

Fall 2015

Caring & SHARING

Contributing to the Wholeness
of Body, Mind and Spirit



PRESBYTERIAN
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Thanksgiving, Abundance and Giving



As we approach the Thanksgiving season, we are naturally reminded of the blessings of life that surround us. From a global perspective, those of us who live in the United States are blessed to live in a country with great resources. While our government, churches, communities, and families may be far from perfect, we have freedoms and opportunities that are the envy of the rest of the world. The reality of these blessings is affirmed by the number of people who have come to the United States seeking a better life. Many of our personal

histories include family members who took extraordinary risks to come and establish their lives in a place that we now take for granted.

When I think of Thanksgiving, the first word that comes to mind is abundance – sometimes referred to as having a plentifulness of the good things of life. The freedom we experience in the country in which we reside; nourishment and shelter, good physical and emotional health; and the love of friends and family are some of the good things in life for which we are grateful. But being thankful for life's blessings is not an end in itself. We know that everything we have in this life is fleeting. The words of Jesus from the 12th Chapter of Luke are clear, "For a man's life does not consist in the abundance of his possessions."

It has been my experience that giving is also part of living a satisfying, abundant life. Gratitude is important, but it is just the first step on a longer journey. The steps that follow gratitude involve a response by reaching out in a tangible way to help those who are less fortunate. This is most succinctly expressed in chapter two of the Book of James in the New Testament. "Suppose a brother or a sister is without clothes and daily food. If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead."

So, Thanksgiving is not just a time to count our blessings. It is a time to take stock of the blessings we have received and respond by putting faith into action. Those who take this next step understand that the wonderful feeling of warmth that comes from a grateful heart is only exceeded by the joy of giving to meet the needs of others.

At Presbyterian Senior Living, it is our privilege to help others in need every day of the year. The work of Presbyterian Senior Living consists of thousands of acts of kindness performed daily by a skilled and compassionate work force dedicated to the principle of putting the needs of the residents we serve first. We invite you to join us in this sacred calling.

Stephen Proctor, President & CEO



Chaplain's Corner



The end of summer is signaled by the color yellow – not the yellow we see in the leaves and fields, but the yellow of school buses. My commute to Ware Presbyterian Village takes me past bus stops where apprehensive parents put on brave faces and give last-minute instructions as they surrender precious children to a new school year.

I experienced that trauma by proxy this fall, as three of my granddaughters headed off to school for the first time – two to kindergarten and one to first grade. "Oh, Lord," I prayed, "they are so little and so helpless, and the world they are entering is so large and so intimidating – please keep them in your care and lead them in your way." But that prayer is not just for first-time school children or for those going off to college – it is a prayer for all of us and for all stages of life. Whether we acknowledge it or not, human existence is a continual surrender into newness of one kind or another. In the words of Ecclesiastes: "Since no man knows the future, who can tell him what is to come?" (8:7—NIV).

None of us have been down our particular path before, and no one knows what lies ahead. We may be facing the newness of a disturbing

health diagnosis. Maybe we face the newness

of loneliness, following the loss of a spouse. Perhaps it's the newness of being a new resident in one of the PSL communities. In the face of such new things, our helplessness is no match for the intimidating largeness of a now-unfamiliar world.

Our hope and our confidence in the face of such ignorance and helplessness is to commit ourselves to our faithful Creator. As Moses has written: "The eternal God is your refuge, and underneath are the everlasting arms" (Deut. 33:27a-NIV). That assurance is echoed by Jesus Christ, who tells his anxious disciples on the eve of his crucifixion: "Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John 14:27-NIV).

Our newness is not news to God – he knows us and our ways, and has promised never to leave us or forsake us. May that comfort, that hope and that assurance be yours not only in new seasons, but also in every season of your life.

Rev. Dan Stewart, PSL Senior Chaplain and Chaplain at Ware Presbyterian Village

Prayer Bead Project at Green Ridge Village

As Barbara Albert began her tenure as Chaplain at Green Ridge Village, she researched Protestant Prayer Beads as a tool to support a believer's spiritual life and formation. She thought it would be helpful for some of the residents at Green Ridge Village to have a tactical reminder of God's love and a visible tool to assist them in remembering the two-way connection we make with our Creator through prayer. After thoughtful consideration, she decided to focus on the residents in the two personal care communities at Green Ridge – Gilliland Manor and Carriage Court. An anonymous donor provided funds to purchase supplies, and she found some wonderful resources.

