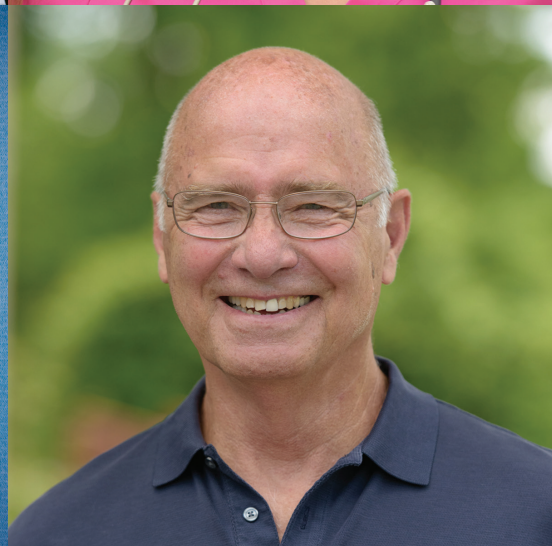




B:ife

Tel Hai

The Magazine of Tel Hai Retirement Community



SUMMER 2017



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Tel Hai Life Magazine
Summer 2017

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On the cover, clockwise from top left corner: Woods Edge neighborhood resident, Liz Wampler; friend of Tel Hai, Reg McKinstry; Licensed Practical Nurse Team Leader, Jennifer Salamone; Woods Edge neighborhood resident, Sam Wampler; Lakeview Personal Care resident, Janet Wengrin; Chairman of Residents Council, Bill Morling; Registered Nurse Clinical Coordinator, Heather Salamone-Lazos; and Medical Director, Dr. Richard Satriale. Photo by The Premise Studio.

The People of Tel Hai

Bill Morling, Chairman of Residents Council



Bill Morling

As a resident of Tel Hai, I'd like to personally extend the warmest of greetings from my home to yours.

In this issue, you'll meet a few of my neighbors, read about a unique team member sisterhood, and learn more about the people who make Tel Hai a special place.

Together, we are *The People of Tel Hai*.

Since moving to our apartment from Richmond, Virginia in 2010, my wife Carol and I have been in great hands. From a jam-packed calendar of events to rewarding volunteer opportunities, our expectations of what we wanted from a community like Tel Hai have not only been met, but exceeded.

In 2014, I was honored to be elected to Residents Council to represent my neighbors in Hillcrest on issues ranging from dining to parking. Now serving as chairman, I hear their stories, their opinions and their thoughts on how we can create an even better Tel Hai, for current residents like me and future residents like you.

Carol and I enjoy the connections we've made during our time here. We serve on various committees, drive the shuttle, assist with paperwork and data entry, answer the phone, greet visitors and help residents with computer issues. Off campus, we enjoy our time serving at Canine Partners for Life, which

provides service and companion dogs to individuals in need.

And, we're not alone. Together, every connection, every volunteer hour and every smile between donors, residents, volunteers, team members and guests creates the unique community spirit of Tel Hai.

As you read this latest issue of *Life*, you'll see that each person profiled was asked to "describe Tel Hai in one word." Mine? Preeminent.

Now I'd like to ask you a question... What are you waiting for? Join us!

Sincerely,

Tel Hai Expands Home Health Partnerships

As a Life Plan Community, Tel Hai wishes to continually enhance the services being delivered to residents by promoting collaborative relationships that support living-in-place.

We're pleased to announce that two new home health care provider partnerships have been established within our community. We've engaged BAYADA Home Health Care and Southeastern Home Health Services to provide care to residents within the community. This gives residents and their families the choice of which agency may best meet their home health care needs.

With these partnerships, we have a dedicated team of consistent clinicians who serve residents and individuals discharged to the greater community from Meadows Health Care at Tel Hai.

To provide home care, residents can always rely on "Home Care at Tel Hai" to assist in their home care needs.



Defining

Home Health Care is clinical medical care provided by skilled medical professionals, and is often prescribed as part of a care plan following a hospitalization. Services often include, but are not limited to, skilled nursing services, therapy services, administration of medications including injections, medical tests and wound care.

Home Care is non-clinical companion care provided by caregivers, called "companions" at Tel Hai, who are trained to understand the nuances of senior care. Companions help older adults with activities of daily living such as grooming, meal preparation, transportation, or friendly visitation.

