EventFULL Morningstar Living Catalog of Events Living Living Living

life is a journey

filled with events to

enrich your life

Featured Artist

Enjoy changing art exhibits, featuring a different artist each month.

Performances

Live music, it's good for your health!

For the Love of Butterflies

Get an up close look at these delicate creatures.

What is EventFULL Living

Morningstar Living's way of enriching life's journey for you and other citizens in our community. Whether you live at home or at one of our communities, you're invited to be a part of something "big".

This 6-month calendar provides ways to enrich your life with events that keep you engaged and connected to a network with others in our community for education, recreation, entertainment, health and fitness. Reserve your place today in as many programs as you like.

Reservations are required as seating is limited. Call 610.746.1000 or make your reservation online at www.MORAVIAN.com.

Unless otherwise indicated, all programs are held at Moravian Hall Square.

175 W. North Street • Nazareth, PA 18064

Programs are "free of charge" except where noted.



Featured Artist	
-----------------	--

- Residents of Moravian Hall Square and Heritage Village
- Moravian Mission in Latin America: 170 Years and Counting!
- Students of Nazareth Area High School
- Welcome Spring! Paintbox Art Club
- Children of Morningstar Living Employees
- Nature: Oils on Canvas William Hobbs

Entertainment

4

- Glenn Miller, One Man Band
- Bryan Holten, Classical & Spiritual Pianist
- Fred Miller Lectures in Song, Rodgers & Hammerstein
- Spring Fashion Show

Health & Fitness

6

- Clowning Around with Tootsee
- Current Concepts with Pain Management

Care Giving | Planning | Advocacy

8

- Navigating the Healthcare System
- Brown Bag Lunch & Learn: Are Your Plans in Order
- Memory Lane | Dementia and Caregiver Anxiety
- Your Medicare Hospice Benefit
- Life Care at Home
- Memory Lane | Well-Being and Dementia

Special Interest Topics

10

- · Genealogy Tricks, Traps, Trials, Tribulations and Triumph
- You Can't Take It With You: Understanding Generational Relationships with Stuff
- The Civil War: Reinventing the United States
- For the Love of Butterflies
- From Tears to Tides: The Power of Water

Spiritual Wellness

12

• Lenten Services





The language of art, expressed through colors, shapes, lines, and images speaks in ways that words cannot. Enjoy these changing art exhibits on display in The Commons.

JANUARY

Residents of Moravian Hall Square and Heritage Village

Artists residing at Morningstar Living share their creative expressions in oil, watercolor and pastel. Some residents have enjoyed creating art all their lives while others are recent enthusiasts who continue to hone their skill.

FEBRUARY

Moravian Mission in Latin America: 170 Years and Counting!

The Board of World Mission of the Moravian Church presents a visual compilation of the work of Moravian Church to global neighbors in Latin America.

MARCH

Students of Nazareth Area High School

Students from Nazareth High School will exhibit a selection of individual works. Subject studies include a variety of artistic mediums taught in their school day art programming.

APRIL

Welcome Spring!

Members of the Paintbox Art Club will display a variety of works that capture the spirit of springtime. More than 30 members comprise the Paintbox Club which meets 8-9 times per year to hone their techniques in watercolor, oil and pastels. President Carol Cockerline shares that members come from the Nazareth area as well as Bethlehem and Phillipsburg.

MAY

Children of Morningstar Living Employees

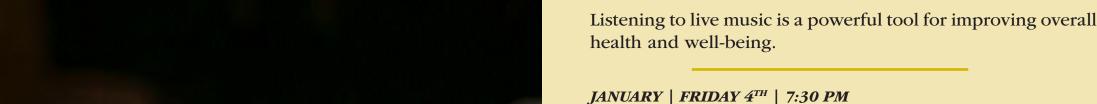
Children of employees at Morningstar Senior Living will exhibit artistic renderings. Illustrations, painting and photography will be included in this special "family collection" of artistic works. Budding artists and those with professional experience will be featured.

JUNE

Nature: Oils on Canvas - William Hobbs

William D. Hobbs is an accomplished artist, educator who captures the beauty of nature in his work. He writes, "As both a trained biologist and outdoor enthusiast, my art is the product of many hours observing the world around me." His works often reflect the facets of nature - especially elements of moving water such as ocean waves, forest streams and waterfalls.





JANUARY | FRIDAY 4TH | 7:30 PM Glenn Miller, One Man Band

Named after the famous big band leader, Glenn started performing at the age of ten. At 16, he was leading his own dance band and was a featured trumpet soloist for concerts. Today, well over 350 shows are scheduled each year. Career highlights include performing with Hawaiian music legend Don Ho and various events in San Diego and Europe, and many East Coast events including Musikfest. The arsenal of instruments Glenn plays includes: custom accordions, trumpets, harmonicas, trombone, flugelhorn, baritone, ukulele, button accordion, keyboard, and more.

