

Bife

Tel Hai

Come
to Life

p.16

The Magazine of Tel Hai Retirement Community

the Lifelong Learning

ISSUE

Educators:
Committed
to Lifelong
Learning

New Horizons:
Learning to
Draw, Quilt
and Play

Developing
Talent *and*
Training
Leaders

SPRING 2015



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Tel Hai Life Magazine
Spring 2015

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Lifelong Learning: Exploration and Knowledge at Any Age

Katie Buck, Administrator, Residential Living



Richard Boyd

“At Tel Hai, there’s a sense of excitement and a feeling of vitality that is not like any other place. The opportunities are endless—learning is lifelong.”

Lifelong learning isn’t just a theme or a catchphrase. At Tel Hai, lifelong learning is an action. It can be seen daily in many facets throughout our community, by any person at any age.

Through intentional planning, programming, and implementation, Tel Hai provides opportunities for enrichment and discovery not just for our residents, volunteers, and staff—but for those who visit our campus as a guest, family or community member. We strive to provide quality, high-level care for our residents, but also provide a dynamic and engaging platform for the exploration of educational interests.

When I was asked for my personal reflection of being a lifelong learner, my first thought was... thank you! Thank you to Tel Hai for planting the seed that going back to college as a nontraditional student was not only possible... but for supporting my educational aspirations. Thank you to Mr. and Mrs. Edwin M. and Sarah E. Wright for their generous thought of creating a scholarship fund. You will read more about their kindness on page 18. Lastly, thank you to my family for their steadfast support while I worked toward my educational goals.

Years ago, I was encouraged by the leadership team at Tel Hai to take on new professional challenges. They, in turn provided me with opportunities to learn and grow. First, I became certified in Fair Housing and Rural Development Regulations and then earned my Certified Aging Services Professional (CASP) designation. Later, through years of ongoing family support and cooperation by Tel Hai, I earned my dual bachelor’s degree in organizational dynamics and human resource performance from Immaculata University in May 2014. It was an exciting time for me as I worked full-time during the day and attended school full-time in the evening.

As you read this issue of *Life*, you will explore many ways our community lives out our commitment to lifelong learning. At Tel Hai, there’s a sense of excitement and a feeling of vitality that is not like any other place. The opportunities are endless—learning is lifelong.

Staff Enrichment: Developing Talent and Training Leaders

Each day, more than 450 Tel Hai employees are responsible for maintaining the highest standards of excellence in serving our residents, family members and visitors to our community. Employees are the foundation of success—from a nurse’s aide providing direct resident care to a maintenance worker assisting with snow removal.



Jeremy Hess

Tel Hai strives to hire the best and most qualified employees, but we understand that retaining a valued employee is more than just compensation and benefits. We are committed to providing our employees both the tools and ongoing training they need to thrive within our organization. These opportunities create a climate for effective job performance and self-improvement.

Our training commitment is grounded in a shared passion for lifelong learning. Tel Hai believes that the following programming and training opportunities are essential for our organization to fulfill our mission, vision and values:

- Mandatory online training for all employees through the Relias Learning Management System, which offers comprehensive and customized training, compliance reporting, and additional modules for educational licensure requirements
- An extensive two-day general orientation focused on compliance, culture, and job preparedness, followed by a 4-week onboarding period
- Tuition assistance, grant and scholarship opportunities for employees who seek degree completion or advanced degrees
- Financial wellness programming through SmartDollar, which features videos, tools and resources for employees to build wealth and plan for retirement
- Biometric screenings and health-related educational opportunities to increase employee wellness efforts
- On- and-off campus training opportunities, supervisory workshops, seminars and conferences for professional growth and enrichment
- Interactive employee-led book clubs with round-table discussions and relevant ‘takeaways’ for implementation
- Shadowing and mentor pairing opportunities for career exploration
- Joint life enrichment programming with residents, including educational seminars, speakers and informational sessions

Do you know an individual who can contribute their skills and talents to enhance residents’ lives at Tel Hai? Explore our current employment opportunities today by visiting www.telhai.org or contacting Luann Thomas, Staff Recruiter, at lthomas@telhai.org or (610) 273-4611.

The Life Enrichment Committee: Providing Rich and Stimulating Experiences

Life enrichment is an anchor in the foundation of the Tel Hai lifestyle. Residents thrive on staying involved, experiencing new things, pursuing hobbies, serving others, and growing deeper in their faith.

The purpose of the Life Enrichment Committee is to provide educational content in the form of courses, lectures, demonstrations and lessons of interest to the residents. Throughout the year, an extensive selection of enlightening programming ranges from the faraway pyramids of Egypt to the flora, fauna and ecological makeup of our own Tel Hai campus.

