

# The Weekly Connection

## Residential Living / July 14 ~ 20, 2024

### What's Happening This Week

*Unless Noted - All Monday-Friday Fitness Classes as shown on the calendar (Gazette)*

#### **Sunday, July 14**

10:00am Worship (FR)

#### **Monday, July 15**

10:30am Wellness Talk (CC)

1:30pm Senior Acts (FR)

6:30pm Apple Core Band (FR)

#### **Tuesday, July 16**

10:30am Chair Fitness is canceled today

11:30am Cook-Out (RR,\$,T)

1:30pm Rhythm and Motion (WS) note the time change

#### **Wednesday, July 17**

9:30am Area Shopping

2:00pm Guided Meditation (ML)

2:00pm Mexican Train Dominoes (CC)

3:30pm Rosary (AS)

#### **Thursday, July 18**

9:30am Weis Market

10:00am Catholic Mass (FR)

#### **Friday, July 19**

8:00am Men's Breakfast Federal Point (RR-\$)

2:00pm Bingo (CC)

#### **Saturday, July 20**

9:00 19th Century Baseball Game (RR by 7/18)

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### Residential Living Nurse Navigator Updates

#### **Peggy's Schedule This Week**

Wednesday, July 17 ~ 8:00am to 4:00pm

Thursday, July 18 ~ 8:00am to 4:00pm

Peggy's Monthly Schedule will now only be posted in her office and prominent areas of campus. It will be emailed to those who have provided us an email address. If you would like a paper copy please sign up at the receptionist.

For falls or other emergencies not requiring 911 call the front desk or after-hours phone (717) 487-4092. For shortness of breath, slurred speech, weakness or uncontrolled bleeding call 911.

**RN Supervisor 717-487-4092**  
**Available after 4pm Monday-Friday**  
**or weekends only. Not available for care .**  
**Please call 911 for Emergencies**

#### **Transportation for Medical Appointments**

\*Please call the main desk and ask for the transportation office. If you require transportation for doctor's appointments, please schedule them to occur before 2:30 pm and call our transportation office at least 48 hours in advance. We cannot provide round-trip transportation for appointments scheduled after 2:30 pm. Thank you for following this guideline.

 **Spiritrust Lutheran**<sup>®</sup>  
The Village at Gettysburg



## From Around the Village

### Garbage, Recycling and Glass Recycling

Regular Recycling day is on Monday and Trash is on Wednesday. Recyclables should be tied tightly in a container and should not be put out until the morning of pick-up. Glass recycling continues on the first Saturday of each month. If you are able, take your bottles and jars (minus the lids) to the blue bins in the recycling room behind the dumpster. The bottles and jars do not need to be bagged. Please handle your glass carefully so as not to break it when putting it in the blue bins as this presents a safety hazard for the recycling volunteers.

### Volunteers

Have you been looking for an opportunity to help out on campus? We would love to have some new and returning volunteers to help in several areas. Examples of opportunities (among others) : transporting skilled care residents to and from church on Sundays, helping to get residents to and from the beauty shop, sitting outside or taking residents for short walks in their wheelchairs and accompanying Personal Care residents for medical appointments. If this sounds like something that you would like to do (no regular schedule is necessary but we have to make you an "official" volunteer by filling out some paperwork) contact Jess at 40307.

### Follow Up to Town Hall on July 9th

Updated Financial information (April YTD) has been given to Jill Flasher, Executive Director. If you wish to have a copy of the review, please contact Jill Flasher for a copy to be distributed for your review.

### Addition to Calendar this Sunday, July 14

The Navy Sea Chanters will be performing as part of the Music, Gettysburg series this Sunday at the Seminary. The performance is free. **Please sign up at the receptionist by Saturday.** We will have more additions of Music, Gettysburg concerts now that their calendar has been released.

### Thank You

Thanks to all of you who sent me cards and well wishes regarding my birthday. It was kind of you to be thinking of me. The best to you all. ~Dan Kessel

**The next Cannons Corner Breakfast** will be on Wednesday, July 24.

**Weekend Dining Service**—Please call the receptionist by 11:30am on Friday with your order to be delivered to Cannons at 11:30am on Saturday and Sunday.

### Wellness Talk

Please welcome Christina Anderson, our Homecare and Hospice Community Relations Supervisor who will be giving our monthly Wellness Talks. Her first presentation will be Monday, July 15 in Cannons Corner at 10:30am. Her topic is "Taking Charge of Your Health".

### Cannons Corner Menu



Monday, July 15 Minestrone Soup	Cheeseburger Casserole, Bourbon Chicken, Roasted New Potatoes, Roasted Asparagus, Brownie with Caramel
Tuesday, July 16 Italian Wedding Soup	BBQ Pulled Beef, Spinach Egg Bake, Buttered Noodles, Honey Glazed Carrots, Fresh Fruit
Wednesday, July 17 Tuscan Bean & Tomato Soup	Oven-Fried Chicken, Loaded Baked Potato, Corn and Cheddar Casserole, Caesar Salad, Peach Crisp
Thursday, July 18 Cream of Celery Soup	Shepherd's Pie, Stuffed Shells, Dinner Roll, Wax Beans with Pimento, Cherry Pie
Friday, July 19 French Onion Soup	Crab Stuffed Pollock, General Tso's Chicken, Basmati Rice, Parsley Cauliflower, Blueberry Lemon Mousse Cake
<b>Pre-Order</b> Saturday, July 20 Lentil Soup	Herb Baked Chicken, Three Cheese Lasagna, Scalloped Potatoes, Italian Vegetables, Butterscotch Squares
<b>Pre-Order</b> Sunday, July 21 Chicken Vegetable Soup	Caribbean BBQ Pork, Stuffed Cabbage Roll, Dirty Rice, Squash Medley, Lemon Meringue Pie