



SOARING

A Publication of Mennonite Home Communities



LIFE TRANSITIONS

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Options Galore!

Housing options! Care options! Living Choices! When? Where? How close? The list of options and questions is endless! Imagine retiring at 60 and all those questions come at you at once. Where do you begin?



Woodcrest Villa offers accommodations to meet just about every residential need, including one and two bedroom apartments and spacious villas.



Noted national senior living consultant, **Robert Snyder**, (pictured) founder of Stonetrust Partners, says it begins with choosing to live your life where and how you please. These are the ageless challenges we all face.

Mr. Snyder, in a recent article entitled, “Success in the Balance,” spoke of these ageless challenges: advances in the fields of microbiology, a new invention almost daily, and the continual improvement of healthcare. With folks living beyond life expectancies, how does one take advantage of these “unexplored life opportunities?” The book, “Ageless Marketing,” by David Wolfe, uses the metaphor of our changing life process as four seasons of life. With each season, regardless of age, we seek experiences and create our own “living stories.”

As you begin your retirement journey, many resources are available for your reading pleasure! Call your local American Association of Retired Persons office and ask for a free copy of “Exploring Life After 55 – a Housing and Resource Guide.” This annual working guide provides a jump start on exploring your retirement options. It’s part dictionary, loaded with worksheets and an all-encompassing guide to your retirement.

Mennonite Home is always ready to assist you with your journey. A professional staff is present at each campus of Mennonite Home Communities. Our care campus provides Assisted Living and Health Care services. Our residential campus at Woodcrest Villa provides apartment and villa residences of your choice. Visit our website at www.mennonitehome.org to review our many options.

Resident Mary Rolinc said it best, *“You will not find a more dedicated and sincere administration and staff; with a wonderful close-knit resident community — we are truly a family.”*

Come, learn and explore your options at Mennonite Home Communities! We cannot wait to meet you!



Mennonite Home, our Care Campus provides Therapy, Assisted Living and Health Care with a variety of living situations to best suit your needs.



Local Transition

“Woodcrest Villa is like living on a cruise ship... But there is no rocking!”

Ken Beard
Woodcrest Villa Resident

Ken and Wilma Beard faced an easy decision in selecting a retirement community. Ken’s mother, Margaret, moved to Woodcrest Villa in 1994, so they had visited our community many times. They knew the facilities, the residents, the staff

and the services they could expect. *“Mother had always been happy here and Woodcrest’s location is very convenient to our doctors, children and church,”* said Ken.



Wilma addresses the timing of their decision. *“We controlled the move decision to remove that responsibility from our children. We had experienced a family member suffering declining health and being passed among his children. Coming to Woodcrest is the best possible gift we could give our children, and they do appreciate that fact.”* Many friends were surprised that they moved in their early seventies, but now see the wisdom of their decision.

Ken wanted certain features in an apartment and the Marketing Retirement Counselor found just the right model and location. They love the space, layout, abundant sunlight, convenience and the commanding view from their spacious porch.

Ken recognized the unknowns. *“We lived in our house over 40 years. We never needed a real estate agent or a mover.”* The Retirement Counselor made good recommendations and helped the process along.

Selling their house proved to be quick and simple. In the first week after signing the real estate contract and placing photos on the Internet, they received several offers. Because the buyers wanted the house

quickly, Ken and Wilma enlisted the help of family members and began the downsizing process. Local charities and a friend in the process of building a cabin were undoubtedly grateful!

Ken and Wilma already had many friends living at Woodcrest. To their delight, many new friendships are actively growing. Ken observed, *“The halls are full of ‘Hellos.’”* From the first greeting of the Welcoming Committee to the support of staff members; everyone has been great.

Ken and Wilma now actively bring their former neighbors to dinner at Woodcrest. *“So many people just don’t realize how beautiful Woodcrest is and what a wise investment in this carefree lifestyle can mean. We were so tired of maintenance!”*

Woodcrest is excited to welcome another “second generation” family joining the good life!



New Woodcrest Villa residents **Ken and Wilma Beard** enjoy a glass of juice with **Gloria Miller** and **Heidi Bennett**, Resident Services Coordinator.

Easing the Transition

Let's be perfectly frank: it is not easy for people to leave their home and move to a retirement community. Yet peace of mind and a greater joy in life almost always result. Fortunately, Rocky Welkowitz and her firm, **Transitions Solutions for Seniors, LLC**, are available to help people complete this sometimes difficult transition.

Minna Cohen, a resident of Woodcrest Villa, reflected on the "mental and emotional roadblocks to moving." Minna had lived in her Blossom Hill home for 29 years and had lost her beloved husband, Aaron. When maintaining her home became too difficult, she chose Mennonite Home Communities.

Moving posed a new set of challenges; downsizing possessions, determining what to keep, give to family, sell, donate or simply throw away. Rocky Welkowitz is an expert in these issues, as well as preparing and selling a home. She has been a Realtor specializing in seniors for over 22 years. Minna reflects that Rocky provided a cleansing process, creating a bridge to her new life.