The Life Enrichment Committee prides itself on its focus of continual lifelong learning. Attendees of lectures and programs aren't limited to the more than 100 residents who often attend. It's open to the general community, which includes local homeschooled children, future residents of Tel Hai, employees and their families. What's more, the majority of educational opportunities offered are free of charge!

LET'S DISCOVER TWO RECENT LIFE ENRICHMENT COMMITTEE EVENTS THAT PROVIDED ATTENDEES AN EDUCATIONAL JOURNEY: INSIDE THE VALLEY FORGE ENCAMPMENT AND A LOOK INSIDE THEIR OWN BRAINS' COGNITION AND MEMORY CENTERS.



Above, left: Ranger William Lange.

Inside Valley Forge

Ranger William Lange, Educational Coordinator with the National Park Service, provided an enthralling program on life during the Valley Forge encampment of 1777 and 1778 during the American Revolutionary War.

Students from The Wider School—a provider of scholastic programming for homeschooled children—also attended Ranger Lange's lecture. During their field trip, the question and answer period proved to be no

match for Ranger Lange's 26-years of experience and knowledge.

Attendees learned about food, ammunition and supply trails in and out of the encampment. They discovered the importance of the Battle of Brandywine, the surrender at Saratoga and the nearby Paoli Massacre. From Martha Washington's famous 30-egg cake to a soldier's daily ration of 1.5 lbs. of bread, the educational lecture captivated the audience.



Above, right: Kristina Bendyk works with a Tel Hai resident.

Inside Your Brain

During a recent education lecture, Kristina Bendyk, Speech and Language Pathologist at Tel Hai, shared why our brains lose memories. Her talk, entitled "You Can Teach an Old Dog New Tricks—Maximizing Functional Memory Skills," focused on methods to improve your memory.

Kristina equipped the audience with rich content on the causes,

prevention methods, and techniques to combat memory loss. Tel Hai's speech and language pathologists provide services and programming which focus on improving and retaining memory skills using techniques such as reality orientation, error-less learning, and procedural memory stimulation.

Encouraging lifelong learning to all attendees, Kristina commented,

"Make point of learning something new every month! Mental stimulation equals brain exercise—and include activities that engage and stimulate. Read the newspaper. Watch the news. Discuss topics of interest. Stay connected with family and friends. Let's embrace and engage in a community that fosters diverse interests and activities!"

EDUCATORS

COMMITTED *to* LIFELONG LEARNING



MR. BRUCE MCCLEARY

With no former background in primary or secondary education, Mr. Bruce McCleary's journey in life took an unexpected turn after retirement—with all roads leading back to lifelong learning.

A chemical engineer by trade, Bruce spent more than 37 years working for a Philadelphia-based engineering construction company after earning his bachelor's degree in chemical engineering from Drexel University.

With his wife Barbara—who worked as a library secretary in the Coatesville Area School District at King's Highway Elementary School for almost 25 years before her retirement in 2011—Bruce will move from Coatesville to Tel Hai's StoneCroft this summer.

Upon his retirement in 2003 and a stint working retail at Home Depot, Bruce said, "I talked with my wife and knew I wanted to do something with children. It became the best decision I ever made."

Committed to applying his own talents and abilities well into his retirement years, Bruce was hired by the Coatesville Area School District as a one-on-one aide, tasked with the job of assisting autistic children in a mainstreamed classroom.

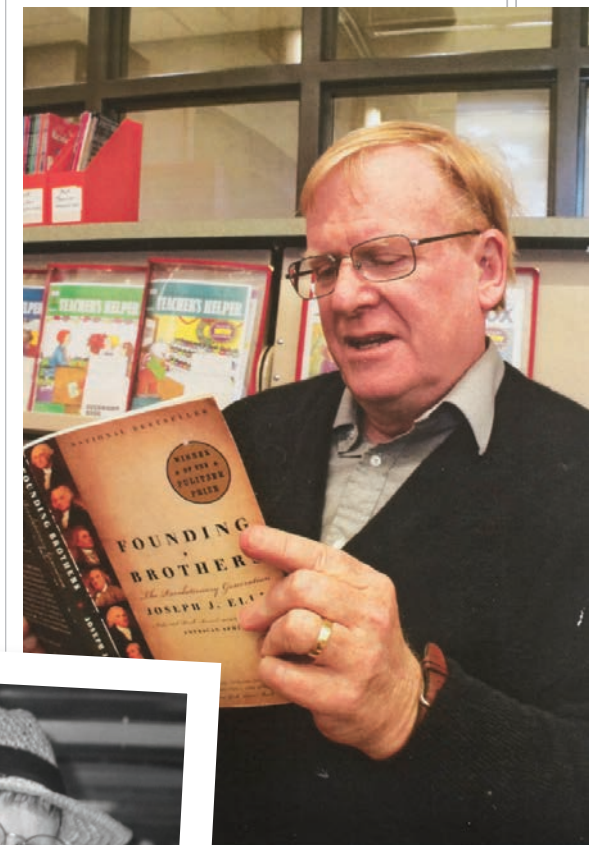
"I worked closely with children who have serious behavioral problems. The goal is to get them to function and learn in a classroom environment. I've always had a love of

