

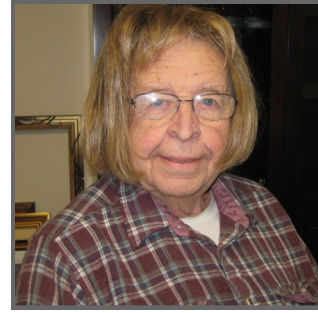
Bard Valentine Decorations



Bard Complex's Solution to Baldness



Joe Proto



Bucky Buckwalter

Reminders for Residents

Residents please remember to clean out the inside and outside of washers and dryers after use. Make sure that there is no detergent or lint from dryers left behind. We want to make sure that all residents have a clean experience when doing laundry. Thank you. 😊

We would like to wish everyone a Happy Valentine's Day! We hope it is filled with Love!

Bev's Blurb

Bet you didn't know that there are new SNAP (food stamp) guidelines for seniors over 60. Most seniors do not want to bother with all the paperwork and hassle it takes to only get \$15 or \$20 a month in food stamps and justifiably so! Government applications are annoying at best and downright impossible to complete at times. Besides we often feel that others need it more than we do, so let them have it. Well guess what, that is YOUR tax money and is considered an entitlement program! That means if you qualify you are entitled to receive that benefit.

Recently I learned that seniors are now able to deduct their medical expenses and some of their housing costs in order to increase the amount of food stamps they are entitled to. This could possibly double the amount of food stamps you can receive each month. The Greater Philadelphia Coalition Against Hunger has a SNAP (food stamp) Hotline that will guide you through the process and even complete the applications for you! If your monthly income is approximately \$1816 or less for one person or \$2452 or less for 2 people, you should be eligible. Feel free to call The Coalition Hotline 215.430.0556 or myself for more information.

SNAP (food stamps) can help you! It's your dollars, use them!



Beverly Sarduy,
Service Coordinator
484-933-4955



Resident Newsletter

February 2012

Inside the February Resident Newsletter:

- Kambic's Korner 2
- Comcast 2
- 10 Fun Facts about Valentine's Day 3
- Upcoming Events at Flag 3
- "Daybreak" at Freedom 3
- Bard Decorations And News 4
- Reminders for Residents 4
- Bev's Blurb 4



Upcoming Events:

- 2/14 at 7pm- Ice Cream Party at Flag House
- 2/15 at 11am- Hypertension Presentation at Flag House
- 2/15 at 12pm- Arthritis Presentation at Bard Complex
- 2/17 at 7pm- Movie Night at Freedom House
- 2/19 at 5pm- Pot Luck Dinner at Bard Complex



In the Name of Love

Every February 14th, across the United States and other countries in the world, candy, flowers, cards, and gifts are exchanged between loved ones, all in the name of Saint Valentine. Who is this mysterious Saint Valentine?

The history of Valentine's Day and its patron Saint is a mystery. We do know that February has been the month of romance for many centuries. Saint Valentine's Day also contains traditions from both Christian and ancient Rome.

One legend contends that Valentine was a priest who served during the third century in Rome. Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, felt that this decree was unjust and defied Claudius. Valentine continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered him to be put to death.

According to another legend, Valentine was the first to send out the first "valentine" greeting himself. While in prison, it is believed that Valentine fell in love with the jailor's daughter. Before his death it is said that he wrote her a letter and signed the letter "From your Valentine," an expression still used today.

Although the legends about Saint Valentine are murky, the stories emphasize a heroic and romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular Saints in England and France. In Great Britain Valentine's Day increased in popularity in the seventeenth century. By the middle of the eighteenth century, it was common for friends and lovers in all social classes to exchange handwritten notes. Americans' began exchanging hand-made valentines in the early 1700s.

The oldest known valentine is still in existence today. It was a poem written by Charles, Duke of Orleans to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. The greeting was written in 1415 and is now part of the manuscript collection of the British Library in London, England.

Freedom House News By: Rebeca Romain

Freedom House were busy as bees this month.

