

The Timberline

Monthly Newsletter of TIMBERCREST Senior Living Community
February 2019



Secret Valentines Begin Friday!

An annual, fun tradition at Timbercrest is the staff-resident Secret Valentines. Residents are anonymously matched with a member of the staff; Valentines are shared with each other by Campus Mail **February 1-14**. The first Valentines are shared on **Friday, February 1, using the boxes provided at each of the Post Offices**. Another Valentine is secretly passed the week of February 4-11, and small Valentine gifts are shared at the “reveal party,” **Thursday, February 14, at 2:00 p.m.** in the Assembly Room.

Secret Valentines is for men and women. Valentine cards and small gifts and sweets are stocked in the Neighborhood Market, in addition to those available for purchase locally. Handmade Valentines are also welcomed and encouraged.

Fort Wayne Jazz Orchestra to Perform Here

Hear the music of big-band-era greats Count Basie, Duke Ellington, Glenn Miller and more when the Fort Wayne Jazz Orchestra performs at Timbercrest **Wednesday, February 13, at 7:00 p.m.** in the Assembly Room. This program is hosted in conjunction with the Music Department of Manchester University and is open to the public. Invite your friends and family to this evening of great music.

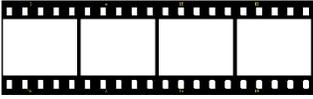


All-Resident Meeting

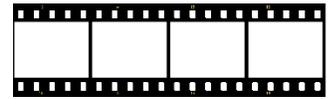
Your voice and concerns matter... this is more than a platitude at Timbercrest. The quarterly All-Resident Meetings provide a format for resident concerns and dialogue (in addition to monthly Resident Council meetings and Management open-door policies). Come to the All-Resident Meeting, **Thursday, February 14, at 9:30 a.m.** in the Assembly Room. Reports from Resident Council and Interim CEO Jay Shetler will be shared.

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Timbercrest Film Committee Presents
February Films



Friday, February 1: *First Man*

7:00 p.m., Assembly Room
2:20 hours, with closed-captions

A biopic on the life of the legendary American Astronaut Neil Armstrong from 1961-1969, on his journey to becoming the first human to walk the moon---exploring the sacrifices and costs to the nation and Neil himself, during one of the most dangerous missions in the history of space travel.

Friday, February 15: *Thurgood Marshall*

7:00 p.m., Assembly Room
2:00 hours, with closed-captions

In 1940, Thurgood Marshall was an NAACP lawyer traveling the country defending people of color who were wrongly accused of crimes based on racial prejudice. Upon his return to his New York office, he was sent to Bridgeport, Connecticut, to defend Joseph Spell, a chauffeur accused of rape by his white employer, Eleanor Strubing, in a case that has gripped the newspapers.

In Bridgeport, insurance lawyer Sam Friedman is assigned by his brother to get Marshall admitted to the local bar, against his will. At the hearing, Judge Foster, a friend of the father of prosecutor Lorin Willis, agrees to admit Marshall, but forbids Marshall from speaking during the trial, forcing Friedman to be Spell's lead counsel. Marshall must guide Friedman through notes, such as when he advises Friedman to allow a woman of Southern white descent into the jury because of her assertive and questioning personality.

Knit and Crochet for Fun!

Learn to knit or crochet in small-group and individual settings on **Wednesdays, February 6 and 20, at 1:30 p.m.** in G Wing Lounge. Yarn and needles

are provided or bring your own. All levels of experience are welcome, especially beginners. Contact Marianne Shenefield with questions, 982-3959.

Sewing Sisters: Stitch On ☺

The Sewing Sisters are busy making lap robes, comforters and other items for the benefit of others. Join them **Monday, February 4, at 1:00 p.m.** in the Quilt Room on A Street. Contact Mary Ritchey, 982-2112.

Grief Support Group

“Early in your grief, and sometimes even later too, it’s not uncommon for you to feel that your loss is everywhere around you, every place you turn, every direction you look... Often the only way to grasp the awful truth of what has happened is ever so gradually, little by little, piece by piece, hurt by hurt.”

~ James E. Miller, *When Mourning Dawns*

If you desire to connect with others who are grieving, to journey down the winding road of loss with good companions on a similar journey, join the Grief Support Group, **Thursday, February 7, at 2:30 pm**, in B Lounge. If you have questions or just want to talk, contact Laura Stone, 982-3938 or lstone@timbercrest.org.