TEL HAI IS BLESSED WITH EDUCATORS WHO HAVE CHANGED THE LIVES AND FUTURES OF THEIR STUDENTS THROUGH THE POWERFUL GIFT OF TEACHING.

children, and to help an autistic child reach their potential and overcome their disabilities is what it's all about," commented Bruce.

Assisting children from second through sixth grade, Bruce was an aide to more than 9 students during his seven years at the school district.

"I had one student who would hide under his desk, have a disruptive outburst and run across the field. After getting his behavior under control, he made it onto the honor roll. That was rewarding to watch and know I helped," said Bruce.



MRS. JOANNE BELSON

For Mrs. Joanne Belson, a resident of Tel Hai since 2003, a storied career in education was never her intention.

Joanne began playing the flute at 7 years old, and by age 15, her musical interests and advanced skill level led to private lessons, the Lancaster Symphony Orchestra, the Columbia Symphony, the New Holland Band and later the Eastman Conservatory of Music.

“JUST BECAUSE WE ARE GETTING OLDER, DOESN’T MEAN WE DON’T HAVE THE OPPORTUNITY TO LEARN—AND TEACH.”

After earning her bachelor’s degree in music in 1954 from Lebanon Valley College, her heart was set on music performance. “Initially, I had no interest in being a music teacher. But then... life happens,” she commented.

Life first led her to Lakewood School District, located in New Jersey. For three years, she was the assistant director of instrumental music for fifth through twelfth grades, along with leading the middle and high school bands and orchestras.

After time off to have her children with husband Arthur, Joanne worked at Lakehurst School District in Ocean County, New Jersey, for three years. Prior to her arrival, the school district had no existing music department or music curriculum.

Joanne retired from Point Pleasant Beach School District, New Jersey, in 1988 after 21 years as an instrumental music teacher. “Looking back, music is mentoring. I would introduce children to different types of instruments and the fundamentals of music. It was rewarding to see children find music as their gift, stick with it, and watch them flourish,” she reflected.

Perfecting her own musicianship, Joanne practiced what she preached. As a principal flutist in the Garden State Symphony, she showed both her own children and students that “Regardless of our ages, we all have something to give. Just because we are getting older, doesn’t mean we don’t have the opportunity to learn—and teach.”

During her tenure at Tel Hai, Joanne remains an active learner by serving on the board of directors, volunteering in various capacities and chairing the capital campaign.

“At Tel Hai, we always have the opportunity to participate in trips and programs, like attending concerts at the Lancaster Symphony. Those are the things that I didn’t have the time to do before in my life. The extensive programming at Tel Hai allows me to continue to grow and learn,” she shared.



Jeremy Hess



DR. ALLAN BLEECKER

Nature and faith. Both are important and integral anchors in the life of resident Dr. Allan Bleecker.

Dr. Bleecker’s interest in nature began in his youth, growing up on the 1,500-acre Tapawingo Trout Preserve, located in West Milford, New Jersey. Owned and operated by his father Maitland Bleecker, a renowned inventor and aeronautical engineer, his passion to explore the Creation led to his bachelor’s degree in biology from Rutgers University in 1954.

The next stop on his educational journey led to teaching biology at Shelton College, where he met and married his wife Olga in 1955. From Shelton, he was provided an opportunity to live, research, and teach within the William Hutcheson Memorial State Forest, completing his doctorate in aquatic biology from Rutgers University.

He landed at The King’s College, then located in Briarcliff Manor, New York, where Dr. Bleecker enjoyed three decades of teaching more than 15 different courses until his retirement.

Dedicated to his love of nature and lifelong learning, Dr. Bleecker headed back to where his education all began... the now Tapawingo Environmental Center. The center provided enrichment programs for private Christian schools and home-schooled students. “I used biology to illustrate biblical truths and educate them about the gospel,” commented Dr. Bleecker.

