

CAMPUS CONNECT

HAPPY!
NEW YEAR!

January 2018

NEW BEGINNINGS

by: Steve Barnett, Chaplain

As we begin a New Year, and say goodbye to the old year, I was thinking about the term “new beginnings”. I know we have all heard the statements, “turning over a new leaf” and “getting a fresh start”. Maybe many of you have made those same statements. They are an outward verbal expression of the deep desires of our hearts to have a “clean or blank slate” concerning the regrets and failures of the past year, and the hope of a “new and fresh beginning” in the New Year.

To me, “new beginnings” indicates that we are seeking a “second chance” to do or to become that person that we hoped and determined we would be at the beginning of the previous year. Many of us become frustrated at ourselves when we fail to keep the resolutions that we make at the beginning of each year, and so in order to relieve ourselves from that frustration, we stop making resolutions all together.

So, with that in mind, maybe we should change from making resolutions to making “new beginnings”. Of course, this could mean different things for different people, but some ideas and suggestions for making new beginnings may be things like: **Loving yourself**, not the self – prideful love, but knowing that you were made in the image (or likeness) of God. Knowing that will elevate your self-image. Another idea is: **Loving others**, even the ones that are difficult to love. The Bible says “It’s easy to love those that love you, love those that don’t love you”. That’s the kind of Love God is speaking of. Last, but not least, is **forgive everyone**, especially yourself. Many times, that is why our list of New Year resolutions aren’t met. We are trying to reach a goal of perfection, and if we don’t reach that goal, we tend to be self-critical and give up. Don’t be so hard on yourself, give yourself a break. God doesn’t condemn you, neither should you.

So, let’s all start the New Year creating “new beginnings” for ourselves. Each of us knows where that is in our own individual lives, and with God’s help, we can make them last longer than New Year’s Resolutions.

COMMUNITY OPPORTUNITIES

MOVIES

Movies at Chambers Pointe:

Join us for two Renaissance Movie Nights in January held in the Renaissance Dining Room at 6:30PM. For more information, contact Sherry Kennedy at (717) 709-4543 or in-house ext. 4393.



- **Friday, January 5 at 6:30PM:** Our feature presentation will be **The Terminal** starring Tom Hanks & Catherine Zeta-Jones. After arriving at New York's JFK airport, Viktor Navorski (Hanks) gets unwittingly caught in bureaucratic glitches that make it impossible for him to return to his home country or enter the U.S. Now, caught up in the richly complex and amusing world inside the airport, Viktor makes friends, gets a job, finds romance and ultimately discovers America itself. (Approximate run time: 2 hrs., 9 min., Rated PG-13, 2004)
- **Friday, January 19 at 6:30PM:** We'll show **Roman Holiday** starring Gregory Peck and Audrey Hepburn. A modern-day princess rebelling against her royal obligations explores Rome on her own. She meets an American newspaperman who, seeking an exclusive story, pretends ignorance of her true identity. But his plan falters as they fall in love. This romantic comedy ranks as one of the most enjoyable films of all times. (Approximate run time: 1 hr. 58 min. Not Rated; 1953)

Movies at Brookview:

Located at the Village Square Hobby Center unless otherwise stated - For more information, contact Village Square PEP Team at (717) 261-2490 or in-house ext. 3126.

- **Tuesday, January 9 at 1:15PM - Scenic Drive - From Maine to Key West.** Approximate run time is 56 minutes.
- **Wednesday, January 10 at 7PM - Florence Foster Jenkins.** A 40's heartwarming, hilarious, biographical story set in NYC about a wealthy Parton of the Arts who founded a music-centered social Club. Florence (Meryl Streep) knows a lot about music but is oblivious to her own awful singing. Husband (Hugh Grant) seeming to go to any length to humor Florence, hires a pianist, a voice teacher & books Carnegie Hall. **Shown in the Northgate Multipurpose room.**
- **Thursday, January 11 at 5:30PM - Jonah.** Filmed before a live audience at Sight and Sound in Lancaster, PA-run time is 115 minutes.
- **Tuesday, January 30 at 1:15PM - An American In Paris.** Jerry Mulligan (Gene Kelly) is an American ex-GI who stays in post-war Paris to become a painter, and falls for the gamine charms of Lise Bouvier (Leslie Caron). However, his paintings come to the attention of Milo Roberts, a rich American heiress, who is interested in more than just art. Approximate run time is 114 minutes.

SPIRITUAL OPPORTUNITIES

Rosary - Rosaries provided for those who don't have their own.

- **Rosary at Brookview:** Every Tuesday at 9:15AM in the Brookview Chapel
- **Rosary at Chambers Pointe:** Every Friday at 9:30AM in the Chambers Pointe Chapel



Lutheran Communion:

- Held in the Brookview Chapel the second Tuesday of every month at 1:30AM

Bible Studies (Every Wednesday, unless otherwise noted)

- 10:30AM Brookview Social Recreation Room
- 1:30PM Chambers Pointe William Penn Room
- 3:00PM Brookview Northgate Conference Room

Catholic Mass - Held every month in both Chapels

- **Mass at Brookview:** First Thursday of every month in the Brookview Chapel.
- **Mass at Chambers Pointe:** First Wednesday of every month in the Chambers Pointe Chapel.

Thursday Chapel Services

- Every Thursday at 10:15AM in the Brookview Chapel - There will be a different speaker from community churches that will bring the message each week.

