

Celebrating Mind Body Spirit

Altenheim Day 2017

On Saturday, Oct. 21, more than 100 residents and friends of EdenHill Communities are expected to join in and help celebrate EdenHill's **Altenheim Day 2017**.

"We couldn't be more excited to celebrate the rich pioneer heritage and tradition of giving in our community that helps sustain EdenHill," says Larry Dahl, EdenHill's CEO. The event will be an opportunity to fellowship and remember both our history and the most needy among us."

Altenheim Day is patterned after annual celebrations that have been staged over EdenHill's history, dating back to the first "Das Altenheim Fest" more than 100 years ago, a series of Eden Home Days staged in the 1960s through the 1980s, and the EdenHill gala staged between 2002 and 2012.

"The aim is to provide a fun and sensory experience for everyone who is affiliated with EdenHill, to recognize and acknowledge our residents, volunteers, donors, and employees, and to lift up and celebrate all things EdenHill in a public and spirited way," says Dahl.

historical re-creation of a 1910 farmer bringing provisions by horse-drawn wagon to help stock the pantry at our original location, The Protestant Home for the Aged, in San Antonio. The wagon procession will start from New Braunfels Presbyterian Church and wind its way through Landa Park enroute to EdenHill Chapel. Fred Fey's calliope truck and a hay wagon drawn by a vintage tractor are being added this year.

Guests are asked to be seated in the Chapel by 9:45 a.m. to enjoy social time and music provided by a four-piece ensemble, Bustin' Loose.

The procession will arrive at EdenHill Chapel at about 10:30 a.m. Provisions will be offloaded and placed at the altar, followed shortly by a special prayer ceremony led by Chaplain Sarah Currie and a program that will conclude at 11:30 a.m. Food, fellowship, and more music will conclude the day's activities, which will end at 1 p.m.

Everyone is encouraged to wear 1910 period attire to help set the tone for the day's fellowship and fun.

Members of Community United Church of Christ,

the San Antonio church that made the initial gift to develop EdenHill's 8-acre nature area and parking amenity, will serve as honorary event chairs. Others honorees include recipients of EdenHill's annual volunteer awards, all resident council presidents, EdenHill's Employee of the Year and all retired employees, and EdenHill's board leadership.

Alice Jewell, executive director of the McKenna Legacy Foundation, will be the guest speaker.

Fred Fey will provide additional musical entertainment during the fellowship period.

An ample and varied pot luck style buffet will be prepared by residents of The Village and The Pinnacle. MORRISON, EdenHill's culinary partner, will furnish the main dish and beverages.

Sue Harmer and Paula Lundmark designed the second volume of a scrapbook series covering EdenHill's history 1954-1975. Volume I (1910-1955) and Volume II are available for purchase. To RSVP or for additional information, please contact Paula Lundmark at 830-625-1327 or

plundmark@edenhill.org.





The Little Red Penny

By Regina Norwine, Village Resident

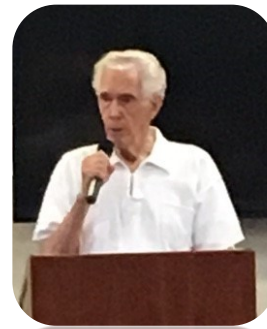


The story, John Huegel, told in last month's newsletter "An Embarrassing Lesson" took me back in time to a moment in the 1930's. I was 7 years old and lived next door to family which always told stories. The neighborhood children would sit on their large front porch and listen to these great stories. I usually sat on the edge with my legs dangling over next to a large flower pot.

One evening while waiting for another story to begin, I noticed something round in the flower pot. I scrapped all the dirt off and noticed a red penny. Well, a penny back then in the "depressions days" would buy a hand full of candy. The next thing I knew I was sneaking it into my pocket when I knew it was not mine to take. I spent that penny on candy which I did not enjoy at all. I had learned something about myself. I had a conscience and knew I could never steal again. I stole that day and I have never stolen since.

Every time I see a penny on the street now I pick it up.

God bless that little red penny!



Residents and friends of the community were treated to book readings by authors, John Ellis and John Huegel.

Ellis celebrates the community and the lives of its residents through his work in Poems from the Pinnacle. This new poetry collection, the fifth Ellis has created, includes poems originating in and dedicated to Ellis's beloved home.

