



SOARING

A Publication of Mennonite Home Communities

LIFE FITNESS



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Exercise Makes You Smarter

Researchers are finding that seniors who get moderate physical and cognitive exercise can significantly improve their overall health.

It is true—exercise significantly improves your brain. Increase your physical activity and create new connections in your brain. Adding moderate physical exercise and challenging crossword puzzles to your routine could improve your physical and mental health. It is never too late to begin enjoyable exercise of both mind and body.

[m]Power is Popular among Residents

The new [m]Power system builds cognitive fitness by exercising the mind. Doris Groff (pictured) loves to start her day with a fun 20 minutes of playing games – it exercises her mind in 5 different ways! Doris says *“Doing [m]Power is the same as exercising my body, the more you exercise, the better you get. I know that while I am enjoying myself playing the games, I am improving my brain.”*

Woodcrest Villa recently purchased a second [m]Power system due to the extreme resident interest. At any given time you will find residents waiting their turn to use this popular “Brain Gym.” Resident comments support the positive impact of [m]Power...

“I know it is helping; I remember phone numbers much better than before.”

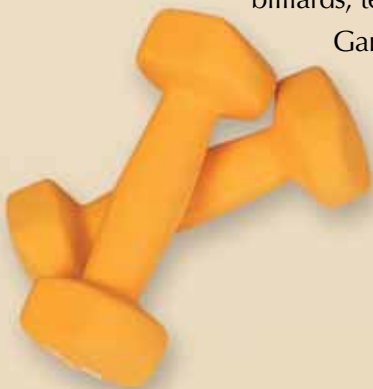
“This was one of the best things you could have gotten for us.”



Senior Games: A Springboard for Fitness

Every year in June the Lancaster County Office of Aging holds Senior Games for any county resident age 50 and over. Woodcrest Villa residents have participated in these games since they started. Participants recently asked for a basketball half-court to practice their skills. It has been installed for only a few weeks and already the residents are practicing free-throws.

There are other areas at Woodcrest for Senior Games preparation; bocce, shuffleboard, swimming, table tennis, billiards, tennis with the Wii, bowling with the Wii and more. Our residents enjoy Senior Games and we are happy to be able to provide practice areas.



A Little Fitness

Fitness at Woodcrest Villa



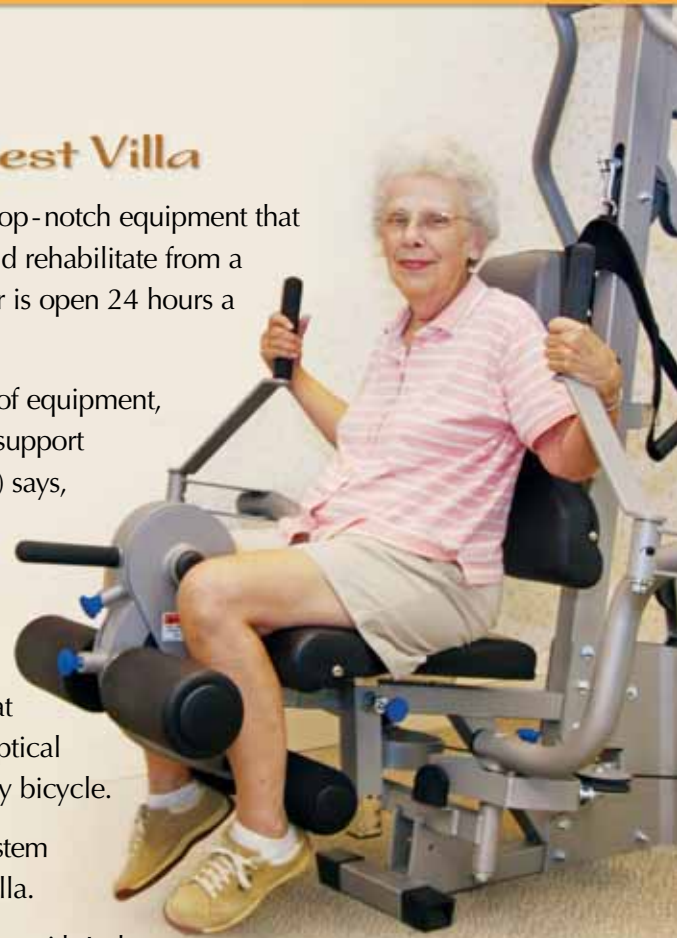
Woodcrest Villa's Fitness Center contains top-notch equipment that helps residents keep fit, build endurance and rehabilitate from a hip or knee replacement. The Fitness Center is open 24 hours a day for the residents' use.

Recently we added two important pieces of equipment, an elliptical machine and a Nautilus. Both support many different types of exercise. Nelda Kauffman (pictured at right) says, *"The Nautilus helps my bad back. The elliptical machine helps with breathing and I don't get winded going up stairs. Using the Fitness Center, along with a good diet, is important to me."*

We are adding a new area of exercise equipment in Bluebird Wing with Keiser equipment (see Charles Ames picture top left) that provides Nautilus-type exercises. Additional pieces include an elliptical machine, a NuStep, recumbent bicycle, a treadmill and a stationary bicycle.

