

PRESBYTERIAN  
**SENIOR LIVING**

Annual  
STEWARDSHIP Report  
2012

Finding Wholeness:  
a Place to Grow and Learn

# The Mission

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.



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

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



## *Chairman's letter*

The mission of Presbyterian Senior Living has always focused on meeting the needs of the whole person – using words like “belonging” and “wholeness of body, mind and spirit”. Our faith-based roots teach us that we are called to meet these needs with kindness and compassion.

But, it is our belief that people come to Presbyterian Senior Living looking for more than a place to meet their needs or receive care in a time of need. They are looking for a place where they can be fulfilled – intellectually, socially, physically, and spiritually – a place to grow and learn. Healthy aging is only achieved when all areas of a person's life are fully engaged.

A few years ago a book on “super centenarians” was published as a series of photographs and brief stories of people who had reached 110 years of age. The author spoke at a gathering of senior care providers and told the story of a woman who was 111 years old and spent much of her time taking care of her 102 year old sister who was experiencing physical challenges. After the book was published, he discovered that the 111 year old super centenarian had died, and he called her daughter (who was in her late 80s). The daughter told him that her mother died shortly after the 102 year old sister died, probably because she no longer had a reason for getting up in the morning.

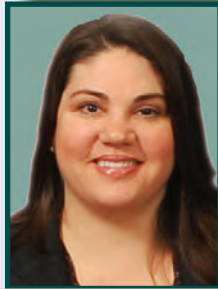
This message resonates because we know that life is more than living in a place where every desire is satisfied. Healthy aging is being able to continue to grow and develop, to become a better person and to use our talents and abilities to make a contribution to this world and those who live in it. That is the kind of life in retirement that is truly fulfilling, and it is the kind of life that we aspire to at Presbyterian Senior Living. In 2012, we have begun a journey with Masterpiece Living as a tool to achieve our mission to “promote wholeness of body, mind and spirit”. In the following pages, you will see what is happening to create this vision of healthy aging.

Not everyone embraces this kind of future. The world is filled with a full range of people – some are more passive by nature or look to be served rather than to serve others. But, for those who want the brass ring – to live a life filled with meaning and a reason to get up in the morning, Presbyterian Senior Living is for you.

Sincerely,



Phil Miller, Chair



Ann Fedorchak, Vice Chair



Steve Proctor, CEO

# Spiritual



As a faith-based organization, our recognition of the importance of the spiritual dimension of seniors has been evident throughout our 85 year history. Traditional chaplaincy services, worship, bible studies, contemplative prayer and other opportunities for reflection and spiritual growth reflect the desire to find meaning beyond ourselves.

We are blessed to have an able group of Chaplains to support the spiritual needs of our residents, family members and staff. Led by Senior Chaplain Allen Hermansader, they are a tremendous resource and help to create an environment where the spiritual dimension of life is honored and respected.

These Chaplains come from a variety of faith backgrounds, reflecting the spiritual diversity of the people we serve.

For some people, there is a connection between spiritual reflection and nature. Many PSL locations contain miles of walking trails which are utilized by residents and staff.



Presbyterian Senior Living Chaplains 2012:

Front Row(L to R) Leland Hogan, Guenter Schwab, Mary Jo Bruinooge, Guy Baer and Katie Sundermeir;

2nd Row (L to R) George Spencer, Jerry Hoch, Harold (Willie) Williams and Allen Hermansader;

Back Row (L to R) William Zimmerman, Patrick Gaffney and Daniel Mansberger.

# Social Connections

One of the most commonly heard benefits of living on a Presbyterian Senior Living campus is the opportunity to develop new friendships and to connect with people who share common interests. Whether the common interest is bridge, poetry, theatre, travel, playing games, or just sharing a cup of coffee with a neighbor, the opportunity for developing new friendships has the potential for a richer, more satisfying life experience.

