

Bife

Tel Hai

The Magazine of Tel Hai Retirement Community

DELICIOUS
FALL
RECIPE!
P. 19

StoneCroft: *The* Big Splash



ENGAGEMENT.
ENRICHMENT.
ENTERTAINMENT.

THE
RIPPLE
EFFECT

A JOYFUL
CELEBRATION OF
RETIREMENT



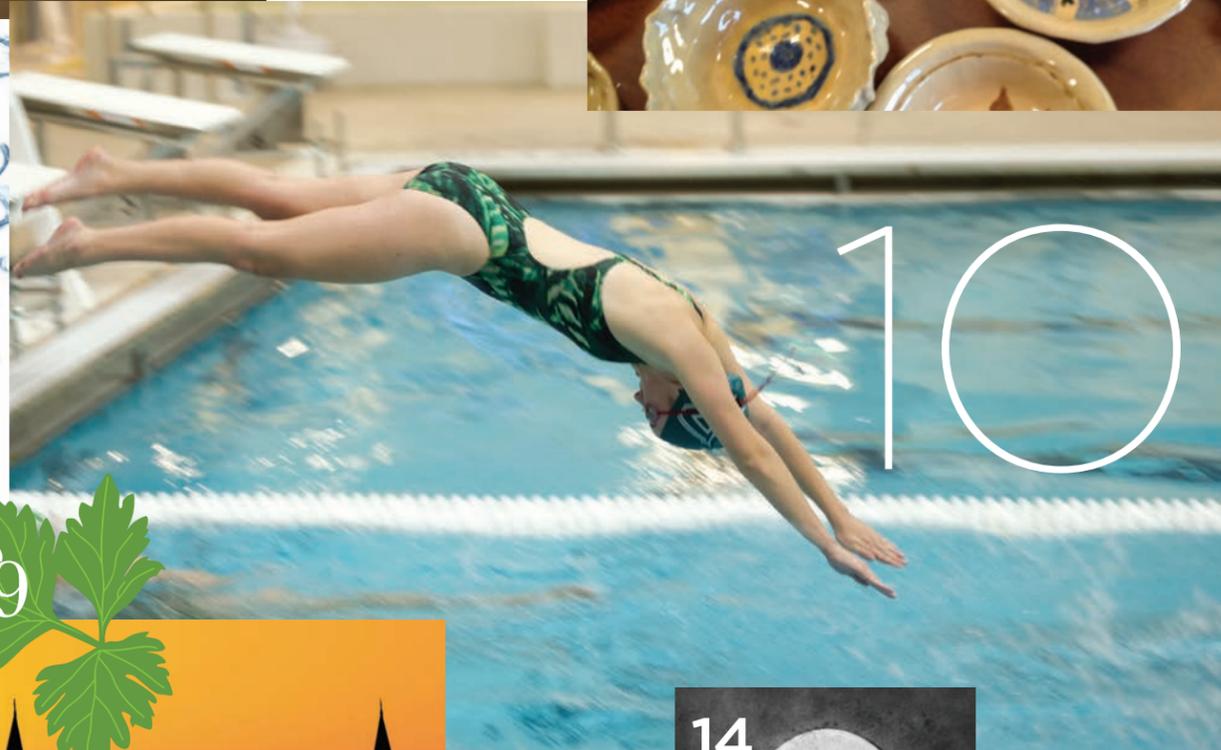
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Tel Hai Life Magazine
Fall 2015

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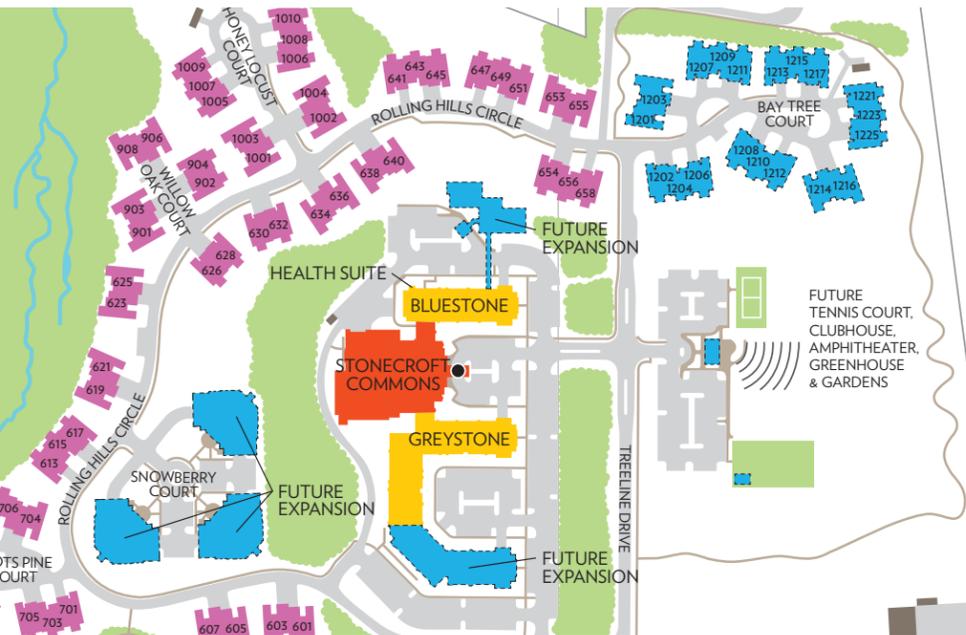
On the cover: Resident Elke Burke enjoys a swim in the StoneCroft Aquatics Center with Twin Valley Aquatic Club swim team member Rachael Wolgemuth. Photo by Jeremy Hess.

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StoneCroft: The Big Splash

Cathy Yoder, Vice President, Marketing



Welcome to ‘The Big Splash,’ an issue showcasing our newest addition to the Tel Hai family—StoneCroft! Tel Hai is making waves all over our community—and beyond!

After years of thoughtful planning and 18 months of construction, we’ve opened the doors to 105 beautiful apartments and StoneCroft Commons. It has quickly become a hub for enriching interactions, dynamic dining and engaging programming and activities.

Meet our residents, Alyce McEwen and Charles Hossack, who are just two of the very special 167 individuals who have chosen to call StoneCroft ‘home.’