“THERE’S ALWAYS AN OPPORTUNITY TO CONTINUE TO LEARN IN LIFE. THERE’S ALSO ALWAYS AN OPPORTUNITY TO SERVE THE LORD.”

Dr. Bleecker’s journey to Tel Hai began in 1999, when he joined the community following his father’s move to Honey Brook. From leading bible studies to educational lectures on the Amish, Islam, and even Ernest Shackleton’s Antarctic expedition, he often shares the gospel and his knowledge with his Tel Hai neighbors, church members, and the public.

At Tel Hai, he is able to match his educational background and talents to serve his community. Whether it’s a lesson on “Christian Models of Creation” or “Integration Between the Bible & Science,” his enriching content helps others live out their own commitment to lifelong learning.

“There’s always an opportunity to continue to learn in life. There’s also always an opportunity to serve the Lord,” he added.



Jeremy Hess



Beyond Our Campus: The Honey Brook Community Library



Shelving returned books. Addressing thank-you letters. Processing periodicals. These are just a few of the duties of Tel Hai residents who extend their reach beyond our campus—and into the aisles of the library.

Library Director Jennifer Spade knows firsthand the impact of resident volunteers on the operation and continuation of the library. “Many of the volunteers that we have from Tel Hai are new to the Honey Brook area. We are lucky to have such a variety of people who volunteer and we truly appreciate all of their support.”

As a former librarian, resident Mrs. Veanna Baxter knows all too well the importance of volunteering and its intersection with education. Serving the library as a board trustee, she commented, “Libraries are a facility for lifelong learning. Volunteers have an impact on its success. As residents of Tel Hai, it is critical to maintain communication with those around us. One way we can communicate is to show our appreciation by volunteering.”

Serving as secretary of the library’s board of trustees, resident Mrs. Frances Atkins identifies volunteering as her personal commitment to community service. A retired technology writer for Siemens Medical, she began volunteering after moving to Tel Hai.

Tasked with the general oversight of library operations, she uses her role as a trustee to “ensure the library is providing educational opportunities for years to come.” She commented, “The Tel Hai library has a cooperative relationship with the Honey Brook Community Library, from book lending to meeting our circulation needs.”

Resident Mrs. Mollie Van Zanten founded and occasionally leads the



Left to right: Mrs. Mollie Van Zanten, Mrs. Frances Atkins, Mrs. Mary Jo Tracy, Mrs. Elaine Fling

library’s Mystery Book Club, which includes topical book discussions of both fiction and non-fiction selections and exploration of new authors.

Even as a former board member of the library, resident Mr. David Paton still donates countless hours of time to assist in the tax return preparation, budgeting and financial management of the library. With a professional background in corporate finance as a certified public accountant, “I heard the library could use my assistance and I wanted to give back. A library is the source of reading, and reading gives you the world at your fingertips.”

Resident Mrs. Mary Jo Tracy has provided guidance and support to the library for more than 16 years. As treasurer of the ‘Friends of Honey Brook Library’ since its inception in 2007, she too started

volunteering after moving to Tel Hai. “With cutbacks in funding from both the county and the state, the Friends raise money and help supplement funds for capital improvement projects, supplies and staff enrichment opportunities,” commented Mrs. Tracy. “The library is more than just supplying books. It supplies a wide range of activities that provides learning opportunities for children and the greater community.”

Reflecting on the contributions of Tel Hai volunteers, library board president Michael Green commented, “Each resident has been a mentor in guiding the Board of Trustees to uphold the trust of our community.”

“Remember that libraries belong to everyone. It is the one way that we all—regardless of physical conditions—can remain lifelong learners,” stated Mrs. Baxter.