Visitation Committee

“Let us consider how we may spur one another on to love and good deeds, not giving up meeting together... but encouraging one another – and all the more as you see the day approaching.”

Hebrews 10:24-25

The Visitation Committee is a group of people who visit residents in Health Care. If you would like to join this group, come to their meeting **Thursday, February 7, at 11:00 a.m.** in the Guest Dining Room. Talk to Lois Davis, 982-4230, for more information.

“Coffee In” with Dunkin Doughnuts

Enjoy a variety of Dunkin Doughnuts at Coffee In, **Friday, February 8, at 9:30 a.m.** in the Snack Shop. Freshly made doughnuts in a variety of styles are a specialty of Dunkin, and their coffee is top notch, to boot. Sign up in the notebooks at the Dining Rooms to be sure there is a sweet treat for you. ☺ Questions? Call Marianne Shenefield, 982-3959.

Weekly Shopping Trips

Mondays and Thursdays transportation is providing for shopping in various places around North Manchester, departing from the Hub at **9:30 a.m.** (Note: Shopping and taxi service will be Friday, February 15, due to the All-Resident Meeting on February 14.)

Monday shopping is at Dollar General, New Market and The Hardware. Thursday shopping goes to CVS and Manchester Marketplace and provides time for “taxi service” to destinations of the rider’s choosing.

If you are unable to go with the shopper, you may leave a detailed shopping list in Marianne Shenefield’s office at the Hub. Forms are provided or you may use your own paper. A “detailed shopping list” includes: quantities, flavors, colors, price-range (if desired), sizes, brands, substitutions, etc. Also, leave a phone number where you can be reached by the shopper in case there are questions. Items can be paid for when you pick them up in Marianne’s office.

Mid-Week Break in the Snack Shop

Come for a nibble and good fellowship in the Snack Shop each **Wednesday from 2:00-3:00 p.m.** February features these yummy treats:

February 6 Finger Snacks

February 20 Tin Roof Sundaes

February 13 Valentine Treats

February 27 Popcorn Parlor

EvenSong

Join others in the Timbercrest family for EvenSong, **Wednesdays, 4:00-4:30 p.m.** in the Chapel

February 6 Dennis Beckner

February 13 Byron Miller

February 20 Carol Pfeiffer

February 27 Brian Daniels – *It Takes A Pueblo*

BINGO!

Have fun and win fabulous prizes at Bingo **Wednesdays and Fridays at 11:00 a.m.** in the Assembly Room!

- There is no Bingo Friday, February 8, due to Coffee In. (Sign up for a doughnut in the Notebooks at the Dining Rooms!)



Book Club

The Timbercrest Book Club meets **Monday, February 11, at 2:00 p.m.** in the Guest Dining Room (west basement). Readers of new and socially-relevant books are welcome to this group. Contact Marianne Shenefield, 982-3959, for details.

Knit for Kids

Ann Rehrig leads the Knit for Kids group making mittens, hats, scarves and blankets for children in the developing world. The group meets monthly to gather what they’ve made to be sent to World Vision for distribution. Join them **Tuesday, February 12, at 1:30 p.m.** in the Education Room (west basement).



Praying with Scripture: *Lectio Divina*

Lectio Divina (Holy Reading) is a way of praying with Scripture. As a text is read slowly, we pay attention to how the voice of God may be speaking in our hearts and minds, always trusting the Holy Spirit to speak through the text as we listen with silent and waiting hearts. Its goal is not to gain information about scripture, but to enter into and renew a personal friendship with the Risen Christ.

A Timbercrest group for Praying with Scripture is open to everyone, whether you have come regularly or are new to the process. The group meets **Thursday, February 14, at 10:45a.m.**, in the Chapel. Contact Larry Fourman, (574)354-1171, for more information.

NMHS: Archivist Jeanine Wine

Manchester University and Church of the Brethren Archivist Jeanine Wine is the speaker for the **Monday, February 11**, meeting of the North Manchester Historical Society at **6:30 p.m.** in the Assembly Room. Jeanine's program will discuss digitizing historical photography and documents for future use by the Manchester Center for History, Manchester University, the Brethren Heritage Society and other historical researchers.

