

Terrace Talk

Friday, April 26th – Friday, May 3rd 2024

Daniella's Desk

Hi Everyone!

Did you know that you can nominate a Terrace staff member for Phoebe's employee of the month award? We have a monthly Faith in Action award that is presented to employees that exemplify the values that Phoebe holds dear:

Accountability, Compassion, Ethical Conduct, Integrity, Respect, Stewardship and the Fruits of the Spirit.

There are a few days left to nominate a staff member for the April Faith in Action Employee of the Month. The value this month is Respect.

Respect: Recognizing professional and personal boundaries, Phoebe Ministries honors each individual's self-worth. Phoebe fosters an environment where each and every individual feels welcomed, valued and appreciated.

Examples: Value and understand the roles of others, dignity, show appreciation

If you know someone who exemplifies this value, please consider nominating them. Nomination forms can be found across from the Terrace elevators on the first floor.

Terrace Housekeeping Olympics



**Please join the Terrace
in a fun filled event
“Housekeeping Olympics”
Friday, April 26th 1:30pm Lobby
Teams:
Housekeeping “Blueberries”
Dining “Spoodles”
Office “Pink Ladies”**

Games:

Toilet Paper Toss, Bed Making, Housekeeping Relay, Flatware Rollups, Paperclip chain & Blindfold Relay.

Thank you - s



Many thanks and hugs to all those who sent me such pretty cards and good wishes for my 95th birthday. God Bless you all 😊

Gloria

P.S. Thanks to the kitchen ~ the lobster hit the spot!



Bud's Movie Corner

Cinderella Man

PG-13 2h 24m

Movie viewing: Monday April 29th 1:00pm Social Room

The true story of James J. Braddock, a supposedly washed-up boxer, who returned to the spotlight to win the heavyweight championship of the world.

Dining News



Due to the events on Friday, April 26th and Friday, May 3rd the dining room will be closed for lunch. Soup is still available for sale for \$3.00.

Please note: Pub Night Wednesday drink will now be on Thirsty Thursday Evenings.

~ Bonnie



Pat Swavely	May 02
Robert Stuber	May 02
Robert (Bob) Henry	May 02
Yvonne Romig	May 05
Ann Reed	May 08
Ed Ahlum	May 09
Michael Huffman	May 16
Jeanette Roth	May 26
Shirley McCormick	May 30

Tuesday, May 7th 11:00am

Social Room

Melissa from Bayada will be at the Terrace to discuss Blood Pressure awareness and take residents blood pressure. If you have a blood pressure device and need assistance, please bring it down and Melissa can assist you with it.

Blood pressure
A risk factor for heart attack and stroke

Heart Foundation

When your heart beats it pumps blood around your body. As the blood moves it pushes against the sides of blood vessels called arteries. The strength of this pushing is your blood pressure

Most people don't know if they have high blood pressure as often there are no symptoms. The only way to find out is to get it checked

HIGH blood pressure

also called hypertension, puts too much force on your artery walls. Over time this can lead to damaged arteries and increase your risk of heart attack and stroke

62% OF PEOPLE admitted to hospital with a heart attack have high blood pressure

it can also lead to problems with your eyes and kidneys

CHOICES YOU CAN MAKE TO LOWER RISK OF HEART ATTACK & STROKE

- Stop smoking
- Make heart healthy eating and drinking choices
- Move more
- Lose weight
- Take medications

Welcome Home



Please welcome our new residents:

Thomas Mugavero Apartment 420
Bonus Neighbor: Dog Baxter

Yvette Emmott Apartment 520
Images of our First Veterans

of the American Revolution

**Join Historical lecturer, reenactor and tour guide,
Mike Jesberger for a discussion on American History
Social Room**

May 2nd, 2024 at 3:00pm



Images of American Patriots who fought in the Revolutionary War are exceptionally rare because few of the Patriots of 1775-1783 lived until the dawn of practical photography in the early 1840s.

