

LampPost

Spring 2013

MORAVIAN MANOR-A COMMUNITY WITHIN A COMMUNITY™

My Future is Now

n past issues, I've applauded our Board of Trustees for their work in updating our Strategic Plan. This issue, I've decided to write about one of the four Strategic Focus Areas identified in the Plan: "Develop and Manage the Manor's Underdeveloped Assets."

This area of our Strategic Plan clearly focuses on future opportunities. More specifically, it refers to the 72-acre property that was purchased during the past decade and recently named the Warwick Woodlands. The Warwick Woodlands is located across from the west side of Warwick High School and behind the Lititz Family Medicine office. Our existing

campus is landlocked with no opportunity for physical growth; therefore, we view the Warwick Woodlands as a rare and exciting opportunity to expand our accommodations and programs in anticipation of the changing lifestyles and expectations of the people we serve. To that end, our Board deemed this a Strategic Focus Area.

What does this mean, and where do we go from here? I receive questions about the Warwick Woodlands regularly. Being a Focus Area means that it is very important and that action is anticipated and expected. With that in mind, I summarized recent activity in the following paragraphs.



J. DAVID SWARTLEY

continued on page 7



Our vision

is to be a unique community within a community that excels at anticipating and accommodating the changing lifestyles, expectations, and needs of the people we serve.



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LampPost is published
to keep residents and friends of
Moravian Manor informed of
activities and developments within the
Manor community. We welcome your
comments and suggestions.
If you would like to remove your name
from our list to receive newsletters and
other informational material in the

future, please contact Nicole Michael. Moravian Manor

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Admission to Moravian Manor is open to people regardless of race, gender, age, religion, national origin, handicap, or disability.





Sodexo Introduces New "Mindful" Health & Wellness Approach

Where making healthy choices becomes second nature

ood health...most people want it, but often healthy eating gets pushed aside. And it's no wonder. Busy lifestyles and uninspiring healthy food choices currently on the market leave people believing that healthy eating means entering into a world of boring, tasteless food with little variety. Sodexo believes in another approach, one filled with choices, satisfying flavors, full plates, and healthy indulgence. We call this approach "Mindful."

Sodexo introduces *Mindful* to fuel the minds and bodies of its clientele by balancing nutrition with taste and satisfaction. We believe that when healthy eating tastes good and satisfies hunger, people are more likely to stick with it. And when healthy eating becomes a way of life, people thrive – and so does their quality of life.

Mindful by Sodexo offers authentically healthy choices to an audience ready for a healthier lifestyle – whether they're already taking steps on their own to get there or need a little help and guidance in starting their journey.

On new menus at Moravian Manor, you may start to notice the apple icon (), which denotes that a food item meets/exceeds the *Mindful* criteria. Also, the handy reference chart below can help you make mindful choices throughout the day. Our hope is that making *Mindful* choices becomes second nature for you not only when you eat out, but also at home with your family.

Greg Wethey

Director of Dining Services



MINDFUL NUTRIENT CRITERIA

	Kcal	Total Fat	Sat. Fat	Trans. Fat	Chol.	Sodium	Other
Plates (contain at least I serving from each: protein, starch, veg/fruit)	≤ 600	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 800mg	≥ 3g fiber
Entrées (i.e.: center plate protein, pizza, sandwiches, grill items, entrée salads without protein or starch)	≤ 550	≤ 35% of calories from fat OR ≤ 15g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 100mg	≤ 700mg	
Sides	≤ 225	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 5mg	≤ 300mg	
Soups (8 oz.)	≤ 225	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 25mg	≤ 700mg	
Desserts and Snacks (OR 4 of the criteria AND must have at least 10% of the Daily Value of one or more major nutrients, such as Vitamin A, C, E, Iron, Calcium, or Protein)	≤ 200	≤ 35% of calories from fat OR ≤ 8g	≤ 10% of calories from saturated fat	Free (< 0.5g)	≤ 20mg	≤ 300mg	≥ Ig fiber



Health, Wellness, and Our Furry Friends

eel good about helping our furry friends...join the
Health Center Giving Back Group as we collect items
for the Lancaster SPCA. The SPCA is a new shelter
in Lancaster County in need of any new or gently used dog
and cat items. Dog food, cat food, litter, and all kinds of pet
items including blankets and towels are in great need.