During the season of Lent in 2015, the group learned about the history of prayer beads in many different faith communities, as well as how to use prayer beads and how to listen with prayer beads. They finished their study by making their own prayer beads during Holy Week. Each participant chose a significant symbol to adorn their prayer beads. There were a variety of tokens available to the residents including crosses, hearts, birds, peace signs, angel's wings and butterflies. Reactions were overwhelmingly supportive and much thought and consideration went in



to each individual's design of their own personal prayer beads. One resident had a simple wooden cross that was created using two different types of wood; it was given to her by a special friend. She had wanted to do something special with it but wasn't sure what...prayer beads provided a way for her to incorporate this cross into her daily devotions! Others used beads from special pieces of jewelry or souvenirs from trips abroad as part of their new prayer beads.

It's heartwarming and meaningful to see the prayer beads attached to a walker, sitting on a bedside table or resting atop their Bibles. Robert Benson in his book, *Living Prayer* reminds us:

"I think our lives are saying we need some sacred spaces and sacred things in them. We need some things that are as mysterious as the mystery itself."

– Rev. Barbara Dickens Albert
Chaplain, Green Ridge Village

The Greatest Generation: The Home Front

Like many of the Presbyterian Senior Living communities, Kirkland Village has a very active group of residents who are continuously coming up with new ideas for things they would like to see in their community. One resident at Kirkland is Derick Van Schoonhoven. During the winter, Derick and a community life staff member, Roberta Reph were having a lively discussion about the greatest generation. This one conversation sparked a series of meetings, brainstorming and ideas to create a wonderful event on July 3 where the Kirkland community would be witness to a panel of residents sharing stories of what it was like to be on the home front during World War II.

The event was a collaborative effort between the organizer, Derick; a moderator and a panel of six volunteers who shared stories about civilian life – some happy and some sad. The panelists' ages ranged – some were in grade school while others were out of school during the war. They shared stories that invoked memories from the audience, who was then invited to share as well.

Overall, the feeling that day was one of great pride, nostalgia, and a sense of community. As Kirkland prepared to celebrate the Fourth of July, they were reminded of just how much has been sacrificed over the years for our freedom.



Walk to Wellness at Windy Hill Village



What began as a Masterpiece Living four week program focusing on each of the components of Masterpiece Living (Spiritual, Intellectual, Social and Physical) has grown into an ongoing weekly event.

The initial focus was for a staff person to take a walk with a resident as part of a larger group to enjoy the beautiful scenery of Windy Hill Village. The route followed the paved road/driveway for safety around the campus. At various stops along the way, there would be inter-faith prayers offered or other activities to promote the theme of the day (think of a grown-up discovery list; i.e., "Can you find yellow flowers?")

Eddie Cantor once said, "Slow down and enjoy life. It's not only the scenery you miss by going too fast – you also miss the sense of where you are going and why." Staff and residents alike have discovered the wisdom of those words! As the caravan of walkers and wheelchairs moves throughout the grounds of Windy Hill Village, discoveries are made and memories are shared. Residents gain from the fresh air and sunshine and learn more about their community. Staff also gain from the fresh air and sunshine and learn more about the residents.

The Walks to Wellness have become opportunities for purposeful growth and well-being. Since 70% of how we age is determined by lifestyle choices, each step brings us closer to being a healthier community – together.



"This is My Story..."

The 19th century Gospel hymn, "I Love to Tell the Story," is a reflective description of the life and work of Edie Young. Edie is a resident of Presbyterian Village at Hollidaysburg (PVH). Edie is one who claims that, "Variety is the spice of life...but some spices we can do without."



Family is a strong thread in Edie's tapestry of life. She has three sons, two daughters, fourteen grandchildren, twenty-four great grandchildren and two great-great grandchildren (and another on the way). Her husband (a salesman and a PennDot worker) has been deceased for thirty years.

Music is another strong thread in Edie's life – having played the piano for 60+ years (including stints on the radio, dance schools, Christian Women and other various groups and organizations and events – including a workshop with the composer and arranger, John Peterson). Edie also gave the joy of music to her piano students over a span of 54 years. That love of music also found its way through her children with three of them playing in Navy bands. She played at the Presbyterian Village at Hollidaysburg for hymn sings, parties and other sing-alongs for her first two years until the arthritis in her hands made it necessary for a transposition of her passion for witness and service.

