

Abiding Hope

Lori J. Witmer, Director of Spiritual Care

As we build a harmonious community, God's joy and hope give us strength as we discover the ancient words designed to bring us wholeness (Nehemiah 8:10). Our attentiveness to one another nurtures the human spirit providing a safe place to thrive. One common denominator that joins us together is innovative service. This servant posture allows us to effectively share God's love and abiding hope.

Abiding hope often shows up unexpected in the physical presence of a caring friend who provides a sensitive presence and a listening ear. Sometimes, it is an embracing hug when tears are shed and no words are found. At times, strength is gathered from the physical supportive hand on one's back.

Hope is an assuring presence that sits with another person waiting for a new day to dawn. It is like a gentle light in a darkened room making all within it become apparent and visible. It guides to wise decisions and necessary conversations. Hope comes in the form of a neighbor who shows up to help fix a leaking pipe, or the caregiver who offers a sherbet, or something to eat when we are famished.

Hope is found in another's smile that lifts the anxious furrowed brow. I have seen hope dispel tension and anxiety from a room with the lightness of good humor, a chuckle or even a hearty laugh. Laughter brings healing to our bodies because it relieves anxiety. "Kind words are like honey –sweet to the soul and healthy for the body" (Proverbs 16:24 NLT). Words of assurance and comfort given at the appropriate moment open the avenue for healing.

Abiding hope is contagious joy that spreads throughout the neighborhood as one person interacts lovingly with another. Hope creates energy that carries us through difficult moments. It helps lift our feet and step a little lighter on this sacred ground we are privileged to walk. It is hospitality at its finest. Hope is like a good cup of coffee or tea sipped in the café with friends gathered around a table. At this table, there is always one more space for another to join in the conversation.

In our service to one another, I offer the following prayer which teaches me about God's abiding hope.

"Make me a channel of your peace. Where there is hatred, let me bring your love; where there is injury, your pardon, Lord; and where there's doubt, true faith in you. Master, grant that I may never seek so much to be consoled as to console, to be understood as to understand, to be loved as to love with all my soul. Make me a channel of your peace. Where there's despair in life, let me bring hope; where there is darkness, let me bring your light; and where there's sadness, ever joy. Make me a channel of your peace. It is in pardoning that we are pardoned; in giving to all people, we receive, and in dying that we're born to eternal life" (The Prayer of St. Francis of Assisi).

Abiding hope opens the creative door of our minds to imagine new possibilities. To imagine what is not yet but what could be...if only we might follow the Light that guided the Magi (Matthew 2:1-12). They found Immanuel, the Christ child (Matthew 1:23). Immanuel, God with us, continues to abide with us!

Community Movie Nights

MOVIES IN OUR COMMUNITIES



Renaissance Movie Night @ Chambers Pointe

Join us for Renaissance Movie Night on **Friday, January 13** at **6:30 p.m.** in the **Renaissance Club Room** at Chambers Pointe. Our feature presentation will be *The Young Messiah*. Experience the story of Jesus Christ at age seven as he and his family depart Egypt to return home to Nazareth. Told from his childhood perspective, it follows young Jesus as he grows into his religious identity. (Approximate running time is 1 hr. 51 min., PG-13, 2016) [For more information, contact Shayla Scott @ 261-4000.]

Northgate Movie Night

Northgate movie night will be on **January 11** at **7:00 p.m.** in the Multi-purpose room at Northgate, featuring the 1951 film "Showboat". When it comes to music on the Mississippi river, the Cotton Blossom Showboat is the place to go. The musical main attraction, Ava Gardner, and her husband are suddenly forced to leave the show so Cotton Blossom's owner, Joe E. Brown and his daughter, Kathryn Grayson, take center stage. She soon falls in love with roguish Howard Keel but all does not go well.

WORSHIP OPPORTUNITIES

Catholic Mass is held in both our Brookview and Chambers Pointe Chapels each month.

The Brookview Mass is held on the first Thursday of each month at 1:30 p.m. in the Brookview Chapel. The next Brookview Mass is scheduled for **Thursday, January 5.**

The Chambers Pointe Mass is held on the first Wednesday of each month at 1:30 p.m. in the Chambers Pointe Chapel. The next Chambers Pointe Mass is scheduled for **Wednesday, January 4.**

Rosary is held in both our Brookview and Chambers Pointe Chapels each month. Rosaries will be provided for those who do not have their own.

Brookview Rosary is held every Tuesday at 9:15 a.m. in the Brookview Chapel

Chambers Pointe Rosary is held every Friday at 9:30 a.m. in the Chambers Pointe Chapel.

Lutheran Communion is held in the Brookview Chapel the second Tuesday of every month at 1:30 p.m. The next communion will be held on **Tuesday, January 10.**

Community Opportunities

UPCOMING TRIPS:

NOTE: Reservations for Life Enrichment trips will be taken by the Life Enrichment office organizing the specific trip, regardless of which community you live on. The Life Enrichment office and phone number for making reservations will be indicated for each trip.

Attention Chambers Pointe Cottage & Renaissance Residents:

We no longer have a notebook containing upcoming events for reservations. Please check out the bulletin board located across the hall from the Life Enrichment office on the Garden Level of the Manor building for a posting of reservation sheets and flyers. You may also still call the Chambers Pointe Life Enrichment office to make your reservations via telephone by calling in-house ext. 2015 or outside direct line 261-4000. (Please note: The postings on the bulletin board right outside the office contain reservation sheets for Personal Care residents who live in the Manor building.) If you have any questions, please don't hesitate to stop by or call! Thank you.

Opportunities to Visit the Pennsylvania Farm Show!

Chambers Pointe Cottage & Renaissance:

Chambers Pointe Cottage & Renaissance Residents will have two opportunities to visit the Pennsylvania Farm Show! Transportation will be provided on **Monday, January 9** and on **Wednesday, January 11** with departure from the bus stops at 8:30 a.m. both days. Approximate return time both days will be 3:00 p.m. Residents will be responsible for the cost of their lunch and any other purchases they make. Sign up on the reservation board across from the Life Enrichment office or call the Chambers Pointe Life Enrichment office at in-house ext. 2015 or 261-4000.