Jeanine is no stranger to the Timbercrest family as a friend to many and as daughter of the late J.C. Wine who lived here. Her work at M.U. involves collecting, organizing, describing, preserving and providing access to M.U. institution-related materials with continuing value, records of the Church of the Brethren in Indiana, monographs published by Brethren Press in Elgin, Ill., and other monographs, Bibles, hymnals, genealogical material, and periodicals of interest to the Church of the Brethren.

Mary Kay Cosmetics Pampering Session

Enjoy a relaxing, lip-smacking afternoon pampering your face, lips and hands with Marie Quick, Mary Kay Skin Consultant, **Friday, February 15, at 2:00 p.m.** in the Snack Shop. There is no cost for this session, and you are not obligated to purchase any makeup. Makeup can be ordered at this event. Sign up in the Notebooks outside of the Dining Rooms. Questions? Call Rhonda Nettrouer, 982-3925.

Art Classes Resume

Express yourself through various artistic media through the monthly Art Class, **Monday, February 18, at 2:00 p.m.** in the Snack Shop. Sign up in the Notebooks at the Dining Rooms so enough supplies can be provided. There is no charge for the class. Questions? Contact Marianne Shenefield, 982-3959.

TUG to Discuss Online Learning

The Technology Users Group (TUG) will meet **Monday, February 18, at 10:15 a.m.** in the Conference Room (west basement). Have you ever wanted to know how to do something, especially something related to technology? There will be a demonstration of finding "How To" videos in YouTube. Come and see if there is a demonstration for it on YouTube! Bring your technology-related questions. TUG meetings last about an hour; all residents are welcome.



Lunch Out: Omega's Family Restaurant

February Lunch Out is to the Omega's Family Restaurant, **Tuesday, February 19**, departing from the Hub at 11:00 a.m. Omega's is located at the junction of SR 15 and SR 114. They are known for their delicious, large-portioned meals. Breakfast is served all day. Sign up in the Notebooks outside of the Dining Rooms. Meal cost and gratuity are on your own. Questions? Call Rhonda Nettrouer, 982-3925.

Memoir Writing with Jane Starner

Retired English teacher Jane Starner helps bring life to life-stories through the Memoir Writing group, **Thursdays, February 21 and 28, at 1:30 p.m.** in the Guest Dining Room. While some have come regularly since the group formed in November, new participants are always welcome. Questions? Contact Jane, 1(423)298-4569.



Men's Breakfast in Health Care

Men's Breakfast in Health Care is **Thursday, February 21, at 7:30 a.m.** in the Activity Room. This month features Brian's world-renowned, often-imitated-never-duplicated, hyper-tasty home-fried potatoes, with eggs and sausage gravy. Coffee, juice and good fellowship are also on tap! RSVP to Jenny Taylor, 982-3943.

A Service of Remembrance

Join together with family and friends to honor and remember those who have died in 2018. In seasons of grief, when we say goodbye to loved ones in this community, it is good to be together to share stories, sing songs, wrap ourselves in scripture and prayer, and hold memories close to our hearts. The memorial service will be on **Thursday, February 21, at 2:00 p.m.**, in the Chapel.



Nineties Club to Talk Soap

Mary Beth Gast, Director of Housing Services, has an interesting side-business, Mud Lake Soap Company. She'll talk about her avocation and the joy she finds making hand-crafted soaps at the February Nineties Club meeting, **Thursday, February 21, at 3:30 p.m.** in the Snack Shop. Everyone 90 years and older and their spouses are welcome to the Nineties Club.

Walmart, Here We Come!

The monthly Walmart outing will be **Friday, February 22**, departing from the Hub at **1:30 p.m.** Sign up in the Notebooks at the Dining Rooms to go.

If you are unable to go, you can submit a detailed shopping list *in Campus Mail only*. (Please do not leave lists with the Receptionist, on Brian's desk, send by email, etc.... the risk of being lost or forgotten is

very high.☺) A detailed shopping list includes: quantities, flavors, colors, price-range (if desired), sizes, brands, substitutions, etc. Also, leave a phone number where you can be reached by the shopper in case there are questions. You will receive a bill for your purchases after delivery.

Seniors for Peace: New Communities Project

New Community Project is a nonprofit organization founded in 2003 with the goal of "turning the world upside right." NCP is the subject of the Seniors for Peace meeting, **Thursday, February 28, at 10 a.m.** in the Chapel. David Rogers, Vice President of New Community Project, is the presenter.

