

SPRING 2012



SOARING

A Publication of Mennonite Home Communities



Woodcrest Villa

Lancaster, PA

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ALL ABOARD!

Downsizing Can Be A Moving Experience

FIGURING OUT WHAT STAYS AND WHAT GOES CAN BE AN EMOTIONAL AND CHALLENGING PROCESS. WITH YEARS OF ACCUMULATED POSSESSIONS, SORTING THROUGH IT ALL MAY SEEM LIKE AN INSURMOUNTABLE TASK!

You may also have concerns about the entire moving process—how will you possibly get everything from here to there? We understand those challenges and have some tips for making the process more manageable. We have also created a special “Welcome Home” program for new apartment residents.

As Dave Burkholder of Davcon Relocation Specialists shares, choosing what stays and what goes when you move to a new residence can seem overwhelming. Woodcrest Villa offers the complimentary Welcome Home moving program for those moving into apartments. Through this program, we help residents pay for and coordinate their move with Davcon.

Burkholder says that his team has been working with Woodcrest Villa residents for years and enjoys helping them go through the process of preparing for their move to Woodcrest Villa.

“All the people we have helped move into Woodcrest Villa/Mennonite Home Communities have told us they made the right decision,”

Dave said. “It feels good to be a part of that experience.”

He suggests that as they prepare to pack, they keep a few simple concepts in mind:

- Understanding the size and layout of the apartment they are moving into compared to size of current home
- Tagging or labeling items as to what should go where
- Starting the process of deciding what stays and what goes weeks in advance

“After the initial walk-through of their home is complete, we talk to the resident about what they want to take and advise them if we think they might have trouble fitting something in,” Dave says. “We also offer them alternatives such as talking to them about friends or relatives who might want a particular piece, donating items to charity or selling them at auction.”

“Deciding what will fit in their new residence can be tough,” Dave explains. “Many items have sentimental value and we are sensitive to people as they make those emotional decisions. As we walk through their home, we listen carefully to their concerns. We also try to reassure them that they are moving into a wonderful community, but we know it is still a difficult decision for many people to make.”

Another aspect of moving that some people express concern about is selling their home. A

On the Cover

Featured on the cover are Woodcrest Villa residents **Al Avery**, driver, and **Tom Granville** as they show off the new 34-passenger bus.





Woodcrest Villa resident **Phyllis Stone** experienced first-hand how Davcon Relocation Specialists can help make downsizing a stress-free transition.

well-staged home can sell more quickly and for a higher price, which means fewer concerns for the home seller.

According to Home & Garden TV's website, staging tips can range from something as simple as removing clutter to accentuate storage space to replacing old kitchen appliances with new ones.

While some people choose to stage their home on their own, others work with professionals who have experience and know what buyers are looking for when visiting different homes. They can walk into a residence and suggest tips to create stronger eye and curb appeal to allow potential buyers to view the home in an attractive fashion. Lancaster County is fortunate to have several local realtors and individuals who are gifted in this area. Talk to your realtor for suggestions about what you can do to best prepare your home for the market.

Woodcrest Villa residents who have benefitted from the service have nothing but praise for the movers, citing how helpful it was to have assistance for what can seem like a daunting prospect.

"Davcon did a fine job. Ed even did all of the packing and unpacking," said Phyllis Stone, a six-month Woodcrest Villa resident. "They helped me make my new apartment feel like home. I have everything I need and I love my carefree lifestyle!"

Seated are (left to right) **Lucy Eyster**, resident, and **Heidi Bennett**, Resident Services Coordinator. Standing are **Ed Brown**, Assistant Director of Maintenance; **Russ Groff**, Renovations Coordinator; and **Leslie Weik**, Housekeeper.

A Beautiful Renovation

Imagine 10 years of wonderful living at Woodcrest Villa have flown by and you receive a telephone call saying it is time for your 10-year renovation. You wonder, what does all this mean?

Meet Heidi Bennett, Resident Services Coordinator! Heidi wears many hats including staff liaison for 10-year renovations.

Heidi schedules an appointment and soon arrives with her rolling cart, stuffed to the gills with carpet and paint samples!

Heidi guides every step of the way from selecting new carpet to settling residents into a Woodcrest Villa apartment for three weeks while our Maintenance Team completes the transformation.

