



# GUILD NEWS AND HEALTH SYSTEM HAPPENINGS



Published by the NIAGARA LUTHERAN HEALTH SYSTEM Guild • 64 Hager Street • Buffalo, NY 14208 • (716) 886-4377  
www.NiagaraLutheran.org • NLHSGuild@Yahoo.com



## God's Pharmacy

When God created the earth he separated the salt water from the fresh, newly made dry land, planted a garden, made animals and fish... all before he made a human. He made and provided what we'd need long before we were born.

God's Pharmacy is amazing! He has even given us clues as to which foods help which part of the body!

- † A sliced CARROT looks like the human eye. Its pupil, iris and radiating lines look just like the human eye. And yes, science now shows carrots greatly enhance function of the eyes and blood flow to them.
- † A TOMATO has four chambers and is red. The heart has four chambers and is red. Research shows that tomatoes are loaded with lycopine and are indeed pure heart and blood food.
- † GRAPES hang in a cluster that has the shape of the heart. Each grape looks like a blood cell. Research shows that grapes are also a profound heart and blood vitalizing food.
- † A WALNUT looks like a little brain with a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex of the brain. We now know walnuts help develop more than three dozen neuron-transmitters for brain function.
- † KIDNEY BEANS actually heal and help maintain kidney function, and they look exactly like human kidneys.

(Continued on page 5)

SEPTEMBER 2011



## Message from Mr. Arndt

I have so much good news to share with you this time around that it's difficult to know where to begin.

Would you believe that GreenField Manor and Court have been open since 2001? That October, when Court residents moved into their assisted living apartments and Manor residents moved into their independent living apartments, another phase of The GreenFields Continuing Care Community plan was completed.

Naturally, there will be some celebrating. In addition to special events for residents. **On September 10, we will be hosting a 10-Year Anniversary Celebration and Open House at GreenField Manor and Court.** We invite you to come and bring your friends to see first-hand what life is like at The GreenFields. For information, call 684-8400. There will also be a 10-Year Anniversary Service of Thanksgiving at the Richard Seibold Chapel and Auditorium at the Manor.

In recognition of this 10th anniversary the Guild has generously agreed to donate money toward a small chapel at GreenField Manor, a place where residents can pray and meditate in private. We will be converting a room off the Manor auditorium and, Tom Nantka who created the stained glass windows in the Chapel/Auditorium, has generously offered to design and craft a special window for this chapel. Our residents and I personally want to thank you for your generosity in helping us meet the spiritual needs of the people we serve!

We also made plans this summer to double the size of our annual Holiday Bazaar and make it more

(Continued on page 5)

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

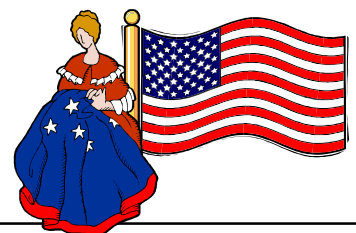
**THURS., SEPT. 15, 2011 from 11:30a.m. to 2:30p.m.**  
Lutheran Church Home - 217 East Delavan, Buffalo

Hostesses are ladies from Abiding Savior, North Tonawanda

Devotions with The Rev. Kathleen Gahagen

Program: *The American Flag thru USA History*  
presented by Dick Helmbrecht

**RSVP by SUNDAY, Sept. 11**  
Florence: 836-6803  
NLHSGuild@Yahoo.com





# Footnotes from Florence

Dear Friends ~ What a summer! We've sure had a lot of sunshine and warm weather. Hopefully you have been able to enjoy it with your family and friends.

With September approaching, we need to give you an update on the Guild's future events and finances. But first, we need to thank you again for your wonderful support of our June luncheon at GreenField Manor. Not only was there a great turnout, there was a delicious array of dishes brought in and salads provided by The GreenFields cooking staff. It was also a financial success. We raised \$1,070.40, which will be matched by a grant from Thrivent Financial for Lutherans. As always, we cannot thank Thrivent enough for their generous support. A special thank you, too, to the women who provided the interesting, creative, and clever theme baskets and The GreenFields Gift Shop at GHRC for the \$3,000 check for the Guild.

We were happy that Mr. Arndt, President/CEO of the Niagara Lutheran Health System, was able to join us for lunch. He thanked the Guild for all their efforts and then presented the check from the Gift Shop to the Guild. We were also happy that the Guild was able to announce a gift of up to \$10,000 to the Niagara Lutheran Health Foundation for the construction of a small chapel off of the Richard Seibold Auditorium and Chapel at GreenField Manor. Thankfully, Tom Nantka has volunteered his creative talents to design and construct a stained glass window for the chapel. Our donation will provide supplies and installation costs.

