

Bife

Tel Hai

The Magazine of Tel Hai Retirement Community

Compassion

Compassion
in Action

Come *to*
Life

Choosing
StoneCroft
for her Future

Granting
Wishes,
Generating
Blessings

The *Home*
to Home
Difference



WINTER 2015



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Tel Hai Life Magazine
Winter 2015

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DESIGN
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PRINTER
Progress Printing, Lynchburg, VA

Tel Hai Life is published quarterly by Tel Hai Retirement Community. Send address changes to *Tel Hai Life*, Tel Hai Retirement Community, P.O. Box 190, Honey Brook, PA 19344, call (610) 273-9333 or e-mail us at telhai@telhai.org.

The articles in *Tel Hai Life* do not necessarily represent the official policies of Tel Hai Retirement Community, nor are they always the opinions of the editor. For more information, please contact (610) 273-9333 or telhai@telhai.org.

Cover photograph: Jeremy Hess

Compassion: A Tel Hai Core Value

Tim Herr, Vice President, Pastoral Care



Jeremy Hess

When I look back across the span of my life, I think of the great variety of people who shared in making the experience better than it would have been otherwise. I remember some who invested a small amount of time in me, providing an encouraging comment or a simple meal. The timing of these acts, however, came at significant junctures and had great impact on the direction I chose. I think of others who made major investments of time and shared knowledge which improved my lot in life. A few made sizable scholarship contributions to allow for the realization of my dreams.

As people of faith, we are motivated to practice compassion because of the great compassion God extends to us. In Jesus' parable of the rebellious son who returns home in

dishonor,¹ Jesus states that God, the waiting father, "saw his son from a long way off, was filled with compassion and ran to him." Compassion not only recognizes humanity's shared suffering, but it also moves us to respond as God would. Compassion is a form of love that is awakened within us when we encounter those who are suffering or are vulnerable. Since we have been recipients of His grace, we also desire to share the gift as well.

When the Romans desired to describe the attribute of compassion, they used the Latin words meaning "to suffer together." In an earlier time when the Hebrew people were naming the quality of compassion, they chose a word that they also used to refer to the womb. This Hebrew word picture provides for us one of the basic reasons for extending compassion to one another. Through our birth, we share in common the human condition, which includes times of joy and times of trouble. If we are moved to stand by another in time of trouble, we have been stirred by compassion.

Compassion is one of Tel Hai's six core values. Defining what compassion looks like in the Tel Hai Community, we commit "to demonstrate, through actions and relationships, Christ-like love, kindness, understanding, and acceptance and in so doing, honor the dignity and well-being of

everyone we serve." We aspire to the scriptural citation of Colossians 3:12: "Clothe yourselves with compassion, kindness, humility, gentleness, and patience."

Some might think that acting in compassion can lead to the diminishment of one's personal freedoms or resources. And indeed, it can. However, since the turn of this century, when the Bureau of Labor began tracking one form of compassion—volunteerism—statistics show that consistently, across all age groups, one in four Americans volunteers in some capacity. Despite the personal cost, those who reach out in this way to help others find that they personally "gain new skills, expand networks, connect with their community and experience physical and mental health benefits."²

I am grateful to be a part of a community where compassion serves as a cornerstone defining our service to one another. All of us have been in need of compassion, and we will find ourselves in need of compassion again. In the giving and receiving of compassion, we will find that our life relationships grow, yielding equality, trust, respect and solidarity.

¹ Luke 15:11-31
² Samantha Jo Warfield, Corporation for National and Community Services