2nd Sunday of the Month Service

- 6:15PM in Brookview Chapel by Cumberland Valley Mennonite Churches

Sunday Services (Every Sunday, unless otherwise noted)

- Brookview Chapel: 8:45AM and 10:15AM (rebroadcast on Channel 956 at 6:30PM)
- Chambers Pointe Chapel: 10:15AM

NEW OPPORTUNITY! Exploring The Bible Together

All Menno Haven residents are invited to engage in a new Bible study, which will begin with an introduction to the contents and proceed to actually reading the text around the table. The facilitator of the study will be Brookview resident Rev. Mary Mason. The group will meet in the 2nd floor Conference Room at Northgate **every Friday afternoon from 4PM - 5PM, beginning January 5.** Bring your own Bible (any translation)! If you have questions, call Mary Mason at (717) 809-3439.

UPCOMING TRIPS: For Cottage, Villa, and Apartment Residents

Reservations for trips will be taken by the Leisure Coordinator organizing the specific trip, regardless of which community you live on. The phone number for making reservations will be indicated for each trip. If you would like to contact the Leisure Coordinators via email, their email addresses are as follows:

Tresa Day: Tresa.Day@mennohaven.org

Sherry Kennedy: Sherry.Kennedy@mennohaven.org

Chris Mellito: Chris.Mellito@mennohaven.org

Hershey Story Museum in Hershey, PA, January 3: The Hershey Story museum experience takes visitors on a journey through his life, his chocolate company, his generous philanthropic legacy and the town of Hershey, PA. Engaging museum exhibits explore Mr. Hershey's early failures, how he successfully revolutionized the process of making milk chocolate, and how the orphan boys of the Hershey Industrial School became heirs to his fortune. Cost is \$11.50. Lunch on your own. Bus departs from Northgate at Brookview at 9AM, Brookview Atrium at 9:05AM, Brookview Chapel at 9:15AM, and Renaissance at Chambers Pointe at 9:20AM. Sign up in the book at the Brookview Concierge Desk or call the Brookview Leisure Coordinator, Chris Mellito at (717) 263-8545, ext. 3273.

Destination Dinner at B Street 104, January 9: Great food and service offering classic American fare in one of Greencastle's most historic downtown buildings. Bus departs from Northgate at Brookview at 4:30PM, Brookview Chapel at 4:40PM, and Renaissance at Chambers Pointe at 4:50PM. For more information, call Tresa Day at (717) 261-2328.

Chick Fil-A-Bingo, January 10: Join us for a fun-filled morning of Chick-fil-A BINGO and prizes at the Chick Fil-A on Norland Avenue, Chambersburg. Bingo starts at 8:30AM. Bingo is free. If you want breakfast, it must be purchased separately. Bus departs from Northgate at Brookview at 8AM, Brookview Chapel at 8:05AM, and Renaissance at Chambers Pointe at 8:10AM.

Lunch & Shop at the Valley Mall in Hagerstown, MD, January 11: Lunch at Outback Steakhouse and indoor shopping at Valley Mall. Bus departs from Northgate at Brookview at 10:30AM, Brookview Chapel at 10:40AM, and Renaissance at Chambers Pointe at 10:50AM. For more information call Tresa Day at (717) 261-2328.

The Two Mile House & Museum Tour in Carlisle, January 12: The Two Mile House was constructed in 1820 as a tavern for James Given and in 1857 it was turned into a private residence before being donated by Mrs. Mary Wheeler King to the Cumberland County Historical Society. The property operated as a tavern from 1826-1857. The house tour is 20-30 minutes, and consists of looking around the first floor of the Two Mile House and the guided museum tour is 45 min – 1 hour. \$5 per person. Bus departs from Northgate at Brookview at 12:30PM, Brookview Chapel at 12:35PM, and Renaissance at Chambers Pointe at 12:40PM. Sign up in the book at the Brookview Concierge Desk or call the Brookview Leisure Coordinator, Chris Mellito at (717) 263-8545, ext. 3273.

Old Cider Press Classic Country Night in Smithsburg, MD, January 13: Back by popular demand! Live country music played by seasoned musicians with surprise guests from 6PM - 9PM. Homemade soup and dessert available too! \$4 suggested donation.

UPCOMING TRIPS CONTINUED

Bus departs from Northgate at 4:30PM, Brookview Chapel at 4:40PM, and Renaissance at Chambers Pointe at 4:50PM.

Dinner at Nick's Airport Inn in Hagerstown, January 17: Serving the best of everything - choice meats, scrumptious seafood, farm-fresh vegetables, homemade breads, delectable desserts and vintage wines and spirits. Nick's Airport Inn has ten elegantly appointed dining rooms including a beautiful, atrium-enclosed piano bar which provide comfortable and relaxing settings for diners as they savor the very best American and seafood cuisine. Bus departs from Northgate at Brookview at 4:05PM, Brookview Atrium at 4:10PM, Brookview Chapel at 4:15PM and Renaissance at Chambers Pointe at 4:20PM. Sign up in the book at the Brookview Concierge Desk or call the Brookview Leisure Coordinator, Chris Mellito at (717) 263-8545, ext. 3273.