NEW HORIZONS

LEARNING *to* DRAW, LEARNING *to* QUILT, LEARNING *to* PLAY

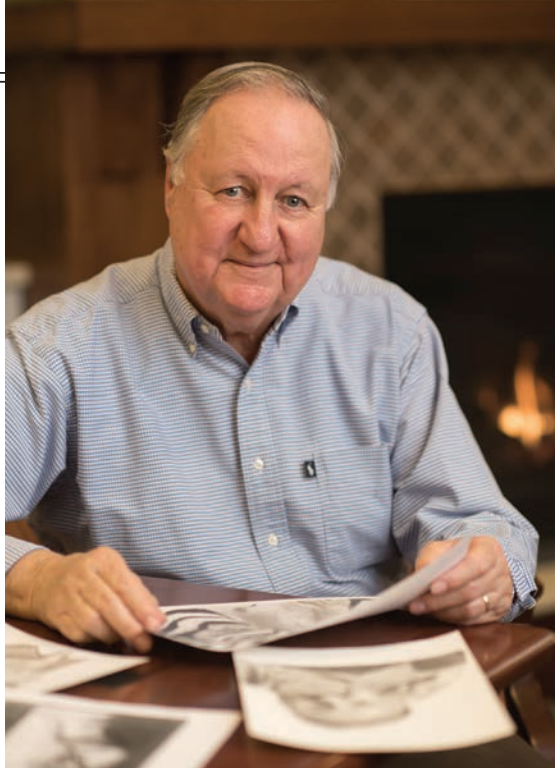


EDUCATION NEVER ENDS.
FOR THESE THREE RESIDENTS,
THEY'VE LEARNED NEW
TALENTS AND EXPANDED THEIR
HORIZONS SINCE CALLING
TEL HAI HOME.

Jeremy Hess



MR. RODNEY MUTHARD



Jeremy Hess

Originally from Temple, Pennsylvania, Mr. Rodney Muthard and his wife Mary Jane moved to Tel Hai in 2009, where time was finally on his side.

As a small business owner of both a butcher shop and later an asphalt company, Rodney's retirement meant he now had the time to perfect his woodworking skills and furniture restoration techniques. Unexpectedly, a new talent emerged.

"Art wasn't even in my plan. I was always terrible at art. Sometimes in your former life, you just don't

have time to do all the things you wanted to try," commented Rodney.

For him, it was graphite pencil drawing. First taking an art class at the Downingtown Senior Center on Monday afternoons with local award-winning artist and mentor Neil Dreibelbis, he then took additional art classes at Tel Hai to advance his technique.

His extensive collection of graphite drawings includes personal friends, fellow residents and even strangers. Beginning with a rough sketch from a picture of the subject, Rodney measures with calipers to the

proper dimensions and then works on the eyes. "If you capture their eyes, then you have the picture," he reflected.

His collection has appeared on display at the Downingtown Senior Center Art Show, at Ashbridge Manor, and even at Tel Hai.

"Now, I have developed patience. You can do anything if you put your mind to it, including art," stated Rodney.

Rodney has an extensive 'bucket list' he plans to work through. "Even at my age, I have many more years to

develop my art and anything else I choose to do. I will never stop learning and growing."

So what's up next for Bruce? He can't wait to try 'warm glass fusion' in StoneCroft's new ceramics and kiln shop!

MRS. GINGER SCHRAMM



Jeremy Hess

As a mother of three, Tel Hai resident Mrs. Ginger Schramm knew the basics of sewing. She made outfits using patterns, crafted slipcovers, and mended clothing for her family.

After moving to Tel Hai in 2013 from Parkesburg with her husband David, she was invited to join *Sew Creative*. As a resident interest group, *Sew Creative* was organized to provide a community benefit to individuals in the greater community.

"When I started attending *Sew Creative*, I didn't know anything about quilting. Recently, I just made my first baby quilt for my new grandson," commented Ginger. "Quilting with a sewing machine is just like a puzzle. We don't use patterns, so it's like building a quilt using building blocks."

"The ladies are very positive, helpful and encouraging. There is camaraderie within our group, and we are there to help each other

grow. With such a varied level of expertise, we can all learn something new," stated Ginger.

From infinity scarves for her three daughters to pillowcases for each of her ten grandchildren, Ginger has perfected her sewing skills to not only benefit her family and friends, but her community.

Sew Creative makes lap quilts for the Coatesville Veterans Hospital, children's quilts for victims of domestic violence, pillowcases for breast cancer survivors and hats for those in homeless shelters—just to name a few. Within Tel Hai, you'll see walker bags throughout the community and placemats for those receiving Meals on Wheels.

It seems like Ginger's future will be filled with more needles and thread. "Next, I want to make a quilt for my granddaughter. I need to come up with the pattern and then determine how it's going to be laid out," she said. Decisions, decisions!

MRS. BETSEY COLLINS

A longtime member of Maple Grove Mennonite Church—one of the founding congregations of Tel Hai Retirement Community—resident Mrs. Betsey Collins was always familiar with the lifestyle, services and enrichment opportunities offered.

As a small business owner providing downsizing and relocation services, Betsy served families and seniors in Pennsylvania and Delaware. "My goal was always to help people," she commented. At 48 years old, her commitment to lifelong learning led her back to school, and to a second career. She secured her real estate license and enjoyed several years as a real estate agent with Beiler Campbell Realtors.