Chambers Pointe Manor Residents:

Chambers Pointe Manor Residents (Personal Care) will have a chance to visit the Pennsylvania Farm Show on **Wednesday, January 11** departing at 8:30 a.m. Then we'll enjoy a lunch out at 12:00 pm with an approximate return home by 4:00 p.m. Please be aware that there will be lots of walking involved. If you are interested in this trip, please contact Chambers Pointe Life Enrichment staff or add your name to the reservation sheet located on the bulletin board right outside the Life Enrichment office.

Independent Living Residents

January 10, Pennsylvania Farm Show, Pennsylvania Farm Show Complex. Largest indoor agricultural exposition in the nation with nearly 6,000 animals, 10,000 competitive exhibits and 300 commercial exhibits. Agricultural goods for sale, food court. Free admission. Bus departs from Northgate at 8:00 AM, Brookview Chapel at 8:05 AM and Chambers Pointe Renaissance at 8:15 AM. Alternate date in case of bad weather is January 12. Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328

CLOTHING ALTERATION OPPORTUNITIES:

Lou Ann's Alterations – Held the first & third Tuesday of each month at the Brookview Community: This month she will be here on **Tuesdays, January 3 & 17** from **9:00-10:30 a.m.** in the Village Square Social Rec Room. Bring items that need minor repairs or altering and, unless otherwise stated, Lou Ann will return them at her next session. Fees will be determined by and are payable to Lou Ann Myers. *[For more information, contact Village Square Life Enrichment @ 261-2490.]*

Kathy's Alterations – Held the first & third Tuesday of each month at the Chambers Pointe Community: This month she will be here on **Tuesdays, January 3 & 17** at **2:30 p.m.** in the Garden Level Lounge of the Manor building. Bring items that need minor repairs or altering and, unless otherwise stated, Kathy will return them at her next session. Fees will be determined by & are payable to Kathy Weaber. *[For more information, contact Chambers Pointe Life Enrichment @ 261-4000.]*

Always check your calendars for any schedule changes, and if the program is canceled for any reason, it will be announced on Ch. 956.

Bookmobile at Menno Haven Communities

The Bookmobile stops at both the Chambers Pointe and Brookview communities. They are scheduled to be here on **Mondays, January 2, February 6, March 6, April 3, & May 1**. Be sure to mark your calendar so you don't miss their visit! Locations and times are as follows:

- Chambers Pointe Community – The drive between the Manor & Renaissance buildings from 9:45-10:30 a.m.
- Brookview Community - The drive in front of Village Square from 12:30-12:45 p.m. and at stop number 2 from 12:46-1:00 p.m.

Rose Bowl Party at Chambers Pointe

Chambers Pointe Cottage & Renaissance residents are invited to join Shayla in rooting for our favorite team in the big game on Monday, January 2, Penn State vs. USC! Game starts at 1:30 p.m. We'll watch on the flat screen TV in the Renaissance Club Room while enjoying light refreshments and beverages. Reserve your seat by signing up on the bulletin board located across from the Chambers Pointe Life Enrichment office or call us at in-house ext. 2015 or 261-4000.

Game Night: New at Chambers Pointe!

Starting on Monday, January 2 and continuing every other Monday from then on, residents are invited to Game Night at 7:00 p.m. in the Renaissance Dining Room. Feel free to bring your favorite board game or card game to play ... and we'll provide several options as well! Mingle with your friends and neighbors and make some new friends! Water and coffee will be provided.



Miniature Arts Show at Chambersburg Council for the Arts

January 3, 9:00 AM *Miniature Arts Show at Chambersburg Council for the Arts. 178 original works of art are displayed: oil, watercolor and acrylic paintings; drawings; hand-pulled prints and sculpture. Popular annual exhibit. Free. Bus departs from Brookview Northgate at 8:45 AM, Brookview Chapel at 8:50 AM and Chambers Pointe Renaissance at 9:00 AM, Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328.

Chambers Pointe Community Book Club

The Chambers Pointe Community Book Club meets the first Friday of each month. Their next meeting will be on **Friday, January 6 at 2:30 p.m.** in the **William Penn Room of the Manor building.** January's book is "All the Light We Cannot See" by Anthony Doerr. Check the Book Club basket behind the desk in the Manor Library for copies of the current book. Anyone interested in reading is welcome to attend, even if you haven't read the current book. If you have any questions, please call Nancy Fricke at 267-5097.

Visit to the Rolls Royce Foundation and Museum

January 6, Visit to the Rolls Royce Foundation and Museum, Mechanicsburg PA. Rolls-Royce and Bentley Motorcars, and a selection of related materials in changing displays. Option for lunch after visit to museum. Free admission. Bus departs from Northgate at 9:00 AM, Brookview Chapel at 9:05 AM and Chambers Pointe Renaissance at 9:15 AM. Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328.

iPad Corner - Check out all that's happening with iPads!

Remember - **iPad Assistance is Available Weekly**

Life Enrichment staff members will be available to assist residents with their iPads each week at the following times.

Chambers Pointe Community: Manor Life Enrichment office (261-4000 or in-house ext. 2015)

Mondays –10:30 a.m. to 11:30 a.m.

Brookview Community: Village Square Life Enrichment office (261-2490 or in-house ext. 3126)

Wednesdays —10:30 a.m. to 11:30 a.m.

Visit to Oyler's Organic Farm Market

January 14, Visit to Oyler's Organic Farm Market, Biglerville Pa. Certified organic 360 acre farm which offers organically raised produce and meats. Lunch option offered at Farm. Bus departs from Northgate at 9:00 AM, Brookview Chapel at 9:05 AM and Chambers Pointe Renaissance at 9:15 AM. Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328.