"People might consider moving out of their home before preparing it for sale so they avoid the stress of keeping things 'show perfect' until they move," Rocky advises. Bridge loans can provide a window of flexibility by allowing people to move at a slower pace before their home is sold.

During the weeks required to renovate Minna's Woodcrest apartment, Rocky's team planned, executed the move and disposed of "excess stuff." Rocky works with buyout people, auctioneers, and charities to find the best home for the various items.

Because Rocky's team is responsible for both the packing and unpacking, her clients arrive at their new home in complete move-in condition. Detailed floor plans, careful measurements, attention to detail, and lots of experience ensure a good fit in the new home. New residents are spared that feeling of "camping out."

Minna is relieved and delighted to be living at Woodcrest Villa, enjoying the visits of family, renewing old friendships and making new friends. She is building community and concludes "An emotional shock has turned into living a dream."

Woodcrest Villa resident **Minna Cohen** and **Rocky Welkowitz** enjoy a light moment.



Care Campus Transition

Therapy

Gloria Miller, a Woodcrest Villa resident, sings the praises of our therapy department! “They are an excellent team!” Following her discharge from a three-day hospital stay for a knee replacement, she came to the rehab unit in the Health Center. Jane Hooks provided physical therapy and Diane Coons provided occupational therapy for the crucial first phase of her recovery.



Woodcrest Villa resident **Gloria Miller** with Physical Therapist **Jane Hooks**.

Upon the return to her Woodcrest apartment, Mennonite Home staff arranged for Gentiva therapists to provide in-home therapy. After several weeks, Gloria was able to attend therapy sessions at Orthopedic Associates for a final six week period. These services completed her rehabilitation, providing a bridge to transition Gloria back to her independent life-style at Woodcrest. Gloria is glad that Mennonite Home started and coordinated her therapy services.

Assisted Living

Alma Kopp settled into her suite in Meadowvue Assisted Living in March of 2007. Previously she resided at Woodcrest for 13 years. Naturally, she had initial fears of making the move to an unfamiliar place and leaving her Woodcrest friends and surroundings.



Mennonite Home resident **Alma Kopp** with Admissions Associate **Mindy Hash**.

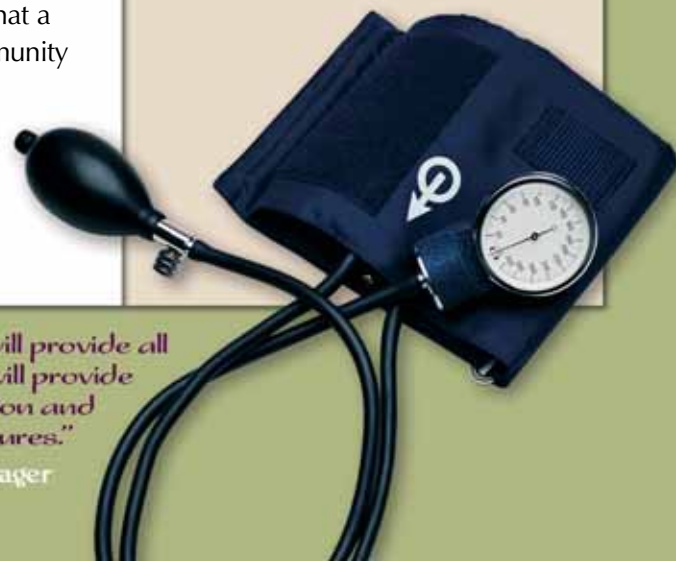
Alma realized she needed additional services and made the decision herself to come to Meadowvue. Alma states, “*I love my apartment!*” She has also formed a great friendship with a fellow neighbor. “*She helps me out with anything I need. There are also lots of my other Woodcrest neighbors now living at Meadowvue.*” What a great example of the community and fellowship that exists throughout Mennonite Home Communities!

Health Care

Do you ever find that change is difficult? Bob and Corrine Heisey faced difficulty when planning their transition to Health Care at Mennonite Home. The thought of downsizing from their apartment at Woodcrest to a single room was a bit overwhelming.

At Mennonite Home, some of their favorite things include: walking to the Main Street Café to enjoy their favorite flavors of ice cream cones, active participation in a swimming program, and the extra care of staff members who take time to walk with them in the spring gardens.

Unfortunately, Bob passed away in late May. He had planned carefully for his wife’s needs and helped her through the transition to the higher level of care that she requires. He was comforted to know that Corrine is well cared for in her new home.



“Therapy services are coming to Woodcrest Villa in July. We will provide all therapies in the home and in special equipment areas. This will provide continuity of service for residents and eliminate the frustration and expense of travel. Watch for full details coming soon in brochures.”

— Andrew Dubosky, MS OTR/L, Therapy Manager

Person Centered Care/ Renovations Update

March 24, 2008 went down as a red-letter day for Mennonite Home Communities. On that day, we occupied Goods Run, the first neighborhood dedicated and specifically designed for Person Centered Care.