Maple View Offers a New Option

Cindy Dallara, Lakeview Administrator

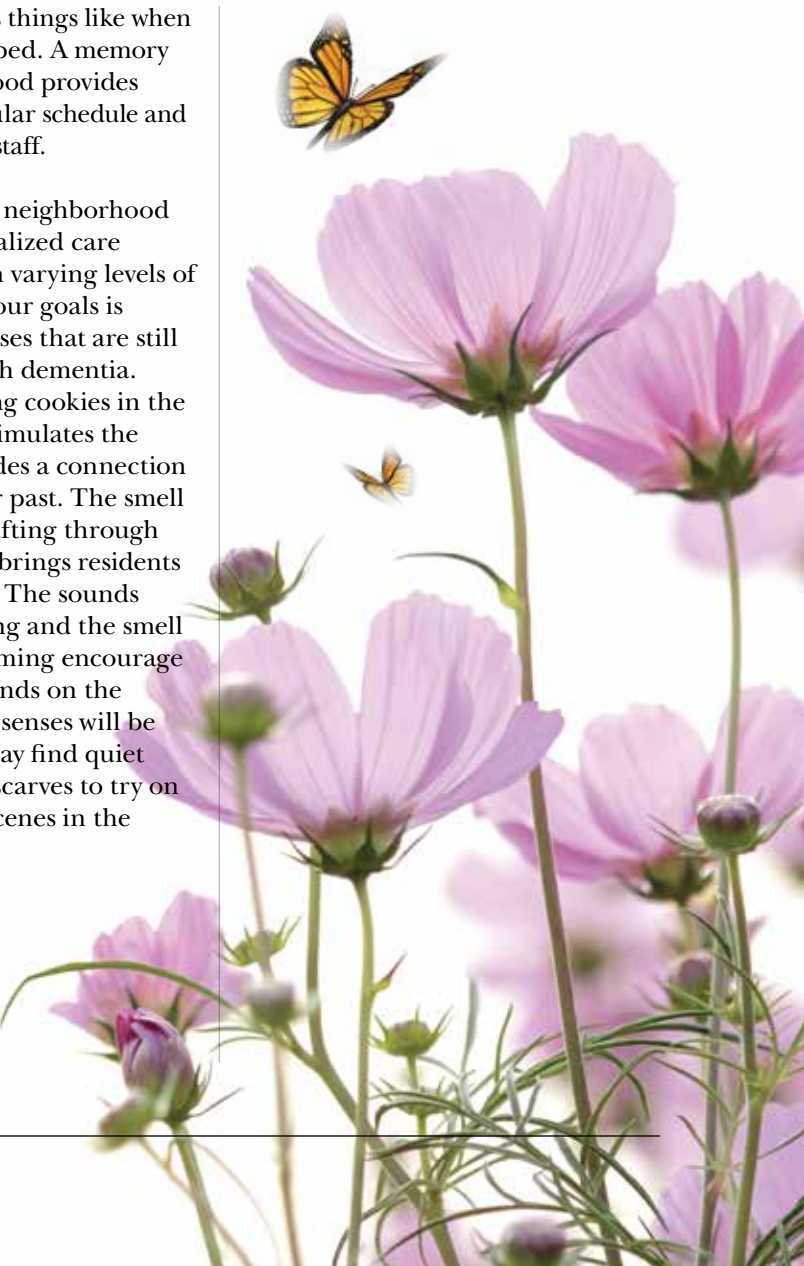
It's easy to get caught up in the number of individuals diagnosed with dementia and Alzheimer's disease. After all, the numbers can be staggering. Maple View, our new personal care neighborhood, is choosing instead to focus on the individual, not the number. Our new, secure memory support neighborhood is designed to give gentle support and life-affirming stimulation. Let us give you a glimpse into our plans.

In Lakeview's newest neighborhood, you will find compassion, engagement and life. A neighborhood where staff values the individual, their past, their present and their future. Our new neighborhood is intimate, with rooms for only 7 residents. In this setting, residents with cognitive impairment will see the same faces day in and day out. Consistent staff will care for and care about these residents. Our dedicated caregivers undergo specialized training in the care of those with memory loss. Through this training, they learn to meet a resident where they are.

Each person with dementia is more than just their disease. A large part of caring for those with dementia is knowing the individual. That's why we are implementing a biography project. Knowing their history helps each of us. It helps us value where the resident has been. When a resident can no longer express their wishes, the biography reminds us of this and helps us discover the resident's preferences. We can rely on their

past habits to tell us things like when they want to go to bed. A memory support neighborhood provides a safe home, a regular schedule and consistent, familiar staff.

A memory support neighborhood also provides specialized care for individuals with varying levels of cognition. One of our goals is to enhance the senses that are still viable for those with dementia. For example, baking cookies in the oven on the unit stimulates the appetite and provides a connection for many with their past. The smell of food cooking wafting through the neighborhood brings residents out of their rooms. The sounds of the birds chirping and the smell of the flowers blooming encourage a chat between friends on the porch. Each of the senses will be stimulated—you may find quiet places to rest, soft scarves to try on and enjoy nature scenes in the "picture window."



Calling on an already successful program to provide the backbone for this new project, the Adult Day Services staff is poised to provide an engaging daily routine for the residents of Maple View. The new space will have a quiet room with space to relax away from the bustle of the day. This space will also have a walking loop, so residents wanting to move can get up and walk around securely.

This renovation of the physical space is eagerly anticipated. Providing a secure home environment with appropriate supports will afford us a new way to meet the needs of residents today and in the future. We hope you will make an appointment to visit us and learn more about Maple View and all we have to offer.

Right: A glimpse of the plans for the renovations that will become Maple View, Lakeview's newest neighborhood.

Maple View
GROUND FLOOR





A Tel Hai staff member prepares hot, 3-course meals to be delivered by volunteer drivers to homebound local residents.



COMPASSION
ACTION^{IN}
WHAT IS YOUR PASSION?

