



GUILD NEWS AND HEALTH SYSTEM HAPPENINGS

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



It was only a Quarter

Several years ago, a preacher from out of state accepted a call to a church in Houston, Texas. Some weeks after he arrived, he had occasion to ride the bus from his home to the downtown area. When he sat down, he discovered that the driver had accidentally given him a quarter too much in change.

As he considered what to do, he thought to himself, "You better give the quarter back. It would be wrong to keep it. But, on the other hand, it's only a quarter. Who would worry about this little amount? Anyway, the bus company gets too much fare, and they won't miss it. Accept it as a gift from God and keep quiet."

When his stop came, though, he paused momentarily at the door. He handed the quarter to the driver and said, "Here, you gave me too much change."

With a smile the driver replied, "Aren't you the new preacher in town? I have been thinking a lot lately about going somewhere to worship. I just wanted to see what you would do if I gave you too much change. I'll see you at church on Sunday."

When the preacher stepped off the bus he literally grabbed the nearest light pole, held on, and said, "Oh, God, I almost sold your Son for a quarter!"

Our lives are the only Bible some people will ever read. This is an example of how much people watch us and will put us to the test. So, remember:

- † Watch your thoughts; they become words.
 - † Watch your words; they become action.
 - † Watch your actions; they become habits.
 - † Watch your habits; they become character.
 - † Watch your character; it becomes your destiny.
- ~ Unknown

THANKS! to Marilyn Scheunemann for sharing this article.

MARCH 2010



Message from Mr. Arndt

Have you been wanting to be heard by our state and federal lawmakers, especially on matters that relate to what seniors need? We recently learned about an opportunity to do just this.

Niagara Lutheran is a member of a powerful, not-for-profit group called the New York Association of Homes & Services for the Aging (NYAHS), that has organized a grass-roots effort called *Partners in Quality – Families & Friends*. It is a way to allow everyday people to be heard by our lawmakers in Albany and Washington through prewritten letters relating to current issues that are available on the NYAHS website.

All you have to do is fill in your zip code. The website will determine who your state and federal lawmakers are, and the online letters will be sent to the appropriate legislators. Your name and address remain confidential and are not used for any other mailing lists. You can also print the letters and mail them yourself.

If you are interested in participating in NYAHS's *Partners in Quality – Families & Friends*, PLEASE SEND YOUR NAME AND EMAIL ADDRESS TO: jarndt@NiagaraLutheran.org. We are collecting email addresses so you can be notified by email when there are specific issues to address. You can also go directly to the Legislative Action Center on the NYAHS website at www.NYAHS.org. We will soon be posting this information on our own website.

Email, the internet and social networking have become the fastest growing means of communication in recent years, and we are making sure that we are part of this communications revolution. I encourage you to visit our recent-and-frequently-updated website at www.NiagaraLutheran.org. You can learn about all the services we offer, details about our two campuses, opportunities to volunteer, employment opportunities, and much more. You can also visit our calendar and

(Continued on page 3)

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Florence Doran

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and Ronald Doran

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Mary Ann Young and
Mailing Crew

Next Meeting

THURSDAY, MARCH 18, 2010

LCH ~ 217 East Delavan Avenue, Buffalo

11:30 am Hostesses: Members of the NLHS Guild Executive Board

12:30 pm Devotions: Rev. Gary Steeves - Resurrection, Buffalo

1:00 pm Program: "An Old-Fashioned Hymn Sing"

We've invited LCH residents to join in learning some interesting facts about and singing an array of favorite hymns. Marie Wienke will be our accompanist.

RSVP to Florence
at 836-6803
by Mon., MAR 15



Good news! Because of an extremely enthusiastic recommendation by Dawn Rezak, Director of Rehabilitation Services for NLHS, and a request by Mr. Arndt, the guild Board unanimously approved the purchase of a piece of equipment that will benefit every patient that is seen at the GreenField Outpatient Rehabilitation Clinic & Wellness Center, including those with athletic injuries.

The equipment is call a “True Stretch” and costs approximately \$3,000. It utilizes body weight and gravity to stimulate the circulatory system and facilitate blood flow to the muscles, heart and brain. This means a relaxed, tension-free body, decreases in muscle soreness, joint aches, stress and headaches, and even encourages healing of injured or under-utilized muscle groups. Our decision was re-affirmed by the comments of Guild members who were familiar with the equipment.

