



GUILD NEWS AND HEALTH SYSTEM HAPPENINGS



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www.NiagaraLutheran.org • NLHSGuild@Yahoo.com



You Took my Parking Space

One day, a man went to visit a church. He got there early, parked his car and got out. Another car pulled up near the driver, got out of his car, and said, "I always park there! You took my place!"

The visitor went inside for Sunday School, found an empty seat and sat down. A young lady from the church approached him and stated, "That's my seat! You took my place!"

The visitor was somewhat distressed by this rude welcome, but said nothing.

After Sunday School, the visitor went into the sanctuary and sat down. Another member walked up to him and said, "That's where I always sit! You took my place!"

The visitor was even more troubled by this treatment, but still he said nothing.

Later as the congregation was praying for Christ to dwell among them, the visitor stood up, and his appearance began to change. Horrible scars became visible on his hands and on his sandaled feet.

Someone from the congregation noticed him and called out, "What happened to you?"

The visitor replied, as his hat became a crown of thorns, and a tear fell from his eye, "I took your place. . ."

~ Unknown



MARCH 2011

Message from Mr. Arndt

Spring is in the air and soon the snow will be gone. That certainly brightens the outlook for many of us in Western New York. Here at Niagara Lutheran we are optimistic about the future. Even though we have been bombarded with news of budget cuts on both the State and Federal levels this year, we continue to work hard to provide the best possible care and services to our residents.

As you probably know, we have developed quite a reputation at the GreenFields for providing excellent sub-acute care to those recovering from a variety of illnesses, injuries and surgery. I want to take this opportunity to remind you of the many programs also offered through our Outpatient Rehabilitation & Wellness Clinic.

In addition to providing traditional Physical, Occupational and Speech Therapy Services, we help members of the community through our Wellness Programs. Our most successful program continues to be the warm water exercise program for people with arthritis. This program is great for keeping up your strength and improving your balance in a very warm and comfortable environment.

The Greenfields also participates in a grant with the WNY Community Health Foundation and is identified as a Falls Prevention & Treatment Center for individuals and professionals in Western new York

Some of the new programs we started this year include "prehabilitation" services to prepare people for an upcoming surgery. A study by the University of Louisville, Kentucky, found that Physical Therapy BEFORE a total joint replacement helped patients recover from surgery more quickly and with less effort. Dawn Rezak, our Director of Rehabilitation Services,

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It's the Guild's Birthday!

See page 5 for details

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Florence Doran
EDITOR:
Vivian Cosentino
PRINTING:
Kathi Rickus
FOLDING: Florence
and Ronald Doran
CIRCULATION:
Mary Ann Young and
Mailing Crew

THURS., MARCH 17 · 11:30 am - 2:30 pm at
Lutheran Church Home ~ 217 East Delavan, Buffalo

Hostesses are members of the Guilds' Executive Board

Devotions with The Rev. Nancy Milleville, Crossroads Lutheran

Program: *"Hymn Histories &
Old Fashioned Hymn Sing - Part II"*

RSVP by SUNDAY Mar. 13
Florence: 836-6803
NLHSGuild@Yahoo.com



Footnotes from Florence

Dear Friends ~

We were blessed with good weather the day of our most recent Guild meeting. Almost 40 people attended the luncheon, which is an excellent turn out for a February meeting!

The luncheon prepared by the NLHRC staff was served on the Guild's beautiful milk glass plates. The menu was chicken salad, melon slices, and a blueberry muffin. The desserts were a variety of layer cakes — white, chocolate, and coconut. Dee-licious! Thanks to the cooks and bakers and to the activity department for decorating our tables so beautifully.

Our devotional leader, The Rev. David Beutel, from Redeemer in North Tonawanda, shared a reading from Lamentations. Jeremiah, in spite of many afflictions, declares that *"the steadfast love of the Lord never ceases; his mercies never come to an end."* He talked about how we need to be mindful of God's mercies and faithfulness, which often come to us throughout the day like "the wink of his eye."

Pastor Beutel also gave us the history of the hymn, *"Great is Thy Faithfulness,"* which we sang to conclude the devotions. Thank you Rev. Beutel and Marie Wienke, our pianist.

Linda Zink, our treasurer, reported on the financial status of the Guild as of January 31, 2011. We currently have a balance of \$9,687.07 thanks to the generosity of our members, friends, and Thrivent Financial for Lutherans.

We were most appreciative of the excellent presentation by Dana Estrada, the executive director of Border Community Service of Niagara University, a Homeland Security outreach. The *"Ready America"* program she spoke about focused on three key strategic points. 1) Get a kit, 2) Make a plan, and 3) Be informed and involved. The goal of the training is to empower individuals to better serve themselves, their families, friends, and neighbors in the event of an emergency. Our October snowstorm a couple years ago is an emergency to which we could all relate as she explained how this type of plan can benefit everyone. Each person who attended the meeting received a free "Grab & Go" safety tube kit to get them started on a home preparedness kit.