The Old Jail and John Brown House Tour in Chambersburg, January 19: 2 tours in 1! The first tour consists of the Old Jail and the second tour consists of the John Brown House. The Old Jail complex consists of the original building erected in 1818, an annex built in 1880 and a yard enclosed by a 20-foot high limestone wall. Several rooms of the original jail and part of the newer cell block comprise a museum of historical artifacts from Franklin County. The visitor experiences the story of the jail through interpretation and learns of the history of crime and punishment in the Cumberland Valley. The John Brown House (Ritner Boarding House) was where the famous abolitionist boarded during the summer of 1859 under the alias of Isaac Smith. During this time, weapons were secretly secured and plans furthered to seize the arsenal at Harpers Ferry. Tour is \$7. Bus departs from Northgate at Brookview at 9:30AM, Brookview Chapel at 9:35AM, and Renaissance at Chambers Point at 9:45AM. Sign up in the book at the Brookview Concierge Desk or call the Brookview Leisure Coordinator, Chris Mellito at (717) 263-8545, ext. 3273.

Tapestry: Tribute to Carole King, Capitol Theater, January 20: More than 400 of her compositions have been recorded by over 1000 artists. It was her 1971 album "Tapestry" that took King to the pinnacle, winning all 3 of the key Grammy Awards – record, song and album of the year as well as best female vocalist. Tickets can be purchased by calling the box office (717) 263-0202. Bus departs from Northgate at Brookview at 6PM, Brookview Chapel at 6:10PM, and Renaissance at Chambers Pointe at 6:20PM. Show starts at 7PM. For more information call Tresa Day at (717) 261-2328.

PA State Capital Tour in Harrisburg, January 23: You will see the Main Rotunda, Senate, Supreme Court and House of Representatives. Tour lasts 45 minutes and is free. Lunch afterwards (cost on your own). Bus departs from Northgate at Brookview at 9:30AM, Brookview Chapel at 9:35AM, Renaissance at Chambers Pointe at 9:40AM. Sign up in the book at the Brookview Concierge Desk or call the Brookview Leisure Coordinator, Chris Mellito at (717) 263-8545, ext. 3273.

Lunch at Solstice Restaurant at Whitetail Resort, January 26: This Mercersburg area restaurant offers the best views on the mountain! Enjoy delicious hot soups, salads, sandwiches and wraps or full dinner options. Bus departs from Northgate at 10:30AM, Brookview Chapel at 10:40AM, and Chambers Pointe at 10:50AM. For more information call

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UPCOMING TRIPS CONTINUED

Tresa Day at (717) 261-2328.

Lunch at the Shamrock Restaurant in Beautiful Thurmont, MD, January 29: The Shamrock Restaurant is a family owned and operated restaurant serving affordable dining in a cheerful, heartwarming atmosphere. Located at the foothills of the Catoctin Mountains, we are Western Maryland's favorite source for casual fine dining. Bus departs from Northgate at Brookview at 10:10AM, Brookview Chapel at 10:15AM, and Renaissance at Chambers Pointe at 10:20AM. Sign up in the book at the Brookview Concierge Desk or call the Brookview Leisure Coordinator, Chris Mellito at (717) 263-8545, ext. 3273.

Salt Caves at Shabath Mineral Wellness, January 30: Join us for a trip to Shabath Mineral Wellness located on Limekiln Drive in Chambersburg. We have a private Halotherapy session scheduled at 4:45PM for 10 residents to enjoy the therapeutic experience in the salt caves. While relaxing in a re-created Salt Cave, clients breathe in the regulated salt, which is immediately transported to every part of the respiratory tract; even the smallest bronchioles and alveoli. Once in place, the dry salt molecules dissolve and attract small impurities, which are positively charged, and through which are subsequently able to be either coughed up or which leave the body during metabolic processes via the bloodstream. The treatment, when recommended protocol is followed, may eliminate the root of inflammatory respiratory illnesses and may improve sinus problems, allergies, asthma, COPD, etc., by destroying bacteria and restoring health and immunity. A special group rate of \$15 per person must be paid prior to January 30 (cash should be given to Sherry Kennedy). Bus departs from Northgate at 4:05PM, Brookview Chapel at 4:10PM, and Renaissance at Chambers Pointe at 4:20PM. Sign-up book available at Sherry Kennedy's desk at the Renaissance or call (717) 709-4543 or in-house ext. 4393.

Snyder Factory Tour and Aldus Brewing Company Tour in Hanover, January 31: Our Hanover Pennsylvania Pretzel Bakery offers a free in-house tour that combines our exciting history with our fast paced manufacturing facility. On the guided walking tour you'll see our raw material warehouse and finished goods warehouse. The tour lasts approximately 30 minutes and everyone participating must be able to climb stairs. (There are hand rails on both sides of the stairs) Then we are off to the Aldus Brewing Company for a free 20 minute tour of their craft brewing process with some tastings afterwards. Then off to lunch (cost on your own) at the Markets at Hanover, where you'll enjoy a unique dining and shopping experience in a fun and friendly atmosphere. Meet local farmers, craftsmen, artisans, & restaurateurs offering everything from wood fired pizza to traditional and international food. Find fresh meat; poultry and seafood; produce and baked goods; organic, grass fed, and free-range products; gourmet grocery items; home decor; gifts galore; wine tasting. Bus departs from Northgate at Brookview at 8:30AM, Brookview Chapel at 8:35AM, Renaissance at Chambers Pointe at 8:40AM. Sign up in the book at the Brookview Concierge Desk or call the Brookview Leisure Coordinator, Chris Mellito at (717) 263-8545, ext. 3273.

MATTHEW DODD PERFORMANCE

Songs & Stories of the New Year by Matthew Dodd. Matthew sings, plays guitar, banjo, harmonica and mandolin throughout the show. **Tuesday, January 2 at 2PM** in the Brookview Chapel.

