

OUR

HOLY FAMILY
SENIOR LIVING

Holy Family

Monthly Newsletter / October 2026



Walking Together for Alzheimer's Awareness

At Holy Family Senior Living, caring for others goes beyond the walls of our community. It means coming together, supporting one another, and finding ways to make a difference for the people we serve and the families who are part of our Holy Family family.

This year, our community came together to support the Alzheimer's Association and the Walk to End Alzheimer's at SteelStacks. On September 19, 12 members of our Holy Family community, including staff and volunteers, walked two miles together to show their support for those living with Alzheimer's and other

forms of dementia. And, of course, our community dog Maverick was right there with us, helping make the walk even more memorable!

The support didn't stop at the walk. Our Holy Family community held a bake sale that raised approximately \$300, and friends, families, staff, and supporters contributed approximately \$400 in online donations to our team. We are so grateful for everyone who baked, donated, walked, volunteered, or simply encouraged us along the way.

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Alzheimer's Awareness Walk — continued from cover page

Throughout the year, we have also had the opportunity to learn more about Alzheimer's and dementia through guest speakers from the Alzheimer's Association. Programs focusing on the 10 warning signs of Alzheimer's, brain health, and understanding dementia gave our community valuable information and opened the door to important conversations.



At Holy Family, we believe supporting brain health is part of looking at the whole person. Our goal is not only to provide care, but also to create opportunities that support physical, emotional, social, and cognitive well-being.

Our Dietary Department has introduced the Vibrant Minds program, which focuses on providing healthier food choices and nutrition that can support brain health. Through thoughtful meal choices and education, the program is another way we can promote overall wellness in our community.

Our Life Enrichment Department also plays an important role by providing activities designed to encourage brain function, memory recall, social interaction, and engagement. From games and conversations to creative activities and programs that encourage residents to use their memories and skills, these experiences

provide meaningful opportunities for residents to stay active and engaged.

These efforts are especially meaningful at Holy Family because we see every day how memory loss can affect individuals and the people who love and care for them. The more we learn, the better we can understand each person's experience, meet them where they are, and continue providing care with patience, dignity, compassion, and kindness.

Alzheimer's awareness is more than a walk or a fundraiser. It is about understanding, supporting, remembering, and walking alongside one another. We are proud of the way our Holy Family community came together this year and grateful to everyone who helped make a difference.

Every step we take, every healthy choice we make, and every opportunity we create for engagement brings us closer to a community where brain health and whole-person wellness are part of everyday care.





Spiritual Reflection

SMILE! GOD LOVES YOU!

by Father Paul and Deacon Bob

Besides bringing us holidays such as Columbus Day and Halloween, and cultural observances such as **World Mental Health Day**, October provides us with **World Smile Day**. Have you ever heard of it? Thank God our happiness does not depend on the day. Every day when our relationship with God is what it should be, we can smile because of His goodness.

World Smile Day is celebrated on the first Friday of October each year to promote smiles and acts of kindness worldwide. This year it is October 2, 2026. This day was established in 1999 by Harvey Ball, the American artist who designed the yellow smiley face icon in 1963 to boost employee morale. He became concerned his smiley-face symbol had become overly commercialized. He set aside this day to focus on goodwill, kindness, and spreading joy.

Smiling is something all human beings do, even babies. We do not smile enough, especially when we get old, and we should. Surprisingly, smiling is not a sign of personal happiness in every culture. Among some populations in the Middle East and Far East, smiling promotes social harmony and shows respect for others, even when unhappy citizens do the smiling.

We Christians are meant to have a constant inner joy (Philippians 4:4), which naturally shows itself on faces (Proverbs 15:13). Joy and laughter heal the troubled soul (Proverbs 17:22). God's blessings bring visible expressions of joy into our lives (Psalm 126:2).



OCTOBER CELEBRATIONS

October 1

St. Thérèse of Lisieux

October 2

Holy Guardian Angels

October 4

St. Francis of Assisi

October 7

Our Lady of the Rosary

October 11

St. John XXIII

October 12

St. Carlo Acutis

October 15

St. Teresa of Avila

October 18

St. Luke the Evangelist

October 22

St. John Paul II

October 28

Sts. Simon and Jude



Dog Days of Summer: A Morning Full of Wagging Tails

There is something special about the way a dog can bring people together. On Wednesday, September 23, 2026, Holy Family Senior Living enjoyed a wonderful morning of wagging tails, happy pups, and friendly conversations during our Dog Days of Summer event at our Bethlehem campus.

Hosted by Lynn Murray and Christine Powers from our Admissions Department, the event was a chance to welcome our neighbors and members of the local community to spend some time with us outdoors—and, of course, bring along their four-legged friends!

The dogs were greeted with plenty of attention and some special treats, including pup cups, while their owners enjoyed chatting with Lynn and Christine. There were plenty of smiles, tail wags, and conversations throughout the morning.

For Lynn and Christine, it was a wonderful opportunity to connect with our neighbors and spend some time getting to know the people and pets who make up our local community. Each dog seemed to have its own personality, and it was fun watching them enjoy their special morning treats and all the attention they received.

While our furry guests may have been the highlight of the morning, Dog Days of Summer was really about community and connection.

We are fortunate to be part of such a wonderful neighborhood, and mornings like this give us a chance to slow down, visit with our neighbors, and enjoy some time together in a relaxed setting. Sometimes the best memories come from the simplest moments — a friendly conversation, a happy dog, and a pup cup enjoyed in the sunshine.

It was especially nice to see our Bethlehem neighbors stop by, introduce themselves, and share a little time with us. We loved meeting each of the dogs and seeing the joy they brought with them.

