

**Thursday, March 12th**- Start your day with a hot cup of coffee and a delicious donut at 9:00am in the lobby. ~~Later, join us at 2:00pm in the library as we discuss what in the world is going on at Current Events.

**Friday, March 13th**– Molly’s bombing the place! Head to the social room at 10:30am to learn how to make a shower bomb and enjoy some aromatherapy as you clean up. Angela of CHC will be there helping out and supplying some delicious treats!

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### **Did You Know?**

Friggatriskaidekaphobia or paraskavedekatriaphobia are both terms used when someone is afraid of Friday the 13th. Nearly 20 million Americans are affected by this.

Being afraid of the number 13 is called triskaidekaphobia.

Do you have triskaidekaphobia? You’ll be happy to know that the Terrace does not have a #13 apartment on any of the floors!





## **What About Wellness?**

### **Ways to Avoid Getting Sick**

**Wash your hands as much as you possibly can.** A good rule of thumb (no pun intended)? Each time you shake someone's hand, wash yours. But don't stop there—you want to lather up your hands as much as possible, says Mark Mengel, MD, chair of community and family medicine at Saint Louis University School of Medicine. Running lots of water over your hands will dilute any germs and send them down the drain, and soap will help slough off the germs quicker.

**Don't touch your face.** Your nose and your eyes are the most common places for germs to get into your body, so it's best to avoid touching your face at all (that goes doubly for biting your nails, where germs can live) says Dr. Mengel—at least not until you've washed your hands.

**Keep your distance from sick people.** This one might seem obvious, but it applies to more than just keeping a safe distance from sick strangers and colleagues—it pertains to keeping a wide berth to sick family and friends too, when possible, says Dr. Robertson. And if you do have to interact with people who are sick, make sure to be vigilant about washing your hands and not touching your face.

**Keep hand sanitizer on hand.** You know how washing your hands is good protection against cold and flu germs? Sometimes you just aren't near a sink with running water and soap—in those situations, keep sanitizing gel or alcohol-based hand wipes on you at all times. But, pro-tip: Read the label before you buy, says Dr. Robertson. Look for alcohol-based wipes and gels, which are more effective at killing germs than those without alcohol.

**Be wary of sharing food with others.** Double-dippers may be passing germs to those who eat after them, Dr. Mengel says, so maybe opt to steer clear of communal snacks—especially at your company's holiday party, when cold and flu season is in full swing. Also worth ditching: sharing drinks with anyone else—it's just not worth it.

**Think of ways to keep others healthy too.** Let's say, by some awful luck, you do get sick—when you have to cough and sneeze, do so into the crook of your elbow, not into your hands. Since your hands are a common source of germs, doing that will prevent them from spreading, Dr. Kulze says.

Adapted from health.com 2016



# Terrace Weekly Programming and Trips

## Friday, March 6<sup>th</sup> – Friday, March 13<sup>th</sup>

<b>FRIDAY, March 6<sup>th</sup></b>	<b>9:00am</b> <b>11:30am</b> <b>2:00pm</b>  * * * * *	<b>Exercise with Bayada (GR)</b> <b>Farmer's Market (B)</b> <b>Meet the Artist: Norman Rockwell Pt. III (SR)</b>
<b>SATURDAY, March 7<sup>th</sup></b>	<b>2:00pm</b> <b>6:45pm</b>  <b>7:30pm</b> * * * * *	<b>Bean Bags (GR)</b> <b>Miller Symphony Hall: ASO Classics presents Beethoven's Pastoral (B)</b> <b>Board Games (GR)</b>
<b>SUNDAY, March 8<sup>th</sup></b>	<b>2:15pm</b> <b>7:30pm</b> * * * * *	<b>Worship Service (MH)</b> <b>Wii Bowling (GR)</b>
<b>MONDAY, March 9<sup>th</sup></b>	<b>9:00am</b> <b>9:45am</b>  <b>1:30pm</b> <b>7:00pm</b> * * * * *	<b>Exercise with Bayada (GR)</b> <b>St. Luke's Nursing Students Meet &amp; Greet (L)</b> <b>Mindful Meditation (SR)</b> <b>Card Night (GR)</b>
<b>TUESDAY, March 10<sup>th</sup></b>	<b>9:00am</b> <b>9:15am</b> <b>10:00am</b> <b>1:00pm</b> <b>2:00pm</b> * * * * *	<b>Exercise with Bayada (GR)</b> <b>Weis Online w/ Beth (MR)</b> <b>Bible Study (DR)</b> <b>Exercise (GR)</b> <b>Resident Council (SR)</b>
<b>WEDNESDAY, March 11<sup>th</sup></b>	<b>9:00am</b> <b>10:30am</b> <b>1:30pm</b>  * * * * *	<b>Exercise with Bayada (GR)</b> <b>Bank/Giant Trip (B)</b> <b>Allentown Mayor Ray O'Connell Visits (SR)</b>
<b>THURSDAY, March 12<sup>th</sup></b>	<b>9:00am</b> <b>9:00am</b> <b>1:00pm</b> <b>2:00pm</b> <b>7:30pm</b> * * * * *	<b>Exercise with Bayada (GR)</b> <b>Coffee &amp; Donuts (L)</b> <b>Coloring (L)</b> <b>Current Events (L)</b> <b>Wii Bowling (GR)</b>
<b>FRIDAY, March 13<sup>th</sup></b>	<b>9:00am</b> <b>10:30am</b>  <b>2:00pm</b> <b>7:00pm</b>	<b>Exercise with Bayada (GR)</b> <b>Shower Bombs with Molly and Angela of CHC (SR)</b> <b>The Gessies ♪ (L)</b> <b>Ladies Night (L)</b>