Grace Again w/ Willie & Rodi Longenecker

Willie & Rodi Longenecker will be performing at the Brookview and Chambers Pointe communities on **Friday, January 13** at the times and locations listed below. For 22 years they have traveled across North America singing gospel music primarily in nursing homes, retirement communities and churches. It has been a pleasure to experience Willie & Rodi's programs over the years and we look forward to their visit once again!

10:00 a.m. – Brookview Chapel

1:30 p.m. – Chambers Pointe Chapel

Art in the Afternoon

“Art in the Afternoon” Painting and arts group offered January 17 and 24, 1:30-3:30 PM at Northgate Creative Arts Center. \$10.00 fee for supplies per design. Our project for the month will be collage. Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328.

Hearing Aid Clinic by Beltone

Beltone will provide a FREE Clean and Screen event on January 18, 2017 from 9:00 am - 12:00 noon at the Garden Level Lounge located in the Chambers Pointe Manor building. An Audiologist will be on site to screen hearing, check hearing aids and etc. All residents are welcome to attend. If you have any questions, please call Chambers Pointe Life Enrichment at 261-4000.

Tea at Ragged Edge Inn

January 19, 1:00 PM, 3rd Thursday Tea at the Inn at Ragged Edge. Delicious teas and homemade pastries served in a beautiful B&B! \$10.00 per guest. Bus departs from Northgate at 12:30 PM, Brookview Chapel at 12:40 PM and Chambers Pointe Renaissance at 12:45 PM. Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328.

Café D'Italia

January 23, 4:30 PM, Destination Dinner at Café D'Italia. Italian cuisine, BYOB. Departs from Northgate at 4:00 PM, Brookview at 4:05 PM, and Chambers Pointe Renaissance at 4:15 PM. Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328.

Dilbert– Roddick Planetarium

January 24, 7:30 PM, Dilbert-Roddick Planetarium, Shippensburg University. Special event: “The Gas Giant and their Moons.” Admission \$1.00. Departs from Northgate at 6:30 PM, Brookview Chapel at 6:35 PM and Chambers Pointe Renaissance at 6:45 PM. Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328.

Destination Arts Wine Down Friday

January 27, 5:30 PM “Destination Arts Wine Down Friday.” Visit downtown Waynesboro's art “district” of storefronts repurposed to fine art galleries. Featured performers are folk group “Mountain Air” at the Music Makers venue. Wine and light food offered. Free will offering. Departs from Northgate at 4:30 PM, Brookview Chapel at 4:35 PM and Chambers Pointe Renaissance at 4:45 PM. Sign-up book available at Northgate concierge desk or call Tresa Day @ 261-2328.

BRIDGE PRACTICE

Bridge practice will be held on Monday evenings from 6:30 PM to 8:30 PM in the Northgate Club Room.

Start 2017 off by putting your game face on and showing up for Monday night bridge practice.

Single and partner players are welcome to come and practice your game, picking up pointers from our local coach Bob Knuff. He is easygoing and funny which makes the games interesting.

We use bidding boxes to eliminate the possibility of mishearing a bid...it's that simple. (some of us don't hear as well as we used to). We begin promptly at 6:30 and end just as promptly at 8:30 for those who drive in from a distance (Penn National).

For additional information or suggestions call 496-8584, Ann Dortch.

Great Decisions

Great Decisions will meet in the multipurpose room at Northgate **every Wednesday from February 8 through March 29 from 1:30 pm to 3:00 pm.** The topics will be: The Future of Europe, Trade and Politics, Conflict in the South China Sea, Saudi Arabia in Transition, U.S. Foreign Policy and Petroleum, Latin America's Political Pendulum, Prospects for Afghanistan and Pakistan, Nuclear Security.

If you wish to join the group, please phone Vera Reber at 267-1398 or e-mail her at vbrebe@innernet.net by January 21, so she can purchase the required briefing books, which will cost \$25 each. If you have any questions feel free to call or e-mail.

Wellness News

Join the fun and learn a new sport—pickle ball!

Place: Chambersburg YMCA

Days: Tuesdays, Wednesdays and Fridays

Time: 10:00 AM—12:00 Noon

Cost: \$2.00 per person

Equipment is provided.

Chambers Pointe Wellness

- No wellness classes on January 2.

- Jan. 4th Join us for the Polar Bear Plunge with a penguin at the 9:00 AM pool class on January 4.

- Line up for Line Dance Class in the Laurel Room at 2:30 PM on January 4.

- Do you like to play the piano? I am looking for someone to play for 30 minutes on Tuesdays at 2:30. If you're interested, call Robin at 2113.

Brookview Wellness:

New Exercise Class! Tuesdays and Thursdays from 9:00 AM -9:30 AM in the exercise room- circuit training! Come flex your muscles with us and have some fun!

**NORTHGATE HEALTH CLUB &
STUDIO SCHEDULE**

Open 24 hours

MONDAY

9:00-9:45 AM POOL AEROBICS
10:30-11:30 AM POOL BUDDY TIME
11:30 – 12 NOON GENTLE YOGA
1:30-2:00 PM SOOPER SENIORS
2:00-2:30 PM MINDFUL MOVEMENT

TUESDAY

8:30-9:00 AM RESISTANCE
**9:15-10:00 AM POOL STRETCH &
TONE**
10:30-11:30 AM POOL BUDDY TIME
1:30-2:00 PM CHAIR CHI
2:15-2:45 PM FALLPROOF
3-4 PM PING PONG (1ST & 3RD TUES)

WEDNESDAY

9:00-9:45 AM POOL AEROBICS
10:30-11:30 AM POOL BUDDY TIME
2:00-2:30 PM MINDFUL MOVEMENT

THURSDAY

8:30-9:00 AM RESISTANCE
**9:15-10:00 AM POOL STRETCH &
TONE**
10:00-11:30AM PING PONG
1:30-2:00 PM CHAIR CHI
2:00-3:00 PM POOL BUDDY TIME
2:15-2:45 PM FALLPROOF