Preach Another Story is a collection of sermons in story form based on the Old Testament. It is a sequel to Huegel's first book, Preach a Story, which was based on the New Testament.



The Pinnacle Salon New Pedicure Chair

Do your toes need pampering? Indulge in our new pedicure massage chair. A few benefits of a pedicure are increased blood circulation, de-stress and keep feet smooth and soft. Pedicures start at \$35 so schedule your appointment today with Yolanda at 830-214-7108.

Congratulations, Jenna!

Wellness Director Jenna Gullick studied for months then aced the test to earn the title of *Certified Medical Exercise Specialist*. The requirements were rigorous, but with the certification Jenna may develop and deliver specific and complementary medical exercise programs to help clients prevent and manage disease, avoid injuries, improve overall wellness and function throughout all phases of medical intervention, and return to desired activities following rehabilitation.

We are fortunate to have this specialty available to our independent living residents. It is particularly beneficial to those returning to their apartments following hospitalization. Jenna will be in touch with residents who may want to take advantage of specialized exercise programs at no additional charge, or give her a call at extension 2312.

Thanks for your dedication and commitment to providing the best quality of life for our residents, Jenna!



ANNUAL FLU SHOT CLINIC

Getting an annual flu shot is the first and best way to protect yourself from the flu. The vaccination can reduce flu illnesses, doctor's visits, and prevent flu related hospitalization.

This year, the CDC recommends that the vaccine be given only as an injection and not the nasal spray. Also, for 2017-18, flu vaccine components have been updated to better match circulating viruses. Though there are many types of flu viruses, and they are constantly changing, research indicates the three most common types to be inoculated for this year are:

A/Michigan, A/Hong Kong, and B/Brisbane viruses.

It takes about two weeks for the vaccine antibodies to develop in your body, so the CDC recommends getting your flu shot before the end of October. However, it is important to get a flu shot even if it's later in the year. The shots should be available until January or later.

Thank you to Walgreens for once again bringing flu shots to EdenHill. No need to drive to your doctor's office when it's just a short walk through the Terrace Dining Room to Assisted Living. Flu shots will be available on Tuesday, October 24 in the Heritage Assisted Living Dining Room, 8:30 – 10:00 am.

PLEASE SIGN UP AT THE CONCIERGE DESK so Walgreens will be prepared.

PICK UP AND COMPLETE THE VACCINE ADMINISTRATION RECORD FORM FROM THE CONCIERGE DESK AND TAKE IT WITH YOU ON THE 24TH. YOU WILL ALSO NEED TO TAKE YOUR PHOTO ID AND MEDICARE CARD.

Ann Carr, Director



Chaplain's Corner - "All Things Bright and Beautiful"

Hello, Friends!

I didn't mean to. Couldn't help it. She kept showing up in my front yard, then one morning on my porch—skin and bones, and gorgeous. Bright orange, black, and white, with hip bones protruding, she looked up at me with brilliant green eyes and (I'm not making this up), smiled at me and said, "Good morning. I'm hungry. Got any food?" So of course I began to feed her. Every morning with my first cup of coffee on the porch, she would be there—and before heading to the food bowl, she'd spend a few moments rubbing against my legs, letting me pet her, and purring her greeting, and, I think, her gratitude. Same thing in the evening. I saw she was a momma, though she didn't look quite old enough, and I wondered where and how her babies might be. "Oh boy, here we go again," I thought—having been down the "first you feed them, then they own you" road before. One evening as we sat smiling at each other, I said, "I'm going to call you Claire" (after St. Claire, St. Francis' dear friend). The next morning her babies came with her—two dar-

lings, almost as big as Mom. They were immediately "named" Ginger and Sugar. All three let me pet them now, and seem to enjoy playing around at my feet, and enjoying the porch and yard with me. One evening I delighted in watching the kids unsuccessfully try to catch fireflies, with hilarious gymnastics. For a few days Sugar disappeared, and I worried, wondered, believed something had happened to her. Today she was back, limping, but alive. Life can be hard out there, for small, fragile creatures. I'm grateful they came to my porch, and my life—and if my feeding them helps their lives be a little easier, I'm glad. The joy they give me simply by being, and allowing me to be with them, is beyond describing. (I'm also making plans to nab them when possible for a trip to the local vet, to help us not have quite so many unloved young uns.)

