

Fall 2017

# *Caring* **SHARING**

Contributing to the Wholeness  
of Body, Mind and Spirit



PRESBYTERIAN  
**SENIOR LIVING**

*A publication of Presbyterian Senior Living*

# 90 is Just a Number



Recently I had the privilege of attending a 90th birthday gathering for residents of Westminster Village in Dover. It was a great evening of good food and fellowship. What was truly remarkable was that nearly all of the 34 people who were being honored for being over 90 years of age echoed a familiar refrain. Living at Westminster Village had not only added years to their lives, but also the friends they had made and the supportive environment they were

living in were the keys to a satisfying life experience. The entire tone of the evening, the conversation and laughter that permeated the room reinforced the accuracy of that observation.

My part of the program was to talk for a few minutes about Presbyterian Senior Living (PSL) reaching the 90 year mark of service to seniors. While 90 years seems like a long time in the life of an organization, I realized that 34 of the people in the audience had personally seen more than 90 years of history. As long as PSL's ministry has been in existence, we still are serving people who were born before we came into being in 1927. This is a sobering thought. It is hard to boast about 90 years of service when there are others in the room whose life experience exceeds that milestone.

I was also drawn to the vibrant spirit of many of those in the room who had passed their 90th year. These were people with active lives, a sense of humor, and things to do and see. They were much younger looking and acting than the first people served by PSL.

Organizations, like people, have personalities. Some are old and stodgy, others are young and hip. I like to think that PSL has the stability and experience of 90 years of serving seniors, but continues to be young at heart – constantly growing and changing to meet the evolving needs and desires of seniors.

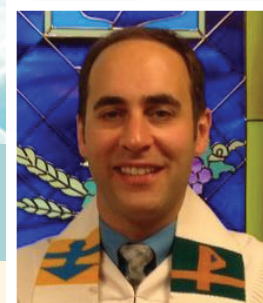
In reality, when referring to either people or organizations, 90 is just a number. It is a time to celebrate, reflect and to be thankful for the blessings that we enjoy every day. But it is also a time to look forward and to rededicate ourselves as we continue on the journey that God has placed before us.

Blessings,

Stephen Proctor,  
President & CEO



## Chaplain's Corner



"Patience is a virtue." I first learned of this value statement at an early age; but as you most likely discovered, finding patience to face certain circumstances in life is not an easy task.

During my years in seminary, I would often fly across the country. On one particular journey, the flight was significantly delayed. Fortunately, I remained calm. Once aboard the plane, the plane pulled out from the gate only to stop and remain on the tarmac for quite some time. This time, I became annoyed. I was not in control. The situation was unfair. I was unable to suppress my restlessness.

Residents often share with me a deep desire to have patience in circumstances certainly more significant than a flight delay! Waiting for test results, embarking upon a program of physical therapy, caring for a spouse, and moving forward from an experience of loss, bring real potential for becoming overwhelmed.

"Be patient, therefore, beloved, until the coming of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near."  
(James 5:7, 8-NRSV)

The farmer is encouraged to wait patiently for rain to nourish the crops, but he does not know when the rain will come or how much will fall. The farmer must wait. We also wait. How do we find the patience, the strength to endure situations we cannot control?

James offers the reassurance that God will break into darkness even when life seems unfair, even when we suffer. We can be sure of it! A person may come into our lives at just the right time. A moment of peace arrives after a simple prayer and a few deep breaths. A beautiful memory from the past is recalled and celebrated. An answer is given on what to do next. A reminder is given that life is more than one circumstance. God may even whisper in an ear and say, "I know how difficult this is for you, I am here to comfort you and to give you hope." All of this and more is what James is talking about when he says, "The coming of the Lord is near."

The virtue of patience is only perfected in God. It is not something we can achieve on our own. Throughout our lives, we receive samples of this gift and our hearts are strengthened. Are we open to the gift? How will we respond?

Rev. Matthew Seeds,  
Chaplain at Kirkland Village



# Presbyterian Home at Williamsport Welcomes the World to Williamsport



The Little League World Series is an annual historical event held every August in Williamsport, Pennsylvania. It is mecca for Little League baseball players and fans from around the world. The kick off of the Little League World Series is the Grand Slam Parade.