About

BAYADA Home Health Care brings more than 40 years of compassionate, in-home health care to Tel Hai. BAYADA will offer two services in the comfort of the resident's home:

- **Skilled Home Health Care:** For medical and physical needs, BAYADA nurses, social workers, and Tel Hai therapists will provide skilled services to reduce falls, prevent unplanned hospitalizations and ultimately help residents to live-in-place with good health.
- **Hospice Care:** BAYADA offers comprehensive hospice services, including social, medical and spiritual care to support the caregiver and resident while alleviating symptoms and stress.

Southeastern Home Health Services provides timely, comprehensive and quality home health care services, including skilled nursing, social workers, home health aides, and behavioral health nurses. They provide care that is ordered by a physician and offer specialized services including continuous care nursing, psychiatric nursing, wound care, oncology care, blood draws, EKGs, X-rays and Doppler studies.





The People of Tel Hai

Enriching Lives *through* Volunteering



Volunteer opportunities at Tel Hai are plentiful. And so are the time, gifts and talents shared by our impressive resident volunteers.

Serving Others, One Bead *at a Time*



“Isn’t she amazing? Where would we be without her?” commented Rosa, a neighbor and student in Janet Wengrin’s jewelry-making class.

Leading the Monday class once a week for residents of Lakeview Personal Care, it’s in Janet’s nature to serve others. A former waitress and mother, Janet finds that her life is enriched by sharing her passion for jewelry making.

“I love this class because I enjoy helping others. I like helping them pick the beads, the patterns and the colors. We make beautiful earrings, necklaces and bracelets,” she commented.

Spread out on tables, ten residents sort, pick, re-sort and pick again different color combinations using the Bead Palette system.

A Carbondale native, Janet asked mid-string, “Who knows my accent? I’m a coal-country girl.” Widowed in the 1980s, Janet shares stories of her life with her husband Michael and chats of her children, grandchildren, and great-grandchildren. She encourages moments of fellowship with her “girlfriends” around the table.

In addition to jewelry making, Janet enjoys attending Residents Council meetings, bingo and exercise classes. “I just love it here, everything about it. We always have something going on, and I hate to miss out on an activity,” Janet shared.

Janet’s advice: “When you don’t know what to do, go with pearls.”

JANET WENGRIN

Lakeview Personal Care Resident

MOVED TO TEL HAI: March 2014

MOVED FROM: Downingtown, PA

DESCRIBE TEL HAI IN ONE WORD: *Fun*



At Ease Behind *the* Keys



Top right: Bill playing at Nordstrom in the Plaza at King of Prussia



For Bill Meehan, whether it's an audience of hundreds or even just a few, he's at ease when he's behind the keys. Being privately trained by conservatory teachers and professional pianists with practical experience, Bill was able to break into the music field part-time while working full time as a registered professional engineer.

From birthday parties for centenarians to 75th wedding anniversaries, Bill has blessed residents, their families and team members with his gift of music.

"When I moved to Tel Hai in 2015 with my wife Susan, I spoke to the Wellness Department about ways I could volunteer through music. Ever since, I've been playing twice a week for residents in Meadows Health Care Center," shared Bill.

And play he does. With only one resident in the room, the sounds of familiar hymns ring down the Meadowbrook neighborhood hallways. Ten minutes later, the room is packed with listening ears, singing along to big band favorites as well as spiritual hymns.

"The first time I played here, I knew that's where I should be. They are being stimulated through music. When I play, they wake up from their naps, come alive, and sing along," he commented.

Playing since he was 14 years old, the North Philadelphia native had five instructors over his lifetime. Each sharpened his style and technique.

After losing full-time employment as an engineer, Bill navigated uncharted waters in 2004 when he joined Nordstrom (a luxury

BILL MEEHAN

StoneCrest Neighborhood Resident

MOVED TO TEL HAI: June 2015

MOVED FROM: Media, PA

DESCRIBE TEL HAI IN ONE WORD: *Communion*

department store) in the Plaza at King of Prussia as one of their part-time professional pianists, until he was let go in 2008 due to budgetary constraints. "I had the opportunity to serve with Michael Melone, one of the finest pianists on the East Coast. It was great."

"Throughout my life, I've had a lot of blessings through music. Now, it's my time to give back," he reflected.