FRIDAY

9:00-9:45 AM POOL AEROBICS
9:30-10:30 AM LINE DANCING
10:30-11:30 AM POOL BUDDY TIME
2:00-2:30 PM MINDFUL MOVEMENT

SUNDAY

3 PM PING PONG-STUDIO

**MENNO VILLAGE EXERCISE CLASS
SCHEDULE**

Wellness Center: 5:30 am to 9:00 pm

MONDAY

9 - 9:45 AM POOL STRETCH AND TONE
10 - 10:45 AM STRENGTH AND BALANCE-SOCIAL
RECREATION ROOM

1- 3 PM SUPERVISED EQUIPMENT-EXERCISE
ROOM

TUESDAY

9 - 9:30 AM CIRCUIT TRAINING -EXERCISE
ROOM
11 – 11:30 AM CHAIR EXERCISE-VS LOBBY
1-2 PM SUPERVISED EQUIPMENT-EXERCISE
ROOM

WEDNESDAY

9 - 9:30 AM POOL WATER WALKING
9:30 - 10:15 AM STRENGTH AND BALANCE-
SOCIAL RECREATION ROOM

1- 3 PM SUPERVISED EQUIPMENT-EXERCISE
ROOM

THURSDAY

9 - 9:30 AM CIRCUIT TRAINING-EXERCISE
ROOM

11 – 11:30 AM CHAIR EXERCISE-VS LOBBY
1-2 PM SUPERVISED EQUIPMENT-EXERCISE
ROOM

FRIDAY

9 - 9:45 AM POOL AEROBICS
10 - 10:45 AM STRENGTH AND BALANCE-SOCIAL
RECREATION ROOM

1- 3 PM SUPERVISED EQUIPMENT-EXERCISE
ROOM

MONDAY—FRIDAY

8:25-8:40 AM TV EXERCISE CHANNEL 956

**PENN HALL EXERCISE CLASS
SCHEDULE**

Wellness Center: 6 AM – 9 PM
MONDAY

8: 15– 8:45 AM PILATIGO –421 MANOR
BUILDING

9-9:45 AM POOL AEROBICS
10:30-11 AM RESISTANCE-LAUREL ROOM
1-2:30 PM SUPERVISED EQUIPMENT –
EXERCISE ROOM

TUESDAY

9-9:45 AM POOL STRETCH /TONE
11-11:30 AM CHAIR EXERCISE-MANOR
DINING ROOM

1-2 PM SUPERVISED EQUIPMENT-EXERCISE
ROOM

2-3 PM BUDDY SWIM– RESIDENTS ONLY
2-2:30 PM STEP IT UP-REN CLUB RM

WEDNESDAY

8:15-8:45 AM PILATIGO-421 MANOR
BUILDING

9-9:45 AM POOL AEROBICS

10:30-11 AM RESISTANCE-LAUREL ROOM
1-2 PM SUPERVISED EQUIPMENT-EXERCISE
ROOM

2:30-3 PM LINE DANCING-LAUREL ROOM

THURSDAY

9-9:45 AM POOL STRETCH/TONE

11-11:30 AM CHAIR EXERCISE-MANOR
DINING ROOM

1-2 PM SUPERVISED EQUIPMENT-EXERCISE
ROOM

2-3 PM BUDDY SWIM-RESIDENTS ONLY

FRIDAY

8: 15 AM PILATIGO –421 MANOR BUILDING
9-9:30 AM BALANCE & STRENGTH-421
MANOR BUILDING

10:30-11 AM RESISTANCE-LAUREL ROOM
1-2:30 PM SUPERVISED EQUIPMENT-
EXERCISE ROOM

MONDAY—FRIDAY

Coffee & Conversation



Residents are invited to have coffee and conversation with the CEO, Chief Officers, and Executive Directors on the off months of Towne meeting. Coffee and conversation is an informal time with Menno Haven's leadership that is open to residents at all levels of care. Mark your calendar to join one of the sessions at your community.

Coffee and Conversation for January are as follows:

Chambers Pointe – Tuesday, January 3, 2017 - 1:30 – 3:00 in the Chapel

Brookview – Wednesday, January 4, 2017 – 1:30 - 3:00 in the Chapel

Northgate – Thursday, January 5, 2017 – 10:00 – 11:30 a.m. in the Multi purpose rooms

Reminder about Dry Cleaning Service

Tip Top Cleaners picks up and drops off at the reception desks at each community. Please remember to put your dry-cleaning in a sealed bag with your name and location attached. Your charges for Tip Top will appear on your Menno Haven monthly bill. The following are pick-up and drop-off days for each community.

- Brookview: **Tuesday & Fridays** at the Village Square front desk
- Chambers Pointe: **Monday & Thursday** at Manor front desk
- Brookview: **Tuesday** at Northgate front desk

Next Newsletter Information

The next issue of the Campus Connect will be distributed on January 25. **Information is due by January 13.** Any information submitted after the deadline will not be included. **Send your information to Melissa Rabon at rabonma@mennohaven.org.**

From the Chaplain's Team

Volunteers Needed:

1. Ushering
2. Caring Friends visiting
3. Abiders "*being present in one of life's tender moments*"



Bereavement Support Group:

Bereavement Support Group will be the 4th Tuesday of each month, 2:30 p.m. at the Chambers Pointe Conference Room.

Altar Flowers:

Altar flowers for Chambers Pointe and/or Brookview Chapel may be sponsored. Cost is \$25. Flowers may be put in loving memory or honor of a loved one.

- For Brookview please sign up on the chart near the restrooms outside the chapel or call Katie Bingaman at 261-2365.
- For Chambers Pointe please sign up on the chart outside the Garden Level Lounge or call Chaplain Brenda Doyle at 709-4540.

Talk to a chaplain or call Katie Bingaman at 261 - 2365 for additional questions.

Upcoming Event:

Christmas Program and Worship
December 19—Brookview Chapel @ 6:00 p.m.
December 20—Chambers Pointe Chapel @ 6:00 p.m.