## Over 40,000 fans from around the world made their way to the 13th Annual Grand Slam Parade and Festival.

The Presbyterian Home at Williamsport (PHW) entered and was selected to participate in the parade. Banners were made to showcase the community and "Welcome the World to Williamsport." Residents walked, carrying one of the banners, while others rode on the float

and in the community van. Staff, family members and the residents distributed candy, PHW bottled water and baseball themed logo toys. All the hard work and dedication paid off, with PHW winning first place in the float division. Local TV station, WBRE announced the community as well as the residents that participated in the parade.

Spectators from around the world came to cheer on the participants and the players. The residents enjoyed their participation and being active in the greater community. They are looking forward to next year's parade.



## Farm to Table Herb and Vegetable Harvest at Cathedral Village

Late summer brings a bounty of fresh herbs and vegetables from the garden at Cathedral Village. Installed and planted in 2013, the Farm to Table Garden has provided a healthy variety of herbs and vegetables that the kitchen incorporates in daily menus.

In 2015, the process began of harvesting, labeling and packaging fresh herbs and ripe vegetables to share with the entire community. All residents that are a part of the horticultural therapy programs and activities have the opportunity to participate in the harvest which takes place from early summer to fall. Staff and volunteers harvest in the morning when temperatures are cool. During greenhouse programs, herbs and vegetables are passed around the workshop table so that participants can see them up close. Staff encourages participants to see if they can identify them by their fragrance or appearance.

The herbs are sorted by type and the group determines how big each package will be. Everyone plays a part in packaging and labeling of each bag. Every week there is produce at both of the entrances for residents, staff and visitors at Cathedral Village to enjoy.

All of the farm-to-table plants are grown without the use of conventional pesticides or fertilizers. It is important for everyone to protect the environment and the vulnerable pollinators which visit the gardens in great numbers. Healthy food and beautiful gardens are a wonderful part of Cathedral Village; and they are celebrated every harvest season together.





# It's Never Too Late™ is Enhancing Lives at Three More PSL Communities

It's Never Too Late (iN2L), a computer system designed to work with seniors, has been brought to The Long Community at Highland; Windy Hill Village; and Westminster Woods thanks to the generosity of Highmark Blue Shield. "Highmark is proud to partner with PSL in bringing 'It's Never Too Late' technology systems to three communities. The opportunity to play a role in helping to address the cognitive needs of seniors is one in which we take great pride," said Highmark Director of Community Affairs, Susan Hubley.

iN2L is dedicated to helping older adults realize the full benefits of adaptive technology. A focus for the company has been in developing engagement tools for older adults dealing with dementia and other cognitive disorders. It integrates hardware, software, media and adaptive components necessary to allow anyone with an interest in using a computer – regardless of experience – to do so pleasurably and engagingly with minimal frustration.

The system is built on a picture-based, touchscreen interface that allows users to simply "touch" their way to engaging, educational, spiritual, and personalized content that is appropriate to their own level of cognitive and physical ability. From using email and video chat; to connecting with family and friends; to enjoying mind-stimulating activities; to improving hand-eye coordination as a part of a rehabilitation program, older adults with a wide range of physical and cognitive abilities, many of whom have never used a computer, are now enjoying technology and using iN2L systems adapted especially for them.

Seniors are more likely to use the computer if it becomes a tool to help them stay engaged in life. The iN2L system has hundreds of content items designed to entertain, challenge, and motivate older adults – decreasing isolation, providing a sense of empowerment, and allowing seniors to enjoy optimal well-being. iN2L's interface provides easy access to:

- Socialization
- Music
- Lifelong learning
- Travel videos
- Brain fitness programs
- Games and trivia
- Spiritual messages
- Therapy tools

Currently in use at several other PSL communities, iN2L is widely accepted for health care professionals as a useful tool for supporting memory and increasing functionality for seniors with dementia, as well as a part of a comprehensive rehabilitation program to improve functional abilities.

## Westminster Woods Extends a Helping Hand

The Alzheimer's Association estimates that more than five million people in the United States live with Alzheimer's disease. Over 15 million caregivers provide countless hours of support and care to those with this disease.

According to the Alzheimer's Foundation of America (AFA), the direct costs of caring for people with Alzheimer's disease or other dementias in 2012 was an estimated \$200 billion. The AFA projects these costs to soar to \$1.1 trillion by 2050.

Westminster Woods residents and Caregiver Support Group leaders Mrs. Estelle Yelnosky, Ms. Laura McCardle, and the late Mrs. Marcella Keenan knew these staggering statistics. They had lent support to caregivers at their group meetings through educational speakers, materials and fellowship. But they wanted to do more. They wanted to have a fundraiser for the Greater Pennsylvania Chapter of the Alzheimer's Association. When Mrs. Keenan became ill in 2016 and sadly passed away, Estelle and Laura brainstormed with staff to plan an Alzheimer's fundraising walk in memory of Marcella.