"My purpose is to bring joy to everybody in whatever way I can and to live according to the Golden Rule."

Edie's love for learning is evident in taking a look at her room – stacks

of books are everywhere to fuel her passion for reading – and passing on what she learns. She says, "The more you teach, the more you know." Her work at a public library also encouraged her love of books.

Edie's latest outreach ministry is her card ministry, started at the same time as the Masterpiece Living launch two years ago. The four components of Masterpiece Living (Spiritual, Intellectual, Physical and Social) support her ministry as she selects the right card for the right person with the right message and as the muscles in her hands allow.

What began as a hobby because of her physical challenges (having lost a leg due to an infection a few years ago) has now become a calling for her. It has grown from sending cards to just the people she knows to include all staff and residents. She sends to residents because some don't have families to visit. She sends to staff because they deserve the recognition.

Edie is never in want for a supply of cards. Volunteers and staff from local churches and PVH keep her in cards of all types.

As Edie continues to tell the story through her card ministry and continued love of music as a listener, she hones her purpose, "To live according to the Word of the Lord and make people happy." Within the next month or two, she will be training at PVH to be a volunteer chaplain's assistant.

Anel Hernandez – Exemplifying the Mission at Ware



At Ware Presbyterian Village, the Florence Nightingale Scholarship Fund is available to employees interested in pursuing their education in nursing. Florence Nightingale, known as the founder of modern nursing, came to prominence while serving as a manager of nurses during the Crimean War. She gave nursing a highly favorable reputation and became an icon of Victorian culture, especially in the persona of “The Lady with the Lamp” making rounds to wounded soldiers at night. This endowment was established by former Ware Presbyterian Village residents

Charles and Dolores (Peg) Middleton as a wonderful example of how to leave a lasting legacy of love and impact the staff that took care of them.

This year, Anel Hernandez, a part time employee working in the health center in the community life department, was selected as the recipient. Her supervisor, Tami Bennett states, “Anel is a resident advocate and enthusiastically accepts any assignment that will improve the lives of the residents we serve. I have had the pleasure of working with and caring for both Charlie and Peg Middleton. I know they would be pleased that Anel was chosen as this year’s scholarship recipient and that she will dedicate her life to caring for others.” Anel exemplifies the mission of Ware Presbyterian Village by providing Christian understanding, compassion and a sense of belonging to those who come under her care. She most assuredly would also garner the approval of Florence Nightingale by her attention to individual care and loving kindness towards those in need.

Anel is pursuing her dream of becoming a nurse through her studies at Cecil College and plans to graduate with her Associates degree in 2017. Anel says, “I enjoy making a difference in someone’s life. Through nursing, I can do this as part of a team. Being able to know someone on a personal level and make them feel comfortable and safe is a huge part of nursing.”

“I’ve had the privilege to practice this at my job here at Ware. It brings me happiness knowing I make a difference in our community.”

Anel is the first person in her family to attend college. She has been awarded a scholarship which will pay for her seven credits this fall and also have money for her books. Upon graduation, Anel plans to stay at the health center as a nurse. Congratulations, Anel, and thank you for your service!

Horticultural Therapy at Cathedral Village



Horticultural Therapy (HT) is a proven therapeutic modality. It is the engagement of a person in plant-based activities facilitated by a trained therapist to achieve specific goals. The Cathedral Village greenhouse staff is specially trained in HT. There are many benefits of this therapy including: core strength, fine and gross motor skills, cognitive impairment improvement and help with depression.

The greenhouse is a wonderful resource for the independent and healthcare center residents who live and stay on our campus. Twice weekly, the residents of Bishop White Lodge (skilled nursing) have the opportunity to come to the greenhouse and take part in hour-long recreational, therapeutic workshops. Once a week, residents staying in our skilled, short-term rehabilitation unit come to the greenhouse for one-on-one HT sessions.

Activities consist of planting, sowing, watering, flower arranging and various other projects that enable them to be a part of the community as a whole. Plant-based projects include greeting cards, gift tags, herbal soaps, and pinecone birdfeeders to sell at the holiday and spring plant sales are also part of the program. The workshops are safe and have goals that are achievable by everyone that participates. They are also seasonal and educational. They give the residents a sense of time and place and an opportunity to socialize with staff and other residents. Those involved often enjoy sharing gardening memories from childhood.