THIS IS MY STORY

Tuesday, January 2, 7PM in the Northgate Club Room. Residents share their life stories in a casual environment. Will and Mary Hockersmith will be sharing about their rich history in music and theatre. All residents welcome! For more information, call Tresa Day at (717) 261-2328.

CHAMBERS POINTE BOOK CLUB

We will discuss *A Spool of Blue Thread*, by Anne Tyler **Friday, January 5, at 2:30PM** in the Wm. Penn Room. The group is open to anyone who loves books and reading! You're welcome to join us even if you haven't read the book.

CUMBERLAND VALLEY CHORUS

This group sings accapella 4 part hymns and spiritual songs **Sunday, January 7 at 2PM** in the Brookview Chapel.

WINTER FUN NIGHT

Let's play bingo! All residents are welcome to enjoy an evening of games, prizes, and snacks in the Northgate multipurpose room at **7PM on Tuesday, January 9.**

CLOTHING ALTERATIONS

Held the second and fourth Tuesday of each month at the Brookview Community: This month she will be here on **Tuesdays, January 9 and 23 from 9AM - 10AM** 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 PEP Team at (717) 261-2490.

COME SEE THE BOATS

Open House and Club Meeting on **January 10 at 2PM** for the Menno Haven Yacht Club. Visitors welcome! Questions? Email Mike Cavanaugh at wxmanccmret@gmail.com

GLOBAL CLIMATE CHANGE AND AIR POLLUTION HEALTH HAZARDS LECTURE

Free lecture offered by IRP Presenter John Ricca. **Monday, January 15 at 7PM** in the multi-purpose room. All residents welcome. For more information, call Tresa Day at (717) 261-2328.

NEW GREEN MOVEMENT & NUCLEAR REACTORS LECTURE

Free lecture offered by IRP Presenter John Ricca. **Tuesday, January 16 at 7PM** in the multi-purpose room. All residents welcome. For more information, call Tresa Day at (717) 261-2328.

JANUARY BIRTHDAY LUNCH FOR BROOKVIEW COTTAGE & RESIDENTIAL RESIDENTS

Brookview cottage residents with January birthdays are invited to celebrate on **Thursday, January 18 at 1:30PM** in the Arbor Room. Please RSVP by calling Chris Mellito at (717) 263-8545, ext. 3273.

SONGS & STORIES OF THE COLONIAL PERIOD BY JEFF GREENAWALT

Our special guest Jeff Greenawalt will present a program of songs and stories of the Colonial Period on **Thursday, January 18 at 2PM** in the Chambers Pointe Chapel. Mr. Greenawalt combines his love of history, music, and acting into a variety of historical performances and is anxious to share this love with others. Please join us for this unique portrayal of American history!

BINGO AT BROOKVIEW

Brookview Cottage, Villa & Northgate residents are invited to play Bingo on **Saturday, January 20** at 1:30PM in the Village Square Social Rec Room. Have fun with your friends and, if you're lucky, win some prizes! We hope to see you there!

TIE COMFORT TOPS

All residents are invited to come tie comfort tops for the Cumberland Valley Relief Center on **Monday, January 22 at 9AM** in the Hobby Center.

MEET MR. ED

Tuesday, January 23 at 7PM in the Northgate Multipurpose Room. Actor, entrepreneur, and elephant lover, Ed (Mr. Ed) Gotwalt has an amazing history in entertainment. He is a veteran actor with the Totem Pole Playhouse, has appeared in the John Putch produced "Route 30" movies and 40 plus years of portraying Santa Claus. And there is also his beloved elephant museum and candy emporium! Free event. For more information, call Tresa Day at (717) 261-2328

FAMILY COUNCIL

Family Council will be meeting on **January 24 from 3PM - 4PM** in the board room at Brookview. Family members of residents living in the Brookview Health Care Center are welcome to attend.

CUMBERLAND VALLEY RAILROAD BY MIKE MAROTTE

Mike Marotte from the Franklin County Historical Society will present a talk about the Cumberland Valley Railroad on Friday, **January 26 at 1:30PM** in the Chambers Pointe Chapel. Mike will discuss the history of the railroad and its connection with our local area. He will also present an interesting slide show for you to enjoy. We hope to see you there!

CREATE YOUR OWN CARD

Menno Haven independent living residents are invited to come create their own greeting cards on **Friday, January 26 at 1:30PM** at the Brookview social rec room! Brookview resident Janice Gallinger brings her style and brand of decorative recycled items to create beautiful and unique greeting cards. Cost is \$3 (for supplies). **Reservations are required by Monday, January 20 - seating is limited!** Call Chris Mellito at (717) 263-8545, ext. 3273.

HEARING AID LUNCH & LEARN

Beltone is the leading brand for hearing aid technology in North America. They use the latest diagnostic tools to deliver top-notch hearing screening before recommending the most suitable device to improve your hearing. Beltone representative Vincent Onomostico will discuss services and options on **Tuesday, January 30, 11:30AM**. Free event. For more information, call Tresa Day at (717) 261-2328

GREAT DECISIONS

Great Decisions will meet in the multipurpose room at Northgate **every Wednesday from February 7 through March 28** from 2 to 3:30PM. The topics will be: *The waning of Pax Americana? Russia's foreign policy, China and America: the new geopolitical equation, Media and foreign policy, Turkey: a partner in crisis, U.S. global engagement and the military, South Africa's fragile democracy, Global health: progress and challenges.* If you wish to join the group, please call Vera Reber at (717) 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.