Resident Message Board

Welcome to the Resident Message Board! If you have a message, a picture or a note of thanks, please send it to Katie Bingaman to include on the message board. If you have any questions, please call Katie Bingaman at 261-2365.

Please remember to make a plan for taking care of your campus mail delivery when you go away for extended periods, such as over the winter season. For example, you could arrange for a neighbor or family member to pick up your mail during your absence to keep it from piling up.



Reminder: A leash and a bag for all tails that wag. Please remember to clean up after your pet.

Nursing Notes

Due to privacy standards, hospitals, including Chambersburg Hospital, do not notify Menno Haven staff of admissions of Independent or Residential Living residents. The only communication occurs if the resident needs to be admitted to a higher level of care; this usually occurs at the end of the hospital stay. We often find out about hospitalizations from family, friends, or the residents themselves. Our chaplains also work hard to keep the rest of the Menno Haven staff updated. If a resident does not want this information announced publicly, we honor that wish, and do not list information on the TV scroll or announce on MennoTalk. However, we do notify strategic staff members, so that appropriate services can be provided as needed. If you know of a hospitalization, please feel free to notify Menno Haven staff. This helps us to be proactive in caring for our valued residents.

Wellness Blood Pressure Clinic:

Brookview: Every Thursday in Room 220 Village Square from 10:00 am - 12:00 pm
Walk-in Clinic, no appointment needed.

Chambers Pointe: Every Wednesday in the Garden Level Lounge from 10:00 am - 12:00 pm
Walk-in Clinic, no appointment needed.

To All Independent Living Residents: A Message from the Safety Committee

Please dispose of your used needles in sharp containers. These approved containers can be requested from Kim Peiffer, Community Nurse. For proper disposal of sharp containers, see “Green Team News” below.

Flu Shots

Although we are done with flu shot clinics, we still have high dose vaccine available for residents age 65 or older. If you want a flu shot, please contact Kim Peiffer at 263-6620.

Canasta or Hand & Foot

Have you ever played Canasta or Hand & Foot? Would you like to learn to play? We meet **every Monday at 1:00 p.m.** in the Social Rec. Room by the pool in the Renaissance. Everyone is welcome! For questions, contact Jacqui Whitfield, 264-4041, or Irma Kaslow, 709-4356.

New Scam Alert

Be careful of “pop up” boxes on your personal computers that indicate your computer is not safe and you should contact a certain phone number. The person on the phone may then log into your computer and tell you that Fed X or another carrier will come to your address to pick up a check. The latest scam involves Peler Tech LLC from Germantown, MD. Thank you.

SHIPPENSBURG AARP #3324
2017 FORT MORRIS TOURS
Tours depart from Shippensburg Walmart

Tuesday, May 23: Johnstown Incline, Flood Museum, and Portage Railroad.

Enjoy a panoramic view of Johnstown with a ride up the Inclined Plane. Then it's off to the National Park Flood Museum for exhibits and film clips of the flood. After lunch on your own at the Galleria Mall, we visit the Portage Railroad where canal boats traversed the mountains between Philadelphia and Pittsburgh. Finally, we enjoy an included "family-style" dinner at the quaint Ivy Stone Restaurant.

Departure: 6:45 a.m. (Chambersburg) 7:00 a.m. (Shippensburg)

Return: 7:15 p.m. Cost: \$110 Final payment due: April 21, 2017

Wednesday, June 21: Mystery Trip. Draw a 100-mile radius circle with Shippensburg at the center. We will be going to places within this area! Lunch is included! Fast food stop on way home.

Departure: 7:00 a.m. (Chambersburg) 7:15 a.m. (Shippensburg)

Return: 7:45 p.m. Cost: \$115 Final payment due: May 19, 2017

Wednesday, July 26: Kennedy Center: "The King and I."

An English widow has been summoned by the King to serve as tutor to his many children and wives. The King is largely considered to be a barbarian by those in the West, and he seeks Anna's assistance in changing his image, if not his ways. Enjoy such beautiful songs as "Hello Young Lovers," "We Kiss in the Shadow," "Shall We Dance," plus others. Dinner at KC Café included.

Departure: 1:45 p.m. (Shippensburg) 2:00 p.m. (Chambersburg)

Return: 12:30 a.m. Cost: \$170 Final payment due: June 22, 2017

Tuesday, August 8: George's Furniture, Bird-in-Hand Smorgasbord & Play "Half Stitched," and Kitchen Kettle.

Our first stop is at George's Furniture in Marietta to see how hand-made furniture is crafted. Then enjoy a delicious meal at the Bird-in-Hand Smorgasbord followed by the show "Half-Stitched; The Musical" in their new theater. Cultures collide and personalities conflict when an Amish widow decides to teach a small weekend quilting class? After the show we will venture to Kitchen Kettle; a collection of shops with a variety of goods to offer. Do some sample tasting at the Jam & Jelly Shop.

Departure: 7:15 a.m. (Chambersburg) 7:30 a.m. (Shippensburg)

Return: 6:15 p.m. Cost: \$105 Final payment due: July 7, 2017

Additional day trips will be offered in later issues of "Campus Connect."

For more information and sign-up forms, contact:

John or Marcia Luetzelschwab: **JLML3324@comcast.net** or phone: **264-9539**

Transportation News



TRANSPORTATION SERVICES – 261-2526

Menno Haven Transportation is now available Monday through Friday, between 8:00 am and 6:00 pm and Saturdays from 8:00 am to 4:30 pm. Please call 261-2526 to schedule transportation.

Transportation to medical appointments within Chambersburg area – now accepting appointments as late as 4pm, call for return by 5:30pm

On-campus and between campus transportation – complimentary service, call to request
Regularly scheduled shopping options (see Complimentary Shopping Trips)

Caregiver assistance, by request, when you need a little extra assistance getting from your home to the vehicle and into the doctor’s office waiting room.