After moving to Tel Hai in 2010 with her husband Peter, Betsey rediscovered a new talent she hadn't heard since she was 18. As a summer counselor at a Girl Scout camp in her youth, "I knew how to play 3 chords on the ukulele."

"One morning at Tel Hai, I saw a group of residents playing ukuleles. I thought, 'I wonder if I could still do that?'" she said. More than 40 years had passed, but after lessons with a fellow resident, Betsy now volunteers and shares her talent with folks throughout the community as part of a ukulele band.

"I thoroughly enjoy it. When we play to residents receiving care in adult day services, it's amazing to see their faces light up as they sing along with us. They may have memory problems, but they know the all words to 'You are My Sunshine,'" she commented.

Even with no formal musical training, she's well versed with a repertoire of 65 songs that are played by the group. "There are still chords I don't know, but I'm getting better," she stated.

From St. Patrick's Day parties to birthday celebrations, Betsey's life is enriched by providing joy to others.



Jeremy Hess

Plan to join us for these fascinating programs offered by the Life Enrichment & Concert Committees. Visit us online at www.telhai.org and click on the *Upcoming Events* tab for additional programming highlights.

COME

to Life

CALENDAR of EVENTS

SPRING 2015



Simien Mountains, Ethiopia

**Ethiopia:
A Mission Trip Travelogue
Thursday, April 30, 1 pm
Chapel**

Lorna Stoltzfus and Ruth Leaman will provide an educational talk and slide presentation on their recent mission trip to Ethiopia with the

Mennonite Economic Development Associates (MEDA). Founded in 1953, MEDA is an international economic development organization whose mission is to partner with the poor to start businesses in developing regions around the world.

**Fragile Freedom
Christine Emmert
Friday, May 1, 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.



Jeremiah James

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

Jeremiah James 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**

Join Ken Leister and discover the thrill of attracting and watching bluebirds in your own backyard. After experiencing a severe decline in population, the bluebirds are back. Ken will share his knowledge and experience of how to attract bluebirds, build a proper bluebird box and interpret bluebird behavior. Bluebird boxes will also be available for sale following the program.



**Alethia Choir
Thursday, May 14, 7 pm
Chapel**

A Tel Hai Concert Series favorite, the Alethia Choir returns to campus! This talented group of high school-aged home-schooled students will delight the crowd with this excellent choir vocal performance.

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

John Nissen, District Forester for the Pennsylvania Department of Conservation and Natural Resources' Bureau of Forestry, will lead an enthralling nature walk. John will help us identify wildflowers, trees, insects, and other items of interest while showing us how to protect and conserve what is literally in our own community! The walk will begin at the StoneCroft parking lot and continue onto the Tel Hai nature trail.

**Ancient Egypt, No. 5
Friday, May 29, 11 am
Chapel**

Dr. Stephen Phillips, from the University of Pennsylvania's Museum of Archeology and Anthropology, presents the fifth and final installment in his series on Ancient Egypt: *I Want My Mummy!* As an introduction to the history behind ancient Egyptian mortuary practices, you will discover how the mummification process developed through time and how mummies were actually made!

**Book Sale
Thursday, June 4 & Friday, June 5, 9 am to 8 pm
Chapel**

Book lovers rejoice! Come early for the best selection of gently used hardcover and paperback books sorted by topic, including biographies, mysteries, children's titles, cookbooks, travel, and gardening.



**Keystone Brass Quintet
Tuesday, June 16, 7:30 pm
Chapel**

The next installment from the Tel Hai Concert Series features a delightful evening with the Keystone Brass Quintet. The cohesive nature of the ensemble's playing and richness of their sound is due in large part to the high level of musicianship of the unchanging personnel.

**Tel Hai Goes Pops
Saturday, June 27
7:30 pm
Chapel**

Join us for a musical spectacular including light classics, ragtime, popular songs and a bit of Broadway! Vocalists Kristine Fraelich and Jeffrey Coon will be joined by Luigi Mazzochi on violin, Mark O'Kain on the marimba and xylophone, and Jeffrey Uhlig on piano!



**A Reading:
Memoir Writers
Friday, June 12, 1 pm
Chapel**

Join us for a series of readings from members of the ninth set of memoir class authors. Marvel at the skill of Tel Hai residents as we have a laugh and shed a tear!

The Edwin M. and Sarah E. Wright Scholarship Fund: Expanding Educational Assistance

Established in 1995, the Edwin M. and Sarah E. Wright Scholarship Fund was created to support Tel Hai employees and their dependents pursuing continuing educational opportunities.



