



# Touching Lives

IN SOMERSET COUNTY

Summer 2010

## CELEBRATE!

### July is...

- Family Reunion Month
- Social Wellness Month
- National Hot Dog Month
- National Ice Cream Month

### July:

- 4: Independence Day
- 7: Chocolate Day
- 19: National Hug Your Kid Day
- 20: Moon Landing Anniversary
- 25: Parents' Day

### August is...

- Back to School Month
- Cataract Awareness Month
- What Will Be Your Legacy Month
- National Immunization Awareness Month

### August:

- 1: Friendship Day
- 7: Purple Heart Day
- 15: National Relaxation Day
- 22: Be an Angel Day
- 23: Hug Your Sweetheart Day

### September is...

- Classical Music Month
- Healthy Aging Month
- National Coupon Month

### September:

- 6: Labor Day
- 11: Patriot Day
- 12: Grandparents' Day
- 21: International Day of Peace
- 23: First Day of Autumn
- 26: National Good Neighbor Day

## ALSM Celebrates Dedication of Lutheran Commons at Berlin Pike



*Bishop Gregory Pile gives a homily at the June 27<sup>th</sup> dedication ceremony.*

### The Real Work Has Just Begun

Allegheny Lutheran Social Ministries (ALSM) celebrated the dedication of Lutheran Commons at Berlin Pike at a June 27<sup>th</sup> ceremony. Lutheran Commons is a 32-unit apartment building offering affordable housing to income-qualified seniors.

Emphasizing ALSM's focus on our mission "to serve people through a ministry of love, compassion and mercy in the name of our Lord, Jesus Christ," the four speakers who participated in the ceremony included Tom Bradley, Chair of ALSM's Board of Trustees; The Rev. Gerald Myers, retired pastor from the Somerset area and current board member for Somerset Lutheran Housing Community, Inc.; Bishop Gregory Pile,

ALSM Board member and Chair of Somerset Lutheran Housing Community, Inc. board and Pat Savage, ALSM President/CEO.

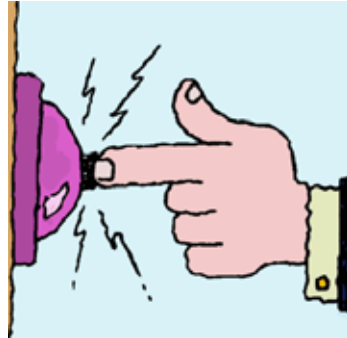
Attendees heard of ALSM's longstanding desire to have a stronger physical presence in Somerset County to complement the existing community-based programs of *ALSM at Home*, which provides in-home care for seniors to help them remain independent at home, and the *Senior Daily Living Centers* in Somerset and Meyersdale, which provide daily care for aging adults at the center as caregivers work or handle other responsibilities.

Bishop Gregory Pile performed the Order of Dedication and also shared a homily with those in attendance. He pointed out that although ALSM staff team members involved in bringing the building to existence may see it as a completed job, the real work of reaching out to the community through this affordable senior housing ministry has just begun. With 13 residents successfully moved in and settled at Lutheran Commons, the opportunity to continue touching lives will extend for years.



## News from the Center Manager

The Somerset Senior Daily Living Center has a new security system – NOVA Security & Surveillance Systems. This system helps us ensure that our participants are in a secure environment at all times. All participants and visitors simply ring the door bell for entrance into the main front door of the building and a staff team member will come open the door. This allows us to monitor who is entering the building. All doors in the building are secure from the outside, but are easily pushed opened from the inside. We hope you find this new system comforting as we strive to upgrade our center. Please be patient with us as you might have a slight wait till we get to the door, but know the doorbell is loud and long enough for staff to hear from anywhere in the building.



Also, we were able to have the front area at the main entrance extended out about 10 feet which serves two purposes. The main reason was to aid in safety and speed during our quarterly fire training exercises. It is important to be able to have all participants exit the building within two minutes. The extension gives us additional space to get your loved ones out of the building quickly and safely. The patio also gives us a place for our participants to sit out front and enjoy the view and the summertime weather. We thank our landlord, Alan Woy, for providing this new addition.