WHO ARE OUR VOLUNTEERS? THEY ARE ORDINARY PEOPLE WITH AMAZING COMPASSION FOR HELPING OTHERS. OUR VOLUNTEERS USE THEIR TALENTS TO MAKE A DIFFERENCE ON (AND OFF) CAMPUS. THEY HAVE *PASSION* FOR WHAT THEY DO.

by KEELI LOOPER | VOLUNTEER SERVICES DIRECTOR

We have more than 430 active volunteers who have logged in more than 33,900 hours this year doing things they love to do. When resident volunteer Betty Dowd was interviewed for a 2014 “Volunteer Spotlight,” she was asked what she enjoyed most as a front desk volunteer, “I get to participate in so many conversations. I just love the work!” When volunteer of the year Rod Muthard was asked why he volunteers, he replied, “I just can’t stay still. I am happy when I am busy.”

Sixty percent of our volunteers are Tel Hai residents. Many off-campus volunteers are future residents wanting to get to know the campus better and make connections with future neighbors. Others who come from the greater community

may have a family connection, or they are our Honey Brook neighbors with a passion to share with and care for others.

One such activity connecting passionate resident and community volunteers is our Meals on Wheels program. This group logs more than 720 hours each year delivering over 5,000 meals to homebound residents at Tel Hai and surrounding areas. Collectively, they drive more than 12,000 miles in their own vehicles to make sure clients receive the nutrition, socialization and regular safety checks critical to their health and independence.

To read more about our wonderful volunteer spotlights or to learn more about putting your compassion into action, visit our website at www.telhai.org.



Left: Jeremy Hess / Right: Richard Boyd

Above, left to right: Tel Hai residents and staff become engaged in activities and programs that give back to the local community, such as their ongoing involvement with local food pantries and a soup kitchen. 2014 volunteer of the year Rod Muthard plays the ukulele for Adult Day Services participants every Monday. Left: Tel Hai board member and volunteer Howard Moss, pictured here at the Twin Valley Food Pantry.



When asked how they volunteer on campus, most would begin their sentence with, “I don’t do much, I just.....” Well, let me help finish that sentence with many of the things our volunteers’ passion has accomplished:

- Greet guests at any of the three reception desks
- Drive the campus shuttle van
- Sort mail for nearly 600 residents and countless departments
- Deliver UPS and FedEx packages on campus
- Deliver more than 5,000 meals each year while racking up 12,000 miles serving the surrounding area
- Paint fences around campus
- Plant spring flowers
- Help with activities in Lakeview Personal Care, Meadows Health Care Center or the Adult Day Services Center
- Sing in the chapel choir
- Play the ukulele every Monday for Adult Day Services participants
- Direct traffic for special events
- Grow more than 500 pounds of vegetables to donate to the local food bank
- Serve on a committee
- Write profiles celebrating our dedicated volunteers



One of Tel Hai resident Dave Paton’s passions is being in the garden. Dave, left, is the organizer of a garden plot on campus dedicated to growing vegetables in support of the local food bank and their many food cupboards and feeding sites. He and other dedicated resident volunteers are responsible for generating more than 500 pounds of vegetables annually.



Richard Boyd

Adult Day Services: The Caregiver's Partner

Tammy Jacobs, Adult Day Services Director

The Tel Hai community had a wonderful thirty-year history serving senior adults before the Adult Day Services (ADS) Center opened its doors in 1986. Beginning in a small space adjacent to our current Human Resources office with a staff of four, the program has grown into one of the finest Adult Day Services Centers in the region. We are licensed to assist thirty-five families and their loved ones every day in our current location on Lakeview Personal Care's first floor.



Jeremy Hess

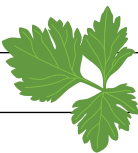
Being a resource for families who are providing care for individuals challenged by physical impairment or cognitive loss that requires supervision can be an essential part of a family's plan of care—for the vulnerable elder and the caregiver. Providing assistance to accomplish activities of daily living such as bathing, dressing, meal preparation and dining can prove challenging for many families. Arranging for medical services and creating a schedule of appropriate activities to engage the elder can be a big job for a caregiver to bear. Whether the caregiver is a family member, caregivers on Tel Hai's campus or those within the local tri-county area, the ADS Center is here to help.

Many caregivers spend their waking moments assisting loved ones. The spouses, children and guardians of our Adult Day Services participants know they can count on our staff to provide the same level of personal attention in their absence when other responsibilities demand their time and attention elsewhere. The ADS Center provides services seven days each week, twelve hours each day to offer affordable quality care and much-needed respite for families.

The ADS Center staff strives to create a homelike, compassionate environment. Activities are supplemented by volunteers who contribute warm hearts and caring hands. They help with crafts, table games, pet visits, sing-alongs, music programs, and supervised walks. In sharing their talents, they are cherished and greatly appreciated additions to our highly trained staff.