COFFEE & CONVERSATION

January 2: Chambers Pointe Chapel at 1:30PM.

January 3 Brookview Chapel at 1:30PM.

January 4: Northgate Multipurpose Room at 10AM.

TREASURE CHEST PICK-UP AT CHAMBERS POINTE

Due to limited storage space at Chambers Pointe and in order to stream-line the process of collecting donations for transport to the Treasure Chest, **we have scheduled a regular pick-up of Treasure Chest donations on the 2nd and 4th Thursday of every month.** Anyone who has anything to donate to the Treasure Chest **must have their donations to the Manor Lobby no later than 9:30AM on these designated dates** so the volunteer can pick up the items for transport. He is usually very prompt, so if the items are not there by 9:30, they will have to wait until the next pick up. If you have any questions about this, please feel free to call Sherry Kennedy, Chambers Pointe Leisure Coordinator at 709-4543 or in-house ext. 4393.

EXPLORING THE BIBLE TOGETHER

All Menno Haven residents are invited to engage in a new Bible study, which will begin with an introduction to the contents and proceed to actually reading the text around the table. The facilitator of the study will be Brookview resident Rev. Mary Mason. The group will meet in the 2nd floor Conference Room at Northgate **every Friday afternoon from 4PM - 5PM, beginning January 5.** Bring your own Bible (any translation)! If you have questions, call Mary Mason at (717) 809-3439.

COME PLAY CANASTA

Do you remember the old card game of Canasta or Hand and Foot? If you are interested in re-learning these games, there is a group that plays on **Monday afternoons** at 1 PM in the Renaissance. If you have questions, call Irma Kaslow at 709-4356 or Jacqui Whitfield at (717) 261-4041. Everyone is welcome!

IPAD ASSISTANCE AVAILABLE

PEP Team members will be available to assist residents with their iPads at the following times:

Please call Village Square PEP office (717-261-2490 or in-house ext. 3126) to schedule a time to meet with someone to answer questions regarding your iPad.



TRANSPORTATION NEWS



Menno Haven Transportation operates Monday through Friday, between 8am and 6pm and Saturdays from 8AM to 4:30PM.

Please note: Transportation for our residents in Personal Care and the Health Care Center is arranged through Nursing.

- Transportation to **medical appointments** within Chambersburg area – now accepting appointments as late as 3:30PM, call for return by 5:30PM
- **On-campus and between campus** transportation – complimentary service, call to request
- **Caregiver assistance** provided for all medical appointments. Assistance is offered getting from your home to the vehicle and into the doctor's office waiting room.
- Regularly scheduled **shopping options** (see Complimentary Shopping Trips)

To learn more about any of these services or to discuss other transportation needs, please give us a call – (717) 261-2526.

2017 COMPLIMENTARY SHOPPING TRIPS

Chambers Pointe & Brookview: Apartments, Cottages, and Villas
 Call the Transportation Office at (717) 261-2526 to make reservations

<p style="text-align: center;">Wal-Mart Last Thursday each month Departure Brookview: 1:15PM Departure Chambers Pointe: 1:30PM</p>	<p style="text-align: center;">Giant & Butcher Shoppe Every Thursday Departure starts on Brookview at 9AM, Then on to Chambers Pointe.</p>
<p style="text-align: center;">Target Shopping Center Call (717) 261-2526 to request.</p>	<p style="text-align: center;">Kohl's Shopping Center Call (717) 261-2526 to request.</p>

THE AUXILIARY THANKS YOU!

To usher in the season, the Christmas Social for Menno Haven residents and team members was held on Friday, December 1. Guests enjoyed delicious cookies, which had been donated by local churches, as well as punch and light snacks. Pianists at each location filled the air with the delightful sounds of Christmas music. One resident blessed attendees with harmonica music which of course welcomed a sing-along. Here are some comments shared by those in attendance that speak to the joy of the day – “It was a nice way to meet new neighbors and old friends while enjoying Christmas goodies!”... “So many happy smiles from the residents!”... “We had a fun Christmas carol sing along with the pianist.”... “A festive event to start the Christmas season!” Thank you to all the volunteers who were a part of this hospitable event! There were 42 people who gave of their time and talents during this busy time of the year. Their help definitely did **Brighten the Life, Lighten the Load** for so many.

SAVE THE DATE

The Fashion Food & Friends Tea is being planned for April 14, 2018. More information to come!

VILLAGE STORE AT BROOKVIEW

Welcome to all of our new customers! It is our privilege to serve you. Our customer count is **GROWING! Are you growing with us?**

Everyday Low Prices!

Klondike ice cream bars **\$2/3 or a \$3.95/carton**

No sugar added bars are also available!

Turkey Hill ice cream **\$2.99/48oz. carton**

Endless flavor choices!

Campbells Soups **\$.99/10oz.**

Tomato, cream of mushroom, & chicken noodle

Essential 1 minute oat meal **\$1.25/canister.**

Check out our large selection of cold and hot cereals!

Need an item that we don't carry? Let us know!

JANUARY SPECIAL! Available in red and black flavors. Liquorice lovers will love this soft and juicy treat! \$1.19 for a 5oz. bag. Can't resist sweets? Buy 2 bags!