Their planning came to fruition on Tuesday, June 20, 2017. Beginning at 5:42 a.m., walkers took to the paths and sidewalks of Westminster Woods. A total of 79 walkers from the staff, residents, visitors, and support group members of Westminster Woods continued to walk throughout the day – someone walking at all times – until sundown at 8:46 p.m. Sponsors included Huntingdon businesses Sara's Bath and Biscuit, Kish Bank, and The Hair Den. An anonymous donor pledged \$5 per walker bringing in an additional \$395. Over \$3,100 was raised for the fight to find the cure for Alzheimer's disease. Estelle Yelnosky summed up the feelings of both she and Laura McCardle stating,

**"At the end of the day, Laura and I feel blessed to live in such a caring community – Westminster Woods."**

For more details about the walk or the Westminster Woods' Caregiver's Support Group please call 814-644-3160.





# Ware Resident Quilts with a Purpose



While Ware Presbyterian Village may technically be a CCRC (Continuing Care Retirement Community), somebody must have failed to mention the “retirement” part of that description to resident Velma Wilson. At 97 years young, she has no intention of “retiring,” but continues to actively live out her Christian faith in keeping with her life motto – “Serve God by serving others.”

Born March 27, 1920 into a family of five boys and two girls, Velma grew up in

Elkdale, PA and graduated from West Chester University (“Normal School” in those days). She was teaching elementary school during World War II when she heard a plea for women to volunteer for military service in order to free up men for front-line duty, so she enlisted in the United States Army. While Velma values her military service in itself, its lasting effect was that she met and married her husband, Edwin C. Wilson, a soldier in the 82nd Airborne; and he became a Green Beret and made the military his career,

retiring as a Lt. Colonel. He passed away in 2000, having been married to Velma for 55 years.

In 2014, no longer able to live independently, Velma moved to personal care at Ware Presbyterian Village, where her practice of serving others has continued. Since coming to Ware, she has hand-sewn

more than 300 baby quilts, which have been sent to the Tamani Orphanage in Nairobi, Kenya, a mission supported by her church, New London



Presbyterian Church/Christian Life Center in New London, PA.

Typically, Velma dismisses praise of her quilt-making ministry by explaining, “Mother taught us girls how to sew because we had to make our own clothes, so it’s just something I’ve always done.” She goes on to say, “The quilts are like God’s care for his people. When you look at the back of a quilt, you only see messy threads, but on the front, the quilt is smooth and there is a beautiful pattern. That’s how God makes our life – He spreads his love over us like the quilt, but we only see the messy threads and not the beautiful pattern of how He takes care of us. We just need to learn to rest in His quilt.”

Her task is doing what she has always done, serving God in big and small ways by serving those less fortunate. All of this makes this remarkable lady someone still to be marveled at and emulated, even if you don’t live in a “retirement” community and you’re not yet 97!







## Ride On, Amelia!

Amelia Harker, an 83 year old resident in the health care center of the Presbyterian Village at Hollidaysburg (PVH), recently got to check off one of her bucket list items – riding a motorcycle. Amelia has lived at PVH for eight years.

During those years, she expressed many times to the Community Life staff that...

**she would love to ride a motorcycle again just as she did with her fiancé when she was young.**

With the help of a local motorcyclist Brian Gates from Patton and support of the PVH staff, Amelia's dream of riding again became reality.

Gates pulled up to the front entrance of the Village with his Harley and a leather jacket for Amelia to wear on the ride. PVH residents and staff were cheering

for Amelia as they pulled away from the building. They rode by Newry, PA where Amelia grew up and also stopped to visit Amelia's sister who cannot get out to visit with her very often. Also, along the way, staff was waiting to get a couple of photos with Amelia and Brian.

As the riders returned back to the campus, Amelia was grinning from ear to ear. She was so grateful to everyone that helped make this dream come true. Gates and Amelia have become fast friends; and he plans to come and visit with her and bring her favorite dessert, carrot cake. Brian also said he may even get her out for another ride.