Our business partner, Davcon Relocation Services, comes in and facilitates moving your furniture. Heidi and housekeeper, Leslie Weik, assist each resident with packing up the incidentals for their brief stay and help them move right back in!

Residents tell us all the time – it was the easiest move in their lives!



TimeSlips™ Program

Taps Cherished Memories

Creativity, imagination, communication and good old-fashioned fun all happen when the residents of Goods Run get together once a week to participate in the TimeSlips™ program.

“TimeSlips” is a creative storytelling method developed for people with memory impairments such as Alzheimer’s disease. The residents form a semi-circle in the living room and begin to share about a picture. Sharing the TimeSlips way involves tapping into the creative self, reliving life’s experiences and transforming them into something new—a story.

Every participant plays an important role in writing the story. The story evolves from open-ended questions regarding the picture such as, “Where should we say this is?” or “What sounds do you hear in the picture?” Staff records residents’ responses to create the story. There are no right or wrong answers—anything goes!

After several sentences, the story is read aloud and then additional open-ended questions are asked about the picture. The group eventually decides on a good title for the story. One final reading, a round of applause, congratulations to all and the activity ends.

After the program, the stories are printed and read to other residents. All stories become part of our “Literary Club Notebook,” which is displayed in the living room for all to read and enjoy.

Creative expression is important for everyone, but even more so for individuals with memory impairment. It helps them to connect with others, which has a powerful impact on their quality of life!

Local television station WGAL TV8 featured the TimeSlips program in Goods Run recently. The video is a powerful way to experience the TimeSlips process and the caring staff who implement the program. You can view the video at www.mennonitehome.org.

From left **Jan Olenhouse**, Homemaker; **Tina Kirsten**, Staff Development Coordinator; residents **Ralph Ginder** and **Jane Shertzer**; and **Cora Kaylor**, Community Life Coordinator, review a TimeSlips story.





Resident **Tom O'Connor** (seated) and the book cart volunteers (from left to right) **Pat Smith, Wilma Beard, Carol Koons** and **Lucy Eyster** help residents find joy in reading.

Travelling Book Cart

Brings Reading to Residents



Many Mennonite Home residents love to read. They have favorite authors and topics. Picking up a book creates an instant friend, an antidote to boredom. Now our library is rolling to residents throughout Mennonite Home!

A newly activated book cart, pushed by Woodcrest Villa resident volunteers, Lucy Eyster, Pat Smith, Wilma Beard and community volunteer Carol Koons, travels throughout the households and neighborhoods of Mennonite Home. With 150 books, both hardcover and paperbacks, there is something for everyone, and new titles are added after each trip. There are detective stories, Christian fiction, biographies and romances. Several books are in large print making it easier for residents to read.

It is easy to locate an interesting book on the cart, but if a resident expresses an interest on a certain topic, the volunteer makes note of the request and puts it on the cart for the next visit. Residents can keep the books as long as needed. Some fast readers take three or four books to tide them over until the cart comes again. This cart is just part of the pleasure of reading at Mennonite Home.

These four special volunteers have noticed that sometimes offering a resident a choice of reading material, either a book or current magazine, is secondary to just having a pleasant conversation. By the end of the morning Wilma, Carol, Pat and Lucy go home with a glow in their hearts.

SOARING COMMITTEE MEMBERS:
Greg Pierce, Editor; **Connie Buckwalter**, **Nelson Kling**
Jennifer Murr, **Nan Rush**, **Betty Ann Smith**

Small Steps = Big Results!

The Mennonite Home Communities' (MHC) Wellness Committee hit the ground running in January 2011 with programs to engage staff in health, nutrition and well being awareness.

The committee's theme is "small steps = BIG RESULTS" and for their efforts they won the annual "Lighten Up Lancaster County 2012 Well Work Place Award." The Lighten Up Lancaster program promotes achieving a healthy weight. Only 26 companies met the stringent requirements for this award.

MHC benefits from a variety of programs and options for staff to be involved just as much as they would like. The team offers suggestions that can positively affect your overall health and makes programs accessible to employees who work various shifts.

The Wellness Team, comprised of employees from various departments, sponsored a Wellness Fair in May. This program offered booths/screenings for blood pressure, bone density screening, seated massage, diabetes and nutrition, stress management, Wii Fit, and office exercises. Over 100 staff members participated.

