

**THE QUARTERLY**  
**A NEWSLETTER FOR RESIDENTS**  
**& FAMILIES**

**First Where Am  Winner**

Resident Carol Sikorski is our first *Where Am Eye Photo* Contest winner. LHCR Volunteer Annette Smith takes a photo of a portion of a familiar object on our campus and it is posted at the Ambassador's Desk and in the Quarterly. Guesses are submitted on ballots at the front desk. All correct entries are put into a drawing and the winner is chosen. Annette hand-picks goodies sure to please the recipient.



Congratulations to resident Carol Sikorski. She was the first winner in our new *Where Am Eye Photo* contest. Volunteer Annette Smith (right) donated the prizes chosen especially for Carol. Also shown is LHCR Administrator Jean Hollenbeck (left)

**Community Ed Classes Offered**



Michelle Parrett PT, DPT, C/NDT, CSCS was invited to give a talk on Diabetes & Exercise at the Westlake Senior Center.

Michelle Parrett, Director of Outpatient Physical Therapy Services at LHCR recently spoke to a Diabetes Support Group that meets at the Westlake Senior Center.

The presentation titled, "Introducing Physical Activity into Your Daily Life" included an overview of signs and symptoms of diabetes, which affects more than 18 million Americans. Fully half of people living with diabetes don't realize it, and are undiagnosed.

Family history, age, obesity, high cholesterol and a sedentary lifestyle are all risk factors for diabetes. The program covered Type I and Type II diabetes and the benefits of exercise., which should include aerobic conditioning and balance training.

Michelle is available to speak to community and church groups. To schedule a visit, contact her at 440-871-0090, ext. 2113.

**May 2011**

**Volume 1, Issue 2**

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**Meet Sister Mary Ann Phillip**



Sr. Mary Ann is the Interim Catholic Chaplain serving our residents.

**LHCR CAR SHOW**

**May 21**  
**1-4 p.m.**  
**See page 6**

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## MASSAGE THERAPY

Releases tight & sore muscles

Helps relieve nerve compression or  
entrapment

Decreases Pain & Inflammation

Alleviates Stress & Improves  
Circulation

Calms the Nervous System

Increases Flexibility & Range Of Motion

Improves Posture & Coordination

Helps to prevent future chronic pain conditions

Provides comfort & one-one attention

*Massage therapy is available on campus*

*twice a month*

*as a service to our RESIDENTS*

### RATES

15 MINUTES-\$12.00

30 MINUTES-\$28.00

45 MINUTES-\$40.00

1 HOUR-\$50.00

**To schedule your appointment with**

**Cathy Lanese LMT**

**please see Ann in the Wellness Center/Nursing**

**Office, or call ext. 2191**

### L.E. Wish List



*Life Enrichment is seeking donations of some personal CD players, used or new.*

Short-term rehab residents would like to borrow the players while they are here, and we can also use them for 1:1 relaxation groups with long-term residents.

If you can help, contact Christine Sauer, ext. 2184.

### Mother's Day Celebration

**May 8th**

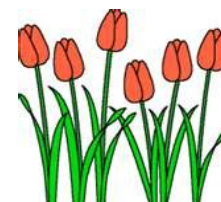
following 1:30  
Church Service

### Refreshments

Singer & accordionist  
Don Sabo will  
perform in the Café

Musicians  
*Rick & Cindy* will  
perform in Village  
Square

Photographs  
taken upon  
request



## Residents of the Month

### COBURG

Theresa C.

*Where were you born?* Cleveland.

*Family?* One of nine brothers & sisters.

*Married & Family?* Widow. 10 children; 6 boys and 4 girls.

*Career/Job?* Staying at home being a mom. "My family always came first". *Spiritual Life?* Catholic.

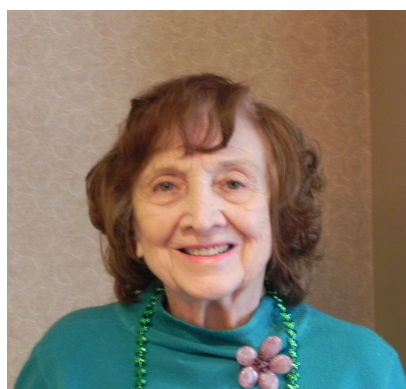
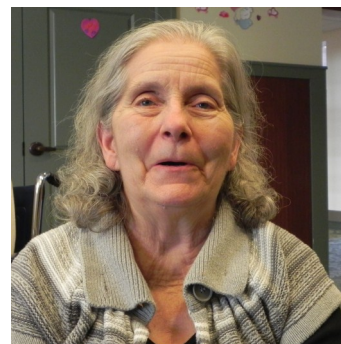
*Favorite color?* "I like pink...It's bright & soft." *Favorite food?* Spaghetti & meatballs.

*Favorite song?* Take me out to the ball game". *If you were an animal, what would you be & why?* A dog. Man's best friend. Lovable & protective.

*What are you good at?* Laughing & singing.

*Favorite moment?* My wedding day! Marrying Patrick!

*A last word of advice:* Be careful.



### AUGSBURG

Dorothy R.

*Where were you born?* Lakewood.

*Family?* Mother Marie, father was the Chief of Lakewood Fire Dept. Two younger sisters. Niece Elyn.