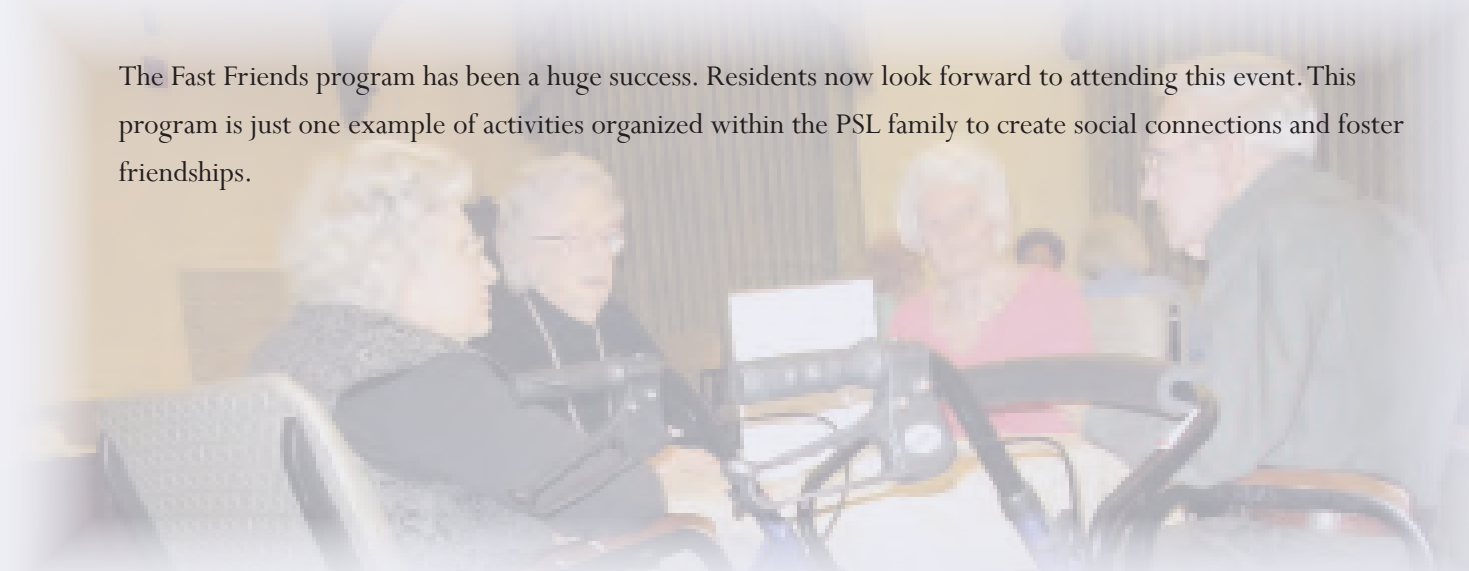
Creating connections is an intentional part of living on any PSL campus. Programs to integrate new residents into the life of the community often involves a formal introduction and mentoring process to give new residents a chance to meet new people and to learn about their new neighbors.



One of the more interesting approaches to meeting other people is the Glen Meadows social program called Fast Friends, modeled loosely after the phenomenon known as “speed dating”. This idea was developed based on resident feedback after completing the Masterpiece Living lifestyle reviews last year. Residents expressed concerns that singles are socially isolated or do not come to social programming because they do not know or feel comfortable around fellow residents.

The program is set up with small tables in the great hall. As residents fill the places at each table, a list of open ended starter questions is placed on each table in order to spark conversation. Residents are encouraged to change tables after a certain period of time in order to get to know others in a compressed time frame.

The Fast Friends program has been a huge success. Residents now look forward to attending this event. This program is just one example of activities organized within the PSL family to create social connections and foster friendships.



# Reaching Out

One of the key aspects of a healthy and satisfying life is the ability to look outward to make a contribution to the welfare of the larger community. Living in a Presbyterian Senior Living community provides ample opportunity for volunteer activities. In 2012, over 138,000 volunteer hours were recorded. Many additional hours are spent with community groups, mission programs, and other volunteer activities that enrich the communities in which we reside.



Serving begins with the compassionate, professional work of St. Andrew's Village staff during work hours. But it does not end there. Staff members donate their time, treasure and talent to a wide variety of organizations and dozens of churches. From Family Promise providing shelter to homeless children and their families; to the American Heart, Cancer and Diabetes Associations; to coaching soccer, basketball and majorette, and baton groups, St. Andrew's staff can be seen throughout the community.

The Indiana, PA, community has come to know they can depend upon St. Andrew's as an active and vital player in community affairs. They host an amazing array of organizations on site and at venues, hosting well over 125

different events in the last year. They range from catering events at the Jimmy Stewart Museum, to annually hosting State Representative Dave Reed's "Town Hall" meetings, to providing free flu clinics and Red Cross blood drives at Bristol Court.

Some groups meeting regularly on campus are Mid-Day Rotary, New Century Book Club and Chamber of Commerce breakfasts, Indiana University of Pennsylvania "Great Decisions" confabs, and AAA's Safe Driver courses. St. Andrew's is highly visible in the annual downtown Indiana St. Patrick's Day Parade, where Bristol Court residents judge the leprechauns and distribute prizes.



In an era when people tend to feel isolated and depersonalized, St. Andrew's emphasizes seeing each individual as important and unique, a one-of-a-kind gift from God.

# Reaching Out



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On the education front, students and interns from Cedar Crest College, Northampton Vocational School, and St. Luke's School of Nursing utilize Kirkland Village in Bethlehem, PA, as a training site. The Neitchman Elementary School benefited from the wisdom of ten residents who provided tutoring services for 70 students. This tutorial program culminated with a special graduation luncheon for the students.