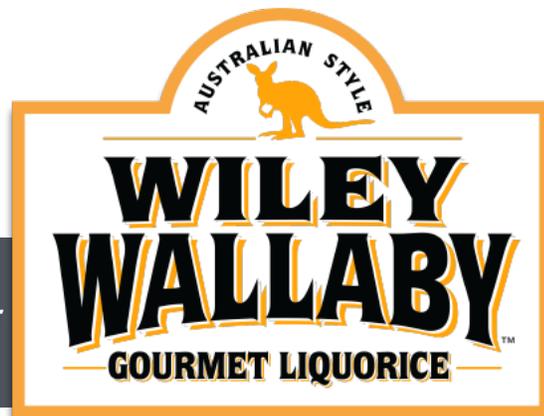
Hours:

Monday - Friday

10 AM to 2 PM

Saturday

10 AM to 12 PM



GIFT SHOPS AT MENNO HAVEN

**We welcome 2018 with some changes coming to our gift shops.
Come shop with us to see for yourself!**

- *Aline* greeting cards for all occasions, \$1/card
- *Russell Stover* candy, chocolates & hard candies (including sugar free)
- Gift cards for restaurants and many local stores
- Stunning scarves for any outfit
- Lovely jewelry and watches
- Puzzles for busy minds & fingers
- Handcrafted scrubbies and dish cloths
- *Choice Books* for your long winter reading
- Battery lite candles
- Cuddly plush animals
- Challenging coloring books, also colored pencils
- Attractive wall & door decorations
- Everyday necessities like postage stamps and magnify glasses

Village Gift Shop at Brookview

Monday - Friday

9:30AM to 3:30PM

Saturday, 10AM to 2PM

The Glass House at Chambers Pointe

Monday - Friday

10AM to 2 PM

Northgate Curio

Displayed items available for purchase.

Thanks for your patronage with the Gift Shops in 2017! All Auxiliary profits benefit residents and team members through various projects. Volunteering as a Gift Shop Clerk is rewarding and a great way to serve others! Want to join our team? Call the volunteer office at (717) 261-2527.

TREASURE CHEST THRIFT STORE AT BROOKVIEW

A new year is here! If the Treasure Chest volunteers could remember all the activity that has taken place in our little part of the universe in the past year we would probably be amazed at how much was accomplished. We want to thank our volunteers who continue to have a part in helping with the activity of the thrift shop. Stop by this winter if you'd like to help out or take advantage of our monthly sales. **The sale for January will be the 18th, 19th and 20th** and will be determined according to the inventory. We welcome your interest, input and support!

Hours:

Thursday

9AM to 3PM

Friday

9AM to 3PM

Saturday

10AM to 1PM

Phone: (717) 261- 2373

VOLUNTEER

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!

OPPORTUNITIES AT BROOKVIEW AND NORTHGATE

- **Household or Dining Room Assistants** at Brookview Health Care Center: Assist with filling water pitchers, wrapping silverware, getting people to activities or to and from meal times. In dining room assist with basic needs and offering beverages.
- **Village Square and Northgate Pool Tester:** Test water chemicals and temperature on weekends. Need volunteers for morning and afternoon. This task takes approximately 15 minutes but is necessary to keep the pool open on weekends. Must be able to distinguish color differences.

OPPORTUNITIES AT CHAMBERS POINTE

- **Chapel Transporters** - assisting our residents in wheelchairs to Sunday chapel services
- **Camcorder Operators** - learn to broadcast Chambers Chatter Live and/or Sunday services or other programs.
- **Country Store/Glass House** - clerk in the convenience grocery store/gift shop. Supports the auxiliary fundraising projects.

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

To volunteer, please contact:

Brookview: Justine Hartman, (717) 261-2527

Chambers Pointe and Treasure Chest: Janet Hyatt, (717) 261-4152

VOLUNTEER HOURS FOR 2017

If you've been volunteering and not recording your hours for the year of 2017, this is your last chance to bring your record up-to-date! Please contact Billie Torrey, Manager of Volunteer Services at (717) 261-2360 **no later than January 8th** to be included in our 2017 annual records and reports. If you're not registered as a volunteer, we will help you become official!

STATE CAPITAL TOUR

12 Menno Haven residents toured the PA state Capital building on November 29. We learned it cost 13 million dollars to be replaced in 1897, but in today's value - "This building is irreplaceable according to the tour guide". Real gold and beautiful imported marble are everywhere. Bronze doors, Moravian tile floors, statues and painting grace the inside of the capital building. 24 stained glass windows framed in 24 carat gold feature different themes. If a visit to our state capital building is not on your bucket list, it should be!

- A Brookview cottage resident



DID YOU KNOW?



A **TEAM MEMBER DIRECTORY** is available on the resident portal, but did you know you could also receive one from a reception desk?

Simply stop by any reception desk and ask for a Team Member Directory. We'll be happy to print one for you!

Can't make it to a desk? Call and we'll have it delivered to your home.

OFF TO THE BOOKSTORE

On Tuesday, November 28, Menno Haven residents enjoyed a trip to the Midtown Scholar Bookstore located in Harrisburg. They were given a tour of the historic building, which had originally been a 1920's movie theater and Harrisburg's first split-level department store in the 1950's. While shopping for books, books and more books, residents also enjoyed baked goods and coffee. Lunch was right down the street at the Yellow Bird Café, a small but unique restaurant with delicious menu items. Before heading home, it was decided that a stop at Boscov's in Camp Hill was a necessity since it was so close to the Christmas season. The combination of beautiful weather, good friends and delightful destinations resulted in a fantastic day!