To learn more about any of these services or to discuss other transportation needs, please give us a call – 261-2526.

2016 COMPLIMENTARY SHOPPING TRIPS Chambers Pointe & Brookview Apartments, Cottages and Villas Call the Transportation Office at 261-2526 to make reservations	
Wal-Mart Last Thursday each month Departure Brookview: 1:15 p.m. Departure Chambers Pointe: 1:30 p.m.	Giant & Butcher Shoppe Every Thursday Departure starts on Brookview at 9:00 a.m., Then on to Chambers Pointe
Target Shopping Center Call 261-2526 to request.	Kohl’s Shopping Center Call 261-2526 to request.

Note: *Beginning January 1, 2017, the Kohl’s and Target trips will be accommodated through individual requests for shopping by calling 261-2526.*

Auxiliary News

The Menno Haven Auxiliary operates the campus shops as a fundraiser to support projects on our campuses that "Brighten the Life" of our residents and "Lighten the Load" of our staff. We not only need your support as a customer, but as a VOLUNTEER to clerk in the shops. Please contact Sherry Wengert, Director Volunteer Services at 261-2526 to learn more about volunteering in one of our auxiliary operated stores.

Christmas Social Thank You!

Our Christmas Social was held December 2nd at several locations on the Menno Haven communities. Many residents and employees were able to attend and enjoy homemade cookies provided by members of local churches. Also this year there was live entertainment by our residents and employees who played Christmas songs on the piano/guitar. Those attending truly enjoyed the music and also were encouraged to sing along in some of the songs.

This event could not be a success without so many. "Thank You" to all, for baking cookies, providing music, preparation, and serving as hostess. Wishing you a Merry Christmas!

Barbara Seylar, Hospitality Chairperson

Treasure Chest Notes (261- 2373)

Do I hear some sighs of relief now that the holidays are over and we can get back to a more "normal" routine? Some of us thrive on routine and others of us are very happy with variety in our schedules. Well, whichever category describes you, remember to put the Treasure Chest in your schedule and we look forward to serving you again in 2017.

We will be having a **sale on January 19, 20 and 21st**. The items for sale will be determined by what is most plentiful in our inventory. So watch the scroll to see if you would be interested in our sale items. We would be delighted to see you and chat about your New Year's plans, goals, etc. This is one of the ways to keep the doldrums from stealing your daily peace.

The **Treasure Chest will be closed on Saturdays, December 24 and 31**. But, we will be open regular hours as we begin the New Year. We hope to see you soon!

Our hours:

Thursday, 9:00 am – 3:00 pm (donation receiving day)

Friday, 9:00 am – 3:00 pm

Saturday 10:00 am – 1:00 pm

*Velma Campbell, Manager & Lani Clark, Co-Manager
Call with questions or for assistance: 267-5083*



Gift Shop News

2017 is soon here and we want to say "*Thank You*" to our many friendly customers in the gift shops this past year. We enjoy having the gifts and things to serve you in the days ahead!

Check out our **End of Year Sale, 30% off all Christmas items, December 26 - 30.**

Closed for Inventory on December 31 thru January 3 in the Village Gift Shop, but OPEN again on January 4.

Here are the regular items you can find in our shops:

- ~ **Warm scarves** for winter days
- ~ **Attractive Jewelry** for any outfit
- ~ Multi colored **Purses, walker bags & travel bags**
- ~ **ALine Cards** for all Occasions, only **\$1.00 each**
- ~ **Russell Stover Candies**, including chocolates, sugar free and hard candies
- ~ **Puzzles, Coloring books & Colored Pencils** to share with friends
- ~ **Beautiful Wreaths** to decorate your door or rooms
- ~ Hand crafted **doilies, dish cloths, scrubbies**, etc.
- ~ **Naked Bee Lotions and lip gloss**
- ~ Scented **Goat Milk Soap Bars**
- ~ **Snacks** for between meal pickup
- ~ Cuddly **Stuffed Animals**
- ~ Safe **Battery Lite Candles** for all seasons
- ~ **Choice Books** in the turning rack
- ~ **Gift Bags** for your friendly gifts

We look forward to seeing you for all these Gift Shop items plus many more new items coming soon in 2017!!

HOURS:

The Village Gift Shop – Brookview Nursing Center

Monday through Friday – 9:30 am to 3:30 pm

Saturday– 10:00 am to 2:00 pm

The Glass House – Chambers Pointe

Monday through Friday – 10:00 am to 2:00 pm

Northgate Curio

Displayed items available for purchase.

Ethel Clugston, Gift Shop Coordinator

Volunteer Opportunities

There are a variety of ways for community members to be involved as a volunteer right here at Menno Haven. A few opportunities, not all inclusive, are listed below where we may have regular openings or need some additional volunteers trained to serve as needed substitutes. Please consider serving as a volunteer, as it's a great way to meet new friends!

To apply on-line, the volunteer application is found on the Menno Haven website – www.mennohaven.org, search for volunteering. All volunteers receive orientation and training before taking on a volunteer assignment.

Contact Info to Volunteer:

Brookview Community (Menno Village/Northfield & Northgate) – Justine Hartman - 261-2527

Chambers Pointe Community / ElderDay & Treasure Chest – Janet Hyatt - 261-4152

Volunteer Hours for 2016

If you have been volunteering and not recording your hours for the year of 2016, this is your one last chance to bring your record up-to-date! Please contact Sherry Wengert, Director at 261-2360 no later than January 6 to be included in our 2016 annual records and reports. If you are not registered as a volunteer, we will help you become official!

NEW—Menno Haven Online Store

Menno Haven is excited to introduce the **Menno Haven Online Store!** We have received innumerable requests for new logo wear and other items, and so we have worked hard to provide a starter catalog for Team Members, Residents, and anyone else who wants to sport some Menno Haven gear.

