

Fall 2016

Caring & SHARING

Contributing to the Wholeness
of Body, Mind and Spirit



PRESBYTERIAN
SENIOR LIVING

A publication of Presbyterian Senior Living

Mission in Focus



Since the early 1980's the mission of Presbyterian Homes has remained constant with only a few minor revisions. Actually the only changes have been to abbreviate the mission rather than to alter it, so the changes have been almost imperceptible to those of us who have worked in this ministry for a long time. But the absence of a major overhaul does not mean that the mission has been static. While the words have remained essentially the same, there are new facets of the mission that come to light with the passage of time.

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

Over the years we have returned to the mission statement to explain what the mission means (and does not mean) to successive generations of residents and staff members. Essentially the PSL mission statement is built on three pillars – Christian understanding, compassion, and a sense of belonging.

Christian Understanding is a term that has traditionally been defined in its most compact form in Galatians 5:22 – “The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” Those who exhibit these behaviors are demonstrating the essence of the term “Christian Understanding.” This also means that PSL is a place where faith-based values set the standard for how we regard and treat each other as human beings. This is both instructional and aspirational. Even though we know that no one can completely live up to this standard all of the time, is what we always aim for.

Compassion – A few years ago I had the opportunity to hear John Bell, from the Iona Community in Scotland. He told the story of a time when he was charged with doing a story in South Africa for the BBC that took him to a small AIDS treatment center. As a part of the early morning routine in this center, they gathered to pray, sing, and dance. After the camera crew got the entire experience on film, John spoke to the woman who ran the clinic. He remarked to her that as he watched this joyful experience unfold, everyone was mixed up, and he could not distinguish the patients from the staff. Her response was that this was intentional. “For the healthy to be whole, they must be touched by the sick.” This struck me as a profound and moving observation. In an environment that could be described as hopeless, they had found the secret. In order to be whole persons, those who were healthy and were called to serve needed to touch and be touched by those who were sick. This view informs our evolving understanding of compassion. Compassion is not reaching out in pity to someone who has suffered a misfortune of some kind. There is hope and dignity in compassion that runs in both directions. Compassion is the ultimate recognition of how we are all connected as children of God.

Belonging – Recently I read the book *Daring Greatly*, by Brené Brown which shed an entirely new light on the meaning of the word belonging. In her research she describes a conversation she had with a group of 8th graders about the difference between belonging and fitting in. With remarkable insight these children shared these thoughts:

- Belonging is being somewhere where you want to be, and they want you. Fitting in is being somewhere where you really want to be, but they don't care one way or the other.
- Belonging is being accepted for you. Fitting in is being accepted for being like everyone else.
- I get to be me if I belong. I have to be like you to fit in.

This is what PSL's mission statement means when we refer to a “sense of belonging.” You are somewhere you want to be, and they want you; You are accepted for who you are; and you get to be yourself.

The PSL mission guides the board that governs our work, directs the staff and volunteers that carry out the mission on a daily basis, calls people to become a part of the PSL and experience the mission first hand, and inspires donors to support this ministry. Please join us as we continue to serve seniors now and in the future.

A handwritten signature in black ink, appearing to read 'Stephen Proctor'.

Stephen Proctor, President & CEO



Chaplain's Corner



Why are we here on this earth? What is our goal or purpose in life? The writer of Deuteronomy encourages us: "Remember the days of long ago; think about the generations past. Ask your father, and he will inform you. Inquire of your elders, and they will tell you." (Deuteronomy 32:7, NLT)

Any age is a good age to reflect on the story of your life. Any time is a noteworthy time to review, pause, and prepare for the future with assurance and optimism.

Trying to get in touch with your own story is not always easy. It helps to have companions on the journey when we have rough spots or get stuck or even if we lose heart. Charlie Spears and the Older Adult Ministry Committee of Second Presbyterian Church, Carlisle and I, the Chaplain at Green Ridge Village, Newville developed a one day workshop on "Spiritual Autobiography" using "Remembering Your Story: Creating Your Own Spiritual Autobiography" by Richard L. Morgan. Participants came from Second Presbyterian Church and from Green Ridge Village and were encouraged to continue their journey at home using the resources provided.

