

# The Weekly Connection

## Residential Living / March 23 ~ 29, 2025

### What's Happening This Week

*Unless Noted - All Monday-Friday Fitness Classes as shown on the calendar (Gazette)*

**There will be no fitness classes this week**

#### **Sunday, March 23**

10:00am Worship (FR)

3:15pm Music Gettysburg Harp and Organ (RR)

#### **Monday, March 24**

10:00~11:00am Blood Pressure Clinic (Amy's Office)

10:30am Wellness Talk (CC)

1:30pm Book Club (LIB)

3:00pm Gettysburg Grief Group (WL)

#### **Tuesday, March 25**

11:00am Fratelli's (RR)

1:00pm Rhythm and Motion (WG)- **Canceled**

#### **Wednesday, March 26**

1:30pm Interview with a Neighbor (WL)

3:30pm Rosary (AS)

#### **Thursday, March 27**

9:30am Weis Market

1:30pm DIY Oils & Extracts (WL-RR) - **rescheduled to April 9**

3:00pm Better Music Listening (WL)

6:45pm Valerie June at the Majestic (RR)

#### **Friday, March 28**

9:00am Men's Breakfast at Gateway Diner (RR)

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### Residential Living Nurse Navigator Updates

#### **Amy's Schedule This Week**

Monday 3/17 - Gettysburg-8:00am-4:00pm

BP Clinic: 10am - 11am

Tuesday 3/18 - Luther Ridge

Wednesday 3/19 - Gettysburg-8:00am-4:00pm

Thursday 3/20 - Luther Ridge

Friday 3/21 - Gettysburg-8:00am-4:00pm

During office hours, for non-emergent needs please call 717-816-0053. If there is an emergency please call 911.

Please let Amy know of any upcoming surgeries or procedures, falls, Emergency Room visits or hospitalizations.

Blood pressure can be taken during Amy's regular office hours or on Blood Pressure Clinic days. Please call to make sure that she is available.

For falls or other emergencies not requiring 911 call the front desk or after-hours phone (717) 487-4092. For shortness of breath, slurred speech, or uncontrolled bleeding call 911.

**RN Supervisor 717-487-4092**

**Available after 4pm Monday-Friday  
or weekends only. Not available for care .  
Please call 911 for Emergencies**

#### **Transportation for Medical Appointments**

\*Please call the main desk and ask for the transportation office. If you require transportation for doctor's appointments, please schedule them to occur before 2:30 pm and call our transportation office at least 48 hours in advance. We cannot provide round-trip transportation for appointments scheduled after 2:30 pm. Thank you for following this guideline.

 **Spiritrust Lutheran®**  
The Village at Gettysburg



## From Around the Village

### **Garbage, Recycling and Glass Recycling**

Regular Recycling day is on Monday and Trash is on Wednesday. Recyclables should be tied tightly in a container and should not be put out until the morning of pick-up. Glass recycling continues on the first Saturday of each month for **bottles and jars** only. Please put other glass in your regular garbage.

### **Availability of Financial Statement**

Updated Financial information (Nov. YTD) has been given to Jill Flasher, Executive Director. If you wish to have a copy of the review, please contact Jill Flasher [jflasher@spiritrustlutheran.org](mailto:jflasher@spiritrustlutheran.org) or call 717.339.1644.

### **Finance Office Schedule Change**

The finance office will not be open on Tuesdays. Katy Simpson will be working in Hanover on Tuesdays.

### **Upcoming Life Enrichment**

Jess will be away March 24-28. There will be no fitness classes during this time. Please see the line-up on the front of this newsletter for any other changes to the schedule.

Your April calendars will be distributed along with this newsletter. Please read about upcoming events and deadlines as some will come up quickly.

### **Addition to Calendar**

We have reserved a bus to go to the Majestic on Thursday, March 27 for a free concert by Valerie June. Valerie is an artist-in-residence at Gettysburg college and Grammy nominated singer. The title of the concert is "Black Country Music and the Art of Cultivating Culture". Please sign up ASAP if you would like to attend this concert. We must have 4 participants to go.

### **Thank you**

Faith and Begorrah! Leprechaun Mark feted a group of us with a classic St. Patty's Day repast. Corned beef and cabbage is a favorite comfort food locally. The guests had a wonderful experience and encourage other residents to join in future celebrations. ~ Chucki Strevig

### **Updated Receptionist Hours**

Starting on March 1, our lobby reception will now be attended to by team members on Sundays from 8:30am-4:30pm. Saturdays will be covered by volunteer residents who will greet the public but will not be answering the phones. Calls to the receptionist on "Volunteer Saturdays" will be transferred to our Personal Care or Skilled Care. Please keep calls to the receptionist to emergencies only on Saturdays.

**Weekend Dining Service**—Please call the receptionist by 11:30am on Friday with your order to be delivered at 11:30am on Saturday and Sunday. Cottage residents may pick up their meals at the back door unless you specify that you would like to pick up from Cannons. Apartment residents may pick up at Cannons.

### **Cannons Corner Menu**



Monday, March 24 Tuscany Bean Soup	BBQ Pulled Beef, Chicken Marsala, Buttered Noodles, Honey Glazed Carrots, Coconut Cake
Tuesday, March 24 Italian Wedding Soup	Loaded Baked Potato, Oven Fried Chicken, Tortellini w / Tomato Sauce, Caesar Salad, Peach Crisp
Wednesday, March 25 New England Clam Chowder	Shepherd's Pie, Stuffed Shells w / Marinara, Wax Beans with Pimentos, Cherry Pie
Thursday, March 26 French Onion Soup	Baked Crab Stuffed Cod, General Tso's Chicken, Basmati Rice, Parsley Cauliflower, Apple Cider Muffin
Friday, March 27 Cream of Potato Soup	Herbed Baked Chicken, Three Cheese Lasagna, Scalloped Potatoes, Italian Romano Vegetables
<b>Pre-Order</b> Saturday, March 28 Broccoli & Cheddar Soup	Caribbean BBQ Pork, Stuffed Cabbage Casserole, Dirty Brown Rice, Squash Medley, Lemon Meringue Pie
<b>Pre-Order</b> Sunday, March 29 Lentil Soup	Chicken Parmesan, Shrimp Po Boy, Penne Pasta w / Marinara, Vegetable Blend, Honeydew Melon