MARCH | FRIDAY 1ST | 7:30 PM Bryan Holten, Classical & Spiritual Pianist

There is truly no replacement for lifting our voices and our instruments in song. Through eighteen years of professional church music experience Bryan's favorite part of the job has been lifting barriers for amateur musicians. His formal education in music culminated at the Eastman School of Music in Rochester, NY, where he completed the Master of Music and Doctor of Musical Arts degrees in Organ Performance and Literature. He has been privileged to have studied organ with David Higgs, Michel Bouvard, and Edoardo Bellotti. In 2014, Bryan received the Jim Cochran Recital Award, in recognition of his second DMA degree recital.

APRIL | FRIDAY 12TH | 7:30 PM

Fred Miller Lectures in Song, Rodgers & Hammerstein

Pianist/Singer/Lecturer Fred Miller considers music to be the greatest, most profound human expression, a unique pathway to the deepest reaches and best parts of the human soul. Personally, he credits music in some way with having provided him in adulthood with nearly every blessing he enjoys. Few things provide more happiness, generate deeper reflection or evoke fonder memory than great music. In this Lecture in Song, Fred Miller will perform the music of Rodgers & Hammerstein.

$MAY \mid SATURDAY 4^{TH} \mid 11:00 AM$ Spring Fashion Show - \$25

Residents and friends of Morningstar Living model spring and summer fashions from Dunkelberger's in Stroudsburg. Tickets for the fashion show with luncheon are \$25 per person. There will also be a silent auction. Proceeds benefit the Good Samaritan charitable fund. Tickets will be available after April 1st.



Ready to get healthy? Take advantage of education, resources and activities that can help you stay abreast of the latest developments in health, fitness and nutrition.

JANUARY | MONDAY 21ST | 2:00 PM Clowning Around with Tootsee

There is so much to love about laughter... it lowers your blood pressure, reduces stress levels, boosts your immune system, and, best of all, it brings people together and establishes connections. After the rush of the holidays it is easy to get caught in the winter doldrums but we have the recipe to chase those winter blues away! We are kicking off a Week of Laughter with a visit from Tootsee the Clown. So join us for some 'Clowning Around' and start feeling the benefits of laughter.

JUNE | WEDNESDAY 12TH | 2:00 - 3:00 PM Current Concepts with Pain Management

We all experience a time when we need to manage pain. Please join us in welcoming Dr. Demetrice Ward, M.D., M.S. who will present the current concepts in pain management. Included in her presentation will be the current alternatives to pain management.

Early Stage Dementia Support Group

8 weekly sessions, beginning Thursday, May 2nd 2019

6:00 pm - 7:30 pm

Galilee House at Moravian Hall Square, 175 W. North St., Nazareth PA 18064



Are you living with Early Stage Dementia? You are not alone. This support group offers a unique support by bringing together people who are experiencing the same things, often at the same time. Share frustrations while learning valuable tips for living well with dementia. This support group benefits both individuals who have early onset dementia and the people who care about them. The group meets for 8 weeks, with a new topic being discussed each week. Our professional group facilitators are trained by the Alzheimer's Association. To register to attend, or for more information, call Pam Kleckner, 610.746.1120.



Take advantage of professional education and resources to help you navigate today's complex health care system.

FEBRUARY | TUESDAY 19TH | 10:30 AM

Navigating the Health Care System

Nothing is more confusing than our country's health care system today. The average person doesn't understand the language or how to move through the many parts of the health care enterprise. The system's complexity often results in overuse, underuse or misuse of services. Sue Himmelreich, RN, MSH, will discuss what Medicare does and does not cover, and provide a tool to help reduce your out-of-pocket costs, and prevent unnecessary and duplicate use of health care services.

FEBRUARY | THURSDAY 21ST | 12:00 PM

It's in the Bag! A brown bag lunch & learn: Are Your Plans in Order?

A panel of legal and financial planning experts will review advice to ensure your plans reflect your intent for giving authorization, legacy planning and general advice. Please bring your lunch and we'll provide beverages, cookies and good information!

MARCH | THURSDAY 21ST | 6:00 PM

Memory Lane | Dementia and Caregiver Anxiety

Guest Speaker Bernadette Gaumer BA, MSW, LCSW from A Pathway to Healing Counseling Services will discuss how this specific anxiety is different from general caregivers anxiety. She will focus on normalizing symptomatology for caregivers of individuals with Dementia and offer coping strategies for caregivers.