Participants were encouraged and sometimes coaxed to remember their stories, connect them with God's story and at the same time perhaps, listen to another's story and make connections. When we remember our stories together, the act of listening

and telling helps us to connect on a deeper level and gain deeper insight into the ways of God and the work of God's grace not only in our own lives but in the lives of others.

It has been said that remembering our story is a replacement for telling stories around the dinner table. For most families, long gone is the idea that the whole family will sit down together at the dinner table. My mother remembers when her mother fed 20 people every Sunday after church! And the minister was always invited...imagine the stories that were told and the memories that were created. Spiritual autobiography is an attempt to foster those connections with one another and God because they can be sacred times. Gone are Nana's big dining room table and the opportunity to create legacies, perhaps even without realizing it!

Yet, something holy happens when we gather in groups to remember and what happened that day. A group is more than the sum of its members and when we gather for the sacred work of spiritual autobiography God is in our very midst. Sharing our personal stories connects us in a universal way and there is nothing more powerful than an "a-ha" moment that reminds us we are not alone.

*Rev. Barbara Albert
Chaplain at Green Ridge Village*

As the Year Ends, Your Legacy Can Begin

Consider a charitable gift annuity to Presbyterian Senior Living (PSL) while supporting your financial and philanthropic future.

You can feel confident about your financial and philanthropic future with a charitable gift annuity to benefit PSL or one of its communities.

Did you know that a gift to PSL of \$10,000 or more can provide fixed payments for you and your loved ones? Charitable gift annuities provide immediate tax savings and a future income for you while benefitting a PSL community or project you care about most. In this season of giving, it's worth considering a gift that pays you back.

CHARITABLE GIFT ANNUITY SAMPLE RATES*

One Life		Two Lives	
AGE	RATE	AGE	RATE
60	4.4%	60/65	4.0%
65	4.7%	65/70	4.4%
70	5.1%	70/75	4.8%
75	5.8%	75/80	5.3%
80	6.8%	80/85	6.1%
85	7.8%	85/90	7.3%
90+	9.0%	90/95	8.8%

*Rates subject to change

Please contact me for a personalized, confidential, no-obligation illustration.

Laurel Spagnolo, Vice President of Mission Support, lsagnolo@psl.org or (717) 502-8871.

Recognizing the Generosity and Kindness of PSL's Planned Giving Supporters

In recent months, lunches were held to recognize the support provided by those leaving a legacy to Presbyterian Senior Living or one of its communities.

Events to honor the legacy of Ellen Parker and the members of the Ellen Parker Legacy Society were held in Bethlehem at the historic Hotel Bethlehem and Fiddler's Restaurant at the Mayapple Golf Club. Also, recognized were members of the Kitzmiller Society representing donors that support Quincy Village in Waynesboro.

Ellen Parker was a woman of property and wealth. She could have lived life in all the luxury that her time had to offer, but she chose to spend her life caring for children and the elderly. She denied herself comfort for the sake of others. As her final act of charity she gave all of her property to the ministry of Presbyterian Senior Living in 1934.

In 1903, Rev. Harvey Jacob Kitzmiller and his wife Henrietta Middour Kitzmiller offered their home and 163 acre farm in Quincy Township to the United Brethren Church to begin an orphanage. Twelve years later the first 11 elderly residents transitioned from the Colestock Memorial Home in Mechanicsburg to the Colestock "Old Peoples" Home which was later renamed Quincy United Methodist Home.

Making a planned gift is important to you because:

- It is a means for you to make a generous gift to Presbyterian Senior Living without depleting your day-to-day or retirement financial resources;
- It can offer substantial tax advantages to you; and
- It provides a way for you to share in the present and future of Presbyterian Senior Living or one of its communities.