If you are lucky to see one, you stare back. It takes a moment for the truth to sink in. This is not another Civil War veteran. We have seen hundreds of photographs of those men, Confederate and Union, posed stiffly or lying dead in the fields of battle. This is something else. This is a photograph of a man who fought the British in the Revolutionary War, something very few Americans have seen.

Join historical lecturer and tour guide, Michael Jesberger, for a lecture discussing these early photographs – known as daguerreotypes, and are camera-original, fully-identified photographs of veterans of the American Revolutionary War.

Pastoral Care



Rev. Chera Wertz is open to suggestions from residents. Please contact her by phone (610)794-5279 or by email cwertz@phoebe.org.

May Schedule

Bible study first and fourth Tuesdays of the month 1030 in the rec room

Worship service 2nd and 4th Friday of the month at 1PM, Communion on the 4th Friday in Social Room

Grief support 3rd Monday of the month at 1PM in Social Room

Book Study/Movie Study discussion (faith based) 4th Monday of the month at 1030 in the Social Room (this may change as last Monday in May Memorial Day)

Street Closures



The St. Luke's Half Marathon is this Sunday, April 28th!

There will be some road closures during the marathon. Race begins at 8:00am at the corner of 18th and Linden Street just behind William Allene High School. It is suggested that you allow a few extra minutes if you are traveling in the vicinity of the racecourse. If you would like a copy of the racecourse it is located at the front desk.

Fitness Classes

Bodyworks – (Focus: strength, core, cardio.) This 40-minute seated or standing full body workout includes a gentle head to toe warm up, cardio, strength, core exercises using bodyweight, dumbbells, bands, balls, and floor slides and ends with a cool down and stretches. This class is for beginners, intermediate and advanced exercisers. Bonus: Learn how to group juggle! Tuesdays and Thursdays 9:30 AM in the Fitness Center.

Seated Slipper Camp- (Focus: strength, core, cardio.) If you are ready for boot camp, no problem. Need to ease back into exercise? This is the class for you. A 35-minute seated class using dumbbells, balls, bands, and floor slides. Tuesdays at 1:00PM in the Fitness Center.

Men's Gym – (Focus: Setting fitness goals and following a workout plan.) New to the fitness center? Do you want to work on specific fitness goals? Leg/ arm strength? Cardio? Come down to the Fitness Center and meet with Kari to set your goals and workout plan. Thursdays at 10:30 AM in the Fitness Center

Get -A -Grip (Focus: Improving pinch, crush, and support grip strength) This 30-minute class will focus on improving your grip strength using tennis balls, playdough, clothes pins, rubber bands and dumbbells. Improving your grip strength is correlated to an improvement in quality of life, greater independence, cognitive and physical health. Thursdays at 11:30 AM in the Fitness Center

Continued.....

Fun Fitness Friday (Focus:40 minutes of fun activities, exercises and games for mind and body.) Relay games, bean bag toss, in the chair line dances, Simon Says, group juggling, balloon volleyball, pool noodle exercise, pool noodle ball and balloon games. Fridays at 9:30 in the Fitness Center

Better Balance – (Focus: Balance, Agility, Stability)

Balance is the ability to stay upright or stay in control of body movement. This 30-minute class will help you learn standing body balance techniques to improve your balance. This class can be done behind a chair or on a walker. We will also practice walking techniques in the hallway using the railing. Agility is the ability to change direction quickly while maintaining balance. We will practice seated and standing agility drills using an agility ladder and floor dots. Stability is our ability to remain balanced and is critical for proper exercise form and safe completion of daily tasks. Fridays at 10:15 AM in the Fitness Center

Spring Stroll (Focus Walking) Join Kari for a 15–30-minute outdoor walk (Weather permitting). Thursdays 2:00PM Meet in the lobby.