NCP's commitment is to building new communities of justice and peace and respect for the earth. They want to create change by advocating for peace and

working at justice through service, experiential learning and sustainable living centers. NCP directs Learning Tours, supports educational programs, community environmental conservation programs and provides sustainable living communities in three areas of the U.S. They also direct lectures and training programs for youth and college students, and provide internships, workshops and summer programs.

Game Night

Game Night is scheduled **Tuesday, February 26, 6:15 p.m.**, in the Recreation Room (west basement near the pool tables). Bring your favorite game to share or play a friendly game of pool or ping pong with a friend. Light refreshments will be served. Everyone is welcome. Questions? Contact Rhonda Nettrouer, 982-3925.

February MoveWell

Cathy Vasil, MoveWell educator with HTS Therapy, will present an "exercise and education" session on **Thursday, February 28, at 1:30 p.m.** in the Assembly Room. Everyone is welcome.

February's MoveWell Wellness Challenge: Drink less pop and reduce caffeine intake. Remember January's Challenge? Drink more water - half your body-weight in ounces. ☺

Power Walking to Continue

Power Walking has been offered for several months. After waning to the point of cancellation, there has been more interest shown, so the group will continue. Times are **Tuesday** afternoons at **3:30** and **Thursday** mornings at 10:00 a.m. The Tuesday times feature a one-mile indoor walk; Thursdays are two-mile walks, with the option of stopping after the first mile. Contact Brian Daniels, 982-3940, for details.



Ceramics Group

Have creative fun with the Ceramics Group **Mondays and Wednesdays at 1:30 p.m.** in the Craft Room in the west basement. There is no charge unless you want to purchase what you made. Contact Marianne Shenefield, 982-3959, if you have questions.

Chapel Speakers February 2019	
Daily – 8:15 a.m.	
Wednesdays at 4:00 p.m.	
Sunday at 9:00 a.m.	
Dates in bold = Sunday	
Dates in <i>italc</i> = Wednesday	
Day/Date	Speaker
Feb. 1	Corky Cordes
Feb. 3	Lillian Brumbaugh
Feb. 4	Helen Beery
Feb. 5	Doug Reichenbach
<i>Feb. 6</i>	<i>EvenSong</i>
Feb. 7	Susanna Hicks
Feb. 8	Jim Chinworth
Feb. 10	Sandy Bendsen
Feb. 11	Ray Hedstrom
Feb. 12	Beth Sollenberger
<i>Feb. 13</i>	<i>EvenSong</i>
Feb. 14	Linda Immel
Feb. 15	Wally Morris
Feb. 17	Laura Stone
Feb. 18	David Wagner
Feb. 19	Gene Hollenberg
<i>Feb. 20</i>	<i>EvenSong</i>
Feb. 21	Todd Eastis
Feb. 22	Philip Troxell
Feb. 24	Jeff Cook
Feb. 25	Kent Harting
Feb. 26	Bickey Garber
<i>Feb. 27</i>	<i>EvenSong</i>
Feb. 28	David Weller
If you are unable to come to the Chapel, you can always listen to the services in real time on Channel 2.	

member of Ijamsville United Methodist Church. She and her late husband, Leon, owned Butterbaugh Oil Co. at the corner of SR 13 and SR 114, until 2014.

Alice Newcomer to Mark 90 Years

Join Alice Newcomer's daughters celebrating Alice's 90th birthday, **Friday, March 1, from 2:00-4:00 p.m.** in the Snack Shop. Alice belongs to the Manchester Church of the Brethren and served many years with her late husband, Hubert, in caring for older adults. The entire Timbercrest family is welcome to this party.

Timbercrest Library Book Donations

The Timbercrest Library is no longer accepting Aging, Health matters, workbook or cookbook donations. These books expire very rapidly, and, when they are donated, many are already out-of-date. The Library is seeking donations of current, hardback books only at this time, large print preferred. Paperback book donations should be made at the Hub in the Book Cart Return box on the table by the printer. These books are circulated through the Book Cart. The Book Cart schedule is posted on the bulletin boards at the Dining Rooms and on Channel 2.

Peace Corner

February's Peace Corner was written by the late Joan Deeter, who died January 8, 2019.

People of Compassion

...We believe following Christ means following His example of serving others, healing the broken, and bringing new life and hope to the despairing. There can be no restriction on those we serve.