Westminster Woods Retirement Community in Huntingdon, PA, has a focus on education and training. They meet both as staff and volunteers teach identified programs to the general public. For example, cardio pulmonary resuscitation courses are taught by a staff registered nurse. The community is a clinical practicum site for certified nurse assistants, licensed practical nurse programs, internships for Juniata College undergraduates and supports a summer junior volunteer program.



Windy Hill Village in Orbisonia, PA, has residents and staff who are very active in community benefit programs including the Osceola Mills Food Bank, SPCA, men's and women's shelters, Relay for Life, Valley Voices and the Alzheimer's Association Walk.

Community groups such as Kiwanis, Gideons, Christian Women's Group and local Boy and Girl Scout troops use Windy Hill Village meeting rooms.

The Food Bank is near and dear to the hearts of residents and staff. Food drives are held several times a year, especially during the summer when the need is greatest. Residents and staff generously support the Food Bank as a way of giving back for the blessings of life.



# Reaching Out

# Brain Fitness

Intellectual stimulation is critical for seniors as they age, and recent research has demonstrated the benefits of what is referred to as brain fitness. A number of technology-assisted brain fitness programs are used throughout the Presbyterian Senior Living network such as It's Never 2 Late and Lumosity.

But, technology applications are only part of the story. At Windy Hill Village in Philipsburg, the Osher Lifelong Learning Institute at Penn State helps residents explore topics of interest, travel to new places, and meet interesting people. OLLI is a nonprofit, membership organization that offers affordable courses, trips, and social activities to enrich the lives of adults in the State College, Bellefonte, Penns Valley and Philipsburg/Moshannon Valley areas.

At the Presbyterian Village in Hollidaysburg, intellectual activities range from art classes taught by a resident and her sister to participation in a countywide spelling bee, which involves residents in the Presbyterian Village health center.

In Allentown, the residents of Westminster Village have teamed up with a local elementary school to form a pen pal program to foster intergenerational communication and improve the writing skills of students. This is similar to other PSL locations where residents provide mentoring programs for school children, assisting with homework assignments.

Libraries abound throughout the PSL system, providing residents with thousands of books and other material at their fingertips. The Kirkland Village Library is a great example of a resident led effort library. Founded by Edith Wise, the head of the reference department at New York University Library and several other residents who had professional careers in Library Science. The Kirkland Village Library contains approximately 6,500 volumes on a wide range of subjects. The volumes were catalogued into the library computer system with scannable codes as a resident project completed May 2012.

Whether the intellectual pursuits are more traditional or aided by technology, the focus on remaining intellectually sharp is the goal of every senior.





# Getting Physical

Throughout our continuum of services, there is a focus on the physical health and well being of those we serve. In our skilled nursing centers, we focus on physical; occupational and speech therapy in addition to restorative nursing care to help seniors to recover and return to a more home-like environment.




In recent years, we have become more focused on the effects of physical fitness and exercise in personal care and independent living environments. The addition of fitness centers and aquatic exercise is not just about giving seniors something fun to do with their time. Fitness programs are designed specifically to improve balance, add muscle mass and strength, and cardiovascular fitness will improve the quality of life and support the independence of seniors.

An outstanding example of physical fitness is Mabel Morrell, a 92 year old resident of Westminster Village in Dover, Delaware. Mabel teaches a yoga class to fellow residents and staff. Last year, Mabel was featured on NBC's Today Show with Kathy Lee and Hoda, providing instruction to TV hosts 40-50 years younger.

In Pennsylvania, a grant from the Carlisle Area Health and Wellness Foundation in partnership with the Borough of Newville allowed Green Ridge Village residents and Big Spring School District teachers and students to sponsor community wellness programs. The primary educational focus was devoted to healthy eating and exercise. The secondary goal was to lower the risk of major diseases due to poor health and overweight children.



# Financial Results



At Presbyterian Senior Living, financial performance is not an end in itself, but a byproduct of the successful accomplishment of our mission to serve seniors. Two of our core values, Stewardship and Transparency are most closely aligned with our finances.

The effective utilization of the resources available to us is stewardship in action. We are acutely aware of the large number of seniors with limited incomes. The need is great, and we can always do more.

We are also committed to being open with our residents, staff, donors, and various constituent groups. Toward this end, our audited financial statements and monthly operating results are posted on our web site, [www.presbyterianseniorliving.org](http://www.presbyterianseniorliving.org). This is the same information that we provide to the financial community and the rating agencies that monitor our financial condition.

Presbyterian Senior Living had another strong year in 2012. We have been blessed. But, the work of serving seniors is never done, and we will continue to reach out to those who need our support.