The Giving Back Group recognizes the importance of pets in our lives and appreciates the therapy dogs that visit regularly at the Manor. Pets can help many individuals in improving and maintaining good health. The love of a pet can be beneficial in many ways such as lowering blood pressure and increasing activity simply by attending to your dog's need for a walk. Pets also are great companions and are good for your emotional health as well.

Please help us in giving back to our local community and to this wonderful program that finds good homes for pets presently living at the shelter. The Giving Back Group will be collecting items during the Health and Wellness Fair on April 18 between 10 a.m. and 2 p.m. in Steinman Hall at Moravian Manor. If you have items to donate but cannot make it to the April 18 event, please contact Barb Wagaman, Activities Assistant at 717-626-0214 or barbw@moravianmanor.org to make other arrangements. Thank you for supporting the Giving Back Group and the SPCA.



Julie Lewicki (left) and Menno Krisanosky are very active in the Giving Back Group and are especially fond of their four-legged friends Bubba and Lewes.

The Lamplighters Association 2013 Membership Drive

he members of the Lamplighters Association invite you to join them in their mission to share God's love with the residents of Moravian Manor. The Association supports the residents of Moravian Manor in a variety of ways. Volunteerism is promoted and fund-raising events are held throughout the year to help finance specific projects directly benefiting residents. Among the Lamplighters most recent purchases are a mobile reclining chair and a double sided book cart for the health center. The Lamplighters continue to manage and provide volunteer support for the Gallery Gift Nook adjacent to the Gallery Café. Proceeds from the gift shop benefit the residents of the Manor.

In 2012, the Lamplighters have made their final payment of \$5,000 toward the \$25,000 commitment for a new care base in the renovated skilled nursing wing. Also, a new large flat screen television was purchased for the enjoyment of Manor West Personal Care residents. Bingo supplies and prizes along with a Christmas tree and decorations were purchased throughout the year as well.

If you would like to join the Lamplighters in their ministry and mission you can do so by supporting their fundraising projects and/or by becoming a member. To become a member, please fill out the form below and return it to the Manor receptionist or mail to Moravian Manor, Attn: Lamplighters Association, 300 W. Lemon Street, Lititz, PA 17543.

Your support is greatly appreciated!

Name:			
Address:			
Phone:			
○ \$5.00 yearly Membership fee			
○ \$15.00 Supporting Membership			
\$25.00 Contributing Membership	If you would like more information regarding the Lamplighters Association, please contact Dorothy Earhart, President at 717-626-4352.		
○ \$50.00 Lifetime Membership			
\$Contribution	,		
Make Checks payable to: "The Lamplighters Association"			

You can make a difference in the lives that follow. By making a bequest or other planned gift to Moravian Manor, your legacy will help ensure that the Manor's ministry continues for generations. Gifts of all amounts are important and welcome.





I would like to take the opportunity to extend my sincere gratitude to the following people who made donations so we could purchase items on our wish list. Their generosity has truly touched the lives of others.

> ELIZABETH MCKINNEY **Resident Outings**

ELIZABETH MIEDRICH

Two Large-print Magazine Subscriptions

DYER FAMILY

Teak Bench in Loving Memory of Joseph J. Dyer Annual Subscription to Lancaster Newspaper Perennials and Annuals for the Garden Club

DIETRICH FAMILY

Teak Bench in Memory of Helen M. Posey and Dale M. Posey, MD

> CHAPLAIN AND MRS. RICH THIEROLF Two Wheelchairs Patient Lift

NEEDED:

If you would like to help support our ministry in this special manner, we have listed several items from our 2013 Wish List. Please make checks payable to Moravian Manor, or you can donate on-line using Visa, MasterCard, or Discover.

Watercolor Art Supplies	\$25 to \$100
Display Accessories and Buildings for the M&M Garden Railroad	\$25 to \$125
History Trivia Books for Health Center Activities	
iPods for Residents with Dementia and Alzheimer's Disease (10 needed)	\$50 each
Fresh Flowers for Dining Room Tables in the Health Center	\$50
Wii Fit Plus with Balance Board for Resident Therapy	\$100
Wheelchairs	
Digital Camera for Health Center Activities	\$400

Donations of \$50 to \$100 for resident outings and special programs for residents in the health center who do not have the funds to participate are always welcome and gratefully appreciated.