A planned gift is important to us because:

- It is often a larger type gift, even from people of modest means;
- It represents financial resources that we can count on in the future; and
- When the gift matures, it may be placed in an endowment, which means that Presbyterian Senior Living's financial reserves are supplemented and the gift "keeps on giving" as the endowment investments yield annual income.

For more information about our Legacy Societies or the types of planned gifts available to help you, please contact the Office of Mission Support at (800) 382-1385 or Laurel Spagnolo, Vice President of Mission Support, lspagnolo@psl.org.

Continuing the Ministry to Serve

Rev. Clyde Brown and Linda Fryer are both residents of Westminster Woods whose service to others is heartfelt by residents with dementia at The Oaks skilled nursing residence.

Rev. Brown, age 94, a resident of The Homestead personal care, and Linda, an Independent Living resident 25 years younger, came together early in January after Clyde saw

for himself what the power of music did for a resident with Alzheimer's Disease who was normally withdrawn and apathetic. "He simply came alive, as if he was a totally different person" said Clyde. Coupled with Clyde's 70 years ministry as an ordained Presbyterian minister and long-time participant in the Westminster Woods Caregiver's Support Group, and Linda's training as a Registered Nurse and 15 plus years as a Parish Nurse; they both saw the need and an opportunity to continue their ministry.

"Music and singing are unforgotten forms of communication"

said Linda "and can reach those areas of the brain that hold long time memories of favorite hymns, Biblical verses and favorite prayers." "Sometimes, we don't know where they are, yet when we sing a hymn or recite the Lord's Prayer, they may open their eyes or their faces brighten with a smile," said Clyde. "We sing well known hymns such as: Amazing Grace, Jesus Loves me, Abide with Me, Blest be the Tie that Binds, and In the Garden."

Residents are suggested by Community Life Director, Linda Shultz-Long, with permission obtained from the family. For about 30 minutes, Linda and Clyde sing hymns, read biblical verses, and recite the Lord's Prayer; ending with a blessing while holding hands.

"Familiar hymns and prayers provide a spiritual dimension that can resonate with a person so that when they do respond, you know their Spirit is still alive," said Clyde.

For Linda and Clyde, their ministry to dementia residents continues their own ministry to serve, following Christ's command "Love One Another," as recorded in John 13:34.



Enterprise Grant Helps to Bring Community Health and Wellness Nurse to York Communities



In addition to a Community Manager and maintenance staff, Presbyterian Senior Living Housing Management Corporation places a Supportive Services Coordinator in each of its affordable apartment communities. The goal of the Housing Services department and of each Supportive Services Coordinator is to advocate for and support residents in the communities, providing education and assistance in finding and coordinating specific services that residents may need to continue living independently in their homes.

The Housing Services department is constantly striving to create a program that provides optimal support and services to the residents we serve.

Thanks to a generous grant, a new pilot program has been implemented in six York County communities. In May, these communities welcomed Christina Laffey, a Community Health and Wellness Nurse, to the Supportive Services team in the Springwood Overlook, Stony Brook Gardens, Westminster Place at Queen Street, Shrewsbury Courtyards I and II, and Westminster Place at Stewartstown communities. Every resident in these communities may participate in this pilot program and there is no cost to the resident.

Christina visits each community one afternoon per week. She works in collaboration with each Supportive Services Coordinator and addresses health-related issues with residents. Christina will check blood pressures for residents and helps them to keep a log that they can share with their doctor. She is available to meet with residents one-on-one in the privacy of their homes to complete a medical history, fall risk assessment, updated medication list and emergency contact form with each resident who would like to participate in the program. Christina brings the medical knowledge and support necessary to answer questions about and teach self-management skills related to health issues and medication. She educates residents and provides referrals for health care services that residents may be eligible to receive at home and helps facilitate communication between residents and healthcare providers. She is also available for visits to residents who may have recently

returned home from a hospital or rehabilitation stay and is working to create new educational presentations and physical fitness opportunities to implement in each community.