StoneCroft isn’t just a building, but a structural reminder of our commitment to our values of integrity, compassion, trust, stewardship and community. StoneCroft has not only increased our capacity to expand our mission of providing high-quality care to residents, but it has increased our capacity to connect with neighbors.

From the Twin Valley Aquatic Club practicing in the StoneCroft Aquatics Center to a local resident rehabilitating from a hip replacement in the StoneCroft Health Suite, we’re developing and strengthening our community connections to enhance the lives of those around us. The ripple effect is far from over. Tel Hai is still making waves as our

expansion effort continues with Phase 4 of our campus master plan.

We have successfully completed the planning and presales of 19 additional Woods Edge cottages, which are located on Bay Tree Court. For Bill and Loretta Englerth—who you’ll meet on page 6—cottage-style living was the perfect pairing for their needs, lifestyle and interests.

We’re currently finalizing plans for Brownstone, the final wing of StoneCroft, which will add 43 apartments with 9 different floor plans—all with absolutely incredible views. The final details of the building design are in the early stages. We have started an ‘Interested Persons List’ if you are seriously considering a move to Brownstone and would like to be updated on the progress. Talk to us today about joining this list.

I hope you’ll explore this issue and learn more about the new faces, spaces and places on our campus. So jump in, join us, and discover ‘Life on the Hill!’

Above: Campus map detail showing the future addition of 19 new Woods Edge cottages on Bay Tree Court as well as StoneCroft’s new wing, Brownstone, now in the final planning stages.

Engagement. Enrichment. Entertainment.

A continuing care retirement community like Tel Hai affords you the opportunity to experience life to the fullest, all under one roof. With the opening of StoneCroft, residents, family, friends and future residents are already exploring the advantages to life at Tel Hai. Will you join them?



HERE’S JUST A SAMPLING OF OUR NEWEST AMENITIES, MANY OF WHICH WERE ON A ‘WISH LIST’ SINCE OUR COMMUNITY HAS GROWN OVER THE LAST SEVERAL YEARS. AND NOW, THE WAIT IS OVER.

THE FIRESIDE CERAMIC CENTER

Fine arts at Tel Hai are on fire in the Fireside Ceramic Center! Whether it’s open studio time for seasoned artists or a community-benefit ceramics class, this center has 480 sq. ft. of space dedicated to ceramic arts.

This fall, Tel Hai joined with the Twin Valley Rotary to create 50 ceramic bowls for Empty Bowls, an international grassroots organization that raises money and awareness to combat hunger. Residents and staff created colorful and inspirational bowls, which were then donated. Attendees at a community soup and bread meal, hosted by Conestoga Mennonite Church, gave a freewill donation to use and keep the bowl as a reminder of those experiencing hunger and poverty.





Jeremy Hess

THE ART OF EVERYTHING

The Art of Everything is home to, well, everything! In just the last few months, we've hosted art classes covering many mediums from oil to watercolor.

John Esworthy, a multitalented local artist from Christiana, completed another five-week session on oil painting. John has been offering art classes at Tel Hai since the late 1990s, and we are pleased to host him in this new creative suite.

Chiquita Paints, an art class instructed by Jaelyn Schneider, reinvents the traditional art class for people of all ages. From the avid painter to the doodler, this class provided attendees with both the materials and instructions needed to complete their own piece of art. Residents have even enjoyed classes with their grandchildren. What fun!

Loretta Englerth, a professional Chester County watercolorist, who you will meet on page 6, recently completed an eight-week session on the world of watercolor painting, designed for artists of all skill levels. Providing one-on-one support to technique demonstrations, Loretta's instruction style has led to a 'packed house,' with many students vowing to sign up for future classes.



THE CLARK GALLERY

Located adjacent to The Art of Everything and The Fireside Ceramic Center, it's hard to visit StoneCroft and not find a resident or visitor strolling through The Clark Gallery.

Showcasing both professional and resident artwork, The Clark Gallery displays a collection of art on a three-month rotating schedule. Beginning in June, the gallery hosted a display of 13 resident art pieces in mediums including graphite pencil, oil, watercolor and acrylic.

In August, Tel Hai welcomed Loretta Englerth, who displayed a collection of ten beautiful watercolor paintings. Many pieces included scenes from Chester County like the Embreeville Mill and the Cheshire Hunt Club.

Connect with Tel Hai online at www.telhai.org/gallery to see our featured artist and upcoming display schedules.

THE STONECROFT HEALTH SUITE

Expanding existing rehabilitation and therapy services into this new 1,800-sq.-ft. space "allows us to serve both residents and individuals from the greater community with an increased capacity on new, state-of-the-art equipment," stated Chris Fritzen, Director of Therapy Services.

The technologically advanced suite is designed to cater to clients with a variety of health and privacy related concerns. Tel Hai's on-staff occupational, speech and physical therapists can now provide services in new private treatment rooms.

Additionally, they are equipped to handle most rehabilitative needs including a post-surgical or fall recovery scenario. This includes a home-like ADL bathroom for practicing safe tub and shower transfers, which simulates a home environment.

With hours by appointment Monday through Saturday, why not rehabilitate at Tel Hai? From advanced arthritis pain to cognitive loss, inquire today for an outpatient assessment and learn how our therapists can help you achieve your wellness goals.



Jeremy Hess



1956

2016

*Celebrate the Past | Embrace the Future
Our Diamond Jubilee*

*It's never too early—
or too late—to start
your journey at Tel Hai.
We're turning 60 in
2016, so join us for
a momentous year with
fun and fellowship!*

**60th ANNIVERSARY
CELEBRATION
WORSHIP SERVICE**

**Sunday, January 31, 2016, 2:30 pm
StoneCroft Center for Worship
& Performing Arts**

Join us for a multimedia worship service with choral music as we 'Embrace the Future' of Tel Hai, followed by a dessert reception.

Don't miss this event!

*Preview events, RSVP and much more by
visiting us online at www.telhai.org/60*

A Joyful Celebration of Retirement.

Bill and Loretta Englerth



Left: Bill and Loretta Englerth at the site of their future Woods Edge cottage home, scheduled for completion in Spring 2016.

Jeremy Hess

FOR BILL AND LORETTA ENGLERTH, TEL HAI'S NEW WOODS EDGE COTTAGES—OPENING IN SPRING 2016—IS THE PERFECT PLACE AT THE PERFECT TIME.