Come check us out at [Menno Haven Online Store](http://www.mennohaven.org/store)

www.mennohaven.org/store

We will be adding more items soon, especially winter gear. And to get us off to a great start, we are offering 20% off for the store “Grand Opening” through December 31st, just in time for your holiday shopping! You may have items shipped to your home for a fee, or they can be picked up at the Marketing Office at no extra charge.

Happy shopping!

Thank you!

The 8th Annual 5K for Alzheimer's was held on November 5th. This year 173 folks crossed the finish line. The top male's time was 17:15 minutes (a 14 year old student) and the top female finished in 17:31 minutes. We have presented a check in the amount of \$5500 to the Greater Pennsylvania Alzheimer's Association. Thank you to everyone who participated and our many volunteers that helped to make our 5K successful again this year. Mark your calendars for our 9th Annual 5K on November 4, 2017.





Happy NEW YEAR

*You crown the year with Your goodness,
And Your paths drip with abundance.*

PSALM 65:11

Happy New Year from Development Services!



2016 YEAR-END INCOME TAX PLANNING

You only have until December 31, 2016, to take advantage of items that may be of benefit to you on your tax return. You can do this either by shifting income from this year's to next or by pushing some deductions into this year that could be taken either this year or next.

Naturally, one possible tax benefit comes in the form of making a donation to a qualified 501(c)3 non-profit organization, which is what Menno Haven is. Your donation can be in the form of cash, check, credit card, real estate, a vehicle, a life insurance policy that has been paid up, an IRA or the gift of publicly traded securities. If you are considering a gift, we offer and welcome the opportunity to discuss your options with you and/or your financial advisor. Development Services will work with you on developing a gift plan that meets your needs by providing options for consideration. All donors are advised to contact their tax or financial advisor to discuss those options which would be in their own best interest.

Feel free to call Development Services to discuss the benefits of donating or if you have questions pertaining to donating. The Development Services office is located in the Business Office and can be reached at 717-262-1019 or by email to cnelson@mennohaven.org.

Green Team News

West Penn conservation kits: Customers of West Penn Power (Northfield and most of Menno Village) can get an energy conservation kit. This kit consists of several LED and CFL light bulbs, LED nightlights, a low-flow showerhead, and a low-flow adjustable swivel sink aerator. To receive a kit, either call West Penn Power at 888-877-6468, or go to their web site www.energysavepa.com, click on “Penn Power” then “Energy Conservation Kit” and fill out the information (you will need your West Penn account number).

Email communication: Residents receive many notices from the staff, minutes from council meetings, minutes from Town Meetings, etc. that consume a lot of paper. Menno Haven uses about 4300 reams of 8½ X 11 paper a year (a stack over 700 feet high). With more residents using email for communications, the Green Team is investigating ways we may shift from paper to email for those residents who regularly use email. For example, about 60% of Northfield and Northgate residents receive council, dining committee, and Town Meeting minutes via email; the rest receive paper copies. If this method of communication were to be used throughout the Menno Haven community, we would not only save paper but also money that could be used for other purposes.

Kudos

Kudos to Ty Beegle and her highly capable staff for a wonderful Thanksgiving buffet. Those of us who were fortunate enough to enjoy it, certainly did! Our son and grandson joined us for the festivities and thoroughly enjoyed the experience. We plan on doing the same thing next Thanksgiving. All the good food and good company and none of the planning, cooking, cleaning and etc. You just can't beat that!



Thanks to all who worked so hard to make our Thanksgiving memorable.

*Don and Marty Myers
(Chambers Pointe Resident)*



Financial Solutions ... from People You Know

Member FDIC
January 2016

Gathering Together

As we are in full swing with the holiday season we all gather together to celebrate the most wonderful time of the year. We enjoy the warmth and love of family and friends and know that the harshest of weather will soon be here. It is a time of reflection and appreciation for all we have and the opportunities that lie ahead. We here at F & M Trust wish you the best this holiday season and look forward to serving you in the New Year. Our Investment & Trust Services Department team will be ready to provide guidance and assistance as the New Year brings us new challenges. Please feel free to give any one of our representatives a call.

April's Farewell

After 35 years of working in the banking industry, I am retiring from this field to try something new. Starting in January, I will be a substitute teacher. I have enjoyed working here the past 2 ½ years – getting to know you, talking to you, and learning your 'stories' I have learned so much! I value this time more than you will ever know! Thank you all for your friendship and kindness.

Farewell and God bless you,

April

Full-Time Teller, Penn Hall Office

Holiday Hours

Monday, December 26th

All F&M Trust offices will be closed for the Christmas holiday.

Monday, January 2nd

New Year's Day: All F&M Trust offices will be closed in observance of New Year's Day

Monthly Security Tip

Do not write your PIN number on the back of any Debit Card, Bank Card, or Credit Card.





ElderDay News

Your Partner in Caregiving – A Home Away From Home

Vicki Krenitsky 709-4510

ELDERDAY HOURS

Monday—Friday
7:30AM to 5:30PM
Unless a 24 hour
reservation is made to be
open earlier

CATHOLIC MASS & ROSARY

1st Thursday of each month
at 1:30 p.m. and the Rosary
will be held every Friday at
9:30 a.m. in the Chambers
Pointe Chapel.

CAREGIVER MEETING

3rd Wednesday (January
18) of each month in the
Chambers Pointe
Conference Room from
1:00 pm—2:00 pm

Questions?
Call Vicki 709-4510

Message from the Director

Christmas is around the corner as I write this. Finally the weather is beginning to feel like winter and as you know I'm looking for some 'white stuff'. ElderDay has lots planned for the rest of the month such as several special music programs, Christmas games and reminiscing about the 'good ole days'. We've really enjoyed all the school children visitors sharing their holiday programs with us.

As many of you know by now Gay Arnold has retired after working with ElderDay for almost 15 years. So we are in transition with hiring new staff and planning for 2017. Katie Ackerman has joined our team and will be filling that role until new staff person is hired. And then she will be orienting and training with me to take the director position come May 2016 when I retire. Katie has lots of experience with Menno Haven having been employed here for over 20 years. She has been the activity director so brings with her lots of ideas to share at ElderDay. We look forward to this transition and please introduce yourself when you visit.