Founded by Mrs. Wright's generous \$1 million donor-restricted gift, the fund has provided more than \$1.1 million in ongoing support since its establishment. In 2014 alone, the fund dispersed \$69,266 to valued employees and their children to enrich their educational endeavors. Mrs. Wright was a volunteer and resident of Tel Hai who was dedicated to the notion of lifelong learning. Working with former Tel Hai President Leroy Petersheim, Mrs. Wright's desire was to provide financial assistance to recipients through the form of tuition assistance, grants and scholarship opportunities.

Above: Mrs. Sarah E. Wright

Corey Houck, Former Employee and Son of Employee Clint Houck
Pursuing his bachelor's degree in wildlife conservation at Juniata College, graduating in May 2015

Since his childhood, Corey knew his passion and interests were both in the classroom and outside in nature. "I remember when I was a kid, I always wanted to work with animals," Corey shared. His commitment to both his advanced education and his passion for nature led him to Juniata College in Huntington County, close to his family's cabin and several of Pennsylvania's prime hunting, fishing and ecological sanctuaries.

Studying wildlife conservation in the department of environmental sciences, Corey has tackled coursework, including conservation biology, wildlife management, and natural resource management. His senior project is focused on the pelt coloration of Pennsylvania coyotes.

Additionally, he's completed field work with the Pennsylvania Game Commission and an internship with the United States Army Corps of Engineers on chestnut restoration at Raystown Lake. Corey is also a founding member and the first president of The Juniata College Chapter of the Wildlife Society.



Back, far left: Corey Houck at his family's hunting camp.

During the summer of 2012 and 2013, Corey was employed at Tel Hai as a grounds worker, and came to enjoy his experience and relationships with residents. "I liked interacting with the residents. It wasn't just a work order. I got to meet with them and see how I could help and assist them."

As the son of Tel Hai electrician Clint Houck, Corey is eager to graduate and begin his career as a biologist aide or related position. "As a recipient of the scholarship, it has made my future less scary. It's decreased my financial stress with the repayment of student loans, and has allowed me to focus on school—not money."

Chasity Brown, Director of Wellness
Pursuing her doctorate in public health at Walden University, graduating in May 2016

As Tel Hai's Director of Wellness, Chasity is dedicated to advancing her career through additional educational opportunities. With a bachelor's degree in exercise science and a master's degree in sports management from East Stroudsburg University, Chasity is currently completing her doctorate in public health with a concentration in community health education. Her dissertation efforts focus on "The Effectiveness of Virtual Weight Loss Programs."

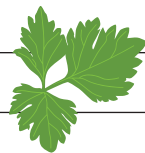
Within her role at Tel Hai, Chasity oversees the daily operation of the wellness department, which serves residents, future residents, staff and the greater community. She collaborates with community organizations and focuses on wellness programming including land, aquatic, group exercise and personal training.

"The Edwin M. and Sarah E. Wright Scholarship Fund has allowed me to complete my degree faster by taking more than one class at a time," commented Chasity. "I am eager to use my degree to help educate our residents, future residents, employees and community on how to live a healthier lifestyle through moderation and balance."



Jeremy Hess

Just like the Edwin M. and Sarah E. Wright Scholarship Fund, each gift Tel Hai received is a blessing and makes a meaningful impact on our community. The Tel Hai Development Department works collaboratively with donors to leave their legacy in a way that is most meaningful to them.



Dining and Nutritional Education: A Commitment to Improving Health

Committed to enriching both the mind and body, Tel Hai’s Dining and Nutrition Services Department is an integral component of the retirement lifestyle experience. The dedicated and professional culinary team—led by three executive chefs and two registered dietitians—knows that having great food isn’t enough.

A true culinary experience includes educating the consumer on what they are eating, how it was made, and why providing a nutritionally balanced meal is important. Free, educational dining programming is

often showcased in our various dining venues throughout the year. In celebration of National Nutrition Month, Dishing it Up with the Dietitian was held weekly to review current nutrition trends. Culinary Creations, a signature cooking demonstration and tasting event, was also held weekly and hosted by one of our on-site dietitians and chef.

Along with providing learning opportunities to residents, an emphasis on continuing education is essential in the culinary management of Tel Hai employees:

- Chefs, certified dietary managers and registered dietitians continually earn and pursue education credits toward their certifications and licenses
- Dining staff completes the National Restaurant Association’s ServSafe training course and participates in continuous on-the-job training sessions
- Dining staff lead a nutrition shadowing and co-op program with local high school and vocational technology students pursuing careers in culinary arts

Orange-Glazed Salmon and Olive Quinoa

The fragrant orange glaze caramelizes as the salmon quickly cooks under the broiler.