For the memory enhancement unit residents, workshops are changed just slightly in that each step is done as a group before moving on to the next. Time is taken to show the group what each has accomplished individually or what the group has achieved as a whole. There’s also time taken to discuss what the project meant to each person. The memory enhancement unit residents often show significant improvement in mood when they come to visit the greenhouse.

Some workshops are conducted with both the greenhouse and occupational therapy and physical therapy staff. Residents are encouraged to walk to the greenhouse with a therapist and stand during the workshop if appropriate. The greenhouse also has adaptive tools to aid those with sight or mobility impairment. These sessions are very well received by both residents and therapists and offer those in rehabilitation a unique modality for healing.





The Quincy Care Auxiliary

The Quincy Care Auxiliary has a long tradition of service. Soon after the founding in 1903 of an orphanage on a farm donated by Rev. and Mrs. Kitzmiller in Franklin County, the auxiliary was formed. Its initial mission was to make clothing for the children. In 1915, when the first eleven older people came from the Colestock Memorial Home in Mechanicsburg to live at Quincy, the mission of the auxiliary grew to include older people.

Later, the orphanage closed and the facility became the Quincy United Methodist Home. During this time, the work of the auxiliary changed to include even more care for the older persons and fund raising activities to provide enrichment for the residents.

In 2006, the Quincy Retirement Community affiliated with Presbyterian Senior Living. Since then, the auxiliary changed its name to the Quincy Care Auxiliary, but maintained its sole mission "to enrich the lives of Quincy's residents living in the Colestock Health Center through volunteerism, activities and financial support."

The auxiliary holds seasonal parties for the residents, gives birthday cards to the residents, gives each new resident a gift bag containing small items, provides seasonal wreaths for

resident doors, and offers visits with the residents. In addition, the auxiliary funds items recommended by the administration that will enhance the lives of the residents. In recent years, the group has purchased many items including: patio furniture and an outdoor wheelchair swing; furniture for a room for family members of residents at the end-of-life; medical equipment; a blanket warmer cabinet; a side entry spa bath; a computer system called It's Never Too Late; and \$12,000 toward the redecorating of the dining rooms.

To fund their purchases, the auxiliary holds many activities including: a bakeless bake sale, sponsorship of a play, etc. One of the principal sources of funds is the Thrift Shop founded in 2009. The shop is open to the public on Fridays and Saturdays. It offers quality goods at reasonable prices including clothing, furniture, books, jewelry, and much more.

The impact of the work of the Quincy Care Auxiliary on the lives of the residents of the Colestock Health Center is enormous. Through both the personal relationships developed and the financial support provided, the members of the group have become an integral part of Quincy Village. Thank you for your service!



Marigolds Beautify Westminster Place

Everything's coming up marigolds at Westminster Place at Bloomsburg, thanks to Evelyn Krum, the resident "Johnny Appleseed"!

It began in the spring of 2012 when the residents wanted to add some color around the very popular gazebo. Evelyn bought some marigold plants and with help of her nephew, they were planted around the gazebo. In the fall, she gathered and saved the seeds to use the following year. The seeds were sown and a moderate amount of marigolds appeared. The

procedure was repeated with good success. This year, in addition to saving the seeds, Evelyn planted some in a starter tray; and with the help of a sunny window, she had a nice crop of seedlings. These were made available for planting in front of the building for some much needed color. As for the gazebo area, fresh mulch had just been applied so there was some uncertainty about the ability for the seeds to take hold. Well, the mulch was no hindrance at all; in fact, as shown in the photos, the crop exceeded all expectations!



Make Movement Matter Campaign at Westminster Woods Earns MPL Marty Award



The goal for this year's Walk to Wellness Campaign at Westminster Woods was to encourage residents, family members, and staff to try new pursuits in the four components of successful aging. A specialty shoe store set up a shoe fitting and sale of athletic shoes to kick off the campaign. A prominent display table in each level of living highlighted the month's planned activities. The community was

challenged to track their steps/activity participation and help meet the goal of walking the distance between Huntingdon, PA and Afghanistan – a total of 6,846 miles. Personal care items, snacks, puzzle books, and Frisbees were collected to send to a local soldier and his unit serving in Afghanistan as an outreach project. A partnership between Westminster Woods and the local VFW Post was formed to cover the cost to mail 19 large boxes to the troops.