The Rev. Steve Biegner reminded us in his devotion, based on Matthew 28, that Jesus told his disciples to go and make disciples of all nations and teach them. Jesus also said that He would be with them always. Jesus speaks to us today, too, as we teach in the midst of our nervousness and self-doubt. He will be with us always too. Need we ask for more? Thank you, Pastor Steve.

Once again, Helen Markham did not disappoint us. Her slide presentation and display of the life of Laura Ingalls Wilder reflected not only her tremendous interest in Laura, but also Helen's diligence in researching Laura and her family's history. We thank her for sharing her well-prepared program with us.

## **OUR SEPTEMBER MEETING**

LEARN about the history of the American Flag at our September meeting — Sept. 18 at Lutheran Church Home. Hostesses are ladies from Abiding Savior in NT, and The Rev. Kathleen Gahagen will lead us in devotions. Join us for lunch at 11:30 a.m. following by our meeting and program. **Reservations need to be in by SUNDAY, Sept. 11 (836-6803)**

And now, for upcoming events. On September 15, we will be gathering at Lutheran Church Home for our luncheon at 11:30 a.m., followed by devotions and a very entertaining and interesting program entitled "*The American Flag thru USA History*" presented by Dick Helmbrecht. Please make your reservations by Sunday, September 11. The kitchen staff at Lutheran Church Home need to know how many to plan for by Monday morning. Thank you for your cooperation.

Our Fall Fun Fair is October 20. Remember - we welcome your gifts of plants, crafts, jewelry, games, books, holiday decorations, glassware, knick knacks and, of course, baked goods. I'm planning to bake some zucchini breads this week and freeze them for the Fair. (Have to take advantage of our summer bounty!)

At our November meeting we will have the Victorian Dancers from the Amherst Museum at GreenField Manor. In December we will be entertained by the Queen City Chordsmen at St. Paul's in Williamsville. It's a full calendar for the Guild and we hope it will be on your calendar too.

If you attend our September meeting, you will hear a complete financial report from our treasurer, Gail Brown. She sure is thrilled at how our balance has grown and equally delighted with how we plan on spending our money during the coming months. Please rejoice with us as we continue in our ministry at all the facilities of the Niagara Lutheran Health System. We hope, with your help, to continue to make a difference in the lives of each and every resident.

~ Peace be with you, Florence

Want to get your *Guild News & Niagara Lutheran Happenings* VIA EMAIL in PDF format. To sign up, send a

note to: Mary Ann Young at NLHSGuild@Yahoo.com

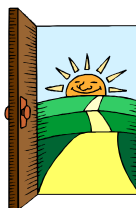
or to: NLHS Guild  
64 Hager Street  
Buffalo, NY 14028

Or email us at NLHSGuild@Yahoo.com



## 10-Year Anniversary Celebration and Open House

Saturday, September 10, 2011  
12:00 - 3:00 p.m.



*The GreenFields*

MANOR & COURT  
5953 Broadway -- Lancaster

*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



## Guild Meeting Schedule



OCT 20	NLHRC Chapel and Aud FALL FUN FAIR Residents' Christmas Card Workshop
NOV 17	GHRC Chapel and Aud Program: The VICTORIAN DANCERS will demonstrate dances and clothing of that era
DEC 8	St. Paul's - 11:30 a.m. 68 Eagle St., Williamsville CHRISTMAS CELEBRATION and FUNDRAISER Program: QUEEN CITY CHORDSMEN Barbershop quartets and holiday favorites

We USUALLY meet at 11:30 a.m. for lunch followed by our meeting and program.

The Newsletter Crew can always use help. Call Mary Ann at 639-1169 or email her at LHSGuild@Yahoo.com.



## WISH LISTS

**NLHRC:** Contact: Susan Lett at 886-4377

- † Large print books / word search books
- † Stickers
- † Bingo prizes (jewelry, stuffed animals, knick knacks, socks, tissues, lipstick, toiletries, etc.)

**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

- † Bird Seed - Bird Houses
- † Old Tea Cups - Old Silverware
- † Holiday Decorations
- † Playing cards - regular and large print

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

- † BINGO PRIZES (Jewelry, knick knacks, stuffed animals, etc.)
- † Sewers and Quilters to help with our RSVP Quilt Project on Thursdays from 1:30 - 2:30 p.m.

