



CAFRO Hi-Riser Newsletter
March 2010

SPRING BEGINS ON Saturday, March 20, 2010
 PALM SUNDAY ON Sunday, March 28, 2010

RENT REBATE HELP

When you receive your rent certificate back from the Housing Manager's office, take your booklet, proof of income and identification to either Office of Aging located at 150 N. Queen Street (they help anyone regardless of age) or to SACA (Spanish American Civic Assoc.) located at 545 Pershing Avenue in Lancaster.

Maria Guzman will be at the hi-rises to assist you again this year with your rent rebate. She will be at Church Street Towers on Wednesday, March 10th from 1- 4 PM and Wednesday, March 17th from 1-4 PM. She is bi-lingual, but will help anyone during those hours.

ANNUAL STROKE SCREENING

Millersville University nurses will be conducting stroke screening at the Farnum Street East Hi-rise on Wednesday, March 17th. The screening will begin at 8:30 AM and end at noon time. See or call Carol to sign up for a time convenient for you. Residents from either building are welcome and encouraged to attend the screening.

The March Table Talk will be March 9th from 11:00 to 12:00 noon in the Church Street Towers community room and from 2:00 to 3:00 in the Farnum Street community room. The topic will be foot care and the students will be presenting a foot care clinic.

OK, I think that does it. I reset all the clocks for Daylight Saving Time. I got 'em all -- clocks, watches, VCR. I even moved my bathroom scales ahead a pound. By Mike Durrett

CAFRO RESIDENT ELECTIONS

The annual CAFRO Elections will be held Thursday, April 29, 2010. Prior to the election you can meet the candidates at the resident meeting on Tuesday, March 16th at 3 PM. Please take the time to attend this meeting and the meeting in April on Tuesday, April 20th to have your questions answered.

Residents have one vote in the election and can vote in the lobby of their building beginning at 10 AM and ending at 2 PM on 4/29/2010. Mrs. Glenda Broad, the LGH Nursing Instructor has agreed to count the votes as the third party Election Monitor.

Three signs you are growing old... First you forget... and I can't remember the other two.

He who gives when he is asked has waited to long.



Newsletter by: HN

Welcome New Residents!

Happy Birthday Residents!

Church St. Towers

March 3 Yvonne Miller
March 3 Loretta Porter
March 4 Maria Morales
March 5 Bonnie Tyner
March 10 Patricia A Zwally
March 13 Daidy A Gonzalez
March 20 Guillermina Rosario
March 23 Candido Rivera
March 24 Henrietta Torain
March 27 Juan Rosario
March 28 Jose M Soto Vega
March 30 Margarita Rivas

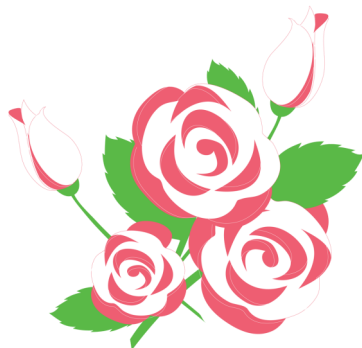
Farnum St. East

March 2 Marcia Aybar
March 13 Rose M Stormfeltz
March 16 Ivan C Thomas
March 19 Josefina Rodriguez
March 20 Hector L Lopez
March 21 Monserrate Cosme
March 21 Mayra I Morales
March 24 Sharon Olmeda
March 24 Orlando Guzman-Morales
March 26 Don Parry
March 26 Rafaela Rivera Mrs.
March 30 Maria D Sanchez
March 31 Benjamin Rivera

From the Housing Manager

Board Meets: March 02 2010 FSE
Resident Meets: March 16, FSE
(meet candidates)
Bingo Games Check Bulletin Board.

**DAYLIGHT SAVINGS BEGINS ON Sunday,
March 14, 2010**



BE THANKFUL (From: COGICSC@aol.com)
Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to? Be thankful when you don't know something, for it gives you the opportunity to learn.

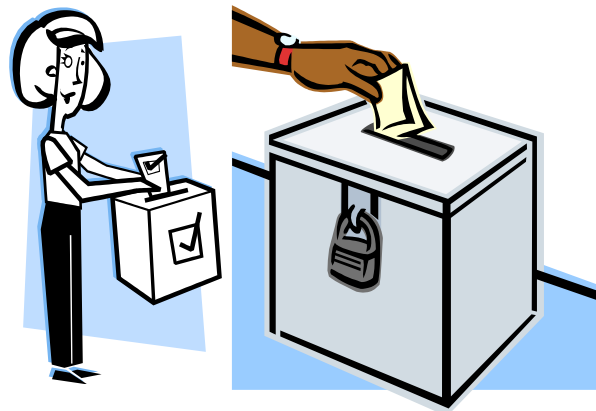
Be thankful for the difficult times. During those times you grow. Be thankful for your limitations, because they give you opportunities for improvement. Be thankful for each new challenge because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons. Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things. A life of rich fulfillment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

**"I wandered lonely as a cloud
That floats on high o'er vales and
hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the
breeze."**

- William Wordsworth, [Daffodils](#)



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