Thank you to everyone for the yummy goodies you've shared with us during December. Everyone has loved them and they were a nice addition to our Christmas party. Hope you and your family have a Happy New 2017!



Rabbittransit and ElderDay Closings for 2017

1-800-632-9062 or rabbittransit.org

Rabbittransit is closed on the following holidays ONLY if they fall on a week day. Otherwise, they and ElderDay will be opened for our usual service. Yes, this is a change from the previous Franklin County schedule that is no longer available.

CLOSED:

New Year's Day

Memorial Day

July 4th

Labor Day

Thanksgiving Day

Christmas Day



WELCOME—New Clients

Elizabeth “Bib” Naugle has joined us at ElderDay. She is from Path Valley where she grew up. She has one son, worked at Stanley Co. and then babysat for her grandchildren. Bib enjoys gardening and was a ‘mall walker’.

Tom Doneker has joined us at ElderDay. He is from Easton and then the Philadelphia area where he was an anesthesiologist and also in the Navy Reserves. He likes to fish and hunt and has moose, deer and bear on his ‘pride’ list of catches.

Welcome to ElderDay!



Crockpot Lasagna

Here is what you need: Serves 6-8

- 1 lb ground beef (or vegetarian crumble)
- 3 cups of beef broth (or vegetable broth to make vegetarian)
- 4-5 cloves of garlic, minced
- 1 TB dried parsley
- 1 TB dried basil
- 1/2 cup chopped onion
- 1, 28 oz can of diced tomatoes
- 1, 6oz can of tomato paste
- 1 cup V8 (or any vegetable drink)
- 2 cups uncooked shell pasta
- 1/4 tsp pepper
- 1/4 tsp salt
- 1 cup of water

Optional topping- shredded cheese

1. First mix together the can of tomatoes, and tomato paste in crockpot.
2. Next add broth, beef, garlic, parsley, basil, onion, V8 and salt/pepper.
3. Cover and cook on LOW for 7-8 hours or on HIGH for 4-5 hours.
4. When 30 minutes are left of cook time, add in the 1 cup of water and noodles. Stir to combine. Put lid back on and continue cooking for 30 minutes.



New Year, Healthier You

New Year's resolutions are a bit like babies: They're fun to make but extremely difficult to maintain.

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later, a 2002 study found.

It's hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, pick one of the following worthy resolutions, and stick with it. Here's to your health!

Lose weight, Stay in touch with family and friends, Quit smoking, Save money, Cut your stress, Volunteer, Go to school, Cut back on alcohol, Get more sleep and Travel.

January Birthdays

Angie B. 1/7
Karen H. 1/8
Dick H. 1/10
Mary S. 1/18
Joel F. 1/20
Mary Ann W. 1/23
Diana S. 1/23



By Loise Pinkerton Fritz

A HAPPY SLEIGH RIDE

Let's take a happy sleigh ride
Down the road to yesteryear;
Let's all jump on; then as we do,
Let's give a hearty cheer.
We'll go on by the one-room school
Where A, B, Cs we learned;
We'll pass the preacher's parsonage,
Then take a right hand turn.

Along the road, 'tween snow drifts high,
We'll see the barber shop;
Next door's the village blacksmith
Where horses hoofs were shod.
Oh, look! There's Gramps and Grandma's house
And all the chicken sheds ...
The old ball field, the little church
Where some of us were wed.

Call's length away's the general store
With all its many wares,
And up the road, a little way,
Is Doc's house ... how he cared!
Upon the hill's the dairy farm ...
Remember bottling milk?
Let's go on down the other road
And pass the old feed mill.

The sunset's fast approaching now,
Let's hurry on our way.
But wait! old Dobbin, please slow down;
You'll miss the winding lane.
Oh, there's the lighted window,
There's Mom and Dad, so dear ...
This crowns the happy sleigh ride
Down the road to yesteryear.

DATES TO REMEMBER



Cumberland Valley Stroke Club meets the 3rd Thursday of each month on the 4th floor of the Chambersburg Hospital. For more information call Chris Parker at the hospital at (717)267-7901.

Alzheimer's Support Group Meetings:

Magnolias of Chambersburg
746 Norland Avenue, Chambersburg
Melissa Buksa - (717)264-6000
last Wednesday at 6:00PM

Providence Place Chambersburg
2085 Wayne Road, Chambersburg
Jamie Trotty - (717)709-0668
3rd Tuesday at 3:00PM

Quincy Village
6595 Orphanage Road, Colestock Building
Bryson Room Quincy
Heather Coy/Margaret Cook - (717)749-2330
2nd Wednesday at 3:00PM

Village of Laurel Run
6375 Chambers Road, Fayetteville
Connie Faust/Tammy Swisher - (727)352-2721
last Thursday at 6:00PM

Fulton County Medical Center
Pearl Conference Room, McConnellsburg
Misty Hershey/Amy Varner - (717)485-3155
2nd Thursday at 6:00PM

ElderDay HAIR CARE HOURS

Monday – Friday (by appointment)

Beauty Shop Rates

Men's Haircut \$17.00

Ladies' Haircut \$21.00

Wash, Set or Blow/Iron \$19.00

Wash, Set or Blow Dry/Iron & Cut \$39.00

Shampoo \$11.00

Shampoo and Blow Dry \$15.00

Shampoo, Cut and Blow Dry \$31.00

Perm, Set, Cut \$63.00

Color and Set \$39.00

Color, Set and Cut \$58.00

FAQ: HOW DO I ENROLL MY FAMILY MEMBER IN RABBITTRANSIT AND IS THERE A COST?

Answer: You can either email them www.rabbittransit.org to get their application on line or I have the application here at ElderDay. Once it's completed and returned to them you will be added to the list for service to and from ElderDay. There is a cost and this is addressed on the application also. Staff escorts all clients on and off the busses.