Yield: Serves 2

INGREDIENTS

- 2/3 cup water
- 1/2 cup uncooked quinoa, rinsed and drained
- 3/8 teaspoon kosher salt, divided
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon pitted Kalamata olives, sliced
- 1 tablespoon pine nuts, toasted
- 2 (6-ounce) salmon fillets
- 1 tablespoon maple syrup
- 1 teaspoon grated orange rind
- 1 teaspoon fresh orange juice
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon minced garlic
- 1/4 teaspoon freshly ground black pepper

PREPARATION

1. Preheat broiler to high.
2. Combine 2/3 cup water, quinoa, and 1/8 teaspoon salt in a small saucepan; bring to a boil. Reduce heat; simmer 13 minutes or until liquid is absorbed. Stir in parsley, olives, and pine nuts.
3. While quinoa cooks, arrange fillets, skin side down, on a foil-lined baking sheet. Combine remaining 1/4 teaspoon salt, syrup, rind, juice, Dijon, garlic, and pepper in a bowl, stirring with a whisk. Spread orange mixture evenly over fillets. Broil salmon 6 minutes or until desired degree of doneness. Serve fillets with quinoa mixture.



Nutritional Information:
Serving size: 1 fillet and about 2/3 cup quinoa, Servings per recipe: 2, Amount per serving: Calories 479, Fat 16.9 g, Saturated fat 2.8 g, Monounsaturated fat 6.1 g, Polyunsaturated fat 6.4 g, Protein 43 g, Carbohydrate 37 g, Fiber 4 g, Cholesterol 90 mg, Iron 3 mg, Sodium 591 mg, Calcium 59 mg



CHART YOUR COURSE

9th Annual Day in the Country & Open House | Saturday, May 9

Explore all that Tel Hai has to offer during our Day in the Country, our most popular spring event!

SCHEDULE OF EVENTS

8:30 am to 2 pm
Registration
Garrett Community Center

9 am
Resident-Led Nature Hike

9 am to 3 pm
Welcome Center Open and Tour StoneCroft Model Apartment

9 am to 3 pm
Heritage Quilt Display

9 am to 10 am and 11 am to 12 pm
Guided Tour of Meadows Health Care Center and Newly Renovated Lakeview Personal Care

10 am to 11:30 am
Pie & Compass Wall Quilt Auction
Join us for our exciting Pie Auction featuring homemade pies, including pecan, strawberry and rhubarb! During the sale, the ‘Compass’ wall quilt—crafted by the Tel Hai Quilters—will be auctioned off to benefit the Care Assurance Fund.

10:30 am to 2 pm
Expanded Resident Hobby Display and Billiards Tournament

11:30 am
Resident Water Volleyball

11:45 am
Pet Parade



11 am to 2 pm
Lunch at The Garden Café
Enjoy a taste from our signature dining venue, the Garden Café, with a special selection, including a chilled tomato and cucumber salad with vinaigrette and assorted sandwiches on a fresh pretzel roll (for purchase).

12 pm to 3 pm
Walk through the Van Trump Memorial Gardens

12 pm to 3 pm
Cottage Home Tour

Come spend the day in the country with us and see why so many people choose to call us home!
Pre-register by calling Ginny at (610) 273-9333, ext. 2144.



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



BEGIN YOUR JOURNEY *to* TEL HAI



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, May 19, 11 AM: **RSVP by May 12**
Thursday, May 28, 11 AM: **RSVP by May 21**
Wednesday, June 3, 11 AM: **RSVP by May 27**

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

More UPCOMING EVENTS

Friday Open House

Visit Tel Hai any Friday afternoon for our Friday Open House in the Welcome Center. View the StoneCroft model apartment and enjoy an informal tour of the campus from 1 to 3 pm. Stop by or call Ginny at (610) 273-9333, ext. 2144 if you'd like a personal appointment. We look forward to your visit.



Day in the Country

Please join us for the 9th Annual Day in the Country, our annual spring open house, on Saturday, May 9, 2015.

Registration begins at 8:30 am, followed by a day of exploration, fun and fellowship! Begin your visit on a wagon ride to registration, enjoy a self-guided campus tour, participate in the highly competitive pie auction and bid on our 'Compass' wall quilt! Visit all levels of living available on our nationally accredited campus—from well-appointed cottage and apartment homes to Lakeview Personal Care or the Meadows Health Care Center. See inside panel for details!