Our accredited Adult Day Services program is part of a network that exchanges ideas, creates innovative programming and stays apprised of advances in compassion-based, hands-on adult services. Working together, staff, families and volunteers provide quality care for individuals in the community who are challenged by physical impairment or cognitive loss. We look forward to being your partner in the caregiving journey.

Opposite page: Adult Day Services resident Paula Fetterman (left) enjoys interaction with ADS staff member Cheryl Smith (center) and Tel Hai resident volunteer Mary Jane Muthard (right).



Butternut Squash and Parsnip Baked Pasta

This meatless dish combines two seasonal vegetables that are sure to warm you on a cold winter's evening.

Adapted from *Cooking Light* November 2002 | Serves 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 cup finely chopped onion
- 1/4 teaspoon crushed red pepper
- 2 garlic cloves, minced
- 2 cups (1/2-inch) cubed peeled butternut squash
- 1 cup chopped parsnip
- 1 tablespoon chopped fresh or 1 teaspoon dried rubbed sage
- 1 tablespoon chopped fresh or 1 teaspoon dried parsley
- 1/4 teaspoon ground nutmeg
- 1/4 ground allspice
- 1/2 teaspoon salt, divided
- 2 cups uncooked penne pasta
- 1/2 cup (2 ounces) grated fresh Parmesan cheese, divided
- Cooking spray
- 1 1/2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup 1% low-fat milk

PREPARATION

1. Preheat oven to 375°.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion, red pepper, and garlic; sauté 3 minutes.
3. Add squash and parsnip; sauté 10 minutes. Stir in sage, parsley, nutmeg, allspice, 1/4 teaspoon salt and 1/4 teaspoon black pepper; remove from heat.
4. Cook pasta according to package directions, omitting salt and fat. Drain in a colander over a bowl, reserving 1 cup cooking liquid. Combine squash mixture, pasta, and 1/4 cup cheese in an 11 x 7-inch baking dish coated with cooking spray, tossing gently to combine.