What a transformation! Gone are the vestiges of a by-gone era. Beautiful high-tech lighting fixtures eliminate dim hallways. Rooms now

burst forth with earth-tone colors, creating a homey feeling. A new living room, dining and parlor area provide an open spacious feel that residents and families greatly enjoy. The kitchen features custom cabinets that look and feel like a residential space. The spa features state of the art bath fixtures, including towel warmers and other amenities.



“Mennonite Home does a wonderful job of employing only folks who really want to serve.”

**WIL & KAY MCGINNIS
WITH SYLVIA HEBERT**

Families, residents and staff greatly enjoy interacting in the open, sunny, attractively furnished living room. The comfortable furniture and colorful art create a very home-like atmosphere.

With Goods Run completed, Benchmark Construction is diligently renovating the top floor of Rosevue. Completion is scheduled for mid-September. The outside of the building is also undergoing a real transformation. A Visitor Entryway will direct friends and family to a new elevator. This will provide easy access to the different floors while removing traffic from resident areas, increasing resident privacy.

Restructuring the Harrisburg Pike face of

Mennonite Home with stone, stucco, peaked roof lines and the curved elements initiated during the recent Parkvue renovations softens the institutional appearance.

Another part of the Person Centered Care journey is renaming our three buildings. The Rosevue building changes to Conestoga, Parkvue to Susquehanna and Meadowvue to Juniata. As noted above, each floor receives a specific name. Goods Run will be followed by Wisslers Run, Anderson Run, Swarr Run, Trout Run and so forth. Residents, families and staff will appreciate the local flavor and identities of each household as the residents bond in their new homes.



Mel Thomas and Mim Cruz review Pastoral Care materials.

“One of the unexpected blessings I had when I came to work at Mennonite Home was the chance to get to know and work with Mel Thomas. His gentle nature made him a favorite of many of us when we needed to talk. I know Mel will be missed by residents and staff alike.”

DENNIS ERNEST,
Chaplain



Pastoral Transitions

“Mel is one of the warmest, caring, empathetic and unselfish individuals I have ever met.”

Our Pastoral Care Department is in a time of transition as Mel Thomas, retiring Director of Pastoral Care Services, begins a new chapter in his life and Mim Cruz steps up to a new challenge. Both are committed to ensuring good pastoral care to Mennonite Home and Woodcrest Villa residents.

Mim states, *“My ministry at MHC has been so enriched these past years by having Mel as a mentor and friend. Now, as he is preparing to leave, he is once more being very generous in passing on to me council that will make moving into my new role go smoothly. At the same time, he encourages me to feel free to do things in new ways as it seems fit.”*

A question not so easily answered for Mel is, “What will I do in retirement?” Mel is going to take his time adjusting

to his new routine and said it sounds like fun. He is going to give himself the freedom to not have each day planned and he is at peace with that approach.

As expected, Mel will continue to immerse himself in his work until his retirement day. He has many wonderful friends in every department from the Executive team all the way up to the laundry staff.

Someone once said Mel can talk to anyone about anything and seem interested; we all know why, it’s because he IS interested. Mel has a special gift of drawing people to himself. Dorcas Martzall, Chaplain, says it so well, *“Mel is one of the warmest, caring, empathetic and unselfish individuals I have ever met.”* Thank you, Mel, for leaving your imprint on all of us and remember, transitions are tough, be gentle on yourself.

Mennonite Home Communities

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Legacy Society Announced

LEG-a-CY

1. Law. a gift of property, esp. personal property, as money, by will; a bequest.
2. anything handed down from the past, as from an ancestor or predecessor.
3. the permanent expression of principles and values held dear.

Throughout our 105-year history, Mennonite Home Communities has enjoyed the support of thousands of generous donors. The organization and facilities we appreciate today represent an enduring legacy from those individuals.

OBJECTIVES: We are establishing a Legacy Society to recognize the generosity of our donors. Expressing the grateful appreciation of our community may encourage others.

Many of our friends face uncertainty concerning their lifetime financial requirements. A bequest from their Will is an ideal solution to the financial uncertainty.

QUALIFICATIONS: We will recognize both gifts during a donor's lifetime and estate gifts. Lifetime gifts include cash, stock, property, Charitable Gift Annuities and trusts. Estate gifts include bequests, insurance, IRA residuals, the residual value of a WCV apartment/villa, or bank/brokerage accounts designated "Payable on Death." A simple form documenting the intention of your Will suffices to verify your membership.

RECOGNITION LEVELS: Persons donating a minimum of \$10,000 qualify for inclusion in the

Legacy Society. Advanced recognition levels will reflect cumulative gifts of \$50,000, \$100,000, \$250,000, \$500,000 and one million dollars.

BANQUET: In the fall, the Charter members of the Legacy Society will gather for a banquet. The CEO, Board and special speakers will recognize our generous donors with a suitable permanent tribute. Donors may remain anonymous, if they chose.

Please call 717.390.4903 for a confidential discussion of creative ways to become a Charter Member or to check your eligibility.



Greg Pierce | Director of Development