Nancy Miller  
SDLC Manager

### **Dates to Remember**

*(Please clip and save)*

Monday, September 6  
Labor Day  
SDLC is CLOSED



## Senior Daily Living Centers Receive Enhancement Grants



News from Sally Lenz, Director of Community Services

ALSM is pleased to announce that the Senior Daily Living Centers were recipients of major grant awards through the PA Department of Aging. ALSM applied for these competitive grants in order to get funding to improve what the centers offers for the quality of life for participants. The grants funded various enhancements, including cognitive fitness programming to keep participants' minds active, exercise and strength training programs for physical fitness and improvements to the image and environment of the center. We are proud to share that our programs received the most number of grant awards for all of those who applied throughout Pennsylvania!

With the grant funds, you have likely already noticed some changes in your center. Dakim Brain Fitness units have been added to each center, and these touchscreen computer programs have been proven to stimulate seniors' minds with activities based on their era (movie clips, history) or interests (engineering, music, geography, etc.). This unique system presents participants with a different set of activities each day, based on how they performed the day before. Participants will also be enjoying Nintendo Wii games for physical activity, as participants move the controllers to have their onscreen characters mimic their movements. Exercise equipment was also purchased for some centers to aid in strength training. Other improvements include tableware, lighting and flooring. We look forward to finishing up these projects and improving each participant's time at the center!



## Save More Money When You Shop

You have to buy food, but you do not have to spend wildly on it. Smart shopping can save you a bundle. For instance, if you save just \$20 a month on groceries, you have banked more than \$200 over the year.

Here are some strategies to save on your food bill:

- **Plan your shopping carefully.** Look through your refrigerator and pantry to see what you need on a regular basis. This lets you look for sales and buy those products in bulk.
- **Cut back on convenience foods.** Do not buy things like packaged salad or pre-cut celery. You are paying big for a small convenience.
- **Use coupons.** If you find that you buy some name-brand foods regularly, then start clipping the coupons for them. Otherwise, generic foods are comparable in quality and content, and usually less expensive.
- **Check out different stores.** You may find as much as a 10-15 percent difference on identical products at different stores, depending on the neighborhood and demographic factors. Shop at the store that is the cheapest overall.



*Article taken from First Draft: Ideas Unlimited for Busy Editors, August 2010*



## Meet Janet Henry, ALSM at Home Client



**Name:** Janet Henry

**Resident of (city):** Rockwood

**Former occupation(s):** I was a cook at Mabel's Restaurant in Confluence, PA for ten years.

**Hobbies:** I started a journal in the seventies and have kept it up to the present. I also collect birds and birdhouses.

**Volunteer work:** I was a Sunday School teacher at the Confluence Faith in Jesus Church for a number of years.

**Favorite childhood memory:** I used to love to help my mother by scrubbing the steps in our home. When I was five, my mother asked me what I wanted to be when I grew up and I told her a "scrub woman."

**Advice for younger generations:** Pray and take advice from your elders.

**Would like to be known for:** A woman who loves God and has a heart for the underprivileged.

**How did you find out about ALSM at Home:** Through Area Agency on Aging

**What assistance do you get:** Home support, laundry and errands

**Describe the program in one word:** Wonderful



Do you have any ideas or suggestions for the Senior Daily Living Centers or ALSM at Home? We are constantly striving to meet the needs of residents, participants and families. Please fill out the form below, mail it to us, or drop it off. You can also email us at info@alsm.org. Thanks!

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## Contact Us

[www.alsm.org](http://www.alsm.org) • 800.400.2285

### Senior Daily Living Centers

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### ALSM at Home

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### Lutheran Commons at Berlin Pike

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Operated by:



ALLEGHENY  
LUTHERAN  
SOCIAL  
MINISTRIES

*We Touch Lives*

### OUR MISSION

*To serve people through a ministry  
of love, compassion, and mercy  
in the name of our Lord, Jesus Christ.*



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