This was definitely the highlight of our February Board meeting. We also discussed plans and concerns for the coming year.

After a delicious lunch provided by the dietary department on Hager Street, The Rev. Allen Griep, NLHS Chaplain, led us in Lenten devotions and, with the help of Vivian Cosentino, demonstrated the Digital Hymnal purchased by the Guild last fall. We sang two of our favorite hymns and really appreciated the accompaniment of the digital music. We, of course, miss Melba, who is now a resident at GHRC. Pastor Griep spoke about the origins of Carnival and its earlier traditions, the discipline of repentance and fasting during the Lenten season, and the promise of new life at Easter. Thank you Pastor Griep.

Our speaker, Letizia Tagliaferro from the Attorney General’s office, was delightful as she talked about frustrating things that have happened to people and how those situations were resolved. She also offered advice and suggestions to help us avoid fraud and scams. You’ll find some information and tips she shared elsewhere in the newsletter.

On March 18, we will be meeting at the Lutheran Church Home, where we are planning a “Hymn Sing” and have invited residents there to join us. We’ve selected a few favorite hymns and will be sharing some of the history of each hymn as well. The words seem to have so much more meaning when you know more about it. This should be a very interesting and inspirational program.

P-L-E-A-S-E call in your reservation to me at 836-6803 by March 15! You can always leave a message on my voicemail. It’s very helpful to have an estimate of how many people will be attending. We thank you very much for your cooperation in doing this. And, I hope the weather cooperates too.

We look forward to seeing you. Let us join in songs of praise and thankfulness.

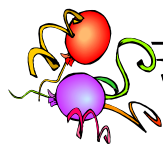
God’s Peace be with you ~ Florence

The 5 Finger Prayer ~ A short lesson in how to pray

1. YOUR THUMB is nearest you. So begin your prayers by praying for those closest to you. They are the easiest to remember. To pray for our loved ones is, as C.S. Lewis once said, a “sweet duty.”
2. The next finger is the POINTING FINGER. Pray for those who teach, instruct and heal. This includes teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction. Keep them in your prayers.
3. The next finger is the TALLEST FINGER. It reminds us of our leaders. Pray for the President, leaders in business and industry, and administrators. These people shape our nation and guide public opinion. They need God’s guidance.
4. The fourth finger is our RING FINGER. Surprising to many is the fact that this is our weakest finger. As any piano teacher will testify. It should remind us to pray for those who are weak, in trouble or in pain. They need your prayers days and night. You cannot pray too much for them.
5. And, lastly, comes our LITTLE FINGER. This is the smallest finger of all and is where we should place ourselves in relation to God and others. As the Bible says, “The least shall be the greatest among you.” Your pinkie should remind you to pray for yourself. By the time you have prayed for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.



~ Norm K.



Residents' Birthdays

GHRC		
3/4	Ruth Phillips	3/3 Nell Brown
3/5	James Augustyne	3/5 Lucie Bumbalo
3/17	Allen Carpenter	3/6 Joseph Glowacki
3/11	Emanuel Tabachnick	3/6 Catherine Bosley
3/17	Paul Buerger, MD	3/8 Edith Schmidt
3/26	Irma Buzalski	3/8 Rita Latham
3/27	Marjorie Luders	3/12 James Berry
3/27	Norma Kotas	3/15 Minnie Oliver
3/28	Sally Wiltse	3/15 Mary Battle
3/31	Delphine Koalski	3/17 Elma Scrace
3/31	Paul Klonowski	3/19 Frances Kucinski
		3/20 Estelle Orzechowski
		3/22 Madeline Tingley
		3/24 Mary Sapp
GFCourt		
3/2	Dorothy Coyne	3/26 Zula Williams
3/13	Harry Pieszala	3/30 Hedwig (Ruth) Rossdeutscher
3/16	Betty Barten	
3/19	Josephine Slacer	
3/28	Dorothy Setter	
		(LCH)
		3/1 Edgar Steeb, Jr.
		3/6 Josephine Kras
		3/9 William Brock
		3/18 Lois Parker
NLHRC		
3/1	Josephine D'Aquino	
3/2	Joan Miller-Boone	
3/3	Roger Baker	

Happy Birthday Guild - March 2010



The Guild is 52 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

!Your generosity is greatly appreciated !