*Married & Family?* Happily married to John for 49 years.

*Career/Job?* Had several: Social Worker, Organist & Real Estate Agent.

*Spiritual Life?* Attended St. Peter & Paul Lutheran Church every week. *Favorite color?* "Bright pink & blues. Like to mix & match."

*Favorite food?* Entrees at fine restaurants.

*Favorite book, movie, music?* Memorized the Psalms. Loved *The Sound of Music*. Enjoyed Theater productions, & dancing with John.

*If you were an animal, what would you be & why?* A doe. They are strong, graceful, & protect their young. *What are you good at?* Speaking my mind & advocating for others.

*Favorite moments?* Wedding day. Times with my sisters. Sunday outings at Malley's.

*A last word of advice:* Live the Word of the Lord every day of your life.



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### The 49th Annual Volunteer Appreciation Banquet

*A Little Taste of Italy* was the theme of the evening recognizing Lutheran Home Board of Directors, Lutheran Elderhood Foundation Board Members, and over 100 faithful volunteers.

Superb violinist Mary Beth Ions provided pre-dinner entertainment, from favorite classical pieces to contemporary show tunes.

Volunteers were honored in categories from 100 hours up to 8000 hours of lifetime service (Jean Wimer!)

Thank you gifts included Lutheran Home mugs filled with goodies, including chocolate kisses.

**We LOVE our volunteers!**



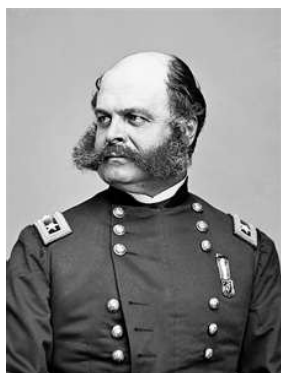
## From the Main Street Salon

### A Mother's Day Remembrance: the 1920s Beauty Shop

Our grandmothers knew two types of permanent waves...one was the ammonia-based *cold waves* (the "machine-less method"); the other was the electric *permanent wave machine*.



*Croquignole curls* (pronunciation: krō'ku-nōl" or krō-kin-yōl") were spiral or figure-eight curls created on flat rods on a tubular heater. After washing and cutting the hair, it was combed into about 22 sections or lock, a process known as sectioning or squaring off. The tubes were inserted over hair previously wound on to a curler. Then each lock was wound on to a curler rod which stood upright from the head, starting with the hair nearest the scalp; In early models, the heaters tended to flop on to the head, but with improved curlers, they tended to point outwards (see illustration above).

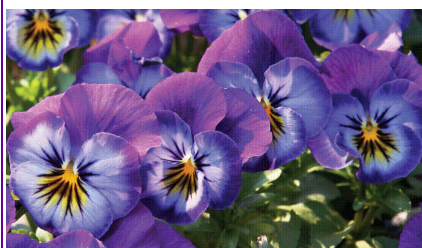


### A Father's Day Look back at the Origin of Sideburns

Sideburns are named after a Civil War general named Ambrose Everett Burnside, who lived from 1824-1881. He was a Union Army general in the Civil War. He was well known and well-liked, but he wasn't considered to be a very good general. Burnside's celebrity came from his facial hair; two burly muttonchops that connected to a handlebar mustache. Originally they were known as "burnsides", but over time the syllables were reversed.

—submitted by stylist Annette Smith

Concord Reserve's Family Suite, located on Orchard Court is available *free of charge* and includes a pull-out sofa bed, two swivel chairs, a private bathroom, plus television, microwave and small refrigerator. We provide fresh linen & towels. This suite is available on a first-come/first served basis.



Reservations can be made by contacting Genevieve Flowers at ext. 2129

Volunteers from Valley Lutheran in Chagrin Falls will be on campus Saturday, May 7 as part of CityServe 2011, a one-day service project for the whole family sponsored by Thrivent Financial for Lutherans and Building Hope in the City. The volunteers will be providing musical entertainment, beautifying our grounds, and decorating for the Mother's Day Open House.



*We are grateful to have been chosen as a Work Project site!*

**Lutheran**  
**Home** at **CONCORD**  
RESERVE  
*A Senior Life Community*

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Home Page & click on  
'Join Our Mailing List'

**For Residents, Family & Friends of The Lutheran Home at Concord Reserve**

**2011 Food Drive**

All are invited to donate non-perishable food items to support the Westlake Assistance Program. During the summer months the Food Cupboard is depleted when low-income students don't have access to their school's meal program.



**Specific items needed include:**

- \*Canned Meats, especially chicken & turkey
- \*Canned Pastas: Spaghetti O's & Ravioli
- \*Boxed Cereals
- \*Peanut Butter & Jelly
- \*Canned Fruit
- \*Juice Boxes
- \*Snack Items: granola bars, breakfast bars

**Drive begins Sunday, May 1st & ends on Wednesday, May 25th**

**Place items in blue bins near entrances**

**THANK YOU!**



**Where Am**



I spy with my little eye...

This object is located in plain sight on our campus.  
Write your guess, along with your name, on the goldenrod entry forms at the Ambassador Desk at the Main Entrance & place in the Contest Basket  
**by May 31st**

A prize drawing from all correct entries will be held & the winner will be notified. Good luck!