Andrew Dubosky, Rehabilitation Manager, approved the Keiser system and appreciates the quality of equipment we have at Woodcrest Villa.

The new Life Trail system, pictured on the cover and opposite page with Judy and Ray Harnly, is another exciting exercise opportunity. Ten exercise stations stretch from the Fitness Center to the Garden Café. This is a half-mile walk with a variety of stretches, aerobics exercises and more. Woodcrest is happy to provide our residents this new opportunity for maintaining fitness.



What is a Wii?



Any teenager could answer without thinking twice. Wii is an interactive game where the participant actually goes through motions similar to the sport they are playing.

In bowling, you move your arm as in a bowling alley and "release" the ball just like the real thing.

The Wii at Woodcrest Villa has been a hit with the residents. Every day various people bowl, play tennis or play a round of golf.

Sylvia Geisler plays the Wii on a regular basis. She says, *"It is fun, gets the blood moving, and is good exercise."*

Sylvia has gotten good at bowling and she and her husband regularly play tennis. The Wii makes fitness fun.

goes a Long Way

“I Do It For Exercise”

— A Walk that Almost Wasn't —

Last year at Woodcrest Villa, our residents participated in a “virtual” walk from Pittsburgh to Philadelphia. The contest ended with the mile walking event at Lancaster County Senior Games. One of the participants was Warren Cook.

Warren and his wife, Theodora say, *“This is the best move we made from the hills of the Susquehanna to Woodcrest Villa.”* Warren joined the “Walk to Philadelphia” only for exercise.

On the day of Senior Games, Warren remembers leaving the house and saying good-bye to his wife. That is all he remembers of the next several days! You see, after the walk, Warren suddenly collapsed with a heart attack!

A nearby ambulance crew responded immediately to the cries for help. To make a long story short, Warren’s heart stopped, they got it started again and transported him to Lancaster General Hospital in very guarded condition. Warren miraculously recovered with the help of a defibrillator.

He knows that he would not be here if they had not moved to Woodcrest Villa, because their home was far away from the nearest ambulance. He thanks the quick response of the ambulance crew and says, *“I thank the Lord every day.”*

Warren participated in this year’s “Walk to New York City” stating, *“I do this for exercise and I enjoy it.”*

If you encounter a mild-mannered man with a smile walking around Woodcrest Villa, chances are it will be Warren Cook.



Rosevue Reinvention Update

The Rosevue reinvention project is almost 50% completed. The most notable changes are on the outside of the building. This angular all-brick structure has undergone a true metamorphous. It now has new windows, a variety of relief surfaces using alternate stucco colors, a stone foundation facade and those beautiful false gables. These features change an otherwise drab building into a beautiful work of art.

One related element is the Visitor Entryway. This new component connects the original building to the new elevator tower. It provides visitors access to the different floors and removes traffic from the 1st floor residential area.

Another important element is not visible from Harrisburg Pike. The Person Centered Care design requires two kitchens and two dining rooms per floor. The old floor plan could not accommodate these needs, so

we expanded the building. Two new dining rooms with large windows will provide a beautiful view of the Little Conestoga stream.

The contractor is on schedule for us to occupy the top floor by the

middle of September. The next phase will convert Oakvue into a specialized short-term rehabilitation unit. We appreciate the patience of residents, staff and family members during this time of construction.



Person Centered Care *A Whole New Level of Caring*

As we implement Person Centered Care in households, it is important to remain focused on resident needs and wants. There are many wonderful stories that represent the philosophy of Person Centered Care.

One of our Goods Run residents, Mr. Schlinkman, was requesting pancakes when he awakened in the wee hours of the morning. Our 11 pm - 7 am Supervisor, Linda Cooper, brought in a pancake mix and made pancakes for Mr. Schlinkman. While Mr. Schlinkman didn't necessarily enjoy "that kind of pancakes," Linda's heart was certainly in the right place!

This is just one example of many expressions of Person Centered Care that occur daily at Mennonite Home.



Planting Volunteers at Woodcrest Villa

Herb and Jane Shelley are among approximately 130 Woodcrest Villa volunteers who take to heart the saying “Charity Begins at Home.” They, along with several other volunteers, assist in planting and weeding the beautiful flower beds that grace the grounds of Woodcrest. This is simply one example of the many acts of kindness our WCV volunteers share.

This past January, Judy Harnly and Lucy Sanders agreed to co-chair an official “Volunteer Committee.” One of the goals of this committee of 19 residents is to identify and meet our growing needs. We also wish to recognize the special individuals who are constantly giving of themselves to enrich the lives of others.

By volunteering, residents bring joy to others by providing companionship and compassion. Volunteers are a shining light to others, yet they receive much more than they give.