From A to Z: Greeting *and* Meeting Neighbors



An active lifestyle and independence. Together, they form the retirement lifestyle that California natives Herb and Miiko desired when they researched retirement communities.

"She's my boss, in the mailroom and at home," joked Herb. Side by side, they assist in sorting the hundreds of pieces of mail received each Monday.

"I greatly enjoy volunteering as the Mailroom Coordinator. It introduces me to a lot of people, and I get to know my neighbors. Unlike others, I may not know their faces, but I know their names," shared Miiko.

Miiko, a Villanova graduate and school librarian for 30 years, also assists in the Lakeview Personal Care library, handles customers in the ReSale Shop and greets visitors by opening their home for those

exploring residential living options at Tel Hai.

"We had a 6-bedroom home where we raised our three children, but it was time to downsize," shared Miiko. "When we first visited Tel Hai and saw the wide-open Lancaster floor plan, we fell in love with it. We were looking for an independent, active lifestyle where we could downsize but live in a convenient location."

With no plans to stop anytime soon, Herb volunteers as a pool monitor and mailroom clerk, served on the Concert Committee and enjoys fellowship with his fellow Veteran's Group servicemen.

A former Air Force navigator, Herb has a storied educational career and earned his doctorate in Counseling Psychology from Temple. He worked for 28 years as

DR. HERBERT AND MIKO HORIKAWA

Woods Edge Neighborhood Residents

MOVED TO TEL HAI: May 2012

MOVED FROM: Bryn Mawr, PA

DESCRIBE TEL HAI IN ONE WORD:

Hospitable (Herb) and Active (Miiko)

Director of the Counseling Center at Temple University and 13 years with the Philadelphia School District serving immigrant families.

Last year, the Horikawas contributed more than 395 hours of selfless volunteering. That's the equivalent of 10 weeks of a 40-hour-per-week job.

Talk about active!

Preparation, Planning *and on to* Life's Next Chapter

SUZANNE SKILLEN

Hillcrest Neighborhood Resident

MOVED TO TEL HAI: August 2017

MOVED FROM: *Limerick, PA*

DESCRIBE TEL HAI IN ONE WORD: *Exciting*

Suzie is no stranger to Tel Hai... no stranger at all. Prior to her recent move to Tel Hai this summer, Suzie was on the Future Resident List since 2011. From attending open houses to joining church services and holiday socials, Suzie planned and prepared for her move. She made connections, met neighbors, and figured out the puzzle pieces of moving to a Life Plan Community.

I first visited Tel Hai with a friend, and we both joined the Future Resident List. She moved in, and throughout all my visits to Tel Hai over the years, I saw firsthand that it was well-operated. It's where I want to be," Suzie shared.

Moving to a 1,168-sq. ft. Hillcrest apartment with two bedrooms and two bathrooms, "I knew what I wanted. I wanted a dedicated dining room where I could bring my large table, chairs and sideboard. I wanted to live in a community where I didn't have to get in my car and drive to get dinner. I wanted everything under one roof, easy and accessible," she commented.

Unlike timelines for new construction such as Tel Hai's recent, sold-out ventures Maple Knoll Townhomes and StoneCroft, Suzie was prepared to move in 90 days upon reserving her new home.

Rightsizing her belongings, preparing to sell her home and hiring a stager

were all "important steps I knew I had to take; I just had to do it. Tel Hai notified me numerous times to offer me an apartment, but I knew I just had to say yes," she said. Able to customize and personalize—from her refrigerator to her flooring—she's now settling into her new home.

But don't get her wrong, Suzie isn't "settling down." After retiring in 2009 from a 42-year career of traversing the world as the manager of several AAA Travel Agencies, she has no intention of spending all her days in her new home.

A part-time guide at Winterthur, the 175-room home and decorative arts museum of collector and horticulturist Henry Francis du Pont, Suzie also juggles docent positions at General Anthony Wayne's House in Paoli and the William Brinton 1704 House near West Chester.

In a future issue of Life, we'll check in with Suzie again on how she's writing the next chapter of her story.



Suzie's a direct descendent of Brinton, a 17th-century Quaker who escaped religious persecution in England by fleeing to Pennsylvania, then still a colony.

"I'm on to the next chapter of my life, and I'm ready," she said. "I'm ready for new scenery, new people, new volunteer opportunities and new adventures."