As a professional watercolorist, Loretta has an extensive history with Tel Hai. Loretta's mother was a cook in the early days of the 'rest home,' and her sister Debbie was an LPN in the 1970s. Born and raised in West Brandywine Township, Loretta recalls, "My brothers and sisters and I used to ride our bicycles to Tel Hai and the camp."

Loretta's parents, Evelyn and Wilbert, also moved to Tel Hai knowing and understanding the benefits of a continuing care retirement community. Passing in 2012 and 2013

respectively, Loretta commented, "I know my parents enjoyed their time here. When I visit now, I still see many of the same staff that cared for my parents, and you can tell they enjoy their jobs."

For Bill, his mother also received care at Tel Hai, in the Meadows Health Care Center. "I saw the care and support my mother received and it was overwhelming. Our family made a great choice for my mother's care."

Teaching art classes at Tel Hai for more than 15 years, "God has

blessed me with this talent, and for me, it's about sharing it," said Loretta.

Instructing residents, guests and friends of the community, Loretta's classes are often 'sold out,' as she assists artists of all skill levels from beginners to seasoned watercolorists. "It's not about competition or money, it's about the inspiration of my artwork and when I'm teaching—it's the best two hours of my week. It makes me feel good."

When exploring residential living options, the natural fit for the Englerths was choosing Tel Hai. "We weren't ready for apartment-style living. We knew we wanted a cottage where we could go outside and tend to our flowers," commented Bill.

Preparing to move from their 5-bedroom, 2,600-sq.-ft. house in Coatesville that they've lived in for more than 30 years while raising two children, there are some things the Englerths are ready to leave behind.

"We can't keep up with all the landscaping, the weeding, and the yard work. There are too many things I'd rather do than put down 7 (cubic) yards of mulch. I can still garden and enjoy flowers at our cottage, but with a lot less work," shared Bill.

Selecting the 1,890-sq.-ft. Chester model, Bill added, "We knew we also needed a basement. We have specific plans for the space, including a workshop and woodworking space, extra storage, and a studio for Loretta."

"For my studio, I'm looking forward to the increased space and natural light from the window. It's going to be organized and provide me with plenty of room for both my artwork and my sewing projects," stated Loretta.

The Chester model showcases the best that cottage style living offers, including vaulted ceilings, crown molding, a gas fireplace, a custom kitchen with island, a two-car garage and a four-seasons room.

"We plan for the four-seasons room to be our family room. We really aren't losing anything that we currently have in our Coatesville home. We're going from 5 bedrooms down to 2, but our living spaces are the same. That's where we spend our time together and as a family," shared Bill.

"There isn't a single piece of furniture that we're getting rid of that we don't want to take because it won't fit. It will all fit in just fine, including the full leaf in our dining room table," shared Loretta.

Retiring in 2005 as vice president of PNC Bank after 40 years of service, Bill currently works part-time at the Coatesville Veterans Affairs Medical Hospital as a patient funds clerk. "I'm planning to retire again when we move to Tel Hai in 2016, but not stop working. I'm ready to do something I've never done, like be a shuttle bus driver! I've always wanted to do that!" commented Bill. Establishing community connections before they move has been a positive

experience for the Englerths, who recently attended a Tel Hai Concert Series event. Bill shared, "The residents have gotten to know us. They welcome you and call you by name. We see old co-workers, neighbors, and parents of our children's friends."

Looking forward to moving in 2016, Bill commented, "Tel Hai is much different than an adult community. Here, it's about meeting people and having meaningful interactions. It's not just retirement, but a joyful celebration of retirement."



Jeremy Hess

Above: Professional watercolorist Loretta Englerth is shown with two of her works showcased in StoneCraft's new Clark Gallery.

My Slice of Heaven.

Mrs. Alyce McEwen, StoneCroft's *Bluestone*



Jeremy Heiss

"THIS IS THE HILL OF LIFE. IT REALLY IS! I HAVEN'T MET ANYONE THAT ISN'T HAPPY HERE," COMMENTED ALYCE MCEWEN, ONE OF STONECROFT'S NEWEST RESIDENTS.

Alyce would know. With a well-steeped personal history with Tel Hai, Alyce would visit friends on the campus, bring her children to snow ski at Honey Brook Hill off Beaver Dam Road, and saw the community grow throughout the years.

Beginning in 2013, Alyce began utilizing Tel Hai's Adult Day Services 2 days a week for her husband Jack. As his advanced dementia progressed, he moved to the Meadows Health Care Center, and Alyce was right by his side for daily visits and companionship.

"We were married for 61 years. We had an amazing life together,"

stated Alyce, which led to 4 beloved children, 5 grandchildren and 7 great-grandchildren. "We planned to move to Tel Hai and live in a cottage."

When hearing of the advantages of apartment-style living, aging in place, and the 'all under one roof' concept, Alyce knew that Bluestone would become 'home.' "I have the best view in the house. This place is perfect for me. It's big enough, but not too big, and I love sitting on my porch and watching the activity," she added.

As a supervisor for the Conestoga Telephone Company, "Jack was a hard worker, a creative and inventive guy. But... he was also a pack rat!

He could fix anything and he gave that gift to his children," said Alyce, a former bank manager.

With more than an acre of land, her early 1900s farmhouse in Elverson became too burdensome between maintenance, repairs, and yardwork. Their home since 1963, Jack and Alyce could see "clear to New Holland" with their amazing views of the country.

Preparing for her move to Tel Hai prior to Jack's death in June of 2015, "I had to right-size, not downsize. I got rid of things I didn't need. And you know what? I don't even miss them."