During a recent visit, a resident shared with Christina a concern about knee pain and the effect it was having on being able to accomplish everyday tasks and activities. Christina shared the availability and benefits of physical therapy and provided him with a resource list of home health agencies in the area that participated with his medical insurance. With the resident's permission, Christina contacted his primary care physician to request an order for physical therapy and soon after, the resident began physical therapy at home. A few weeks later, the resident reported to Christina that he was receiving physical therapy twice per week, doing the prescribed exercises on his own as directed, and that he was experiencing much less pain, felt more stable, and was able to accomplish more than before therapy began.

In the short time Christina has been with us, we are witnessing significant improvements in residents' health patterns and well-being. We are excited that Christina has joined the supportive services team in our York communities and grateful for the opportunities that this grant is providing to residents.



Celebrating Diverse Religions at Presbyterian Village at Hollidaysburg



Embracing Our
D I F F E R E N C E S
Awareness, Understanding, Acceptance, Respect & Support

Recently, the chapel and hallways of the Presbyterian Village at Hollidaysburg was filled with visitors and seekers learning about different religions and faith systems of the world. For an entire month, presentations were made from the Church of Jesus Christ of Latter Day Saints (Mormons), Catholics, Protestants, Jews, Mennonites, Amish and Hindus. All were framed with the children's song, "All God's critters got a place in the choir, some sing low, some sing higher, some sing out loud on the telephone wire, and some just clap their hands, or paws, or anything they got now!" All participants celebrated that we can seek, ask questions, disagree...and not be disagreeable!

Perhaps the greatest discovery of all is that more unites us than divides us – and our core beliefs are closer than they are apart.

The program was designed by the Community life team with the support of the Chaplin Mary Jo Bruinooge.

Ware Presbyterian Village Model Railroad Club

Bob Undercuffler, Yard Master of the new Ware Presbyterian Village Model Railroad Club, shared his memories, interest, and collection of model trains and railroad paraphernalia to open this special addition to the Ware Campus.

Bob told in his and wife, Pat's introductory bio in March 2014 that they had five boxes of model trains gathering dust in storage. Then in the fall of 2015 Ellen Stoner, Independent Living Director, spoke with him about beginning model railroading at Ware. So the project began.

Model railroading invites a variety of skills, such as woodworking, painting, electrical, equipment maintenance, artistic diorama and scenic design, etc. The club continues to invite others to join them and is receiving additional model trains, track and accessories – and additional railroaders.

The good news, Bob and Pat's Vista Ridge storage cubicle is nearly bare.

Ware Village Model Railroad Club (WVMRC) members are: Dick Fowler, Gene Garthwaite, Jim Harvey, Alan McIntyre, John Moulder, Bob Philhower, Van Templeton, Pat Undercuffler, Bob Undercuffler. Honorary member, Ellen Stoner.



Wacky Wednesday at Westminster Village



Westminster Village in Allentown mixed things up in August with a "Wacky Wednesday" dinner event. The meaning behind the event was to promote inclusion of all residents and support our anti-bullying mission.

The event was a fun way to encourage residents to sit at a different table than they normally would

and socialize with different residents than they usually do. The seating arrangements were made into a game in which upon entering the dining

room the resident picked a color out of a hat. Each table was decorated in a different color and the resident sat at whatever color table they picked.

Residents and staff dressed up in wacky outfits with mismatched prints and crazy colors. A magician provided table side entertainment followed by a mini stand up show. The event also included wacky decorations such as a live neon fish on the tables, wacky favors, and a wacky menu with new foods to try such as tie dye pancakes, meatloaf cupcakes, and other colorful sides. The event was a success and residents commented on how they enjoyed "the seating game" as well as all the fun festivities.

Duet Biking Program



Windy Hill Village has a new addition to help residents find joy.

The Duet Bike is a specially built tandem bike that has a detachable wheelchair on the front. The driver sits on the back and provides the pedal power and steering. Any resident can potentially take a bike ride – either in or out of the building.