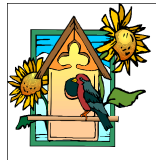
My Birthday Gift to the Guild

Name _____

Address _____

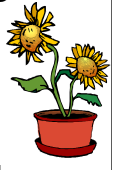
City/State/Zip _____

Amt. _____



The NLHS Guild's *Spring Fling* *Craft/Plant & Bake Sale*

Thursday, May 20, 2010
NLHRC Lobby
9:00 a.m. - 3:00 p.m.



**Baked Goods,
Plants & Crafts**
Auntie Em's Collectibles
(“gently used” items)

Bring your donations to 64 Hager Street at any time and mark them for the Spring Fling Sale.

Questions? Call
Florence Doran at 836-6803



The Erie County Chapter of Thrivent Financial for Lutherans is being asked to provide matching funds.



DASH'S TAPES

Remember to **TURN THEM IN!**
We have a great start this year to raise more money from them.

Message from Mr. Arndt — (Continued from page 1)
news/events pages to learn about upcoming events. We even have a special page for the Guild and volunteers, as well as a blog. We invite your comments.

You can also find us on FACEBOOK by typing the following address into your URL:
www.Facebook.com/NiagaraLutheran. Please check us out and become a "Fan" so we can keep you updated on a regular basis.

Who would have thought ten years ago that today I would be encouraging you to “check us out online.” When we opened GHRC in 1998 very few people were interested in the fact that we provided Internet service. Today, every room in our rehabilitation unit has access, and people are using it.

It's like that in life, too, I've learned. We need to value our heritage and traditions but, at the same time, we need to embrace change and look toward the future. I think we are doing that as an organization as we investigate ways to improve our services on both campuses as well as the personal relationships we build through people like you.

Thank you so much for all you do for our residents and the organization. Many blessings . . .

~ Jurgen Arndt, President/CEO

2009 Schedule of Weekly Worship Services with Holy Communion

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

(Mid-week Lenten services Wednesdays at 2:30 pm)

- 3/7 Rev. Ben Eder, *Pilgrim, Kenmore*
- 3/14 Rev. Galen Purpura, *St. John, Depew*
- 3/21 Rev. David Beutel, *Redeemer, NT*
- 3/28 PALM SUN. Rev. Allen Griep, *NLHS Chaplain*

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

- 3/7 Rev. Troy Mulvaine, *Augustana, Tonawanda*
- 3/14 Rev. Janet Griffiths, *Grace, NT*
- 3/21 Rev. Devie Ellis, *St. Martin, NT*
- 3/28 PALM SUN. Rev. Devie Ellis, *St. Martin, NT*



GF MANOR/COURT ~ 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 (Mid-week Lenten services Wednesdays at 11 am)

- 3/6 Rev. Edward Fehskens, *Faith, Elma*
- 3/13 Rev. Timothy Freed, *Nativity, E. Aurora*
- 3/20 Rev. Carol Lankes, *St. Paul's-Blossom, Eden*
- 3/27 PALM SUN. Rev. Allen Griep, *NLHS Chaplain*



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.

Looking for Congregational Liaisons

We are looking for people interested in serving as *Congregational Liaisons* to the Guild in order to make communications between churches and the Guild more efficient. (It won't require a lot of time). To learn more, contact Florence Doran at 836-6803.



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: 2nd Thursdays at 2:30 p.m.
Rosary and Holy Communion on alternate Saturdays at 6:00 p.m.

GCM: Thursdays at 3:30 p.m.



Help is Needed - for the Dash's Tapes program

We are in need of someone to tabulate tapes for the DASH'S TAPES program (we received \$1,000 last year from this program and are very close to having enough tapes to get money this year already). Jan Steiner, who has faithfully served the Guild for many years in many ways, has been doing this and is unable to do so any more. This is something that can be done from home and does not require attending any meetings. (Of course, you're always welcome!) Please pray about and consider helping with this very important fund raiser. For more information, call Florence at 836-6801.

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 _____

Zip _____

OLD

Address _____

City/State/Zip _____

Zip _____

DATES: _____

Phone # _____

Our best wishes go out to Jan Steiner, who has served the Guild in so many ways over the years with great heart. Please keep Jan, and all of our dear Guild friends, in your prayers.