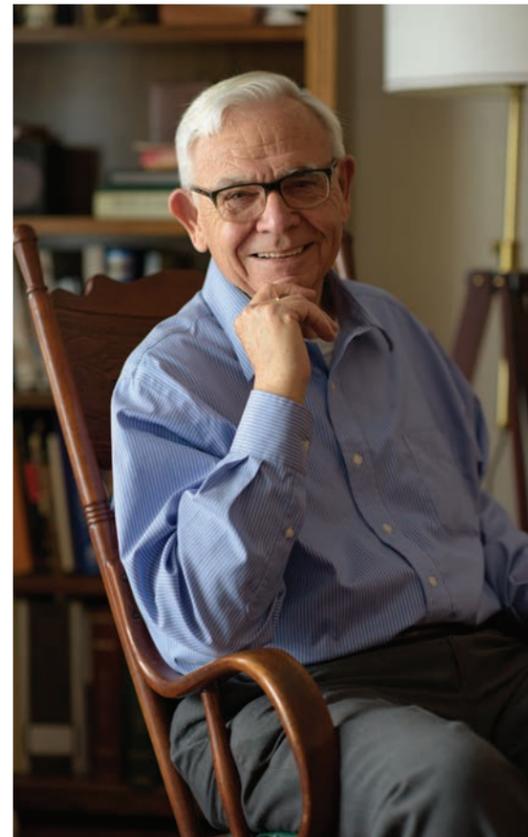
Moving to Bluestone during the summer, Alyce's next chapter in life just began. She looks forward to her morning walks, cooking in her beautiful custom kitchen, enjoying puzzles in the Book Nook with new friends, and volunteering by visiting residents in the Meadows.

Reflecting on her first few months at the community, Alyce shared "It's the spirituality of the people here. It's a special place. The first week I was here, I stepped out onto my porch and it was pouring down rain. When I looked to the north to the other side of the mountain, the sun was shining. When I looked to east, there was a rainbow. That's when I knew—this was my slice of heaven."

Above: Mrs. Alyce McEwen looks out on the balcony of her new Bluestone apartment home at StoneCroft.

No Hesitations.

Mr. Charles Hossack, StoneCroft's *Greystone*



Jeremy Heiss

FOR CHARLES HOSSACK, HIS ROLE AS A CAREGIVER TO HIS WIFE, PARENTS, AND IN-LAWS PLAYED A DEFINING PART IN HIS JOURNEY TO TEL HAI.

Married for 57 years, Charles, his late wife Claire, and three of what would become five children, moved into the West Brandywine Township home they had built in 1965. They raised 2 daughters and 3 sons there, and it included an in-law suite for Claire's aging parents.

"Claire was an avid animal lover and foxhunter. It rubbed off. Both daughters work for local veterinarians," stated Charles.

Claire's parents lived with the Hossacks for more than 10 years, before Claire's mother required nursing care at Hickory House, where Claire took a job as a nurse's aide "to be near mom." She also cared for her father at home when his health failed.

A Philadelphian and Temple grad, Charles retired after 35 years at Lukens Steel Company in 1996 as vice president of government relations, and again in 2006 as policy director for the late State Senator Bob Thompson.

"Having been a caregiver, Claire early on insisted we take out long-term care insurance. We did not want our kids to have to worry about our care. More recently, we started thinking about options and spoke to former neighbors who lived at Tel Hai as well as others who had family or friends here. The comments were all positive, often glowing," commented Charles.

Five years after her first cancer operation, Claire learned that it has metastasized in her lungs. During that period, she showed signs of memory loss, which advanced significantly after the operation.

"I became her caregiver and I assisted her with almost everything. I heard about the Adult Day Services Center at Tel Hai and I thought that would be helpful for Claire. She would be safe and I could run errands," shared Charles.

As Claire's health declined, she experienced a short hospital with a placement to the Meadows Health Care Center. She was a resident for three months prior to her passing in July 2014. "I wish we would have moved here ten years ago. Claire would have enjoyed it," he said.

Attending a picnic here for incoming residents, Charles commented, "I didn't think I'd know anyone. There were 7 people at our table and I knew 5 of them."

As a carver of wooden song birds, Charles has already enjoyed the benefits of the Tel Hai lifestyle, from concert series performances to trip committee outings. "This is a wonderful place, and I'm glad I'm here. I have no regrets and no hesitations."

Above: Mr. Charles Hossack in his new Greystone apartment home at StoneCroft.

THE RIPPLE EFFECT

The STONECROFT AQUATICS CENTER

TEL HAI'S NEW STONECROFT AQUATICS CENTER HAS CAUSED A RIPPLE EFFECT INSIDE—AND OUTSIDE—THE COMMUNITY. THE CENTER IS THRIVING BY STRENGTHENING PARTNERSHIPS, EXPANDING PROGRAMS, DEVELOPING SWIMMERS, AND EXTENDING OUR REACH.

The new 8,500-sq.-ft. aquatics center includes a six-lane, 25-yard Olympic-sized competition pool, thermal spa, locker rooms and first- and second-floor spectator seating. Flooded with natural light, the dynamic space has already become home to laughter, splashing and enriching intergenerational connections.

"I'm delighted by the feeling of seemingly swimming outdoors and into the sunlight. The patterns of light reflecting on the bottom of the pool are enchanting. The beauty of the pool helps motivate me to make time for swimming," commented resident Judy LaDrew.

Aimed to adequately provide for our growing residential population by enhancing current programming, therapy capabilities and social interaction for residents, Tel Hai also recognized the opportunity to utilize the pool to its greatest potential.

Strengthening Partnerships

Formed in 2009, the Twin Valley Aquatic Club (TVAC) operates as a non-profit arm of the Morgantown Athletic Association. Competing in their first high school season during 2010-2011, the TVAC never had the capability to expand their programs, clinics, or host a home swim meet.



"Before we partnered with Tel Hai, we had to limit the number of kids in the TVAC program to ages 9 and up. We now have the capability to pair our club growth with Tel Hai's robust swimming lessons program in a larger pool with more swim time," commented Rob Wolgemuth, TVAC President and swimming parent.

Receiving no direct financial support from the Twin Valley School District,

the club self-fundraises to provide youth swim programs and administer the high school team for Twin Valley. "Ultimately, it's the goal of the club to provide an opportunity to use the swimming lessons program as a feeder for our club and the high school team. We want to give kids the chance to go as far as they want go, whether that's swimming in high school, or even college," added Rob.

"Everyone loves the StoneCroft Aquatics Center and the kids are so excited to swim here. They look forward to the opportunity to host meets this winter, and are excited to engage with the residents. Tel Hai has been a wonderful organization to work with, and we are eager to continue this relationship," stated Rob.

In the future, resident volunteers can fill vital roles to contribute to the success of a swim meet, including timing officials, hospitality hosts and meet marshals.

"I'm the most excited about the intergenerational interactions that are taking place here. It's talking to the residents after a water volleyball game, caroling at the holidays and getting the kids involved through life-enriching interactions," commented Brian Emerich, head swim coach for Twin Valley High School and TVAC.



