



## HEALTHIER EWE – “CHECK EWE TATAS”

Many Lamb residents have never participated in consistent on-going health care or wellness checkups for reasons of little or no income, lack of insurance, bouts of homelessness, fear of physical touching or simple personal self-neglect. Regular checkups of eyes, teeth, breast, prostate, hands, feet and nail care have been left undone in their past.



During the months of January and February three van loads of female Lamb residents, over age 45, along with female staff, nurses from Detweiler Family Medicine and Mercy Suburban General Hospital went to Lansdale Medical Group for a morning of Mammogram testing. With female staff willing to “go first,” they modeled a “No Fear” approach to breast exams for all. All ladies who participated in “Check Ewe Tatas” day were given goodie gift bags, Sweet Repeats Thrift Shop gift certificates, a Ladies Luncheon at Clubhouse II in Upper Gwynedd, and played party games for prizes such as “Booby Bingo” and “Mammogram Trivia.”

But, with the good news comes the bad. Three ladies will need to return for additional testing, and one lady in particular, taking her first Mammogram ever, revealed a sizeable mass requiring her family to be called immediately.

Lamb’s Healthier Ewe program, initiated in 2011 with Detweiler Family Medicine, has provided weekly proof that preventative health care efforts increase quality of life and saves lives. Please keep our residents in prayer as we pursue preventative health care and meet the challenges of the results we are finding.

## WELCOME LINDA KEOUGH TO SWEET REPEATS THRIFT SHOP!



Linda Keough, a local North Wales resident with Thirty (30) years of retail experience, has joined the Fun Crew at Sweet Repeats Thrift Shop. Adding Linda to the team allows Matt Cleary to work full time on listings for the electronic Lamb Foundation stores of Sweet-e-Repeats (eBay) and our Etsy. Bring this Ewes eNews newsletter with you when you say “Hi” to Linda, and receive a 10% cash discount\* on your next purchase at Sweet Repeats Thrift Shop.

*\*1 Ewes eNews discount per customer*

## MAKING NEW FRIENDS *\*thank you for thinking of us\**

During January, 2013, students at Gwynedd Mercy Academy and the Giving Tree took advantage of the holiday break from classes to make and deliver delicious sandwiches for Lamb Foundation residents at our Clubhouse. The sandwiches were a much appreciated treat, but the



real benefit of the event was the uplifting interaction between our residents and our new friends from Gwynedd Mercy Academy and Giving Tree.



During the past month, St. Maria Goretti conducted a Food Drive and picked Lamb Foundation to be the recipient. Food Donations are far more important to the operation of Lamb Foundation than most people realize.



## CORNUCOPIA CUPBOARD

Cornucopia Cupboard distributes food to qualifying individuals and families at the Sweet Repeats Family Thrift Shop in North Wales, PA. It is open on 2nd and 4th Tuesdays each month from 10 am to 6 pm.



Cornucopia Cupboard distributes food in their "signature" recyclable tote bag. Each recipient who returns the recyclable tote bag will receive One Donna Dollar per bag. Donna Dollars are treated as CASH at the Sweet Repeats Thrift Shop towards your purchase.



## GET INVOLVED – SIGN UP – PARTICIPATE IN LOCAL ACTIVITIES

- Adult Connect Groups at Family Worship Center in Towamencin. See Pastor Bill for transportation.
- AA Meetings each week at St Peters Lutheran Church on South Main Street, North Wales; see Gina for details.
- Tai Chi for Arthritis classes at North Wales Public Library, Pennsylvania Avenue, North Wales.
- Attention Gardeners – Lamb Foundation is organizing its first garden meeting for the 2013 growing season in April with Ron Ziegler of Suburban Farming Company (date to be announce)



### Keep Your Eye Out

The Social Recreation Department is putting together the 2013 Travel Adventure and Getaway Brochure to be posted in April. We are always looking for unique and creative one-day trips to be added to our itinerary, and seeking feedback on favorite past trips worth revisiting.

If you would like to receive our Ewes eNews and other offers by email, sign up at [www.lambenews.com](http://www.lambenews.com)



Donate To Lamb at [www.donatetolamb.com](http://www.donatetolamb.com) (a 501(c)(3) organization) ~ © 2013 The Lamb Foundation. All rights reserved



[www.lambfoundationpa.org](http://www.lambfoundationpa.org)