And there can be no enemies. Christ's teachings make it necessary to refuse to participate in war or violence. Brethren follow the path of peace...

...Recently we have been even more careful to respect and use the gifts of those to whom we minister. Mutuality describes the style we are seeking. We still forget at times that our need to receive what others offer us is as compelling as their need to have what we give.

Respond: Carry out an act of compassion today. Pay attention to what you learn and receive, as you show kindness to another.

[Joan's complete article can be found in *Speak Peace: A Daily Reader*, page 265. The book is in the Timbercrest Library or available from Brethren Press.]

Churches Host Pastor Lunches

The following congregations host lunch with their pastors and members and friends in February. Sign up in the Notebooks at the Dining Rooms to RSVP.

- ✘ *Eel River Community Church of the Brethren, Thursday, February 7, Noon*, in the Snack Shop: contact Carolyn Bollinger, 982-2722.
- ✘ *Manchester Church of the Brethren, Wednesday, February 13, Noon*, in the Assembly Room; contact Ernie Barr, 982-7862.
- ✘ *United Methodist Church Lunch, Wednesday, February 27, Noon*, in the Snack Shop; contact Dianne Wichern, 982-0051.

Notices

Open House to Fete Bert Butterbaugh

Bert Butterbaugh's family invites the Timbercrest family to help celebrate Bert's 100th Birthday, **Saturday, February 9, from 2-4 p.m.** in the Assembly Room. Bert is a sports-lover and





Dana Krull Tax Preparation

Residents who would like assistance with tax preparation can schedule an appointment with Dana Krull, C.P.A., at the Timbercrest Receptionist. Krull will be at Timbercrest **Thursday and Friday, March 7 and 8**, by appointment. Dana is a long-time member of the Timbercrest Board of Directors and is a partner in the Himes and Krull CPA

Firm, Pierceton.

Medicare and Insurance Updates

Please help keep your Timbercrest files up-to-date. ☺ If you had a change in health insurance coverage during the past year or have a new coverage effective in January, please bring the new insurance cards to the Receptionist or to Yvonne Weston so a copy can be placed in your file. Having the correct information on-file helps Timbercrest staff provide quicker service should the need arise.

Resources in the Neighborhood Market

James E. Miller is a writer, photographer, spiritual director, workshop leader and speaker who creates resources in the areas of loss, transition, caregiving, healing presence, spirituality and older age. Four of his books are now available for purchase in the Neighborhood Market: Two on grief used in the grief support group (*How Will I Get Through the Holidays?* and *When Mourning Dawns*), and two on death and dying (*When You Know You're Dying* and *One You Love is Dying*).

These books are short, gentle, encouraging and practical reflections on these important life events. If you would like to borrow a copy or if there are similar resources you would like to be able to purchase or borrow, contact Chaplain Laura Stone.

Thanking Birthday Hosts

February Birthday Dinners are being hosted by Manchester First Brethren Church (February 6) and Roann United Methodist Church (February 21). Invitations to February birthday honorees have been sent. If you have an opportunity, stop by and thank these volunteers for their time and gift of hospitality on behalf of Timbercrest.

Postage-Rate Increase

U.S. postal rates increased **Sunday, January 27**, from 50¢ to 55¢ for a first-class letter. Other rates and mailings are impacted also. For details, contact Melissa Shorter in the Timbercrest Post Office, 982-3950.

NOAC 2019: Reaching Into Joy

Information on the 2019 National Older Adults Conference is available at www.brethren.org/NOAC. The conference is **September 2-6, 2019**, at Lake Junaluska, North Carolina and registration begins in April 2019. If there is interest, Timbercrest will offer transportation to NOAC. For one coach, we need *seven Timbercrest participants* to ride. For two coaches, we need at least twelve. Seats for non-resident riders will be made available after we know how many Timbercrest participants will be available.

HELP WANTED

There are several opportunities available to serve at Timbercrest in volunteer capacities. Please see details in each article below:

NEWSPAPER DELIVERY; take newspapers delivered to the Front (west) entrance to the Hub and to Health Care for subscribers who live there. Contact Lucy McKinley at 982-2118 for details.

SUNDAY WORSHIP ASSISTANCE: in Health Care on Sunday afternoons; help distribute hymnal folders to worshipers from Health Care and Crestwood. Service is at 4:00 p.m. weekly; time commitment is roughly 3:30-4:30. Contact Art Hunn at 982-9640 for more information.