My two inside cat kids George and Betsy are quite curious about their porch neighbors, and Betsy keeps trying to dart outside, to say "howdy." I haven't decided what to do about that, quite yet. Though a bit overweight and

bored, they are safe and cozy inside, with none of the dangers life outdoors presents.

I know animals aren't people, and I know people can go a bit crazy in pampering their pets. But animals are wonderful, beautiful members with us of God's creative family. Sitting on my porch last night, I was astounded at the gift of fireflies, deer, silly kittens, hummingbirds, hawks calling each other—and very grateful to be in the presence of so much life.

On Friday afternoon, Oct. 6, you're welcome to bring your beloved pets to the Bistro patio at 4 p.m., where we'll share a time of Blessing of the Animals, giving thanks for those we claim as ours, and also for all things bright and beautiful, all creatures great and small.

I look forward to being with them and with you this month, and all our days to come.

Shalom, Sarah+

Everyone is invited
to bring your beloved pet(s)
for a service of
Blessing of the Animals
4 p.m. Friday, October 6
Bistro Patio

We'll sing and pray together, and each
pet will receive an individual blessing.
All pets must be either crated or on a
leash, please.

With questions contact Chaplain Sarah
(512/699-7164).

Blessing of the Animals





Date	Time	Activity	Location
10/02/17	1:45 pm	Observe Pickle Ball	NB Presbyterian
10/03/17	4:00 pm	Happy Hour	Faust Brewery
10/04/17	1:00 pm	Pumpkin Patch	1st United Methodist
10/06/17	4:00 pm	Pet Blessing	Bistro Patio
10/11/17	1:00 pm	Shopping	At Home Store
10/13/17	12:45 pm	Shopping	Creekside NB
10/14/17	7:00 pm	Inspiracion Flamenca	Brauntex
10/15/17	3:15 pm	Mid-Texas Symphony	Canyon High School
10/17/17	4:00 pm	Happy Hour	Krause's
10/20/17	11:30 am	Lunch Outing	Olive Garden
10/21/17	10:00 am	Altenheim Day	Chapel
10/21/17	10:45 am	Drumming Around	Chapel
10/24/17	3:00 pm	Arts & Crafts Fair	Town Hall
10/24/17	7:00 pm	NB Community Chorale Concert	Chapel
10/25/17	4:00 pm	Polka Lessons	Town Hall
10/26/17	10:15 am	SA Lighthouse for the Blind Tour	San Antonio
10/27/17	10:45 am	Morgan's Wonderland	San Antonio
10/31/17	7:00 pm	Halloween Party	Town Hall

What is Pickleball?

It's a racquet sport that combines elements of badminton, tennis, and ping pong. The game is played with a small whiffle ball and a paddle on a badminton court with a tennis size net. It's a paddle sport for all ages and all athletic ability levels. It has very simple rules and is easy to learn and play. If you would like to learn more about Pickleball please talk to Jenna, your Wellness Director. If there is enough interest, we will have a weekly outing to the New Braunfels Presbyterian Church.



Who's ready to Polka?

Dance Professionals, Rob and Diane, will be back in October for a 3-week Polka dance series. Wurstfest is right around the corner and this is a great opportunity to learn some new moves. The series will begin October 25th. Lessons will take place at the Pinnacle (Town Hall) and will be held every Wednesday at 4:00PM for 1 hour. Anyone is able to join. You don't need a partner to participate and no experience needed. Please sign up in the activity binder by Wednesday, October 18th. Join the fun!



Fischer General Store

Have you checked out our gift shop lately? We are ready for fall and the holiday season. If you are looking for a unique gift for that someone special stop in and let one of our wonderful volunteers help you find that perfect gift. . The gift shop is opened Monday through Saturday from 10:00 am to 4:00 pm.



OUT & ABOUT



 San Antonio
MISSIONS



WELCOME HOME!!

Pinnacle

Bill & Suzan Eubank
C311

Bobbie Tickle
A406

Help Wanted! *November Newsletter*

Wanted:

“Have a story, memory or exciting news that you would like to share with residents in the monthly newsletter?”

Please send it to Paula or
email it to thepinnacle@edenhill.org.

The best and most beautiful things in
the world cannot be seen or even
touched - they must be felt with the
heart.

Helen Keller