Gifts for Floral Designs

January 8 to March 19, 2013

Mary Ann Frontz

In Honor of Moravian Manor staff and residents with thanks for 19 wonderful years.

A Grateful Friend

In Memory of Art Van Gelder

Susan Duehr

In Memory of my mother Lee Mitchell and in honor of my father Bill Mitchell. Happy Valentine's Day to All

Lili Sasu

In Memory of my mother Buna

Donald Eager

To Honor the memory of my father, George Eager Jr. on the occasion of his birthday, March 16, 1919.

Anonymous

In Celebration of Tom Bender's 21st Birthday, March 16

If you would like to honor or memorialize someone in this manner, please send a check for \$75.00 payable to Moravian Manor. The resident Floral Committee will arrange and place more than thirty floral bouquets throughout the Manor. Cards are placed with each arrangement listing the donor and his or her tribute.



Tribute Gifts

December 29, 2012 to March 15, 2013

We are grateful to the following people who have chosen to honor or remember someone special in their lives. Their gifts make it possible for us to provide nursing care to residents who can no longer pay the full cost of their health care.

In Honor of:

Mrs. Elizabeth G. Bruce Betsy and Steve Myers

Mrs. Mary Staebler Ms. Victoria Staebler

Mrs. Elverna L. Ulrich Ms. Kelly Ulrich

In Memory of:

Mrs. Reba Alden Mrs. Lois Vollmer

Mr. Robert J. Alden Mrs. Lois Vollmer

Mrs. Dorothy S. Bergstrasser Mr. Willard S. Achuff

Miss Dorothy J. Birch

Dr. and Mrs. Victor L. Baer
Dr. and Mrs. David P. Birch
Ms. Deborah Birch and Mr. Ronald J.
Manginello
Mr. Peter H. Birch
Mr. and Mrs. Timothy B. Birch
Ms. Lynette M. Weber
Mrs. Isabelle Weidman

Mrs. Elizabeth Derck Mr. Richard F. Stockel, Jr.

Mr. Joseph J. Dyer Ms. Anne Marie Dyer Mr. Daniel Dyer Mr. Joseph F. Dyer Mr. Matthew Dyer Mr. Richard L. Dyer, Jr. Mrs. Maureen A. Wittmer

Mrs. Joan E. Florich
Mr. and Mrs. Robert Kunzelman

Mrs. Lillian M. Johnstin Ms. Patricia Vogel

Mr. George L. Keehn Mr. and Mrs. G. Thomas Keehn

Mrs. Julia Z. Keehn Mr. and Mrs. G. Thomas Keehn

Mrs. Anne M. Kendig Ms. Catherine A. Ridgway

Mrs. Ruth P. Lynch Mr. and Mrs. Kevin J. Lynch

Mrs. Mary S. Miller

Mrs. Lorraine F. Gernert Mr. and Mrs. Edward M. Hogan Mr. and Mrs. Kenneth D. Lawrence Rev. and Mrs. Richard J. Thierolf

Mrs. Jean Packard

Mr. and Mrs. Leroy J. Wiesner

Mr. Richard A. Packard Mr. and Mrs. Leroy J. Wiesner

Mrs. Helen M. Posey Mr. and Mrs. William E. Deitrick Mrs. Ruth Saderholm
Mrs. Mildred Saderholm

Mrs. Christine F. Stake

Mr. and Mrs. Joseph C. Bauder Ms. Phyllis Bollinger Hale Mr. and Mrs. Gordon P. Keeney Mr. and Mrs. Gary J. Schultz

Mr. Paul J. Unangst

Ms. Ruth Bare
Mr. and Mrs. Philip Ehrhart
Keller Brothers Dodge - Lititz
Ms. Helen M. Miller
Ms. Veronica K. Ranck and
Mr. J. Merle Herr
Rev. and Mrs. David Unangst
Ms. Kathleen Unangst

Mr. Arthur Van Gelder, Jr. Mr. Robert L. Weaver

"In Loving Memory"

We extend our sincere condolence to the families and friends of:

Paul J. Unangst January 6, 2013

Mary S. Miller February 14, 2013

We are deeply grateful that their families have designated Moravian Manor as the recipient of memorial gifts in lieu of flowers. During 2012, Moravian Manor hired a facilitator to conduct focus groups to test the conceptual layout of the project site plan. The Zoning Ordinance for the Lititz Borough is a Traditional Neighborhood Design (TND), in keeping with the historic ambiance of Lititz. We were curious to know what our potential market thought of a TND concept for a retirement community. These focus groups, which also included an on-line survey, honed in on this concept, and the response was almost unanimously in favor of this design. The affirming response told our Board that we are moving in the right direction.