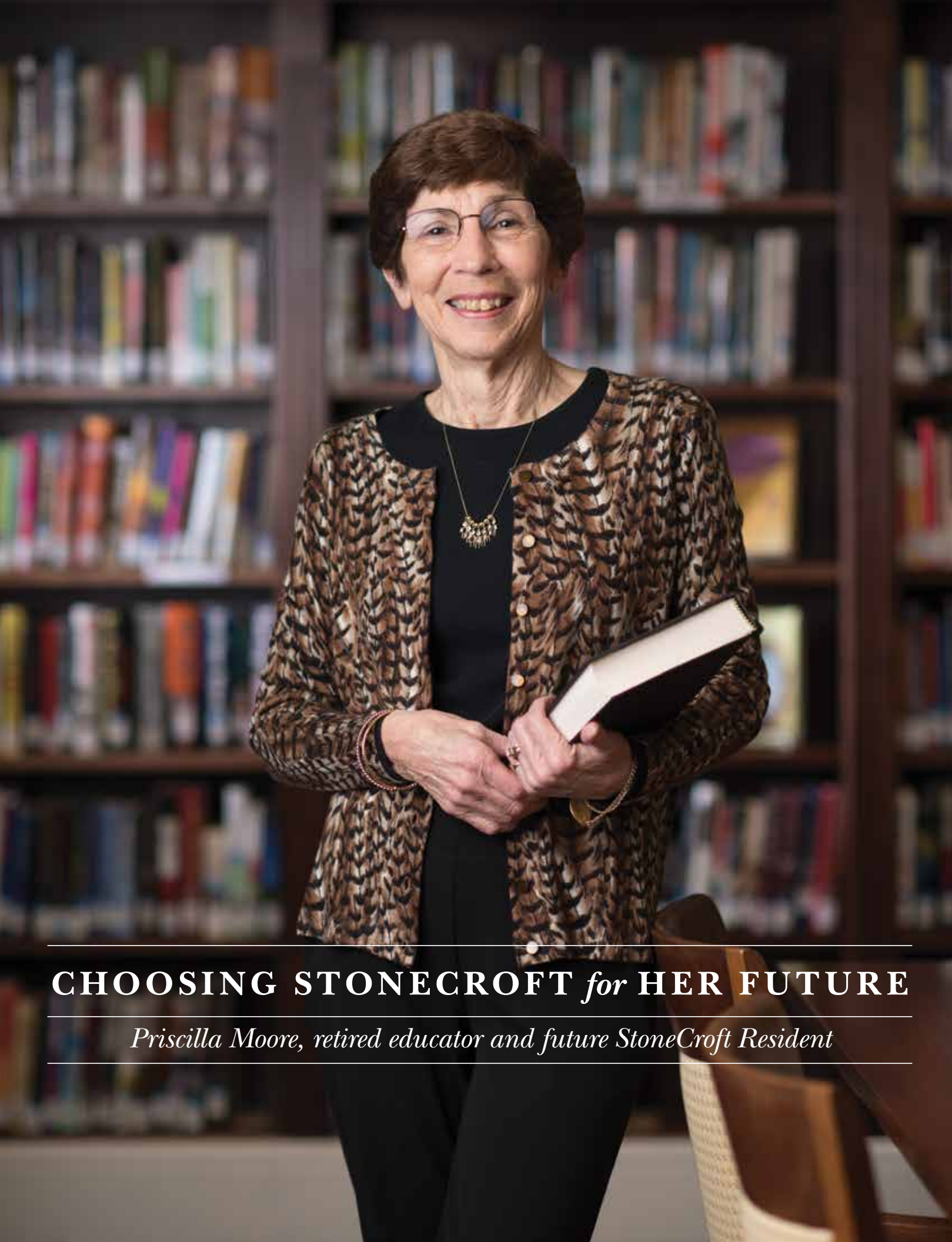


5. Melt butter in a medium saucepan over medium heat. Add flour; cook 3 minutes, stirring constantly with a whisk. Add milk; cook 5 minutes, stirring constantly with a whisk. Gradually add reserved cooking liquid; cook 2 minutes or until thick, stirring constantly with a whisk. Add 1/4 teaspoon salt and 1/4 teaspoon pepper.

6. Pour milk mixture over pasta mixture; sprinkle with 1/4 cup cheese. Bake at 375° for 30 minutes or until lightly browned.

Nutritional Information:

Serving size: 2 cups, Servings per recipe: 4, Amount per serving: Calories 437, Calories from fat: 28%, Fat 13.4 g, Sat. fat 6.1 g, Monofat 5.1 g, Polyfat 1 g, Protein 16.5 g, Carbohydrate 63.6 g, Fiber 5.3 g, Cholesterol 25 mg, Iron 3.1 mg, Sodium 607 mg, Calcium 297 mg



CHOOSING STONECROFT *for* HER FUTURE

Priscilla Moore, retired educator and future StoneCroft Resident



PRISCILLA MOORE KNOWS SHE *will* SEE FAMILIAR FACES *on* CAMPUS WHEN SHE MOVES *into* HER NEW STONECROFT APARTMENT HOME *this* SUMMER.

A Coatesville native and retired educator who worked in the Coatesville school system for many years, Priscilla Moore frequently runs into former students on a daily basis. Family members also had history at Tel Hai over the years, utilizing rehabilitation services as well as receiving nursing care in the Meadows Health Care Center. Even before joining campus this year, Mrs. Moore was a volunteer during the biennial “Holly Trail” event during the holidays.

After visiting a number of local continuing care communities in the region, choosing Tel Hai was an easy decision for Mrs. Moore. “I’ve heard you’re not supposed to make any big decisions in the first year when you are widowed, but I knew this was the right move for me,” she added with a bright smile. Priscilla enjoys a warm relationship with two sons and her daughter who live locally, as well as her oldest son in California, who followed in her footsteps and has worked in academia for many years.

Ten years ago, her family made the move to Honey Brook Township. In retirement, Priscilla found a new outlet for the caring ways once directed to her 9th grade students.

The Honey Brook Community Library has benefited from her commitment. She began volunteering at the library and joined the “Friends of the Library” in 2010, assisting the librarian, handling correspondence and book holds, and participating in many fund-raisers which benefit this wonderful community resource. The Library’s “friends” have made it possible to purchase book carts and funded summer reading programs and conference participation for the library staff. A “Little Free Library Box” was recently supplied by the Friends for the Indian Run Community Center and their residents’ enjoyment.

Priscilla’s grandchildren also emulate her example of caring involvement. Ranging in age from their teens into their 20s, they have proven to be eager volunteers, serving in a local soup kitchen, earning their Eagle Scout rank through community service and mentoring other young scouts in the process.

Visiting Tel Hai after her husband Marvin passed away in March 2014, Priscilla discovered, “everyone is so friendly here!” Their large house on over an acre of ground was a formidable responsibility to handle alone. “I was looking long range

and knew I didn’t want to depend on anyone for help.” After attending an open house on campus, she decided to move ahead with a *Sapphire* apartment in StoneCroft. “There is a real advantage in choosing StoneCroft—I have more than the typical 90 days to become ready to move in. It is a relief having a plan for my future,” she said enthusiastically. “I didn’t need a sales pitch to convince me Tel Hai is the place for me.” Priscilla includes among the advantages of StoneCroft living the dining venues available in the Commons building connected to her apartment wing.

Her current involvement with the public library, book club, retired teachers’ group and her own “breakfast gang” that gathers in a local restaurant monthly will continue, but she is also looking forward to becoming an active member of the Tel Hai family. “I feel this is the perfect time to move. My needs have changed,” and she noted that the maintenance of a large home was looking like a burden. Just as she found great joy in seeing her students become successful adults, Priscilla can now take pleasure in her new home as part of a warm and welcoming community.