APRIL | WEDNESDAY 24TH | 6:00 PM

Your Medicare Hospice Benefit

Hospice is holistic care that is focused on quality of life and symptom management at end of life. Priscilla Schwarz-Kraut, RN, MSN from St. Luke's Hospice and Palliative Care will discuss hospice eligibility, the multi-disciplinary approach to care and the difference between palliative care and hospice care.

APRIL | TUESDAY 30TH | 10:30 AM

Life Care at Home

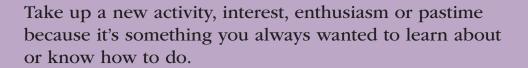
Friends Life Care and Morningstar Living invite you to an informational seminar to learn what options are available if you want to remain in your home for the rest of your life. Learn the difference between long-term care insurance and membership in a Friends Life Care plan. Whether you are actively working, considering retirement, or already semi- or fully-retired, it's never too early to consider your future.

JUNE | THURSDAY 27TH | 6:00 PM

Memory Lane | Well-Being and Dementia

A professional panel of therapists will offer strategies that caregivers can implement to improve well-being for those living with Dementia. Panel includes Dr. Alice Donlan, Physical Therapist, Michelle Mendrys, Speech Therapist, Nancy Napolitano, Audiologist, and Samantha Kromer, Occupational Therapist.





JANUARY | TUESDAY 15TH | 10:30AM

Genealogy Tricks, Traps, Trials, Tribulations and Triumph

Genealogist Joel Hoffner will guide us through the fascinating, sometimes frustrating, world of delving into family history. He will offer tips for breaking through walls and getting past dead ends to find meaningful leads, and also share his own research case studies and the best ways to unearth hidden family stories.

MARCH | TUESDAY 19TH | 10:30 AM

You Can't Take It With You: Understanding Generational Relationships with Stuff

Matt Paxton, TV celebrity and nationally known extreme cleaning specialist, has seen how an attachment to items can wreak havoc on a person's life. Now there is evidence to suggest items can cause more stress for family members after the owner dies. Matt will help you and your family members approach a solution with compassion and understanding.

APRIL | **TUESDAY** 16TH | 10:30 AM

The Civil War: Reinventing the United States

Michael J. McGovern, the retired Vice President for Academic Affairs at Northampton Community College, currently teaches a course on the Civil War and Reconstruction Era as an Adjunct Professor of History. In this presentation, he will look at three major "turning points" of the conflict that were instrumental in determining the war's outcome and the future of the nation.

MAY | TUESDAY 21ST | 10:30 AM

For the Love of Butterflies

For over 35 years The Butterfly Guy, Rick Mikula, has been delighting audiences with his humorous way of looking at butterflies. Through picture presentation, mounted displays and LIVE butterflies you will learn how to identify different species and garden tips to attract pollinators. Leave with a new understanding of this delicate creature and how you can help nurture and raise butterflies.

JUNE | TUESDAY 18TH | 10:30 AM

From Tears to Tides: The Power of Water

Penn State Extension's Master Watershed Steward, Kathleen Conn, will discuss the properties and power of the substance that covers approximately ¾ of our Earth... water. From the composition of tears (and their effects!) to the tidal forces around the globe, water is truly amazing, influencing our lives in so many different ways.



The spiritual dimension of wellness involves exploring the meaning and purpose of life. A sign of spiritual wellness is the ability to integrate your beliefs and values into actions.

MARCH - APRIL | WEDNESDAYS | 2:30 PM

Midweek Lenten Services - Time in the Wilderness

Lent is a period of six weeks during which Christians prepare for Easter. Many churches hold a series of midweek services which allow worshippers to develop a theme enhancing Christian discipleship. The Moravian congregations of Nazareth, including the worshipping assembly at Moravian Hall Square, have sponsored such series. The services are held in the afternoon at Hall Square and are repeated in the evening at Schoeneck Moravian Church. The New Testament includes stories of Jesus being tempted and then meditating for forty days in the desert after his baptism in the Jordan River. This year's Lenten series is entitled "Time in the Wilderness."

We extend an invitation to the entire community, to people from many traditions and communities of faith to join us at any, or all, of the following Lenten Services:

ASH WEDNESDAY | **MARCH 6**TH | **A Time for Learning**The Rev. Garritt Fleming, pastor of Schoeneck Moravian Church

MARCH 13TH | A Time of Challenge

The Rev. Sanette Fleming, pastor of Schoeneck Moravian Church

MARCH 20TH | A Time of Dependence

The Rev. David Danneberger, retired Moravian pastor

MARCH 27TH | A Time of Doubt

The Rev. Otto Dreydoppel, chaplain of Moravian Hall Square

APRIL 3RD | A Time of Comfort

The Rev. Terry Folk, pastor of Reading Moravian Church

APRIL 10TH | A Time of New Beginnings

The Rev. Jeffrey Gehris, pastor of Nazareth Moravian Church

Community Market Days



Come in out of the cold and enjoy a friendly indoor shopping experience!