Based on the information gleaned from the focus groups, we continue to meet with the Lititz Borough Planning Commission to work through details specific to the land planning process. Currently, we are simultaneously engaged in two studies, Market Research and Financial Feasibility. The Market Research study will help us answer questions such as: What do the demographics tell us? And, how many units will we fill from our primary market? It will help identify our secondary and tertiary markets, and guide us in determining how much of our marketing resources will need to be allocated to reach each identified market. Last, but certainly not least, the study will reveal the current market expectations in terms of pricing and amenities. Next, we have our Financial Feasibility Study. Conceptual ideas look great on paper but our Board is committed to sound fiduciary management. This means answering all the difficult questions before ground is broken. Both studies are expected to be completed sometime in April, at which time all these questions and many more will be answered.

In preparation for the monumental task that lies ahead, the Manor's Marketing Task Force interviewed several marketing firms, one of which will assist us in our efforts. The marketing firm will partner with us in planning the marketing program for the new project, assuming the project is a "go." Note, there are many moving parts to this process; many of which are running concurrently.

This process is exciting and necessary for us to meet the goals outlined in our Strategic Plan. As I think about our future, the words of a former resident ring through my mind. Her words were spoken as we were about to remove a beautiful tree enabling us to break ground for the Garden Court Apartments in 2000. She sadly shook her head and said, "the problem with you guys (management) is that you are constantly planning for the future; however, my future is now."

There is, admittedly, a tenuous balance that at times brings the reality of the present into a paradoxical relationship with future planning. Without thoughtful consideration for the future, the long-term viability of any institution is questionable. It is interesting that our Board was very clear in another Focus Area of our Strategic Plan "Position Moravian Manor Campus for Sustainability" to capture that balance. They show much wisdom in recognizing that both are equally important.

Thank you for your support as we grow and mature together!

J. David Swartley

President/CEO

Welcome Spring!

o welcome spring, the Manor's Garden Club recently planted containers of pansies for the main entrance to welcome our visitors. This energetic group is anxiously awaiting warmer, sunnier days so that they may begin work on other outdoor beautification projects. In the meantime, monthly gatherings featuring presentations and discussions on a variety of interesting gardening related topics serve to keep gardening appetites satisfied. Those in attendance enjoy sharing their ideas and tips for planting, growing, and caring for flower beds and containers.

You don't need a "green thumb" to be part of this group. If you enjoy nature and gardens filled with beautiful flowers and want to be part of an outgoing group of flower enthusiasts, we hope you will decide join us! This group is open to men and women, so don't be shy gentleman, join in the fun! If you would like to help with garden projects, volunteer assistance is welcome! Give me a call at 717-626-0214, ext. 6132 or e-mail me at peggyk@moravianmanor.org for more information and meeting dates.

PEGGY KAMMERER

Director of Community Services



Volunteer

You Too Can Make a Difference

Noah Webster defines appreciation as a sensitive awareness; an expression of admiration, approval, or gratitude. As someone who spends a great deal of time with volunteers, I know that I strive to always be appreciative of these individuals who want to give of their time, their energy, and their hearts. They give of themselves to not only our residents, but also to Manor staff. Volunteers embrace the opportunity to serve others year-round out of a longing to make a difference in someone's life. It reminds me of the story of the starfish.

While walking along a beach after a particularly high tide, a man noticed a boy picking up starfish after starfish and throwing them back into the sea. When he neared the youngster, he asked, "What are you doing?"

"These starfish will die if they don't get back into the water," the boy replied as he hurriedly continued his work.

"There are thousands of starfish on this beach," the man said. "Nothing you can do can possibly make a difference."