## 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.

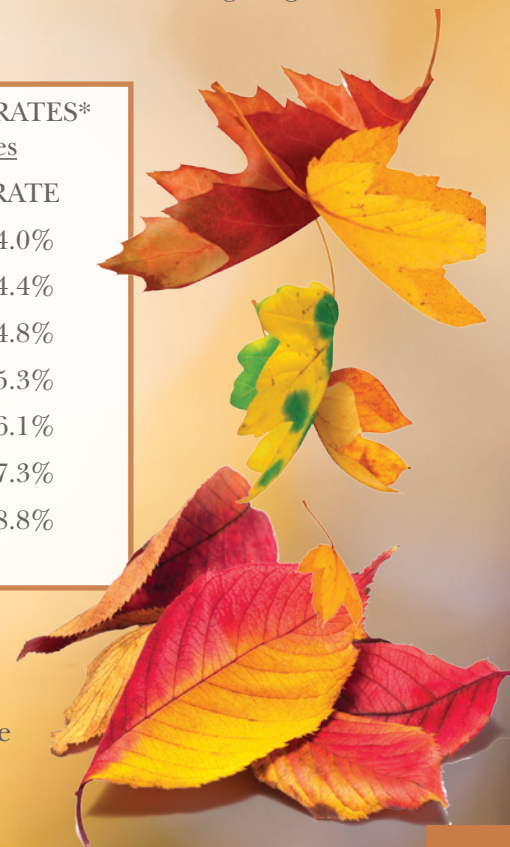
### CHARITABLE GIFT ANNUITY SAMPLE RATES\*

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

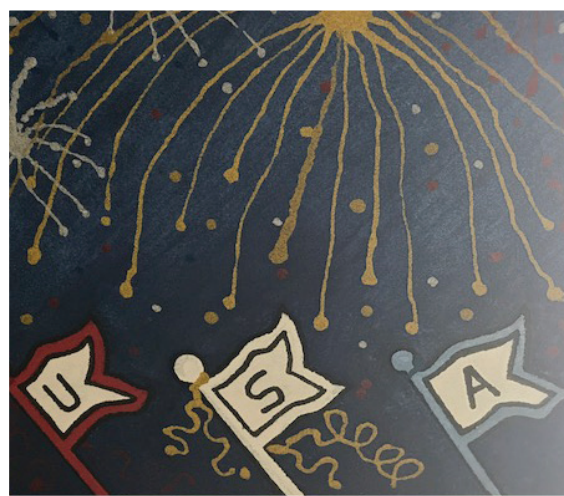
Please contact me for a personalized, confidential, no-obligation illustration.

Laurel Spagnolo, Vice President of Resource Development at [lspagnolo@psl.org](mailto:lspagnolo@psl.org) or 717-502-8871.





# Volunteering That Truly Soothes the Soul



Quincy Village is home to resident Nila LaDuke who is a dedicated volunteer that has provided many hours directly for the campus during the last five years. However, she was searching for a deeper calling. She started volunteering for story time at the local elementary school in Waynesboro.

**She explored options for children's hospice and hospital visits when she stumbled across the opening of a pediatric clinic that needed her true God-born talent.**

She was to create the themed artwork for each patient area.

Nila's new role would be to spend countless hours painting and

drawing beautiful creations on ceiling tiles and paintings. Her beautiful artwork would help the young patients in the clinic to enjoy the scenery and be relieved of their troubles and pain for that moment in time. The family members there with their children would benefit from the beauty as well.

In total, 19 story-themed ceiling tiles were completed with eight more to go. Each one enhances curiosity and imagination. Each room has a theme which not only beautifies the environment, but also teaches life lessons to the admirers.



## Kirkland Village Market Fresh



On a summer evening, Darlene Kaminsky's work as Marketplace manager continued as she prepared for a new initiative called Kirkland Village (KV) Market Fresh. From her 4-acre property in Bucks County, Darlene selects the best fruits and vegetables to bring to Kirkland Village for an in-house produce stand. She then heads to the kitchen to bake pies and quiches. Residents and staff fill their bags with a variety of items to make this a truly farm-to-table project.

One resident commented that she is grateful for the opportunity to buy quality homegrown produce right outside her front door. "Darlene, thank you for bringing this to us," she said. In a way to give back to residents, part of the proceeds benefits the Employee Giving Campaign. Darlene hopes to continue this work through Thanksgiving.