Looking ahead, we offer a schedule of fascinating programs offered by the Life Enrichment & Concert Committees on campus. For monthly updates, be sure to visit us at www.telhai.org and click on the *Upcoming Events* tab. Plan to join us!

COME to Life

CALENDAR of EVENTS WINTER 2015



Janet Witman

Ancient Egypt, No. 2 Friday, February 27, 11 am Chapel

Continue on our journey through Ancient Egypt with Dr. Steve Phillips. This month's program, *CSI: Ancient Egypt, Forensic Anthropology 101*, allows Dr. Phillips to share his broad experience applying modern forensic techniques to discoveries about ancient populations. Fee charged.

Brandywine Harp Orchestra Thursday, March 5, 7:30 pm Chapel

Founded by Janet Witman (left) in 2000, the orchestra consists of 15 harpists with seasoned skills and extensive musical backgrounds from Southeastern Pennsylvania, Delaware and Maryland. Join us as we kick off our Monthly Concert Series for an evening with America's premier harp ensemble.

Theology & Science— Sibling Rivals or Mortal Enemies? Friday, March 6, 11 am Chapel

Reverend Herb Davis returns to present another engaging topic.

Richard Bollinger Friday, March 13, 1 pm Chapel

Chester County artist Richard Bollinger will share his artistic vision and technique during his visit to Tel Hai's campus.

Fragile Freedom Christine Emmert Friday, March 20, 7 pm Chapel

The Hopewell Furnace National Historic Site presents *Fragile Freedom*, featuring local playwright, director and actress Christine Emmert. She will take us on a journey from 1776 to today, with tears and laughter in the good company of Sojourner Truth, Mark Twain, Elizabeth Cady Stanton and others.

Ancient Egypt, No. 3 Friday, March 27, 1 pm Chapel

The third in our series of programs tracing the proud history of Ancient Egypt continues with Dr. Steve Phillips. This month, we'll explore the *Mystery of the Circular Structures in the Great Western Cemetery at Giza*. Discoveries during this excavation that began in 2000 will be shared. Fee charged.



National
Capitol Building
Havana, Cuba



Ross Kershey Presidents: Ike to Obama Mondays, March 30 to April 27, 1 pm, Chapel

Perennial favorite Ross Kershey (above) returns to lead this five-week OLLI course. Pre-registration through Widener University's Osher Lifelong Learning Institute at (484) 713-0088 is requested. Course fee \$40.

Life in Cuba Friday, April 10, 11 am Chapel

World travelers Jim and Joan Goshaw will share their experiences and impressions of Cuba while on an educational tour during January 2014 (See *Tel Hai Life*, Fall 2014).

The Prana Winds Ensemble Friday, April 17, 7:30 pm Chapel

This woodwind quintet (below) will present our April concert with many "colors" of sound through the blending of the performers' instruments: flute, oboe, clarinet, French horn and bassoon.

Ancient Egypt, No. 4 Friday, April 24, 11 am Chapel

Dr. Steve Phillips returns for the fourth installment of our trip through Ancient Egypt: *Food in Ancient Egypt*. Discover details of this culture's diet discerned through archaeological finds. Fee charged.



Jeremiah James and Mandy Gonzales with Jeffrey Uhlig Saturday, May 2, 7:30 pm Chapel

Jeremiah James (below) and Mandy Gonzales come to Tel Hai with a red-hot Broadway-style program sure to please. They will be accompanied on piano by Jeffrey Uhlig.



Eastern
Bluebird

Ken Leister Bluebird Society of Pennsylvania Friday, May 8, 11 am Chapel

Ken Leister will present a fascinating program on these very special feathered friends. Bluebird boxes will also be available for sale following the program.



Jeremiah
James

Nature Walk Friday, May 15, 1 pm Tel Hai Campus

Join us for a nature walk led by John Nissen, Service Forester from Elverson with the PA Bureau of Forestry. Discover the flora that abound on the Tel Hai campus! Walk begins at the StoneCroft parking lot.

Ancient Egypt, No. 5 Friday, May 29, 1 pm Chapel

The fifth and final installment in our series on Ancient Egypt: *I Want My Mummy!* This introduction to the mummification process developed through time will include unpublished images of actual ancient Egyptian mummies. Fee charged.



Prana Winds Ensemble

The Home to Home

Management and leadership teams met off campus in 2006 to discuss a change in the way services would be provided at Tel Hai. These leaders were aware of a national movement to change the provision of care in nursing homes from a staff-directed model to one providing person-directed care in which the resident would direct when and how care would be received.

THE HOME TO HOME INITIATIVE IDENTIFIED FOUR DIFFERENT ASPECTS OF SERVICES PROVIDED: PHYSICAL ENVIRONMENT; FLEXIBILITY AND CHOICE; RELATIONSHIPS; AND COMMUNITY.