It is important to place our financial goals in broader, philosophical context. Along this line, the following is a favorite quote that resonates with our goals of service to others:

*“Aspire not to have more but to be more. Defense of human rights, equality and freedom is a matter of policy rooted in the gospel.*

*Beautiful is the moment in which we understand that we are no more than an instrument of God; we live only as long as God wants us to live; we can only do as much as God makes us able to do; we are only as intelligent as God would have us be.*

*If we are worth anything, it is not because we have more money or more talent or more human qualities. Insofar as we are worth anything, it is because we are grafted on to Christ’s life, his cross and resurrection. That is a person’s measure.*

*We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God’s work. Nothing we do is complete, which is a way of saying that the kingdom always lies beyond us. No statement says all that could be said. No prayer fully expresses our faith. No confession brings perfection. No pastoral visit brings wholeness. No program accomplishes the church’s mission. No set of goals and objectives includes everything.*

*This is what we are about. We plant the seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. We lay foundations that will need further development. We provide yeast that produces far beyond our capabilities. We cannot do everything, and there is a sense of liberation in realizing that. This enables us to do something, and to do it very well. It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord’s grace to enter and do the rest. We may never see the end results, but that is the difference between the master builder and the worker. We are the workers, not master builders; ministers, not messiahs.\*”*

At Presbyterian Senior Living our detailed financial reports are available on our web-site, updated monthly, [www.presbyterianseniorliving.org](http://www.presbyterianseniorliving.org), under the “About Us” tab.

Jeff Davis  
Senior Vice President, Chief Financial Officer

\*Oscar Romero was the Archbishop of El Salvador until he was assassinated in 1980. At the time of his murder, he was celebrating mass in the hospital chapel in San Salvador.

# The Power to Impact Others

Many years ago, Mrs. Ellen Parker gave all of her property to begin the ministry of Presbyterian Senior Living. She was a woman of wealth and property, but sacrificed her comfort in order to improve the lives of others. She provided an example that has inspired generations of individuals who have supported the ministry of Presbyterian Senior Living. Every resident we have served during our 85-year history has benefitted from the generosity of our donors.

Today, the spirit of philanthropy remains strong within the Presbyterian Senior Living network of care. Whether earmarked for a specific purpose or for general support, philanthropic gifts continue to make the critical difference. It's the reason why we can offer essential services, such as resident programs that require financial investment; bridge the gap between what government support covers and what care actually costs; continually improve our facilities; keep care affordable; provide opportunities for spiritual growth; and weather economic downturns and state and federal budget cutbacks.

As donors, you help to enhance the lives of the older adults we serve and contribute to the financial stability of Presbyterian Senior Living, so we can honor our commitments to care for seniors in the future. With the continued challenge of reduced Medicare and Medicaid reimbursement rates, the generosity of donors like you has become all the more important in helping us carry out our mission. For this, we are especially grateful.

What an impact!

You are part of a special group of caring people who make it your personal mission to help others, and we couldn't be more grateful for your partnership. For all you do, on behalf of our entire organization—thank you!

Below are some charitable giving highlights from 2012. We want you to see the lasting impact you're making for our organization and the older adults we serve.

In 2012, we received:

- \$2,176,935 from 2,756 donors providing 18,386 gifts
- Two IRA pension-protection act gifts = \$25,000
- Five charitable gift annuity contracts = \$104,916.60 (face value)/\$95,083.40 (char. ded. value)
- Eighteen bequests = \$868,532.34



Of special note:

- Our volunteers reported and donated 138,690 hours.
- Gifts given to support The Guardian Angel Endowment Fund for Charitable Care in Personal Care totaled over \$550,000.
- Our grantwriting effort continues to strengthen and expand. Over \$200,000 was received from grants in 2012.

The legacy of Ellen Parker lives on in the spirit of giving of every current donor to Presbyterian Senior Living. Information on other giving opportunities can be obtained by contacting the Mission Support office at 1-800-382-1385.

Laurel Shaffer  
Vice President of Mission Support



# THE GROWING PRESBYTERIAN SENIOR LIVING FAMILY

By the end of 2012, Presbyterian Senior Living had opened its 29th location. We continued to expand our presence in affordable housing for seniors, adding 272 units with the acquisition of the Springwood properties in York County and the completion of 61 affordable tax credit units at the Long Community at Highland. This brings the total PSL senior tax credit and HUD inventory to 863 apartments.

Another 56 market rate senior living units were added at the Long Community at Highland, bringing the total of market rate senior housing to a total of 341 units.

Progress continues with additional affordable housing units are under construction and scheduled to open in 2013, and the expansion of continuing care independent living apartments at Ware Presbyterian Village.

A full listing of all PSL locations and services can be found at [www.presbyterianseniorliving.org/page/8373-community-locations](http://www.presbyterianseniorliving.org/page/8373-community-locations)