A heartfelt thank you to Lynn and Christine for putting together this fun community event and for spending their morning welcoming everyone. And, of course, thank you to all of our neighbors who stopped by and brought their furry family members along!

We hope everyone enjoyed Dog Days of Summer as much as we did. We look forward to seeing our neighbors — and their pups — again soon!

HOLY FAMILY SENIOR LIVING

FOOTBALL BASKET BINGO!



**Enjoy a Fun Night
and Win Prizes!**

**Wednesday,
October 21, 6pm**
Doors open at 5:30pm
Bingo starts 6pm

LOCATION:
**Holy Family
Senior Living -
St. Mary's Hall**

WEAR:
Your Favorite Team
Gear or Colors!
Let's Gooooooo!



**COST: \$20 for Bingo Games
PLUS Football Theme Foods
and Snacks Included!**

Invited:
**All Residents,
Family and Friends!**



RSVP: Reserve your spot TODAY!
Call our Front Desk at 610-865-5595 — space is limited!

A Special Thank You to Our Clergy

October 11 is **Clergy Appreciation Day**, a special time to recognize the priests, deacons, sisters, and religious leaders who give so much of themselves to our community. At Holy Family Senior Living, we are especially blessed to have clergy and religious volunteers who are not only a part of our spiritual life, but have become familiar and caring faces to our residents.

Our faith is an important part of who we are at Holy Family, and each day, Fr. Paul Rothermel, our full-time priest, along with Deacon Bob Young, Sr. Lucy Kawau, Sr. Joan Bachinicha, and Sr. Dorothea Casian, help bring that faith to life throughout our community.

Our residents have the opportunity to attend Daily Mass at Holy Family Manor, spend time in prayer, receive Daily Communion, and participate in the Daily Rosary. Every Tuesday, residents are invited to join together for Holy Half Hour, a special time of prayer and Adoration.

But their ministry goes far beyond a schedule of services.

Our clergy and religious volunteers take the time to know our residents. They stop to say hello, share a conversation, offer a prayer, lend a listening ear, and provide comfort when it is needed. Sometimes it is a familiar smile, a few minutes of conversation, or simply knowing that someone is there that means the most.

For our residents, these moments of spiritual connection can bring comfort, peace, and a sense of familiarity. Whether celebrating a joyful occasion, offering support during a difficult time, or simply joining residents in prayer, our clergy and religious volunteers are an important part of the Holy Family.



Their presence is a beautiful reminder that caring for our residents means caring for the whole person—body, mind, and spirit.

Thank You for Sharing Your Gifts With Us

This Clergy Appreciation Day, we want to take a moment to say thank you.

Thank you, Fr. Paul, Deacon Bob, Sr. Lucy, Sr. Joan, and Sr. Dorothea, for the countless hours you give to our residents. Thank you for your prayers, your kindness, your patience, your friendship, and the many little moments of care that may not always be seen but mean so much.

We are truly grateful for each of you and for the special role you play in the lives of our residents.

Holy Family Hits the Road!

There is an exciting new opportunity for our independent living residents to get out, stay connected, and enjoy more of what their communities have to offer! Holy Family has acquired a bus that will serve our eight independent living communities across five counties.

Having a dedicated bus allows us to expand the services and opportunities available to our independent living residents. The bus can be used for a variety of needs, including grocery shopping, pharmacy visits, shopping trips, dining, community events, and other local destinations.

For our residents, this can make a meaningful difference in everyday life. Something as simple as a trip to the grocery store provides an opportunity to get out, take care of errands, enjoy a change of scenery, and spend time with friends and neighbors. Having another transportation option also helps residents maintain their independence and stay connected to the communities around them.

The bus will also allow Holy Family to provide more opportunities for residents to enjoy local activities and experiences throughout the year.



From seasonal events and local attractions to restaurants, shopping destinations, and community activities, there are many possibilities for getting out and enjoying the area.

With eight independent living communities across five counties, this bus is an exciting resource that will help Holy Family continue expanding the services we provide. It gives us another way to support an active lifestyle while helping residents remain connected, engaged, and involved.

We are excited to see where the road takes us and, most importantly, to see the memories and experiences that will come along the way!

Important Numbers for Department Contacts: 610-865-5595

Holy Family Senior Living

CEO – Mary Hahn, ext. 436
Chief Administrative Officer – Scott Mengle, ext. 414
Safety Comments – Tina Pongracz, ext. 576
Dir. Dining Services – Dana Dague, ext. 536
Dir. Housekeeping – Berris Samuels, ext. 526
Dir. Facility Services – Randy Smith, ext. 525
Chaplain, Fr. Paul, ext. 509
Dir. Life Enrichment/Volunteers – Michael Hertzog, ext. 522

Grace Mansion

Personal Care Administrator - Kathy Pinzka, ext. 452

Independent Living

Affordable Housing

Kattie Rhoads, Housing Administrator – 610-849-6172
Diana Hess, Property Manager – 570-628-4504
Barbie Hucaluk, Property Manager – 610-984-4295

Holy Family Manor

Nursing Home Administrator – Carol Stephens, ext. 585
Dir. Social Services – Lauren Favinger, ext. 597
Dir. Rehabilitation – Devin McLaughlin, ext. 433
Dir. Health Information – Tina Cuth, ext. 503
Dir. Nursing – Miriam Arroyo, ext. 408
Dir. Admissions – Lynn Murray, ext. 510

PHOTO GALLERY

Special events and Holy Family smiles!



FOLLOW US FOR MORE FUN PHOTOS & HIGHLIGHTS!



HolyFamilySL



holyfamilysl



Catholic at heart...welcoming to all

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