- A Chambers Pointe cottage resident



Proper Recycling: Apparently there is a misconception about what to do with recycled materials. All recycled items go into a recycle container (either blue or yellow). We have single stream recycling so all recycled materials (paper, cardboard, plastics, glass bottles, metal cans, etc.) go into one container. Chambersburg Waste collects our recycled materials and sorts them at their facility into different categories. Some residents apparently think that recycled items can go into the trash and the recycler sorts out the recycled materials from the trash. This is not true – anything put into the trash ends up in the landfill and is not recycled. So, please do not put any recyclable materials into the trash.

Bistro Recycle Receptacle: New signs are posted for the recycle/trash receptacles in the Village Square Bistro. Please note what can and cannot be recycled and use the proper receptacle.

New Year's Resolutions: Repeat after me: "I will do my best to recycle whatever can be recycled, help to reuse items I do not need by taking them to the Treasure Chest of Habitat Restore, and reduce my use of energy and other resources."

MEET YOUR NEIGHBOR, ALDEAN SAUFLEY

Original article from *My Haven* magazine



MANY of our residents and team members have donated their time helping others. This holiday season, Menno Haven is counting our blessings. We are truly grateful to have Aldean Saufley as a member of our family.

Being raised in a faith-based home and community, Aldean was exposed to missionary work at very a young age. Both of his parents were active missionaries in Africa, so they instilled in him the importance of mission. During high school, Aldean learned both French and piano-tuning. What Aldean didn't know at this time, was that these subjects would come in handy one day. The missionary organization under which his parents served in Africa did not offer any opportunities for Aldean's abilities. As he mentioned, "When you know the Lord, you need to find out what he has planned for you."

After completing his college education, his uncle and aunt who were serving in Haiti invited him to join them for six months. During this time he would serve as pianist, organist, and singer for a thirty-minute daily radio broadcast on a missionary radio station in Cap Haitien, Haiti. Aldean prayed before making the decision serve in Haiti. He realized that, "the Lord gave me exactly what he knew I would need to serve in Haiti," so he packed his bags and began his missionary journey.

During his time in Haiti, Aldean's day started at 4:00 AM sharp, when he started the town's generator. Aside from this daily duty, much of his time was spent managing the local radio station. As the station continued to grow and more programs were added, Aldean recognized that he needed an extra set of hands.

A lovely young woman, named Ellen, joined the station team to assist with operations. When the station added a children's program, everyone felt that Ellen and Aldean would make a great team, so they became Uncle Al and Aunt Ellen. As their professional relationship grew, they were unsure of their personal relationship. After praying and spending some time apart, they came to the realization that God made them for each other.

After serving for 45 years in Haiti, Aldean has continued serving his local community. He traveled back to Franklin County and prayed "Lord I am not ready for the rocking chair, you find me something to do." The Lord led him to Menno Haven seven years ago with his wife Ellen. He has continued to serve and touch many lives right here in Franklin County. Currently he shares his musical talent with Menno Haven residents in many ways.

In the local community, he plays the organ and piano for two churches on Sunday mornings. He also works with several church camps over the summer months. For Aldean, missionary work and God's purpose for him will never end. He plans to continue serving the Lord and following the plan he has laid out for him. Menno Haven is blessed to have such a caring gentleman, as a part of our family.





NEW YEAR NEW YOU

by Menno Haven Dieticians, Melissa Snyder, RD, LDN and Kristen Vander Woude, RD, LDN



BE THE BEST YOU THIS YEAR WITH THESE HEALTHY TIPS AND TRICKS!

Don't Go Overboard: Don't overwhelm yourself with a lot of new goals all at once. Choose one that you really would like to work on and go from there!

Keep a Log: If you write things down, you will be more likely to follow them.

Find a Buddy: Find a friend with the same or similar goals as you. You can keep each other accountable!

Be Patient: Change doesn't happen overnight. Stay calm and be patient, if you stick with your goals you'll see results!

Breathe: Relax and take a moment to destress. Be confident, you can be successful!

Stop Making Excuses: Don't be your own worst enemy. Find reasons to make change happen, not reasons to avoid your success.

SPINACH ARTICHOKE CUPS



MAKE THIS DELIGHTFUL APPETIZER THE HIGHLIGHT OF YOUR NEXT PARTY!

INGREDIENTS

- 4 oz. plain greek yogurt
- ¼ cup reduced fat sour cream
- 1.5 cup of shredded reduced fat mozzarella cheese
- ¼ cup Parmesan cheese
- 1 cup canned artichoke hearts, drained and chopped
- 1 (10 oz.) package frozen spinach, drained and chopped
- 2 cloves garlic, minced
- Kosher salt
- Freshly ground black pepper
- 1 tube crescent dough

DIRECTIONS

1. Preheat oven to 375 degrees F. Grease a mini muffin tin with cooking spray.
2. In a large bowl, combine cream cheese, 1 cup mozzarella, Parmesan, artichokes, spinach, and garlic. Season with salt and pepper. Set aside.
3. Flour your work surface, roll out crescent dough, and pinch seams together. Cut into 24 squares. Place squares into muffin tin slots and spoon 1 tablespoon of dip into the dough. Top with remaining mozzarella.
4. Bake until pastry is golden and cheese is melted, about 15 minutes.