## Nursing Discussion Panel at Westminster Village



## And the Oscar Goes to...



The apartment residents of Westminster Village in Allentown stepped into the 1940's with their production of "Head First or Feet First?," a murder mystery and comedy play that had the audience guessing "Who Done It?!" The cast included five

talented residents who performed a dinner-theatre style production for their fellow residents. During act one, the audience finds out one of the residents of the "Copa Coconut Hotel" (a hotel catering to seniors) has fallen off the balcony and died. Was it an accident or was it murder? Suspects include his wife, his sister, and his brother. During intermission, the audience participated in a discussion of who they thought murdered the resident. Act two then reveals the cause of the resident's death and confirms the killer is his brother, ending in his arrest. The apartment residents had many laughs and a few Bloody Mary's too!



Among the residents at Westminster Village in Allentown, there are many with nursing backgrounds. A Nursing Discussion Panel event was organized and the nurses were asked to share their experiences. This group of former nurses and Nancy Bullivant, Executive Director at Westminster Village who is an RN, were asked several questions such as, "Did you always know you wanted to be a nurse?" and "What advice would you give to a nursing student today?". Some funny nursing stories were shared with the group for a

laugh. The audience was given a chance to ask questions to the expert panelists as well. Each panel participant was presented with a certificate of excellence for their service to the community as a nurse.





## Canine Meet and Greet at Ware Presbyterian Village



A Canine Meet and Greet was held to gather the Ware Presbyterian Village (WPV) dog owners and their dogs. Sue Barthalow, Area Director of Resource Development and Teresa Devlin, At Home Services Coordinator led the 29 attendees and nine dogs.

The staff, residents and their dogs practiced meeting each other politely while on leash and learned best practices for enjoying a campus dog park together prior to a park opening in the near future on the campus.

Many thanks to the Dining Services staff for the baked dog treats and goodies for their human companions. Oxford Feed and Lumber donated a large gift basket of dog items and resident Dee Plummer won! Plans are in the works to make this an annual event.

## Walking to Tahiti?



Recently, Quincy Village encouraged participation in the Masterpiece Living, Walk to Wellness. Residents received pedometers and participants were encouraged to count and log their steps each day for three months in hopes to make a fictitious journey to Tahiti. After the three month initiative, the participants will celebrate with a Tahitian-themed party.

Laura Glass, Director of Community Life and Volunteer Services at Quincy Village, received a request to give a pedometer to 106 year old health center resident, Ruby Hussey. Ruby wanted to count her steps everyday during her walks and track the distance that she propels herself in her wheelchair. Ruby is truly engaged in a Masterpiece Living life.

## 22<sup>nd</sup> Annual Caring by Sharing Golf Tournament a Success!

Thank You for Proceeds of Over \$50,000!

Thank you golfers and sponsors for your participation. The money raised this year will provide benevolent care for residents.

### GRAND TOURNAMENT SPONSOR – \$10,000

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For more information please contact Laurel Spagnolo, Vice President for Resource Development at 717-502-8871 or email at [lspagnolo@psl.org](mailto:lspagnolo@psl.org).



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

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**Westminster Place at Carroll Village**  
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 Waynesboro, PA 17268  
 (717) 749-2300  
[www.quincylvillage.org](http://www.quincylvillage.org)

**Wesley House at Quincy Village**  
 6575 Orphanage Road  
 Waynesboro, PA 17268  
 (717) 749-2391  
[www.quincylvillage.org](http://www.quincylvillage.org)

**WILLIAMSPORT, PA**  
**Presbyterian Home at Williamsport**  
 810 Louisa Street  
 Williamsport, PA 17701  
 (570) 601-8350  
[www.williamsportpresby.org](http://www.williamsportpresby.org)

**YORK, PA**  
**Springwood Overlook**  
 2330 Freedom Way  
 York, PA 17402  
 (717) 741-4225  
[www.springwoodoverlook.org](http://www.springwoodoverlook.org)

**Stony Brook Gardens**  
 17 Theater Lane  
 York, PA 17402  
 (717) 718-7777  
[www.stonybrookgardens.org](http://www.stonybrookgardens.org)

**Westminster Place at Queen Street**  
 150 Pauline Drive  
 York, PA 17402  
 (717) 741-2368  
[www.wpyork.org](http://www.wpyork.org)

## Our Mission

Guided by the life and teachings of Jesus, the mission of Presbyterian Senior Living is to provide compassionate, vibrant and supportive communities and services 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 Resource Development at 800-382-1385 or emailing [ckulp@psl.org](mailto:ckulp@psl.org).





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JANUARY 13, 2018

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FEATURING:

Dancing with Music by Absolutely Live  
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For more information, please contact Ernie Simmons, Area Director  
of Resource Development at 717-357-9630 or at [esimmons@psl.org](mailto:esimmons@psl.org).

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