This meant setting aside long-held “efficiencies” or staff convenience that influenced when and how care was offered in the past. The leaders debated if this “person-directed care model” would be right for Tel Hai. The group quickly decided they wanted to move in this direction. Unlike what was happening nationally, we decided to address services provided at all care levels: residential living, personal care, adult day services and skilled nursing. The *Home to Home* initiative was founded to provide services “home style,” regardless of where on Tel Hai’s campus the services were provided. I was honored to be asked to lead the team.

Home to Home identified four different aspects of services provided: Physical Environment; Flexibility and Choice; Relationships; and Community. The team participated in recent renovations to all major facilities at Tel Hai to create a more homelike atmosphere in the physical environment. The emphasis on flexibility and choice resulted in changes to all dining programs. This included replacing the set monthly number of meals provided in residential living with a more flexible “Dining Dollars” program that could be used for meals, groceries or even special functions and catering. In Meadows Health Care Center and Lakeview Personal

by M. Sue Verdegem | Sr. Executive Vice President of Finance & Administration

Difference



Jeremy Hess

Care, their dining options offered more flexible times of service and the addition of menu dining in both levels of care. *Home to Home* hosted numerous book clubs on campus, encouraging interaction between management staff, residents and line staff with the goal of improving relationships. Additional opportunities for residents and staff to become engaged in activities and programs that give back to the local community were also implemented. We see this accomplished through Tel Hai resident and staff ongoing involvement in local food pantries and a soup kitchen. We also sponsored a crew of volunteers to assist a community

devastated by Hurricane Sandy and a summer camp to benefit local children, which culminated in a backpack drive to prepare them for the new school year.

Tel Hai was asked by *LeadingAgePA* to share its experiences instituting person-centered care on all levels of campus life at their annual conference for non-profit retirement communities across the state. CARF-CCAC recognized the committee’s efforts, awarding Tel Hai Meadows Health Care Center accreditation in Person-Centered Care. They do not provide this recognition for other levels of care. The committee is starting a new

chapter, with Cindy Dallara, Lakeview’s Administrator, taking over leadership of the committee. We are excited to see what the future holds for person-centered care initiatives on our campus.

Above: Sue Verdegem, Senior Executive Vice President of Finance and Administration, reads to residents in Meadows Health Care Center.

Selfless Giving
Renny Magill, Vice President, Development



Richard Boyd



“IT IS MY SINCERE PLEASURE TO SUPPORT THE TEL HAI CARE ASSURANCE FUND THROUGH MY COMPANY SPONSORSHIPS AND VOLUNTEER SERVICE SO THAT EVERY RESIDENT IN NEED CAN RECEIVE THE QUALITY CARE THEY DESERVE.”

Above: Tony Scalies, owner, Honey Brook Pharmacy, shown here driving the hospitality cart with Amanda Rock of Everence at the 2014 Tel Hai Cup.

Each year, generous donors demonstrate one of Tel Hai’s keystone values, compassion, through their generous support of the Care Assurance Fund. Established in 1988, the fund is set up to ensure that Tel Hai can keep its promise to 80 seniors in all levels of care that they will not be asked to leave the community for financial reasons.

Providing this assurance is a key to compassion. Residents and their families have the assurance that the life they grow to love will always be available to them, and that the friends they have made will be nearby. They have the assurance the care that they receive from dedicated Tel Hai associates will be available day after day.

Selfless giving is also fun at Tel Hai. Volunteers are actively involved in the planning and coordinating of the Lanterns on the Lake Celebration, Tel Hai Cup Golf Tournament and the Resale Shop. In addition, residents, family members and business representatives volunteer their time to serve on committees and show up and participate at these events. The best part is that smiling faces and fun ultimately turn into support for the Care Assurance Fund.

“With the Care Assurance Fund, my aunt is able to be surrounded by people who love her, receive regular quality care from her doctor, thrive emotionally in sharing in the richness that only friendships and human companionship can bring and continue to be nourished nutritionally to aid her in remaining happy and healthy.

Thank you for being so supportive, so loving and generous to my loved one. Thank you for the blessings and relief I feel in knowing that my aunt is happy and safe. Please extend my heartfelt thanks to all the unsung heroes at Tel Hai and to those who donate and work hard to make the Care Assurance Fund possible.”

—A grateful family member

2014 CARE ASSURANCE FUND
BY THE NUMBERS

\$87

COST OF A DAY OF CARE

2,084

NUMBER OF DAYS SUPPORTED BY DONATIONS BY DECEMBER 15

40%

RESIDENT SUPPORT

20%

BUSINESS PARTNER SUPPORT

15%

RESALE SHOP SUPPORT



Jeremy Hess



In 2009, Tel Hai started the Good Samaritan Fund to lend a helping hand to employees who find themselves in difficult financial situations. These situations—large medical or utility bills, unexpected housing or automobile costs—often are overwhelming, causing employees stress in their daily lives and at work.