In the Chair Line Dancing- (Focus: seated dancing) Grab your dancing shoes and have a seat. This 30-minute seated class will get your heart pumping! Using choreographed dance moves set to your favorite songs! Two left feet? No problem, just use your arms! Tuesdays at 2PM starting May 21.

All classes are posted on the outside of the gym door and available in the gym room. If you have any questions, please contact Kari at (610)794-6005 or email Kdougan@phoebe.org

Programming Highlights

Monday, April 29th

~Join Debbie with Prized BINGO in the Rec Room at 12:00pm.

~Afternoon 1:00pm (Social Room) Movie Viewing “Cinderella Man” PG13 2h 24m

The true story of James J. Braddock, a supposedly washed-up boxer, who returned to the spotlight to win the heavyweight championship of the world.



Tuesday, April 30th

~ Happy Hour in the Lobby for Terrace Residents 3:00pm – 5:00pm. Come on down and enjoy your Terrace neighbors!

Wednesday, May 1st

~Afternoon 2:00pm movie viewing “Enola Holmes” 2005 PG13 2h 24m While searching for her missing mother, intrepid teen Enola Holmes uses her sleuthing skills to outsmart big brother Sherlock and help a runaway lord.



Thursday, May 2nd

~ 3:00pm Historian Mike Jesberger will be in the Social Room discussing “Images of our First Veterans of the American Revolution”.



Friday, May 3rd

~ Ahead of Cinco de Mayo, we will have Walking Tacos available for residents. Come down to the Lobby and grab a bag!





Terrace Weekly Programming and Trips
Friday, April 26th – Friday, May 3rd, 2024

Friday, April 26th

- 9:30am HasFit (G)
- 1:30pm Housekeeping Olympics (L)

SATURDAY, April 27th

- 1:00pm Rummikub (RR)
- 7:00pm Board Games with Friends (RR)

SUNDAY, April 28th

- 1:00pm Card Games and Conversation (RR)
- 7:30pm Bean Bag Toss and Games (RR)

MONDAY, April 29th

- 9:30am HasFit Exercise (G)
- 12:00pm Bingo with Debbie (RR)
- 1:00pm “This Little Group” (Needlework) (5th fl lounge)
- 1:00pm Afternoon Movie Viewing:
“Cinderella Man” PG13 2h 24m (SR)
- 7:30pm Card Games (RR)

TUESDAY, April 30th

- 9:30am Bodyworks with Kari (G)
- 1:00pm Slipper Camp Exercise with Kari (G)
- 1:00pm Sewing Group (RR)
- 1:00pm Pinochle (L)

WEDNESDAY, May 1st

- 9:00am Chair Yoga with Sara (G)
- 10:30am Trip: Weis Food Store & Wells Fargo Bank (Sign Up)
- 11:30am Trip: Weis Food Store (Sign Up)
- 2:00pm Afternoon Movie Viewing:
“Enola Holmes” 2005 PG13 2h 24m (SR)

THURSDAY, May 2nd

- 9:30am Bodyworks with Kari (G)
- 10:30am Gentleman’s Gym Time (G)
- 11:30am Get a Grip Exercise with Kari (G)
- 1:00pm Pinochle (RR)
- 2:00pm Spring Stroll (L)
- 3:00pm Historian Mike Jesberger
Topic “Images of our First Veterans of the American Revolution” (SR)
- 7:30pm Wii Bowling (RR)

Thirsty Thursday Drink: Manhattan

Friday, May 3rd

- 9:30am Fun Fitness Friday with Kari (G)
- 10:15am B.A.S. with Kari (G)
- 11:00am-2:00pm Trip: Lehigh Valley Mall / Boscov’s (Sign Up)
- 11:30am-12:30pm Pre-Cinco de Mayo Walking Taco’s (L)

(DR) Dining Room	(RR) Rec Room	(FD) Front Desk
(L) Lobby	(B) Bus	(Lb) Library
(G) Gym	(SR) Social Room	(P) Patio