Brian Emerich,
Head Swim Coach,
Twin Valley High
School and Twin Valley
Aquatic Club

“IT’S NOT JUST ABOUT SWIMMING PRACTICE AND MEETS. IT’S WHAT GOES ON OUTSIDE THE POOL THAT REALLY COUNTS.”

—Brian Emerich

Expanding Programming

“With the opening of the StoneCroft Aquatics Center, we now have the capability of extending our programming to include classes such as *Deep Water*, *AquaTone*, and *AquaArthritis*,” commented Jenne Schroeder, Tel Hai’s Aquatic Supervisor. With the pool temperature set at 86 to 88 degrees, the warm-water benefits include increased metabolic rate, heart rate, circulation and respiratory rate.

Deep Water is a non-weight-bearing aquatic fitness class that combines the use of buoyancy belts and resistance weights and gloves. Physical benefits include increased cardiovascular fitness, muscular endurance, core and balance strengthening. Participants combine cardiovascular work, deep-water running, jogging, and bicycling movements.

“For many of our residents, it’s a great way to maintain and sustain their current wellness levels.

There is no impact on their joints, so even if they are recovering from a fall, injury or recent surgery, they benefit from the exercises,” commented Jenne. Plus, “It’s socialization and a lot of fun!”

AquaTone is a minimal-impact cardio aquatic fitness class featuring the use of resistance equipment to strengthen muscles, increase endurance and balance, and tone and condition the body. Set to music, this energizing class also features exercises that can be modified for attendees’ abilities such as hip and joint replacements.

AquaArthritis is an Arthritis Foundation aquatic program geared for individuals whose lives are impacted by arthritis or joint pain such as fibromyalgia, rheumatoid arthritis or osteoarthritis. The class aims to increase joint range of motion, build muscle strength and help reduce pain and stiffness.

“We have residents that benefit greatly by just this class. It allows

them to get moving, with the goal of keeping them moving throughout the day,” shared Jenne.

Developing Swimmers

From ‘jellyfish’ to ‘seahorses,’ the StoneCroft Aquatics Center is often filled with more than just senior swimmers. Offering swimming lessons throughout the year, the center is now hosting 4 levels of swim instruction in 8-week sessions for children 3 years and older.

The Jellyfish class is designed for beginner-level swimmers, where water safety, pool safety and an introduction to swimming are provided. For the Goldfish class, children learn the basics of kicks and scoops. At the Seahorse class, instruction focuses on the use of basic rhythmic breathing and the fundamentals of strokes, technique and endurance. Finally, the Barracuda class places emphasis on technique and stroke mechanics, and children are well on their way to joining the swim team.



Lessons at Tel Hai aren’t just limited to our littlest of swimmers. Private lessons, which started in October, can assist residents who are fearful of the water, those wanting stroke improvement techniques, or who would like to review the fundamentals of swimming.

“It’s a wonderful opportunity to enjoy swimming. We offer private lessons one-on-one, or in small groups of 2 to 3 people if preferred,” added Jenne. From suggested workout plans to stroke variation techniques for swimmers suffering from joint limitations, “We’re here to help!”

Extending Our Reach

In October, the StoneCroft Aquatics Center opened its lanes by debuting a community membership program. In addition to Tel Hai residents and staff, individuals like future residents, Honey Brook neighbors, and even children and grandchildren of Tel Hai residents can now enjoy



this wonderful campus amenity. Pool memberships include use of the pool, spa, and locker rooms during open pool hours. Memberships are available on a quarterly basis and can be purchased for an individual, couple or family. Additionally, interested swimmers can also purchase a 10-visit punch card or a daily visit pass to access the pool for lap swimming or leisure swimming.

The StoneCroft Aquatics Center has also become a fun and vibrant location for pool parties. Parties include one hour of pool time and one hour in a dedicated party room where Dining Nutrition Services can offer food and beverage service for an additional fee.

Above: Residents enjoy a game of water volleyball in the new StoneCroft Aquatic Center. Left: Children and young adults participate in swim instruction clinics.

Plan to join us for these fascinating events, including educational lectures, entertaining concerts and dynamic worship opportunities. Visit us online at www.telhai.org/connect and click on the *Upcoming Events* tab for additional programming highlights. Life at Tel Hai is enriching and rewarding!

COME *to Life*

CALENDAR of EVENTS FALL 2015



Holiday Bazaar
Thursday, December 3,
9 am – 2 pm
Chapel

Get a head start on your holiday shopping by attending our Holiday Bazaar! Local artisans, crafters and small-business owners share handcrafted items such as framed photography, jewelry, candles, hand-woven items, small antiques, skin care products and a variety of one-of-a-kind pottery.



Pearl Harbor Retrospective
Monday, December 7, 1 pm
StoneCroft Center for
Worship & Performing Arts

The Life Enrichment Committee presents a Pearl Harbor Retrospective with Ross Kershey, former Coatesville Area Senior High School history teacher and local historian. Join us as we learn more about this impactful 1941 attack and the sacrifice of our Veterans.



Golda Meir

Golda Meir-True Grit
Thursday, November 19,
1 pm
StoneCroft Center for
Worship & Performing Arts

The Life Enrichment Committee presents author and national speaker Ann Atkins on her latest biography, *Golda Meir-True Grit*. The tale of Meir—one of the pioneers of the state of Israel and one of its prime ministers—includes reflections of her Zionist dream of a nation where Jews could be free of prejudice and oppression.

Nutrition Through the Holidays
Monday, November 23,
1 pm
StoneCroft Center for
Worship & Performing Arts

The Life Enrichment Committee presents Tel Hai Registered Dietician Sybil Oswald, who will discuss 'Nutrition Through the Holidays.' With temptations around us, learn techniques for choosing healthier meals during this holiday season.



Sybil Oswald

Thanksgiving Worship Services
Wednesday, November 25,
10:30 am and 7 pm
Chapel/StoneCroft
Center for Worship &
Performing Arts

Join us in worship at our yearly Thanksgiving Eve Service at 10:30 am in the Auditorium/Chapel or at 7 pm in the StoneCroft Center for Worship & Performing Arts. Our non-denominational services welcome individuals of all faiths.