## Music Soothes the Soul; A Special Request for Organist and Pianists



Worshiping and singing the old familiar hymns is very important to many of our residents. For the past year or so we have been attempting to use a digital hymnal system to provide the music for worship with mixed results. It works, but residents and everyone involved in worship agrees (based on a recent survey by the NLHS Pastoral Care Committee) that there is nothing like having real, live music and singing along with a piano or organ.

Therefore, **we are asking for volunteers to play piano or organ at worship even just once a month** to give our residents something to which they can look forward. Please call the Pastoral Care Dept. at 886-4377, ext. 365 to learn more. We need your help!

## The NLHS Guild's Annual 2011 FALL FUN FAIR Craft/Plant and Bake Sale

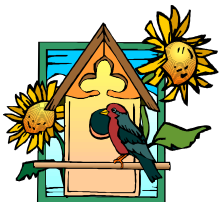
### Featuring:

Baked Goods, Plants,  
Crafts, Jewelry  
Auntie Em's Collectibles  
full of "gently used" items  
AND MUCH MORE!



**Thursday, Oct. 20, 2011**

NLHRC Lobby  
64 Hager Street ~ Buffalo  
9:00 a.m. - 3:00 p.m.



Bring your donations to 64 Hager Street at any time and mark them for the Fall Fun Fair.  
For more information, call Florence at 836-6803



Matching funds are being requested through The Erie County Chapter of Thrivent Financial for Lutherans

# Schedule of Weekly Worship Services with Holy Communion

## NLHRC ~ Sundays at 2:30 p.m. In the Strodel Chapel/Auditorium

- 9/4 Rev. Timothy Madsen, *St. Paul's, Wmsvl.*
- 9/11 Rev. Allen Griep, *NLHS Chaplain*
- 9/18 Rev. Robert Knepel, *Immanuel, E. Aurora*
- 9/25 Rev David Ellis, *Amherst, Wmsvl.*

## LCH ~ Sundays at 2:30 p.m. In the Chapel

- 9/4 Rev. Marlene Hyden, *Grace, S. Buffalo*
- 9/11 Pending
- 9/18 Rev. Allen Griep, *NLHS Chaplain*
- 9/25 Rev. Thomas Mason, *Messiah, Lewiston*



## GF COURT/MANOR ~ Saturdays at 1:00 p.m. In the Richard Seibold Chapel/Auditorium

And

## GHRC ~ Saturdays at 2:30 p.m. In the Melba Y. Seibold Chapel/Auditorium

- 9/3 Rev. Dr. Daniel Hoffman
- 9/10 time change: 4:00 p.m. at the Manor  
Rev. Allen Griep, *NLHS Chaplain*
- 9/17 Rev. Ronald Habedank, *Trinity, West Seneca*
- 9/24 Rev. Timothy Freed, *Nativity, East Aurora*

## 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.



## In Our Prayers

Our deepest sympathies to family and friends of Hazel Mutton who recently went home to be with God. Hazel was one of the founders of our Guild and was an invaluable resource when we planned our 50th Anniversary a few years ago. She was also an active volunteer at Niagara Lutheran for forty years and then a resident at both Lutheran Church Home and Niagara Lutheran Home & Rehabilitation Center.



## Roman Catholic Masses ~ Holy Communion

- NLHRC: First Thursdays at 2:00 p.m.  
Deacon-led services with Holy Communion are held on Fridays at 10:30 a.m.
- GHRC: Mondays at 2:30 p.m.
- LCH: First Thursdays at 2:15 p.m.
- GCM: Thursdays at 3:30 p.m.



## Be Sure to Record Your Volunteer Hours

## New Chaplain Assistants Training Session

Chaplain Assistants (CAs) are trained to visit and pray with those in need of pastoral care, provide a listening ear, and refer those with greater needs to the Chaplain. They also bring Holy Communion to residents unable to attend worship services.

We are currently recruiting faithful individuals with a heart for service who would like to be part of this important ministry at Niagara Lutheran. If you, or someone you know is interested in learning more, please contact Pastor Allen Griep at (716) 692-6380 or Vivian Cosentino at (716) 886-4377.