Above, left to right: Tel Hai residents and staff members working together. Locally handcrafted ornaments, like this one, were for sale during the holidays as part of the many Good Samaritan Fund efforts held throughout the year to replenish funds as they are distributed to grateful Tel Hai employees.

Since it was started, the fund has helped approximately 150 employees. Each year, the Resident Council members send a letter to those that they represent, encouraging their neighbors to consider giving a gift to the Good Samaritan Fund in lieu of tipping individual employees. These gifts, along with funds raised through Good Samaritan Fund committee efforts like ornament and baked good sales, replenish funds as they are distributed to grateful employees.

2014 GOOD SAMARITAN FUND
BY THE NUMBERS

\$14,500

TOTAL DISTRIBUTIONS

\$484

AVERAGE DISTRIBUTION PER EMPLOYEE

30

NUMBER OF EMPLOYEES HELPED

Granting Wishes, Generating Blessings

Diane Kabbeko, Wellness Supervisor, The Meadows



Wishing Well activities are fueled by a resident's unique desire or dream and result in a heart full of wonderful memories for us all.

The Wishing Well Committee, established in the early 1990s, became a source of joy for me with my involvement, which began in 2004. Our committee, drawn from Meadows health care and Lakeview personal care staff, meets monthly to review the “wishes” of permanent Tel Hai residents in these two areas of living on our campus. Our goal is to grant three or four wishes each year, focusing on residents aged 90 or older, as well as those with limited opportunities for socialization and those receiving hospice care.

Committee members gather information on these wishes for personal resident events, experiences or activities tied to life renewal goals that have been made known by residents, their family members or other staff through referrals. A physician or nurse will review the wish to decide if the activity proposed is appropriate for that specific resident. The expressed wish is verified in conversation with the resident through a series of questions. Once identified in this way, the committee, including Teresa Long, Chasity Brown, Kathy Klunk, Abbey Howe, Joy Rickabaugh and me, work to make the wish reality. We attempt to include family members and the desired venue whenever possible in planning the wish.

Wishes often touch several lives—including those of staff members. Some recent examples include:

- The display of Mr. George Adams’ train collection in the Garrett Community Center lobby, where it was enjoyed by hundreds of others;
- Mr. Clarence Beam’s 100th birthday party, complete with a visit by the Philly Phanatic;
- Recognition of Violet Baker, aka “Mrs. Gap,” credited for her efforts to save the Gap clock tower;
- Millie Pinto’s 100th birthday dance party, complete with music by our resident DJ, Russell Hyde, and fellow costumed dancers;
- And the incredible generosity lavished upon Hannah Buchanan, who wanted to go shopping for a “party dress” for her 100th birthday. Boscov’s in Exton met us at the store entrance with flowers, candy and a card. Employees sang “Happy Birthday” and Hannah was assisted by a personal shopper who outfitted her with a dress, shoes, a cosmetic makeover and several other surprises.

Above: Wellness Supervisor Diane Kabbeko visits with Meadows resident Hannah Buchanan.



LET US HELP TAKE CARE of YOUR LOVED ONE, SO YOU CAN TAKE CARE of YOU.

Adult Day Services Center at Tel Hai is here to help you and your loved one. Our flexible program is open 7 days a week, 12 hours a day. This gives you time to work, run errands and socialize with friends, knowing your loved one is in a safe, secure and interactive environment—one that helps foster their independence and maintain it longer. Participants enjoy social opportunities, fun activities, unique outings and 3 meals a day. To learn more, contact Tammy Jacobs at (610) 273-4619 or tjacobs@telhai.org.





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 explore if it could be perfect for you. Join us at 11 am 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, extension 2144, by the dates indicated below:

March 17: RSVP by March 10
March 25: RSVP by March 18
April 9: RSVP by April 1

Note: Seating is limited for these events held in the Welcome Center, so please be sure to register early.

More UPCOMING EVENTS

Join Us for Our Open House

Our doors are always open—especially on Fridays! Stop by for a visit any Friday and find out why everyone is moving to Tel Hai. Join us for a short presentation at 12:30 pm, followed by a tour of a unique custom cottage and StoneCroft model



apartment from 1 to 3 pm. While you're here, you can visit the Garrett Community Center, fitness center, indoor pool and dining venues. You'll also be able to view plans for StoneCroft Commons and learn about its amenities. Call Ginny Crasten at (610) 273-9333,

ext. 2144, and let us know which Friday you'll be stopping by, as well as if you'd like to tour Lakeview Personal Care and/or Meadows Health Care Center. Appointments for individual visits are also welcomed. We look forward to your visit.