On Tuesday, January 17, 2012 at 2pm Freedom House held a Residents' Association meeting. Nine residents attended and one guest, staff member, Sarah Greis. Last month's minutes and treasurer's report were reviewed. We also learned that Freedom Residents are now proud owners of a used stationary bike! We also found out that craft day is on hold for now, as well as the Philadelphia Phillies Trip. Freedom House residents also learned about a useful service from our newest resident, Cathy Daniel. It is a service that delivers groceries from Giant Supermarkets to ones door (there is a delivery charge). Residents can find more information www.peapod.com or you can call 1-800-573-2763. (To cont. see Freedom House Happenings on page 3)

Staff Provides Stronger Presence

With the recent addition of a Facilities Coordinator, Social Services Service Coordinator, and an Operations Assistant, we have taken the opportunity to determine how we can best serve our residents. It was decided to create specified hours for certain staff at specified locations and to place additional focus on the governance of resident associations and the performance of the Neighborhood Networks program. To accomplish this attention on resident associations and Neighborhood Networks, Beverly Sarduy, the Social Services Coordinator, will as part of her duties, also function as the Coordinator of the Neighborhood Networks program and as the Resident Education Coordinator being directly supported by Sarah Greis, Housing Assistant.



As before, the Housing Office will remain at Flag House and the Main Office will remain at the Bard Complex. Some of the changes to accomplish a stronger presence are as follows:

Monday:

Flag House	AM	Sarah Greis
Bard Complex	PM	Sarah Greis
Bard Complex	AM	Beverly Sarduy
Flag House	PM	Beverly Sarduy
Freedom House	AM (as needed)	Mike Dyba, Maintenance Tech

Tuesday:

Flag House	AM	Sarah Greis
Bard Complex	PM	Sarah Greis
Flag House	All Day	Beverly Sarduy

Wednesday:

Flag House	AM	Beverly Sarduy
Freedom House	Early Afternoon	Beverly Sarduy
Bard Complex	Late Afternoon	.

Beverly Sarduy

Thursday:

Bard Complex	AM	Beverly Sarduy
Freedom House	PM	Beverly Sarduy

Friday:



**Comcast
Tech-to-You
Reminder**

Comcast offers a great program for our residents called Tech-to-You! Every Thursday our Tech Person, Adam comes to all three buildings to service any problems you may be having. If you are having problems with Comcast and need something fixed make sure to sign up in the binder provided in your building. Also if you have any billing or service questions make sure to contact Lisa Brooks at 215-317-8368.

10 Fun Facts about Valentine's Day

1. Physicians of the 1800's commonly advised their patients to eat chocolate to calm their pining for lost love.
2. 15% of U.S. women send themselves flowers for Valentine's Day.
3. About 3% of pet owners will give Valentine's Day gifts to their pets.
4. Richard Cadbury produced the 1st box of chocolates for Valentine's Day in the late 1800's.
5. 189 million stems of roses are sold in the U.S. on Valentine's Day.
6. Every Valentine's Day, the Italian city of Verona, where Shakespeare's lovers Romeo & Juliet lived, receives about 1,000 letters addressed to Juliet.
7. Red roses are considered the flower of love because the color red stands for strong romantic feelings.
8. Over \$1 billion worth of chocolate is purchased for Valentine's Day in the U.S.
9. Approximately 1 billion Valentines are sent out worldwide each year.
10. In the U.S., 64% of men do not make plans in advance for a romantic Valentine's Day with their sweethearts.



Happenings at Freedom House cont. from page 1

Freedom House also hosted the Annual Phoenixville Homes Board Meeting. All residents were welcomed to attend the first part of the meeting. Residents were not only encouraged to attend but were asked to voice any concerns, suggestions, comments, or questions they may have. The Board truly wishes to know how life is for the residents.

Freedom House would like to wish Rob Campanaro a very happy birthday!

Upcoming Events at Flag House

The Resident Association at the Flag House has planned many activities for their residents.

- A church service took place and Rev. Linda Gruber shared a message.
- The Resident Association has planned an Ice Cream Party on February 14th.
- Make sure to bring popcorn and goodies to the community room every Friday for a movie night.



"Daybreak" at Freedom House By: Ken Keim

On Saturday, January 28, the community room at Freedom House was filled with the sounds of uplifting religious music.

Pastor Dave Hakes and members of Daybreak Community Church of Royersford visited our residents for a delightful time of inspiring music and friendly companionship.

The musicians included Kent Tyson playing his guitar, along with John Courchesne, Linda Cardinal, and Janet Ottey joining him with their singing.

Daybreak Community Church has been ministering to Royersford and nearby communities (Article Cont. on page 4) since the year 2000. The members meet for worship on Sunday mornings at the Spring-Ford High School building.

The Daybreak singers offered a variety of music which included some more recent songs like "How Great is Our God" as well as some long-time favorites like "Amazing Grace".

Not only was the community room filled with the sounds of good music, but it was also filled with the smells of delicious food. The church members had brought some tasty fried chicken and numerous other food items.

When the afternoon of music, eating, and good conversation had ended, everyone agreed that they would love for the Daybreak singers to visit again.