Their efforts continued with the 10,000 Steps Challenge. Providing pedometers to staff for tracking their miles walked each day encouraged healthy competition among the staff members. The team announced winners each week.

The team is excited to create a support system. "When you're healthier at work, you're healthier outside of work. It affects your whole life and affects your family too," commented Chris Caruthers.

Members in the dietary department get frequent questions and requests on recipes to make things healthier/more nutritious. Mary Ann Gordon assigns a point system to items in the Café, helpful information for the Weight Watchers participants. Vending machines also offer healthy snack options.

"Our biggest accomplishment was recognizing the need for change," explained Denise Paterson. "We had increased support as the year progressed. We hope that 2012 will continue the momentum with increased participation because the more you know about health, the better off you will be."

Seated, (left to right) **Kathy Hoffman** holding award, standing from left, **Denise Paterson, Mary Ann Gordon, Chris Caruthers, Denise Rossi** and **Priya Daye**.



Oh, the Places We'll Go!

Do you remember the children's song, "The Wheels On The Bus"? The first few lines say the wheels on the bus go 'round and 'round. Woodcrest Villa residents are delighted to have a new bus with wheels that go 'round and 'round, and take them all over town—and beyond.

In 1994, the Mennonite Home Women's Auxiliary donated a top of the line, 25-passenger Ford bus to Woodcrest Villa. For the next 17 years, that bus carried our residents to many destinations. Eventually, it started to show its age and we outgrew its size. In addition, the "poor old-gal" struggled to keep cool in the summer.

Last year, Nelson Kling, Woodcrest Villa President and CEO, led a staff team to explore the comfort, size and amenities required for the new bus. The Glavil Bus Company outside Philadelphia provided us with all of the needed features. It has cushion-top seats, retractable seatbelts on all seats, television screens to view videos, reading lights and more.

Our 34-passenger bus arrived in December 2011, but it was plain white. Cassel Signs added

Woodcrest Villa residents **Al Avery** and **Tom Granville** display the new Mennonite Home Communities 34-passenger bus complete with custom graphics.



the colors, words and logo to make our bus unique. The final outcome is our new Ford 34-passenger bus that exudes gorgeous colors and flair.

We are looking forward to taking the bus to destinations locally and perhaps as far away as Baltimore and Philadelphia. Residents are thrilled with the brand new Woodcrest Villa bus.

A New Chance to Help the Same Great Cause!

Mennonite Home Communities

17th Annual Golf Outing

THURSDAY, JULY 12, 2012

Royal Oaks Golf Club • Lebanon, PA

Last year we moved our annual Golf Outing to the Royal Oaks Golf Club in Lebanon. Everyone enjoyed the challenging course and the wonderful accommodations. Having the meal in an air-conditioned banquet hall was a much-appreciated final touch!

During April, we will email information to those who have golfed with us in the past and

mail forms to those who choose not to use email. Additionally, golfers can get more information, print directions to the course, see pictures, and even sign up to play at www.mennonitehome.org/golf or call Betty Ann Smith at 717.390.4105.

We had our first hole-in-one last year. Maybe YOU could get a hole-in-one this year!

Mennonite Home Communities

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If you would like to receive information about **Residential Living at Woodcrest Villa**, call Jane at 717.390.4103.

If you would like to receive information about **Personal Care or Health Care at Mennonite Home**, call MaryAnn at 717.390.7979.

If you wish to have your name removed from our mailing list, call Betty Ann at 717.390.4103.

Top 5 Reasons to Join Our Golf Outing in 2012...

- 1) Benefits the Benevolent Care Fund at Woodcrest Villa and Mennonite Home.
- 2) **Royal Oaks Golf Course** is one of *Golf Digests* Top 5 PA Public Courses.
- 3) Great times with good friends.
- 4) Awesome food with friendly volunteers.
- 5) Who doesn't love golf?

See page 7 for additional information.

"The dinner provided at the Mennonite Home Communities Golf Outing was
the Best I have ever Experienced
in my many years of participating in Golf outings. Our foursome agreed unanimously!"

RICK JACKSON,
Principal-In-Charge, Landscape Architecture
ELA Group