Research has shown significant, positive outcomes are received for those who participate – including lower rates of depression and engagement with others. While a resident is going for a ride, those waiting are invited to participate in a group activity.

A trained staff member pedals guest cyclist around a designated area. The resident is seated in the wheelchair attached to the front of the bike. Residents wear helmets for safety and seat belts are also used for safety. There is also a bell on the front for residents to ring as they ride past other residents and staff.

Everybody benefits – the riders, the drivers and the observers.

For more information on this program, contact Mike Bellfy, Community Life Director at Windy Hill Village at (814) 342-8400.



Kirkland Village and Westminster Village Selected as Preferred Providers

Kirkland Village in Bethlehem, PA and Westminster Village in Allentown, PA have exciting news to share. The Health Center at Kirkland Village has been selected as one of only eight skilled nursing facilities in the Lehigh Valley to become a preferred provider for skilled rehabilitation services by St. Luke's Hospital and Health Network! Also, Westminster Village received the same distinction.

Since October 2013, St. Luke's Hospital and Health Network professionals have been evaluating and meeting with many skilled nursing facilities throughout the Lehigh Valley. Kirkland Village and Westminster Village management teams have been meeting quarterly with St. Luke's Hospital and Health Network staff to review their high quality of care standards and their specific criteria for quality discharge planning. The performance and positive outcomes of both of these Presbyterian Senior Living communities have been carefully monitored and reviewed during this time period. As a result of this scrutiny, they made a favorable decision for both communities and believe that the Health Centers meet the high quality of care standards that is required by St. Luke's Hospital.

This is truly an honor and a direct reflection of the hard work, dedication, and quality care the nursing teams deliver to the residents we serve at both communities. Congratulations to both communities and thank you!

Military Families Ministry

Windy Hill Village is partnering with "Military Families Ministry" to send filled Christmas stockings to our troops overseas. Collection boxes are located in all areas of the campus to receive small gifts and wrapped food items. Residents will be decorating the 13" stockings and then filling them to send overseas. Individual messages will be sent in each stocking.

One resident told the story of a similar project in her church a few years ago. She sent a small, inexpensive chess set. A few months later she received a beautiful Valentine from the troop with messages to her about being able to play chess. The soldiers told her how much money they saved because they were playing chess instead of doing other activities! Patriotism runs deep at Windy Hill Village and we are thrilled to be able to support our troops at this holy time of year.



Military Families Ministry

St. Andrew's Village 2016 Inaugural Golf Gala



This Year's Tournament Was a Success!

Thank You for Proceeds of
\$5,038.13

We appreciate the enthusiastic response to this year's St. Andrew's Village 2016 Inaugural Golf Gala. With the support of all the golfers and our sponsors, the money raised this year will provide benevolent care for residents. Thank you for your participation.

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Special thanks to the entire staff
at Indiana Country Club for their hospitality.

For more information please contact Tom Koehle, Area Director
for Mission Support at 814-693-4086 or email at tkoehle@psl.org.

Our Locations

ALLENTOWN, PA
Westminster Village
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Allentown, PA 18109
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www.wmvallestown.org

BALTIMORE, MD
Heritage Run at Stadium Place
1080 East 33rd Street
Baltimore, MD 21218
(410) 639-4663
www.heritagrun.org

BETHLEHEM, PA
Kirkland Village
One Kirkland Village Circle
Bethlehem, PA 18017
(610) 691-4500
www.kirklandvillage.org

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www.hawksnestapartments.org

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www.schartnerhouse.org

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www.carrollvillage.org

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www.wmvdover.org

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www.quincyvillage.org

Wesley House at Quincy Village
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(717) 718-7777
www.stonybrookgardens.org

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www.wpyork.org

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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You may opt out of future mailings by contacting the Presbyterian Senior Living Office of Mission Support at 800-382-1385 or emailing klcup@psl.org.



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