Health Center residents who wished to participate were given a red sneaker sign to attach to their mobility device and were "adopted" by staff for walks throughout the month. Pre-measured walk routes made counting steps easy. A Sock Hop Social was planned and inspired the month's activities around a 50's theme that included afternoons of 50's Trivia, creating beaded bracelets, and tasting foods popular in the 1950's. The Sock Hop was a big hit with a local radio celebrity as the DJ; a photo booth; and a menu of malts, hamburgers, and french fries. Peggy, a resident of the Health Center, attended the Sock Hop and spent nearly two hours on the dance floor! She smiled and moved in time with the music, clearly remembering a carefree time in her past. She was a great inspiration to others to dance or to move and sing along to happy memories.

On another afternoon, there was a demonstration of dance and gymnastics by students of a local dance studio. For the spiritual component, a walking labyrinth was created by the Environmental Services staff on the Village Green for all to experience; there's been a request to make it a permanent addition for meditative and prayerful walking. Everyone is inspired to continue to expand the opportunities for blended programs and activities for all levels of living and staff to enjoy together. The combined efforts for the Masterpiece Living 2015 Walk to Wellness Campaign earned a Marty Award for Walking with Purpose for the Westminster Woods Community. Congratulations!



Afternoon Tea with Vera Rabe



In 1955, Vera Rabe, a Westminster Village Allentown resident, crossed overseas to come to America on the Queen Mary ship. Vera enjoys sharing stories and memorabilia with residents from the chapter of her life spent in Britain. It was suggested by residents that Vera host an authentic, British afternoon tea; and she graciously accepted the offer.

The residents are still talking fondly about this beautiful afternoon that Vera planned down to the smallest detail. The doors to the recreation room opened promptly at

2 p.m. to the sound of her tea kettle whistling. The residents entered wearing hats and gloves. The tables were set with fresh flowers, crisp tablecloths, and Vera's mother's 100 year old china. Tea that Vera orders from England was served and received rave reviews. Residents expressed that it was the best cup of tea they had ever had. Vera worked closely with the dining staff to ensure authentic preparation of the scones, jam, tea sandwiches, and cream puffs.

In addition, Vera displayed her precious keepsakes from England including the boarding pass and dinner menu from her voyage on the Queen Mary, pictures of the royal family, a picture of Prince Charles with her late husband, and porcelain figurines representing a British fox hunting scene. People drifted in and out of the room to talk to Vera about her past and the items she brought to share with the group. A resident volunteered to be the official photographer of the afternoon tea. At the end of the event, residents stayed to help hand wash Vera's delicate, priceless china.

The afternoon tea is something that Westminster Village hopes to make an annual tradition. The event was loved by all who attended and captured each and every one of the four Masterpiece Living components. This was a true "Masterpiece Moment."

Thank You for Proceeds of \$69,363.88

We appreciate the enthusiastic response to this year's 20th Annual "Caring by Sharing" Golf Tournament that was held on September 16 at the Foxchase Golf Club in Stevens, PA. With the support of all the golfers and our sponsors, the money raised will provide charitable care for residents of Presbyterian Senior Living. Thank you for your participation.

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Our Mission

Presbyterian Senior Living's mission is to offer Christian understanding, compassion and a sense of belonging to promote wholeness of body, mind and spirit.

It is our policy to admit residents without regard to race, color, national origin, age, ancestry, sex, religious creed, handicap or disability.



Presbyterian Senior Living is proud to be a not-for-profit provider, placing "people before profits." Financial stewardship, ours and yours, is essential to support Presbyterian Senior Living's ministry of compassion.

Steve Navitsky, Editorial Director

Laurel Spagnolo, Editorial Coordinator

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It's simple: One brief paragraph in your will can set up your gift. We can provide you with sample language.

And it's flexible: You can support a particular project or allow us to use it for the needs that are most relevant when your gift is received.

By letting us know of your intention, we will have the opportunity to thank you in advance and make sure that we understand how you would like us to use your gift.

Please contact the Office of Mission Support at (800) 382-1385 for more information and specific details.

Thank you for your thoughtful support!