Makes: 24 cups

Total time: 25 minutes

NUTRITION PER 1 CUP:

Calories - 80

Fat - 3.7mg

Sodium - 298.5 m

Potassium - 107.3 mg

Carbohydrates - 6.3 g

Protein - 5.5 g

WELLNESS NEWS

HOLIDAY SCHEDULE

Monday January 1, 2018: All classes are canceled

CHAMBERS POINTE

Wednesday, December 20: Christmas Fit Go in the pool at 9AM

WANTED: Square Dancers, every Wednesday at 2:30PM in the Laurel Room

VILLAGE SQUARE

Mondays:

Water Aerobics: 9AM - 9:45AM

Strength & Balance: 10AM - 10:45AM

Supervised Equipment: 12:45PM - 3PM

Tuedays:

Circuit Training: 9AM - 9:45AM

Village Square Lobby Exercise: 11AM - 11:30AM

Supervised Equipment: 12:45PM - 2PM

FITGO in the Pool: 2:15PM - 3PM

Wednesdays:

Water Aerobics: 8:45AM - 9:30AM

Strength & Balance: 9:30AM - 10:15AM

Supervised Equipment: 1PM - 3PM

Thursdays:

Circuit Training: 9AM - 9:45AM

Village Square Lobby Exercise: 11AM - 11:30AM

Supervised Equipment: 12:45PM - 2PM

Power Splash: 2:15PM - 3PM

Fridays:

Water Aerobics: 9AM - 9:45AM

Strength & Balance: 10AM - 10:45AM

Village Square Lobby Exercise: 11AM - 11:30AM

Supervised Equipment: 12:45PM - 3PM



WINTER SAFETY 101

FROM THE



pennsylvania

EMERGENCY MANAGEMENT AGENCY

find more at www.penndot.gov

Driving Tips

- Carry a winter emergency travel kit.
 - Listen to weather and travel advisories.
 - Avoid sudden stops and starts.
 - Beware of roads that may look wet, but are actually frozen. (black ice)
 - Use extra caution on bridges and ramps, where ice can form without warning.
 - Carry a cellphone.
 - Do not use cruise control while driving on snow-covered roads.
 - State law requires you to turn on your headlights when your wipers are on.
 - Use your low beams in cases of heavy or blowing snow.
 - Remove snow and ice from the hood and roof of your vehicle. State law states that if snow or ice from your vehicle strikes a vehicle or person and causes death or injury, you can be ticketed.
 - Do not pass or get between vehicles plowing snow. **This is especially important to remember while driving through Menno Haven!**
 - If you don't have to drive, don't!
-

8 Items to Keep in Your Car

- Portable cell phone charger
 - Blankets
 - First aid kit
 - Sand or cat litter for traction
 - Jumper cables
 - Flashlight and batteries
 - Ice Scraper
-

Stranded in Your Vehicle?

- Stay in your vehicle where rescuers are most likely to find you.
- Run the heat 10 minutes an hour to save battery power.
- Keep snow clear from the exhaust pipe to prevent carbon monoxide poisoning.

The Season of Giving



The Christmas season may be behind us now,
but the season of giving goes on.
Donations to our Benevolent Care Fund
are always welcome and are greatly appreciated.

For some of our residents, knowing that the

Benevolent Care Fund

is there for them

is knowing that they will always be
cared for and loved.

Menno Haven was built on the mission of caring
for others, and giving to the Benevolent Care Fund
continues that mission in a very special way.

Send your donations for Benevolence to
Development Services, in Menno Haven's Home Office.

"Mercy, peace and love be yours in abundance." Jude 1:2
From Development Services - Chuck, Nancy & Sonja

ELDERDAY ADULT DAY SERVICES

MONDAY - FRIDAY
7:30AM - 5:30PM

Our ElderDay Program provides an engaging social
setting where your loved one is cared for and cared about.

The program supports aging adults who benefit
from assistance during daytime hours.

PHONE: 717-709-4510

FAX: 717-709-4509





Investment & Trust Services

As the New Year begins we take a breath and reflect on where we have been and look forward to where we are headed. As our leaders wrestle with tax reform and other national agendas which potentially could impact our financial lives, it makes sense for each of us to take some time to assess our current financial situation and position ourselves appropriately for the changes that will be forthcoming. Working with a trusted advisor to review and analyze your current holdings, investment objectives and future goals is a good way to start this process. The tenure and experience of our Trust Officers and Investment Department can be valuable for making decisions that will maximize your current portfolio and assist you in completing your estate planning process.

Let the professionals at F&M Trust assist you in discussing how we can help you with your financial and estate needs. We can serve in various capacities to assist in managing your financial affairs. Stop by one of our branch locations or give us a call to speak with one of our financial representatives at 888.264.6116.

Safe Deposit Boxes

Need somewhere safe and secure to store your valuables? How about renting a Safe Deposit Box? Safe Deposit Boxes allow you to keep articles such as jewels, family heirlooms, insurance policies, titles, birth certificates, passports and collectibles safe, secure and accessible. Safe Deposit Boxes can be rented for one year with annual renewals. Please stop by the Chambers Pointe or Brookview Offices to rent one today!

Brookview Office: **717.261.3697**

Chambers Pointe Office: **717.261.3660**

Holiday Hours

Monday, January 1st

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

Monday, January 15th

All F&M Trust offices will be closed in observance of Dr. Martin Luther King Jr. Day.

Monthly Security Tip

Protect your personal information by shredding all financial documents and paperwork prior to disposal.