The Brandywine Singers

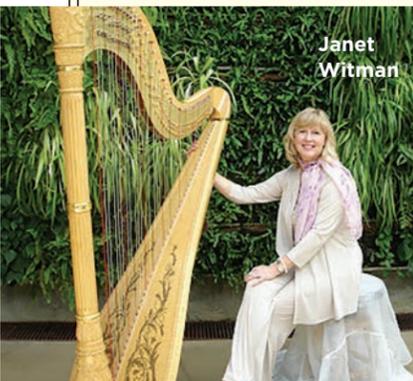
The Brandywine Singers: A Tel Hai Concert Series Event
Monday, December 7,
7:30 pm
StoneCroft Center for
Worship & Performing Arts

Celebrating their 22nd concert season and the eleventh under the direction of Jonathan Kreamer, the premier Chester County ensemble will present a winter selection of sacred and secular songs. The group's repertoire includes Handel's *Messiah*, Vivaldi's *Gloria*, Daniel Pinkham's *Christmas Cantata* and Britten's *Ceremony of Carols*.

featuring Christmas music by nationally acclaimed harpist Janet Witman. The event is a visual and musical journey into the astronomical wonder that occurred in the night sky over Bethlehem during the time of Christ. The light show, stunning astrophotography, and musical arrangement are unique, beautiful and inspiring for all ages.

The Lukens Band
Friday, December 18,
7:30 pm
StoneCroft Center for
Worship & Performing Arts

Dating back to its origins in 1911, the Lukens Concert Band promotes the musical heritage of our nation with harmonious melodies for people of all ages. From marches to Broadway hits, along with instrumental and vocal solos, popular standards include *Guadalcanal*, *O' Man River*, and *Thunder and Blazes Polka*.



Janet Witman

Astral Harp: The Star of Bethlehem
Monday, December 14,
7 pm
StoneCroft Center for
Worship & Performing Arts

The Life Enrichment Committee presents a fascinating multimedia program by Astral Harp called *The Star of Bethlehem*,



The Lukens Band

Christmas Eve Worship Services
Thursday, December 24,
10:30 am and 3 pm
StoneCroft Center for
Worship & Performing Arts

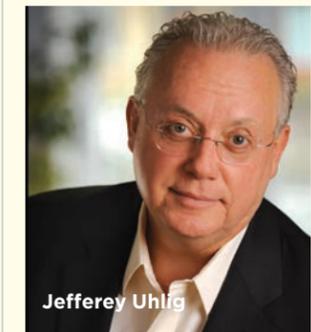
Join us in worship at our yearly Christmas Eve Service at 10:30 am in the Auditorium/Chapel or at 3 pm in the StoneCroft Center for Worship & Performing Arts. Thorndale United Methodist Church will lead this worship service, and individuals of all faiths are welcome.



Survey of the Middle East
January 4, 11, 18 and 25,
1 pm
StoneCroft Center for
Worship & Performing Arts

The Life Enrichment Committee presents local scholar Dr. Tom Ellis, who will lead a four-week, interactive lecture series emphasizing the historical, economic and diplomatic impact of the Middle East. Fee charged.

Pianist Jeffery Uhlig and Flutist Edward Shultz: A Tel Hai Concert Series Event
Saturday, January 9,
7:30 pm
StoneCroft Center for
Worship & Performing Arts



Jeffery Uhlig

Uhlig returns to Tel Hai with Shultz for a captivating, intimate evening of music. A regular performer with members from the Philadelphia Orchestra, Uhlig is an in-demand chamber music player, vocal coach and accompanist.

Elder Law and Estate Planning
Monday, February 1, 1 pm
StoneCroft Center for
Worship & Performing Arts

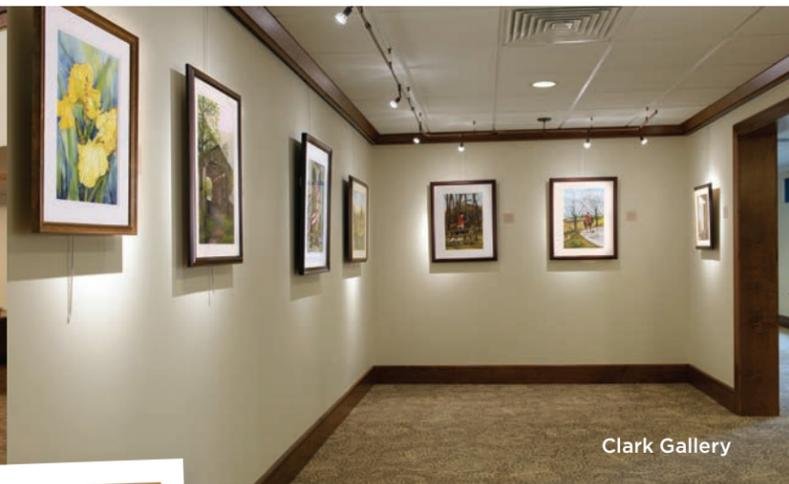
The Life Enrichment Committee presents Jim Ruggiero of Ruggiero Law Offices LLC for a presentation on elder law, estate planning and estate administration. Learn what you need to do to protect yourself and your loved ones through advanced planning.

Expanding Home-Serving More The Campaign for StoneCroft Commons Continues

Today, we see the open doors of StoneCroft and reflect on the success of the Expanding Home-Serving More capital campaign. Although there is splashing in the pool and the smell of tomato soup from the Stone Hearth Grille wafting in the air, there is more to be done.



Wohlsen Lobby



Clark Gallery



Scalies Private Dining Room



Our plans to create new spaces for community gatherings, worship experiences, and enriching interactions—as part of the fundraising initiative for StoneCroft Commons—have blazed a trail of enthusiasm and support across our campus and local community.

Filled with thoughtful planning and humbling generosity, the past two years have been an expansion of the vision of two local churches 60 years ago. A ministry that began in the 1950s as a “rest home” has extended well beyond a mission to serve the residents of Tel Hai, to serving our neighbors and the regional community.

We are truly grateful and deeply appreciative of the many generous donors who have demonstrated their commitment to our mission by helping us to exceed our minimum campaign goal of \$1 million.

To date, we have received a total of \$1.13 million in gifts to our most advantageous fundraising initiative in the history of Tel Hai. All funds raised as part of this campaign significantly reduce the amount of long-term debt of the building’s construction.