Welcoming Faces



A visit to Tel Hai means being greeted by residents, team members and friends of the community—each, bringing unique life experiences and contributions to the “Hill of Life.”



HEATHER SALAMONE-LAZOS

Registered Nurse Clinical Coordinator

STARTED AT TEL HAI: *October 1999*

LIVES: *Parkesburg, PA*

DESCRIBE TEL HAI IN ONE WORD: *Family*

JENNIFER SALAMONE

Licensed Practical Nurse Team Leader

STARTED AT TEL HAI: *June 2001*

LIVES: *Gap, PA*

DESCRIBE TEL HAI IN ONE WORD: *Inspiring*

For Heather and Jenn, Tel Hai is more than just an employer. It's a family connection spanning decades.

As sisters, Heather and Jenn have worked alongside each other to care for residents as they care for each other, all while growing their families and their careers. Their Aunt Brenda served Tel Hai residents as a nurse, and their younger sister April was a nurse's aide in Meadows Health Care Center.

Starting at Tel Hai in 1999, Heather's career has advanced from a nursing assistant to a Licensed Practical Nurse (LPN) to a Registered Nurse to, most currently, a clinical coordinator. “While working at Tel Hai, the flexibility allowed me to pursue additional education at the Brandywine School of Nursing and Center for Arts and Technology-Brandywine.”

Heather's responsibilities include assisting the resident and their family during the admissions process. From physical assessments to



Heather (left) and Jenn (right)

discharge planning, she's their first and last contact while receiving care.

A newly created position for Tel Hai, “This position is very personal. It allows me to cater to the residents' health concerns and make sure they are getting what they need. I enjoy watching residents within the continuum transition out of health care and back to their home,” shared Heather.

In 2001—on the recommendation of Heather—Jenn left a career in finance to transition into the health care field. For seven years, she worked as a nurse's aide in Meadows Health Care Center before graduating as a LPN from the Center for Arts and Technology Brandywine in 2008.

“The best part of my job is getting to serve the residents and meeting

their family members. You hear their stories and learn about their lives,” shared Jenn.

As a cross-trained LPN, Jenn has served residents in both Lakeview Personal Care and Meadows Health Care Center over the last 16 years.

“During my time at Tel Hai, improvements in utilizing technology have greatly impacted my job. This has allowed greater organization, less paperwork, and more time spent on direct care and cultivating relationships with the residents,” Jenn commented.

Jenn is currently obtaining her Registered Nurse (RN) degree at Delaware County Community College and will graduate in May 2018 with her bachelor's degree.



DR. RICHARD SATRIALE

Medical Director

STARTED AT TEL HAI: *June 2005*

WORKS: *Internal Medicine, Geriatrics, General Practice*

DESCRIBE TEL HAI IN ONE WORD: *Jesus*

Aligned with Tel Hai's mission of providing a caring community that enhances the lives of residents, Dr. Satriale's 12-year commitment to resident care is indisputable. During each visit, residents receive critical medical advice, team members receive oversight, and family members receive the assurance their loved one is in good hands.

"What I enjoy about Tel Hai is working with people who truly care for the residents," he commented. "Nowadays, there are so many obstacles and impediments to taking care of patients to the best of our ability. While we must deal with these issues, the good of persons is always paramount. We all share the same philosophy of care and dedication."

Reflecting on the continuum of care provided at Tel Hai, "The experience of living at Tel Hai cannot be anticipated. It is a true community. For those who enjoy community, they will find company and purpose. For those in need of care, they will find support and gentle caring," he shared.



On any given day when Dr. Satriale visits the community, there are smiles, handshakes and hugs.

Providing essential medical oversight to residents in all stages of care, he collaborates with Tel Hai team members on a variety of issues, from side effects of medication to controlling chronic illnesses.

As medical director, "I serve Tel Hai with the fund of knowledge and experience that I've acquired over the years. In any one day, I will teach medical science, explain our complicated American medical system, and advocate for residents and staff. I try to be a good listener and dispenser of empathy," shared Dr. Satriale.



SAM AND LIZ WAMPLER

Woods Edge Neighborhood Residents

MOVED TO TEL HAI: *January 2013*

MOVED FROM: *Richmond, VA*

DESCRIBE TEL HAI IN ONE WORD: *Home (Sam) and Happiness (Liz)*

You may just spot high school sweethearts Sam and Liz Wampler holding hands and waving from their front porch as you round the bend on Rolling Hills Circle. Followed by a true Southern welcome into their home.