This month we are including a form (on page 5) and a self-addressed envelope for those who would like to make a donation in remembrance of the Guild's 53rd birthday this month. Money raised through this appeal is used to meet some of the special needs for residents that need to be addressed and helps us fulfill our mission to help as we are able. Sending in your Dash receipts is also helpful in raising funds. As a matter of fact, last year we received more than \$1,000 from the receipts we turned in, and we are well on our way to do the same, or more, this year.

Looking forward to seeing you at the March meeting. ~ your friend in Christ, Florence Doran

Mr. Arndt — (Continued from page 1)

says that everyone who has gone through The GreenFields' pre-surgical program has also had positive results.

There is one more program I'd like to share with you. That is a program that addresses many of the needs of people suffering from fibromyalgia, an oftentimes debilitating disease. As far as we know, we will be the only ones in our area offering this type of program.

If you, or someone you know, is contemplating surgery or needs rehabilitation of any kind, please spread the word about the great care we provide at

The GreenFields. You might suggest they call with questions or for a tour. The number is 684-3000. It is also important to let them know that it is ***their right to choose*** where they receive their rehabilitation services

I know I've spent a lot of time talking about our rehabilitation services. That is because I am very proud of the advancements we've made in that area over the years. And, it is something that affects people of every age.

My best wishes to you...and, as always...
God Bless.... ~ Jurgen Arndt

OUR MARCH MEETING

In March we will be meeting at the Lutheran Church Home. Our program will be Part II of the Hymn Sing we had last year. Everyone enjoyed the hymn selections last year, and we hope to be even more successful this year. Residents of Lutheran Church Home are invited to join us.


Since we will be meeting on March 17, be sure to wear a bit of green so we can celebrate St. Patrick's Day. Let's all be Irish for the day!

Reservations need to be made by SUNDAY, March 13. (call: 836-6803)

Legacies for Life ~ Gifts made by bequest through a will, bequest or insurance policy, play a vital role in our mission of compassionate care. To learn more, contact the Foundation at 886-4377



Schedule of Weekly Worship Services with Holy Communion

<p style="text-align: center;">NLHRC ~ Sundays at 2:30 p.m. <u>In the Strodel Chapel/Auditorium</u></p> <p>3/6 Rev. Timothy Madsen, <i>St. Paul's, Wmsville</i> 3/9 ASH WED: 2:30 p.m. Rev Allen Griep, <i>NLHS Chaplain</i></p> <p>3/13 Rev. Michael Blackwell, <i>St. John's, Depew</i> 3/20 Rev. David Menz, <i>All Saints, Hamburg</i> 3/27 Rev. David Menz, <i>All Saints, Hamburg</i></p> <p style="text-align: center;">LCH ~ Sundays at 2:30 p.m. <u>In the Chapel</u></p> <p>3/6 Rev. Troy Mulvaine, <i>Augustana, Tonawanda</i> 3/13 Rev. Galen Purpura, <i>St. John's, Depew</i> 3/20 Rev. Allen Griep, <i>NLHS Chaplain</i> 3/27 Rev. Marlene Hyden, <i>Grace, S. Buffalo</i></p>	 <p>GF MANOR/COURT ~ Saturdays at 1:00 p.m. <u>In the Richard Seibold Chapel/Auditorium</u></p> <p><i>And</i></p> <p>GHRC ~ Saturdays at 2:30 p.m. <u>In the Melba Y. Seibold Chapel/Auditorium</u></p> <p>3/5 Rev. Robert Knepel, <i>Immanuel, E. Aurora</i> 3/9 ASH WED: 11:00 a.m. at GHRC only Rev. Allen Griep, <i>NLHS Chaplain</i></p> <p>3/12 Rev. Merlin Knauff, <i>Retired</i> 3/19 Rev. Ronald Habedank, <i>Trinity, W. Seneca</i></p>
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Mid-Week Lenten Services will be held on Wednesdays ~ 11:00 a.m. at GHRC and 2:30 p.m. at NLHRC



Ash Wednesday is

March 9

Chaplain Services:

If there is a need for emotional and/or spiritual support for a resident, family member, or yourself, please contact our Chaplain, The Rev. Allen Griep, at 886-4377 or 692-6380.



Roman Catholic Masses ~ Holy Communion

- NLHRC: First Fridays at 11:00 a.m.
Other Fridays at 11:00 a.m.:
Deacon-led services with Holy Communion
- GHRC: Mondays at 2:30 p.m.
- LCH: 1st Thursdays at 2:15 p.m.
Rosary and Holy Communion on alternate Saturdays at 6:00 p.m.
- GCM: Thursdays at 3:30 p.m.





Join us for Laughter, Lunch
and a little bit of Labor

Last Thursday of the Month
10am. - 1p.m.