MENU RECYCLING/TABLET ASSEMBLY; assistance with cutting light cardboard for notepad backs is especially needed; help with other areas of production would also be appreciated; contact Brian Daniels, 982-3940, or Peggy Workman, 982-4921 for details.

HEALTH CARE EVENING ACTIVITY: Wednesday evenings, to lead an active game after supper (roughly 6:00-7:00 p.m.); can be an active table game or balloon toss or other more active activity; weekly or once-a-month volunteers needed; supplies provided. Contact Jenny Taylor, 982-3942, or Deja Lung, 982-3930.

EXERCISE LEADERSHIP: volunteer to lead morning exercise group videos, strength training or tai chi when staff is unavailable; Contact Rhonda Nettrouer, 982-3925, for more information.

Out and About in the Community

Shepherd's Center Notes

- ✓ When meetings resume in February, they will be at the Blocher Room of the North Manchester Public Library, 405 N. Market St. The first meeting of next semester is **February 6**. Current Events (CE) begins at **9:00 a.m.** and Adventures in Learning (AIL) follows. Medtalk begins at **8:30 a.m.**, followed by CE.
- ✓ Timbercrest transportation will coordinate carpooling for Current Events and MedTalk. Due to limited participation, we won't be taking the coach any longer. If there are five or more people who will ride consistently, coach service will resume.
- ✓ Here is the schedule for February:
 - **February 6, 9:00 a.m.** – CE: Matt Hendrix, retired Manchester University Economics professor
AIL: Amy Acree and Heidi Lovett, *NMPL Special Programs*
 - **February 13, 9:00 a.m.** – CE: David Waas, retired M.U. History professor
AIL: Rick Espeset, *Division III Sports and Spring Sports at M.U.*
 - **February 20, 8:30 a.m.** – Medtalk: Two physicians from Johns Hopkins
CE: David Swartz, retired U.S. State Department
 - **February 27, 9:00 a.m.** – CE: Leonard Williams, M.U. professor of Political Science
AIL: Luke Hunt, *The Art of Taxidermy*

Founder of Jim Crow Museum to speak at Manchester on *Holding Conversations About Race*

Dr. David Pilgrim, founder and curator of the Jim Crow Museum at Ferris State University, will speak at Manchester University **Thursday, January 31, at 7:00 p.m.** in Cordier Auditorium. He will conduct “difficult conversations about race, using lessons from the Grand Rapids museum, which houses the nation’s largest collection of racially controversial artifacts.”

Pilgrim is one of the country’s leading experts on issues relating to multiculturalism, diversity and race relations. He is best known for the museum, a 12,000-piece collection of racially controversial artifacts that is used to educate, teach tolerance and promote social justice.

Pilgrim is the author of *Understanding Jim Crow* and *Watermelons, Nooses, and Straight Razors*. He currently serves as vice president for Diversity and Inclusion at Ferris State. He is an applied sociologist with a doctorate from Ohio State University. He has been interviewed by numerous national media outlets, and in 2004 he produced the documentary *Jim Crow’s Museum* to explain his approach to battling racism.

United Methodists Host Dinner

Baked steak is on the menu for the North Manchester United Methodist Church dinner Friday, February 8, from 4:30-7:00 p.m. at the church, 306 E. Second St. The meals also includes green beans, mashed potatoes and gravy, salad, dessert and beverage. Adult meals are \$8 and carry-out is available.

Hawkins Farm Expands Service

Purchasing locally-grown and locally-sourced meats and poultry through Hawkins Family Farm has become easier through the farm’s partnership with Harvie. You can learn details of this at www.hawkinsfamilyfarm.com. There is an online process to follow to sign up for the service. This can be a good idea for individuals in Option Plan apartments and Neighborhood Homes looking to co-op purchasing.

Webb Pharmacy Offers Service

Webb Pharmacy offers several custom pharmaceutical services unavailable elsewhere locally. Through “integrated services,” Webb’s helps support self-management of diabetes, hypertension, cholesterol, cardiovascular disease and weight loss. Webb’s also offers compounding, a service in which doctors can prescribe customized medications not commercially available; it also allows an available medication in a different dosage form to meet a specific patient need and improve compliance. Visit Webb’s online at www.webbrx.com or at their North Manchester store at the corner of Heeter St. and SR 114 W (by Beacon Credit Union).