## Residents' Birthdays

- |   |  |
|---|--|
| <p><b>NLHRC</b></p> <ul style="list-style-type: none"> <li>9/3 Louvenia Franklin</li> <li>9/3 June Corker</li> <li>9/4 William Mobley</li> <li>9/6 Eliz. Washington</li> <li>9/8 Bernard Naylor</li> <li>9/9 Mary Lambert</li> <li>9/12 Heyward Pellam</li> <li>9/15 Beatrice Fields</li> <li>9/15 Maggie Carter</li> <li>9/19 Fannie Amos</li> <li>9/22 Faith McCoy</li> <li>9/22 Bernice Polite</li> <li>9/22 India Anderson</li> <li>9/26 Gary Brent</li> <li>9/27 James Greene</li> <li>9/30 Lillian Courtade</li> <li>9/30 Lucille Bailey</li> </ul> <p><b>LCH</b></p> <ul style="list-style-type: none"> <li>9/3 Catherine Floyd</li> <li>9/8 Ivy Pope</li> </ul> | <ul style="list-style-type: none"> <li>9/8 Bernard Naylor</li> <li>9/15 Melva Crews</li> <li>9/20 Florence Carmen</li> <li>9/23 Dan Tidwell</li> </ul> <p><b>GHRC</b></p> <ul style="list-style-type: none"> <li>9/2 Donna Santucci</li> <li>9/3 Veronica Dubel</li> <li>9/7 Dorothy Ross</li> <li>9/12 Bernard Deuter</li> <li>9/16 <b>Geraldine Bordonaro</b></li> <li>9/19 Jane Forsyth</li> <li>9/25 Sandra Neubig</li> <li>9/25 Dolores Gebler</li> <li>9/26 Irving Eisenberg</li> <li>9/27 Irene Wilk</li> </ul> <p><b>GFCourt</b></p> <ul style="list-style-type: none"> <li>9/3 Isabel Rowland</li> <li>9/19 Joan Bilski</li> <li>9/20 Blaine Sleeper</li> <li>9/28 Dorothy Joyce</li> </ul> |
|---|--|



## Dash's Receipt Tapes

Please continue to send in your Dash's register receipts. They are adding up again!

(Continued from page 1)

- † CELERY, BOK CHOY, RHUBARB and many more vegetables look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.
- † AVACADOES, EGGPLANT and PEARS target the health and function of the womb and cervix of the female - they look just like these organs. Today research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight and prevents cervical cancers. And how profound is this? It takes exactly nine months to grow an avocado from blossom to ripened fruit.
- † SWEET POTATOES look like the pancreas and actually balance the glycemic index of diabetics.
- † ONIONS look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears which wash the epithelial layers of the eyes.
- † GARLIC also helps eliminate waste materials and dangerous free radicals from the body.

Time has shown that these healthy foods are even more powerful when eaten raw. ~ Unknown

**Double the Vendors  
Double the Fun!**

**Save the Date:  
Sat., November 19**



**The GreenFields  
Holiday Bazaar**  
is expanding



to GreenField Manor AND  
GreenField Health & Rehabilitation Center

*For the family:* horse-drawn wagon rides,  
carnival treats, face painting,  
caricaturist and more

**PLUS — PLENTY OF SHOPPING!**

*Call 684-8400 for details*



Mr. Arndt — (Continued from page 1)

of a family friendly event. There's more information above We will be increasing the number of vendors and including fun family things like horse-drawn wagon rides, a caricaturist, treats and a few surprises. We've scheduled the date to coincide with similar shopping/fund raising events in Lancaster happening that day as well.

I'm sure you've been reading about how caring for our elderly is going to change over the next several years. One of the biggest trends is toward more person-centered care. Traditionally, facilities that care for the elderly have created reasonable schedules to meet the needs of their residents with a focus on efficiency and structure.

Person-centered care today holds a different philosophy. It teaches us to create more personal relationships between staff and residents, as with the new Adopt-A-Grandparent program at GreenField Health & Rehabilitation Center. This summer many of our management staff members went through a training program designed to help us think more along these lines when caring for our residents. It was very successful and we will be putting new programs into effect soon and evaluating others. It's an exciting time for us and for all those who care for the elderly. I look forward to keeping you up-to-date on this process.

Please keep us in your prayers and I pray that God will richly bless you as well! ~ Jurgen Arndt

PS: Remember - for more information about our 10th anniversary events, call GreenField Manor at 684-8400.

### 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

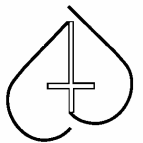
*Labor Day—September 5*

**SEPTEMBER**



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