We usually meet the last Thursday of the month to put together the Guild newsletter and can always use help! Call Mary Ann at 639-1169. ~ Members of the mailing crew

Special Request for help with music: for the 2:30 p.m. service on Sundays at NLHRC. See page 5 for details

NLHS Guild Membership

Name _____

Address _____

City/State/Zip _____

Phone # /other contact information _____

Home Church _____ City _____

- I am enclosing my Membership Donation of \$5.00. Membership Renewal New Member
- I would like to further support the Guild with an additional gift of \$_____ to be used toward enhancing the lives of residents.

Signature: _____ Date: _____



NIAGARA LUTHERAN HEALTH SYSTEM GUILD 64 Hager Street ~ Buffalo, NY 14208



WISH LISTS

NLHRC: *Contact: 886-4377*

- † Shawls or large, over-the-shoulder scarves
- † Items for the ceramics classes
- † Holiday Clings

GFCourt: *Contact: Lisa Scaglione at 684-8400*

- † BINGO PRIZES (including jewelry and knick knacks)
- † READER - to read to a resident with vision problems

GHRC: *Contact: Jennifer Pellicane at 684-3000*

- † **NEW:** Bird Seed
- † **NEW:** Bird Houses
- † **NEW:** Old Tea Cups
- † **NEW:** Old Silverware
- † **NEW:** Holiday Decorations

LCH: *Contact: Joan Griffin at 882-1231*

- † BINGO PRIZES
(Jewelry, knick knacks, stuffed animals, etc.)

Attn: Pianists, Organists & Others who value music:



If you play a musical instrument, especially piano or organ, and can volunteer a few hours a month to play for the 3 hymns NLHRC residents sing at worship on Sundays at 2:30 p.m. — you would be doing a wonderful service for people who receive great comfort from many of the hymns we sing.

If you don't play, but can spare a couple hours, we can teach you to play the music on our DIGITAL HYMNAL. It only requires pushing a couple buttons for each hymn. Hymns are selected and programmed well ahead of time. For details, call Vivian at 886-4377, ext. 365.

Attn: Sewers — Wheelchair bags needed

People at NLHRC have really appreciated the wheelchair bags that some of our members have created for them. Supplies are running low and we could use some more. Contact Florence for details: 836-6803

Travel Opportunity

The Rev. Michael Blackwell, Pastor of St. John's Lutheran Church ~ Depew and member of the GreenField Manor board of directors, is leading two bus tours this year:



- † An Amishlands tour (April 28-30) featuring tickets to the Millenium Theater production of "Joseph" and "The Unsinkable Molly Brown" at the Dutch Millenium Theater... and much more. Cost for the trip is \$350.
- † Travel to Maine with a stop at Lake George on the return. (Aug. 29—Sept. 2). Included will be tours of Portland and Kennebunkport, a harbor cruise, a lobster bake, a cruise on Lake George... and much more. Cost for this trip is \$700.

For details, contact Pastor Blackwell at 683-3295.

Happy Birthday Guild - March 2011



The Guild is 53 years young this year, and in honor of our Birthday, we traditionally ask members to make a special donation which will be used specifically to enhance the lives of residents. If you are not able to give dollars, please remember the homes and our residents in your prayers. A self-addressed envelope is enclosed for your convenience.

MAKE CHECKS PAYABLE TO:

Niagara Lutheran Health System Guild
64 Hager Street - Buffalo, NY 14208

My Birthday Gift to the Guild

Name _____

Address _____

City/State/Zip _____

Amt. _____



Happy St. Patrick's Day

Dash's Tapes - We're 1/2 way there

Please keep turning in your Dash's receipts. Last year we redeemed them for more than \$1,000, and we've already collected more than 1/2 of the \$25,000 we need to turn them in for more cash. Thank you!



Changing Your Address?

Please fill this out, clip and mail to:

NLHS GUILD NEWSLETTER

64 Hager Street - Buffalo, NY 14208

Name _____

NEW

Address _____

City/State/

Zip _____

OLD

Address _____

City/State/

Zip _____

DATES: _____

Phone # _____

DATES ARE IMPORTANT FOR SAVING POSTAGE — THANKS!

*MISSION of the
Niagara Lutheran Health System Guild :*

The NIAGARA LUTHERAN HEALTH SYSTEM GUILD serves the constituents of Niagara Lutheran Home & Rehabilitation Center, Lutheran Church Home, GreenField Health & Rehabilitation Center, GreenField Manor, GreenField Court and any other social ministries related to the Niagara Lutheran Health System.

Guild members promote the interests and programs of the Health System's affiliates as they are able. All volunteers are welcome and encouraged to join the NLHS Guild.

AFFILIATES OF THE NIAGARA LUTHERAN HEALTH SYSTEM



Buffalo

NIAGARA LUTHERAN HOME & REHABILITATION CENTER
LUTHERAN CHURCH HOME
NIAGARA LUTHERAN HEALTH FOUNDATION

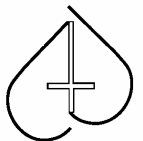
Lancaster

GREENFIELD HEALTH & REHABILITATION CENTER
GREENFIELD MANOR
GREENFIELD COURT



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