Community Market at Moravian Hall Square

Whether you are shopping for arts & crafts or baked goods, Moravian Hall Square has it all! The Market offers a variety of local vendors, as well as a few resident vendors. Sales include seasonal items and featured offerings from the Good Spirit General Store, A Taste of Country, Linda Thomas Baking and other regional artisans. This indoor market brings the ambiance of the fresh air market to life while shopping for a variety of delicious and unique items!

JANUARY | TUESDAY 15TH | 10:00 AM - 1:00 PM

FEBRUARY | TUESDAY 19TH | 10:00 AM - 1:00 PM

MARCH | TUESDAY 19TH | 10:00 AM - 1:00 PM

APRIL | TUESDAY 16TH | 10:00 AM - 1:00 PM

Community Market days occur in The Commons at Moravian Hall Square. Ample parking, free admission, budget-friendly prices and buying "local" add up to an enjoyable shopping experience!

For vendor registration or additional information, call Laurie Brunstetter at 610-746-1334.

*The Good Spirit General Store is open year-round from Monday to Saturday, 11:00 AM to 3:00 PM. Proceeds benefit the Good Samaritan charitable fund at Morningstar Senior Living.

Plan on it.

Use this chronological listing of events to plan your calendar with Morningstar Living's education, recreation, entertainment, health and fitness *EventFULL Living*^{MSL} programs.

JANUARY

This month's featured artists are the Residents of Moravian Hall Square and Heritage Village. Please see page 2 for details.

Friday 4 TH 7:30 PM	Glenn Miller, One Man Band	PAGE 4
Tuesday 15 [™] 10:30 AM	Genealogy Tricks, Traps, Trials, Tribulations and Triumph *Visit the Community Market while you're here!	PAGE 10
Monday 21 ST 2:00 PM	Clowning Around with Tootsee	PAGE

FEBRUARY

This month's featured art exhibit is titled "Moravian Mission in Latin America: 170 Years and Counting!" Please see page 2 for details.

Tuesday 19 TH 10:30 AM	Navigating the Health Care System *Visit the Community Market while you're here!	PAGE 8
Thursday 21 ST	It's in the Bag! A brown bag lunch and learn: Are Your Plans in Order?	PAGE

MARCH

This month's featured artists are students of Nazareth Area High School. Please see page 2 for details.

Join us for six weeks of Lenten services on Wednesdays during Lent. See page 12 for details.

oce puge 12 je. wewwe.		
Friday 1 ST 7:30 PM	Bryan Holten, Classical & Spiritual Pianist	PAGE
Tuesday 19 TH 10:30 AM	You Can't Take It With You: Understanding Generational Relationships with Stuff *Visit the Community Market while you're here!	PAGE 10
Thursday 21 st 6:00 PM	Memory Lane Dementia and Caregiver Anxiety	PAGE

APRIL

This month's featured art exhibit is titled "Welcome Spring" featuring members of the Paintbox Art Club. Please see page 2 for details.

Lenten services continue on Wednesdays during Lent. See page 12 for details.

Friday 12 TH 7:30 PM	Fred Miller Lectures in Song, Rodgers & Hammerstein	PAGE
Tuesday 16 TH 10:30 AM	The Civil War: Reinventing the United States *Visit the Community Market while you're here!	PAGE 10
Wednesday 24 TH 6:00 PM	Your Medicare Hospice Benefit	PAGE
Tuesday 30 TH 10:30 AM	Life Care at Home	PAGE

MAY

This month's featured artists are children of Morningstar Living employees. Please see page 2 for details.

Saturday 4 TH 11:00 AM	Spring Fashion Show	PAGE 4
Tuesday 21 ST 10:30 AM	For the Love of Butterflies	PAGE 10

JUNE

This month's featured art exhibit is "Nature: Oils on Canvas" by William Hobbs. Please see page 2 for details.

Wednesday 12 TH 2:00 PM	Current Concepts with Pain Management	PAGE
Tuesday 18 TH 10:30 AM	From Tears to Tides: The Power of Water	PAGE 10
Thursday 27 TH 6:00 PM	Memory Lane Well-Being and Dementia	PAGE

NON-PROFIT
US POSTAGE
PAID
LEHIGH VALLEY, PA
PERMIT NO. 601



175 W. North Street Nazareth, Pennsylvania 18064

EventFULL Living

Morningstar Living is all about enriching life's journey with opportunities for intellectual development, cultural stimulation, social interaction, technology and recreation. Isn't that what life should be FULL of?