Susan J. Ellis once said, “Paul Revere earned his living as a silversmith. But what do we remember him for? His volunteer work.”



Jack Stumpf, Maker of Conestoga Wagons

Woodcrest Villa resident Jack Stumpf has a vast knowledge of Pennsylvania history, particularly the Conestoga wagon. He has built 182 exact scale models of Conestoga wagons!

Recently the state of Pennsylvania honored Jack by dedicating one of his wagons at the Capitol in Harrisburg. The history behind that wagon is interesting. Renowned wood carver, Roy Zimmerman carved the horses for the wagon using wood from Lancaster County covered bridges. That made the wagon even more valuable.

Jack's wagons are all over the United States. One of them sat on a bookshelf in the home of President Reagan. The Post Office designed a stamp from his wagons, but Jack informed them that it was wrong; *“The stamp has 16 spokes and is only supposed to have 12!”* The Post Office changed the stamp to make it correct!

If you want to see Jack's historic wagon, visit the Landis Valley Museum. Jack wanted his wagons to go to places where people would appreciate them as much as he and his wife Mary do. You will find both a full-sized Conestoga wagon and an exact replica, carved by our own, Jack Stumpf.



Financial Fitness

The financial fitness of Mennonite Home Communities depends on computer systems.

The Answers on Demand (AOD) system controls resident information, billing, medical charting, maintenance, therapy and lots more. AOD talks directly to the CareTracker screens in the nursing areas. Integration means fewer errors and less effort.

Caregivers use Caretracker to make easy and immediate input of services rendered. This allows more time for resident care. The Caretracker system has increased our reimbursements by \$25 per person, per day, as we can now record all services rendered.

Highly specialized computer systems handle the time clocks, door access, food charges, our phone systems, and the control of hot water, heat, air conditioning and electricity.

Eleven file servers and seven phone servers connect 130 computers, 240 users, and 500 phones through a redundant fiber optic network. Our in-house phone system saves residents and MHC tens of thousands of dollars per year. Dennis Bowden and Keith Hamilton maintain and support these systems.

Truly, without computers we would be sunk!



Don't Give up the Ship

The Ed Geisler Story

Six months ago, while visiting the State Museum, Ed noticed an important piece of early American history was missing. There was no mention of Commodore Perry's 1813 naval exploits against the British on Lake Erie.

The British were intent on gaining control of the Great Lakes. Commodore Perry defeated the British flotilla on September 10, 1813, regaining permanent control of the Great Lakes. Perry famously informed General Harrison, "We have met the enemy and they are ours." The small US Navy brig Niagara was key to that victory.

Ed found the original plans for Perry's flag ship Niagara. He contacted Rep. Katie True and she convinced the State Museum director to allow Ed to build the scale model. To verify historical accuracy, Ed visited the reconstructed Niagara at the dock in Erie, PA. Six months and 628 hours later, the last bit of rigging was in place. Now that is dedication!

We are all proud of Ed's accomplishment. He saw something that wasn't right and sacrificed his time and labor so future generations would know that Commodore Oliver Hazzard Perry fought for our freedom and won. Thanks Ed.

Mennonite Home Communities

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In Memoriam

Our Summer issue featured an article describing Minna Cohen's "transition" to Woodcrest Villa. Shortly after the issue was released, Minna passed away. We are grateful to have known this incredible woman with a quick smile and friendly wave hello. Minna was a kind woman with a big heart. She loved showing us photos of her family. Minna was especially proud of her daughters. We have lost a great friend and will miss her friendship.

Jennifer Walters, Marketing
Retirement Counselor

Betty Ann Smith,
Development Assistant



Filling Lives with Love

Many people think of September as the start of school or the beginning of Fall. At Mennonite Home, September is Assisted Living Month. "Filling Lives with Love" is the theme for Assisted Living month and the philosophy we share with our residents every day.

What are the benefits of Assisted Living? First and foremost, individuals keep their independence while receiving the care they require. Many residents administer their own medications, volunteer, and spend time out in the community. They receive laundry and cleaning services, three meals a day served family-style, medication administration (if needed), activities, day trips and 24-hour care.

Residents don't have the worry of scheduling Home Health Care one hour a day, Monday through Friday. Highly qualified nurses, med techs, and resident assistants provide care 24 hours a day, 7 days a week.

Assisted Living is just another step of our Continuum of Care. For Woodcrest Villa residents there are no waiting lists



and no application process. Simply call our Admissions Associate, Mindy Hash at 717.390.7979, and she will gladly assess your needs.

Mennonite Home is the largest Assisted Living Facility in Lancaster County, offering:

- Capacity for 195 residents at three levels of care
- Private and semi-private rooms, and spacious suites
- Care for residents with Dementia

Jay and Dorothy Mueller resided at Woodcrest Villa until three months ago. Jay and Dorothy stated, *"This was definitely a good move for us. We did not enjoy doing dishes, laundry, and other housekeeping chores. Now all this is done for us. The staff is very friendly, efficient, and wonderful to us."*