The boy held out the starfish he had just picked up. "It makes a difference to this one," he said and threw it into the ocean.

National Volunteer Appreciation Week is April 21-27, 2013. Please help me show our volunteers how much we appreciate them and what they do! Take a moment to share a smile or a word of encouragement to let our volunteers know that they do make a difference! If you or anyone you know is interested in volunteering at Moravian Manor, please give me a call at 625-6005. ROBIN WORK

Life Enrichment/Volunteer Coordinator

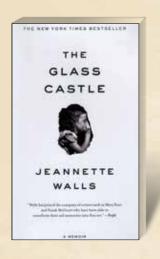
Speaker Revealed for 2013 Engaging Community Dinner

oravian Manor is pleased to announce that Jeannette Walls, best-selling author of *The Glass Castle*, will be the keynote speaker for this year's Engaging Community Dinner.

Jeannette Walls is a journalist and author of the memoir, *The Glass Castle*, which had been on the New York Times best-sellers list for more than four years. More than 3.5 million copies of *The Glass Castle* have been sold in the U.S. alone, it has been translated into 22 languages, and it is being made into a movie.

Critics have called her memoir "spectacular," "extraordinary," "incredible," and "riveting." It was named one of the "Top 10 books of the Decade" by Amazon and has won numerous awards including the Christopher Award, the American Library Association's Alex Award, and the Books for Better Living Award.

In *The Glass Castle*, Walls describes growing up in the desert of the American Southwest and then in a West Virginia mining town with her



three siblings and the brilliant, unorthodox, irresponsible parents who manage at once to neglect them, love them, and teach them to face their fears.

The story is at times harrowing and at times hilarious as the children go without food and indoor plumbing yet are encouraged to read Shakespeare and dream of the beautiful glass house they will all one day build.

Despite all her hardships, Walls develops the determination to leave West Virginia on her own at the age of sixteen, move to New York City, enroll in Barnard College and eventually become a well-known columnist for New York

magazine and MSNBC.com and a television personality.

This inspirational book has been taught at universities in courses on literature, psychology, parenting, child development, and poverty. Walls has spoken at colleges, corporations, and business associations about overcoming hardship and the keys to turning adversity to your advantage.

In 2012, Lionsgate purchased the rights to *The Glass Castle* and will be releasing the movie, possibly starring Oscar nominee Jennifer Lawrence, sometime next year.

Walls lives in the Virginia Piedmont with her husband, writer John Taylor. She has appeared on Prime Time Live, Good Morning America, Larry King Live, Oprah, and the Diane Rheem Show.

Her follow-up to *The Glass Castle*, *Half Broke Horses: A True Life Novel*, was released in October 2009, and was an immediate New York Times best-seller. Her new novel, *The Silver Star*, will be released on June 11, 2013.



The 3rd Annual Engaging Community
Dinner featuring Jeannette Walls will be held on Monday, September 23, 2013, at the Lancaster Marriott on Penn Square at 7 p.m.

Information about the event is available online at moravianmanor.org.
Individual ticket sales will start in June.

Engaging Community is an annual event that builds upon our community focus by offering quality educational, inspirational, and entertaining programs to increase the awareness of Moravian Manor's mission and role throughout Lancaster County and beyond.

Sponsorships and Tables are available. Please contact Diane Ford dianef@moravianmanor.org or 717-625-6105.

Moravian Manor Honors Bender Award Recipients

ongratulations were extended to Janet Birch, Pat Smith, and Alice Clooney, recipients of the 19th Annual Mildred L. Bender Memorial Fund Awards, at a luncheon held on February 28 at Moravian Manor.

Mildred's family and friends established the Mildred L. Bender Memorial Fund in 1995 as a tribute to the former Manor resident. The Fund has a twofold purpose - first to provide financial assistance to those in need, and second to annually honor a resident, volunteer, and employee who exemplify the mission and ministry of Moravian Manor.

This year's Mildred L. Bender Memorial Fund honorees each received a certificate, cash award, and leaded glass Moravian star with an engraved holder, which commemorates their award.