The success of this campaign is a tribute to a rich heritage of philanthropy at Tel Hai and exemplifies the culture of giving that resonates

deeply with residents, their families, local business partners and staff.

As *The Expanding Home-Serving More* capital campaign nears conclusion on December 31, 2015, we are optimistic for a strong finish. We have achieved an important milestone in the expansion of Tel Hai and are thrilled to share this vital and vibrant space with our current residents, future residents, and members of the greater community.

Opposite: StoneCroft’s dedication service. Top: Mr. Reid Heeren contributes a stone toward the building of a Cairn during the dedication service. A Cairn is a stack of stones used to mark a trail or an important moment in time.



Jeremy Hess

Thank You

The following major gift donors made generous financial commitments to the success of *The Expanding Home-Serving More* capital campaign. Opportunities are still available for you to join us! For gifts of \$1,000 or more, donors receive one commemorative stone paver that can be inscribed with a personal message and will be installed on The Terrace outside StoneCroft Commons.

- Ben and Janet Louise Beiler
- Joanne B. Belson
- Dan and Mimsie Brookes
- Mr. and Mrs. Douglas W. Brubaker
- Eleanor D. Chworowsky Clark Inc.
- William F. Foxx, M.D. and Patricia W. Foxx
- Marian H. Frieze
- Wilbert Gaul
- Jim and Joan Goshow
- Bruce and Linda Hartshorne
- Gretchen Hassenplug HealthFirst
- Reid and Beverly Heeren
- Robert and Judith Hoffman
- Honey Brook Pharmacy
- Paul and Dorothy King
- Norma K. Mansur
- Gary and Terry McEwen
- Dr. and Mrs. Joseph L. McGraw
- Frieda S. Mecray
- Stanley Melton
- Gerard and Rhoda Nissley
- The Christian U. Stoltzfus Family
- Lorna Stoltzfus and Gary Lake
- Joe and Kathy Swartz
- Twin Valley Aquatic Club
- Dorothy L. Wambold
- Jim and Ruth Weeks
- Wohlsen Construction Company Foundation
- Anonymous

Our New Partner: Cura Hospitality

Cura Hospitality is a regional company specializing in dining services for senior living communities and community hospitals. With corporate support centers in Pittsburgh and the Lehigh Valley, Cura currently manages dining services operations in more than 50 senior living communities and community hospitals throughout the mid-Atlantic region.



Tel Hai is eager to announce our newest partnership in our expanding community—meet Cura! Aimed to exceed the culinary expectations of our residents, friends and visitors, we recently transitioned the management of our Dining Nutrition Services department to Cura Hospitality.



cura (cu'ra) Latin: care of the soul; to attend to the body with food.

After an extensive research and interview process, we are pleased to begin this new journey in our 60-year history of nutrition services, from expanded menu selections to specialized programming.

Cura's goal is to provide high-value dining services by achieving success in key dimensions such as resident satisfaction ratings; regulatory performance excellence; quality, fresh and sustainable food; and customer service satisfaction ratings.

Just like Cura, Tel Hai aims to offer dining and catering services that nourish the lives of all who are touched by our organization by seeking to promote wellness, engagement and meaningful relationships. This includes healthy menu selections, heartwarming hospitality and food programs that improve overall health and emotional well-being.

Cura and Tel Hai have strategically partnered to meet the needs and address the challenges of residents throughout the communities' continuum of care. Residents enjoy a professional support team with years of nutrition expertise that meets clinical and therapeutic parameters with innovative meal programs.

With a cache of dining strategies waiting in the wings, Tel Hai will tap into Cura's life enhancement programs, including *FarmSource*, *LivingLife* and *EnrichedFoods*, just to name a few.

FarmSource

A commitment to purchasing at least 20% of our food from local farmers, growers' cooperatives and producers. Residents enjoy fresh, wholesome foods while we support the local agricultural community.

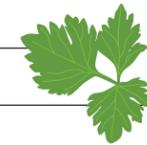
LivingLife

A commitment to enhancing residents' lives by addressing overall wellness through lively food-related activities and events, such as Chef Challenge competitions, social gatherings, off-site trips and tours, and gardening programs.

EnrichedFoods

An innovative approach to nutrition therapy by enjoying comfort foods that are enhanced with natural ingredients to provide the necessary calories and nutrients for residents with decreased appetites.

Opposite: Members of the Dining Nutrition Services managers team including Jamie Nafe, Todd Ribbeck, Sybil Oswald, Pauline Keetley, Dorothy Perry and Ted Koehle.



Braised Pork Chops with Sweet Potatoes and Apples

It's that time of year when the air gets crisp and leaves start to fall. This recipe features sweet potatoes and apples enhancing the flavor of traditional center-cut pork chops and giving the essence of warmth and comfort. Enjoy these autumnal favorites and the season's best flavors. Serves 4.



INGREDIENTS

- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon pepper
- 4 bone-in, center-cut pork chops (6 to 8 ounces each)
- 2 tablespoons olive oil
- 1 large onion, sliced
- 1 low-sodium chicken broth
- 2 large sweet potatoes, about 8 ounces each, peeled, cut into wedges
- 2 Golden Delicious apples, halved, cored, cut into wedges
- 2 to 3 sprigs fresh thyme

PREPARATION

1. Combine flour, salt and pepper in a large bowl. Dredge chops in seasoned flour, shaking off excess.
2. Warm oil in a large skillet over medium-high heat. Add chops and cook until lightly browned,