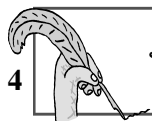
**Join us for Laughter, Lunch
and a little bit of Labor
4th Thursday of the Month
10am. - 1p.m.**

We usually meet the 4th 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



Happy St. Patrick's Day



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

VOLUNTEERS

Special Requests for Volunteers

† **Escorts for LCH residents:** LCH still needs people to escort residents to medical appointments on an as-needed basis.

† Help with the **LCH HOSPITALITY CART** on Mondays from 9 - 10:30 a.m.

LCH CONTACT: Joan Griffin at 882-1231

† Help transporting residents to and from worship on Sunday afternoons from 2:00-3:30 p.m. at NLHRC. (Average worship attendance is 50 people from all the floors.) This could be a great youth or adult group project.

NLHRC CONTACT: Hellen Culverhouse at 886-4377

NLHRC's Wish List

Contact: Hellen Culverhouse at 886-4377

- † **SCRAPBOOKING, ARTS-&-CRAFTS SUPPLIES & YARN !**
- † **BABY DOLLS & DOLL SUPPLIES**
- † DVDS OF TV SIT COMS FROM THE 60's & 70's
- † JEWELRY BOXES
- † BINGO PRIZES (toiletries, small knick knacks, etc.)
- † SPRING/HOLIDAY CLINGS

GHRC's Wish List

Contact: Jennifer Pellicane at 684-3000

- † DECKS OF CARDS
- † GENTLY USED STUFFED ANIMALS
- † SPRING/HOLIDAY CLINGS
- † BINGO PRIZES



GFCourt's Wish List

Contact: Lisa Scaglione at 684-8400

- † BINGO PRIZES (including jewelry and knick knacks)

LCH's Wish List

Contact: Joan Griffin at 882-1231

- † BINGO PRIZES
- † Sewers and Quilters to help with our RSVP Quilt Program
- † on Thursdays, from 1:30 - 2:30 p.m.

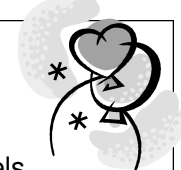


Guild Meeting Schedule

MAR 18	LCH Aud - "Hymn Sing"
APRIL 15	GHRC Chapel & Aud "Celebrate Your Family History" thru scrapbooking, albums, etc. Diane Pesch-Sevatteri
MAY 20	NLHRC Chapel & Aud SPRING FUN FAIR/ Card Workshop
JUN 17	12 pm GF Manor Chapel & Aud LUNCHEON/FUNDRAISER
JUL/AUG	No Meetings
SEP 16	LCH Aud
OCT 21	NLHRC Chapel & Aud FALL FUN FAIR
NOV 18	GF Manor Chapel & Aud
DEC 9	12 pm Location to be determined CHRISTMAS CELEBRATION & FUNDRAISER

A Special Thank You!!!

To some of the behind-the-scenes people who make this newsletter possible:



Mary Terell for faithfully printing the labels,
Kathi Rickus who runs the newsletter each month
The Regular Mailing Crew Members who assemble it each week:

Joe Dispenza, Florence & Ron Doran, Norma Horton, Elsie Megerle, Dorothy O'Connor, Jan Steiner, Rev. David Young, Bob & Linda Zink. We Welcome **Alan and Marsha Groth**, our newest members. ~ Mary Ann Young



The GreenFields

GreenField, a first on retirement list;
We review its beauty, its friendliness,
Just a brief time to even resist!

Relaxation with country all around,
Wholesome food, activities galore,
Time for enjoyment and new friends found.

Lovely apartments, seldom alone,
With cleaning, bussing, other needs;
Family-like living, a Christian home.

Then extended care is well at hand,
Rehab, therapy, aquatic and dry,
Manor to nursing, all at demand.

~ Rowena Annunziato,
GreenField Manor resident & published poet

Remember to renew your Guild membership



NIAGARA LUTHERAN HEALTH SYSTEM GUILD
64 Hager Street ~ Buffalo, NY 14208
Caring ~ Heart & Soul

NLHS Guild Membership

Name _____
Address _____
C/S/Zip _____
Phone # _____
Home Church _____
City _____

Just \$5 per year

*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 AND REHABILITATION CENTER
THE LUTHERAN CHURCH HOME
NIAGARA LUTHERAN HEALTH FOUNDATION

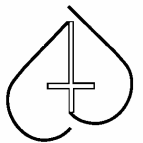
Lancaster

GREENFIELD HEALTH AND REHABILITATION CENTER
GREENFIELD MANOR
GREENFIELD COURT



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