Mildred L. Bender Memorial Fund Award honorees (left to right): Pat Smith, Alice Cooney, and Janet Birch

Janet Birch - Resident Recipient

Janet Birch is an enthusiastic member of the Moravian Manor community. Upon moving into a Moravian Avenue cottage with her husband, David, several years ago, Janet entered into community life immediately becoming active by participating in and planning many day trips, activities and events, as a member of the residents' Community Life Committee and Lamplighters Association. When she is not busy planning the next outing or activity, she can be found in the Gift Shop volunteering as an attendant, teaching "English as a Second Language" lessons to one of our foreign born employees, and visiting many friends. Janet is a caring, good neighbor, and supportive friend to all.

Pat Smith - Volunteer Recipient

Pat began volunteering in March 2011. She started out full force; delivering mail, greeting folks at the South Wing entrance, helping to transport residents to programs in Steinman Hall, visiting and befriending many residents. It wasn't long before she was sharing her gift of music with our residents, playing the piano. Recently, when residents were not able to gather for activities in Steinman Hall, Pat volunteered to play the piano. Her performance was broadcasted through our in-house system and residents we able to enjoy it in the comfort of their own rooms. Pat is a blessing and a friend to many residents at the Manor.

Alice Cooney - Staff Recipient

Alice has been a valuable member of the Manor's team for six years. Residents and co-workers describe Alice as being: reliable, dedicated, hardworking, endearing, cheerful, pleasant, dependable, loyal, diligent, courteous, efficient, and helpful. As a housekeeper in the Garden Court Apartments, Alice is always concerned about the residents' welfare and asks each time before leaving their apartment "is there is anything else I can do for you before I leave?" She exemplifies the "person-centered approach," with her genuine interest in resident likes, dislikes and habits. Alice goes above and beyond what is expected, giving 100 percent of herself to her tasks, the residents, and her co-workers. She cares deeply for those around her at Moravian Manor.

The Oscar Experience

ETHEL KELLER, a long-time resident of Moravian Manor, is extremely proud when it comes to her Grandson, Dylan Tichenor.

Dylan was recently nominated for an Academy Award for his film editing on Zero Dark Thirty. Although many experts thought his work represented the most outstanding editing work; the film was highly controversial and there was a "movement" to deny the film any awards. Dylan's co-editor on Zero Dark Thirty was William Goldenberg, who also was nominated and won an Academy Award for his film editing on Argo.

Ethel's daughter, Nancy, and her son-in-law, Jim were invited to attend the Academy Awards celebration with Dylan. They had the privilege of walking down the red carpet with Dylan passing by such Hollywood celebrities as Dustin Hoffman and Helen Hunt – a thrill of a lifetime. They also attend a special editor's panel discussion at the Egyptian Theater where Dylan and other editors showed clips from their films and discussed the scenes. Dylan introduced his parents to everyone and much to Nancy's surprise she even received a hug and kiss from Stephen Spielberg's editor, Michael Kahn, and shook hands with Joaquin Phoenix.

This was Dylan's second Academy Award nomination for film editing. He was previously nominated in 2008 for his work in There Will Be Blood. And while Dylan did not go home with an Oscar, he and his family will certainly remember these moments as some of the best times of their lives.

Dylan, his brother Aaron, who is a Hollywood cameraman, and his brother Michael, who was part of the CSI production team, were all inspired by their father, Jim, who was an independent filmmaker in his early years before earning his law degree.



Ethel's grandson, Dylan Tichenor



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Upcoming Events

May 4 Baubles, Bangles, and Beads – Jewelry Sale at Moravian Manor

May 17 Celebration of America and National Nursing Home Week

Summer Film Festival in Lititz Springs Park (Sponsored by Moravian Manor) Free admission and refreshments! Movies start at dusk.

June 14 The Odd Life of Timothy Green

July 12 Despicable Me

August 16 The Avengers

September 23 Third Annual Engaging

Community Event at the Lancaster Marriott at Penn Square, Lancaster –

Keynote Speaker - Jeannette Walls

October 4 & 5 Artisans' Porchwalk





Join the Lamplighters Association for a new fundraising event. Looking for a gift or perhaps to add to your collection? You won't want to miss the "Baubles, Bangles, and Beads" jewelry sale, featuring gently used and new jewelry. Items will be on sale in Steinman Hall/Zinzendorf Room on Saturday, May 4, from 9 a.m. – 1 p.m. All proceeds benefit the residents of Moravian Manor.