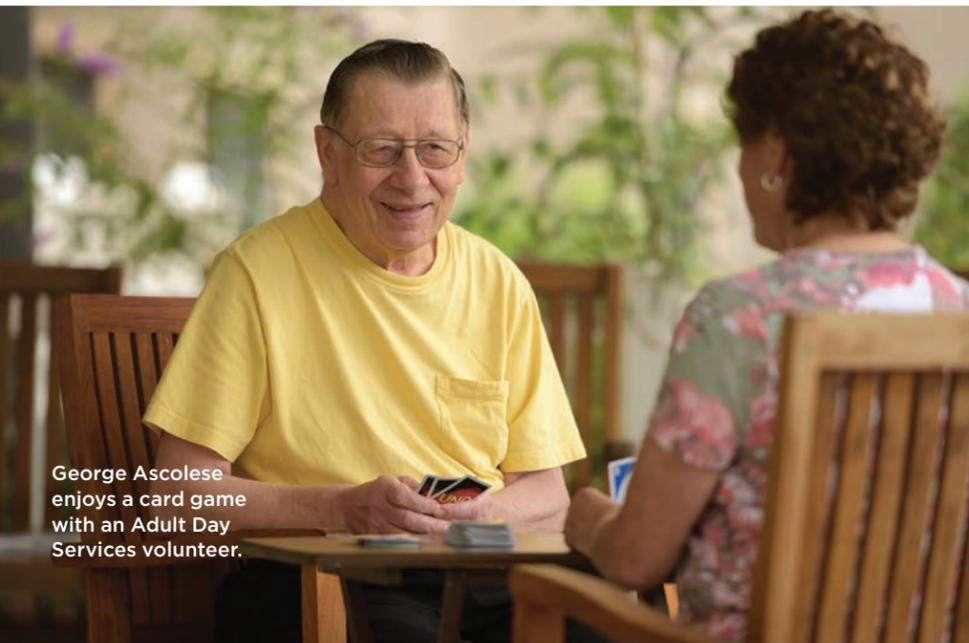
about 2 minutes per side. Transfer to slow cooker. Add onion to skillet and cook, stirring often, until softened, about 3 minutes. Pour in broth, increase heat to high and bring to a boil, stirring to pick up any browned bits on bottom. Pour over pork chops in slow cooker.

3. Scatter sweet potatoes and apples around chops. Add thyme, cover and cook on low until tender, about 3 hours, or on high for 1½ hours.

Nutritional Information:

Servings per recipe: 4, Amount per serving: Calories 435, Fat 18g, Sat. fat 5g, Protein 25g, Carbohydrate 44g, Fiber 6g, Cholesterol 58mg, Sodium 797mg.

Beyond Our Campus: Adult Day Services Enriching the Lives of Tri-County Residents



George Ascolese enjoys a card game with an Adult Day Services volunteer.

Tel Hai's Adult Day Services program assists individuals who are challenged by physical disabilities or memory loss and who require daily supervision, along with structured programming. By partnering with family members in the full-time care of their loved one, we provide an affordable option for quality care and a much-needed respite for families.

"Adult Day Services at Tel Hai is a big help. My husband and I are both retired, but have part-time jobs. It's great to know he's cared for throughout the day," commented Mary Laraio, whose older brother, George Ascolese, receives care at Tel Hai. "From activities to meals, he's not sitting at home with nothing to do. I know he's safe."

More than eleven individuals—outside the Tel Hai continuum of care—are served each day in Adult Day Services. Hailing from Lancaster, Chester and Berks counties, many are supported by the Chester County Paratransit System, called Rover, for transportation services. For George, his day begins with Mary's support in their shared home in Honey Brook. He's then picked up by his Rover driver and transported directly to Tel Hai.

"I like it here," commented George, a Philadelphia native. Arriving on campus on a crisp fall day, George shared, "I enjoy talking to my friends and doing different jobs. The day goes fast!"

Truly door-to-door service, George's Rover driver waves goodbye as he's welcomed into the center. "Have a good day," stated George. "They're waiting for me!"

Life in Adult Day Services is centered on engagement. Residents enjoy a variety of activities and structured programming that is designed to enhance their independence and well-being.

"From intergenerational programs to handicrafts and cooking, we provide residents a safe environment while providing a break for their caregivers," commented Tammy Jacobs, the center's director. "Our families get to know our staff, and our residents get to know our caregivers. We provide security, stability and services that people cannot get alone in their homes, like a whirlpool bath or a visit to the podiatrist."

Licensed by the Department of Aging and a member of the Pennsylvania Adult Day Services Association, the Adult Day Services Center is open seven days a week, from 6:30 am to 7 pm, to accommodate family needs. From half-day to full-day support, families can utilize Tel Hai's center for as few, or as many, days required throughout the week and weekend.

Let Tel Hai partner with you on your caregiving journey. We are here to help.



WE HELP YOU GET BACK TO BEING YOU.



Garden View, our rehabilitation neighborhood in the Meadows Healthcare Center, focuses on a personal and individualized approach to one's recovery and rehabilitation needs. Our range of services includes physical, occupational and speech therapy, a fully equipped therapy gym, and family and caregiver education. Planning an upcoming surgery or procedure? Rehab with us! Call us today at (610) 273-9333, ext. 2102, for a personal tour!

Garden View
Rehabilitation Neighborhood
at Tel Hai



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Tel Hai

Redefining Retirement™

1200 Tel Hai Circle
P.O. Box 190
Honey Brook, PA 19344
www.telhai.org



Your INVITATION



A TASTE of
Tel Hai

Learn more about the Tel Hai lifestyle and decide if it could be perfect for you! Join us in the Welcome Center for a tour of the *Pearl* model apartment, followed by an informational program and a delicious lunch. To RSVP, select the date that suits you best and call Ginny at (610) 273-9333, ext. 2144, by the dates indicated below:

Tuesday, December 8, 11 am: *RSVP by December 1*
Thursday, December 10, 11 am: *RSVP by December 3*

Note: Seating is limited for each event, so please be sure to register early!

CONNECT WITH US

In Person

Friday Open House

Visit Tel Hai any Friday afternoon for our 'Friday Open House' in the Welcome Center. See the StoneCroft model apartment and tour the campus from 1 to 3 pm. Call Ginny at (610) 273-9333, ext. 2144, if you'd like a personal appointment. We look forward to your visit, however it suits you best!



Online

Tel Hai wants to hear from you!

Comment, 'Like' us and subscribe! Connect with us anytime online by following us on social media:

Web: www.telhai.org/connect
Check out our most recent Upcoming Events, RSVP for concerts, seminars and more!

Blog: www.telhai.org/blog
Authored by Tel Hai residents, staff, volunteers and friends of the community!

Facebook: www.Facebook.com/HillofLife

'Like' us on Facebook and 'Follow' our feed! Posts include  campus happenings, event photos, and sneak peeks at upcoming programming!

Twitter: [@HillofLife](https://twitter.com/HillofLife)

 Give us a shout out and follow our Tweets! Twitter is a quick and easy way to view 'Life on the Hill!'