Virginia natives, Sam studied biology at Bridgewater College while Liz pursued physical education at James Madison University. Upon graduation, they married in 1965, and Sam was enlisted from 1966-1969, serving as U.S. Army Lieutenant, including a tour in Vietnam.

Raising three children, Lisa, Laura and Sarah, the family relocated from Virginia to Downingtown in 1981, where Sam worked as the plant manager for Reynolds Metal Company, now Alcoa, and Liz as a substitute teacher. They returned to the Shenandoah Valley in 1987 until their move to Tel Hai in 2013.

Reflecting on their first visit to the community back in 2011, "We made the right choice. We love it here," shared Sam.

In 2010, Sam—an avid bike rider—was hit by a deer during a country ride. After 7 days in the intensive care unit and three weeks in rehab, he had limited cognitive skills and



major physical setbacks, including 10 broken ribs. "I didn't know if or when I would ever be well, or if I was going to make it," Sam shared on his multi-year recovery.

"Looking back over our marriage, our faith allowed us to get through," reflected Liz.

Still recovering at Sheltering Arms Physical Rehabilitation Center from his accident, Sam commented, "Moving to Tel Hai was a decision we had to make. I was still getting better, but I didn't want our kids to have to make that decision for us."

Overlooking an Amish neighbor's rolling fields and the Baron Hills, a wooded mountain range facing south, "We got one of the last cottages at Woods Edge," shared Liz. "Check out that view."

Five grandchildren, two great-grandchildren and decades later, the Wampler home is filled with joyful pictures of family camping trips, travels and summers in Myrtle Beach. Reflections of the life they built together, for better and for worse.

A breast cancer survivor and currently undergoing treatment for Hodgkin's lymphoma at Fox Chase Cancer Center, Liz is forever an optimist and forever a Southerner. Speaking of their upcoming beach trip, "You've gotta stop at Lee's Inlet Kitchen in Murrells Inlet, South Carolina. They have the best seafood!"

Off to their next adventure.

The Community of Tel Hai: A Friend's Perspective

REG MCKINSTRY

Friend of Tel Hai

LIVES: West Chester, PA

DESCRIBE TEL HAI IN ONE WORD: *Committed*

Family member, donor, volunteer: all describe Reg McKinstry. However, "friend" is the label he prefers.

Reg's relationship with Tel Hai began 27 years ago, when his parents, Marie and Reginald McKinstry Sr., moved into a cottage in 1990. During their time at Tel Hai, they both utilized services throughout the continuum of care, including Lakeview Personal Care, Adult Day Services and Meadows Health Care at Tel Hai.

In 2011, Reg's mother-in-law also moved to Meadows, receiving memory support care until her passing two years later.

"Tel Hai served them with unflagging love and professional expertise," shared Reg. "That gave my wife, Diane, and I a 23-year, up-close-and-personal experience with all levels of care at Tel Hai."

A Drexel University grad and Vietnam veteran, the Bucks County native retired in 2013 after a lengthy career as an electronics product marketing manager and later an information technology systems analyst and application developer. He then began serving as a volunteer to the community.

"Tel Hai has done so incredibly much for my family. I want to contribute all that I can, personally and financially, to help Tel Hai continue on the same Godly path," Reg commented.

Throughout the years, Reg has volunteered for special events including the Annual Tel Hai Cup Golf Tournament, Day in the Country, Merchants Faire, and even the Election Day Traffic Control Team. In addition to serving on the Development Committee, Reg has served as a member of the "Expanding Home—Serving More" Capital Campaign Steering Committee and Lead Gifts Committee.

"As a donor, I'm passionate about the Care Assurance Fund, which we try to contribute to regularly," he said. "If you read Tel Hai's mission, vision, and core values, those statements focus on Christ. With my many years of experience with Tel Hai, I can confirm that those statements are a reality. And I greatly enjoy any opportunity to elaborate on that experience, especially to folks outside of Tel Hai."

The Development and Volunteer Offices welcome you to discover ways to donate your time, talent or treasures to Tel Hai. Together, we can discuss opportunities that enhance the lives of those within the community. For more information on these opportunities, contact the Development Office at (610) 273-9333 ext. 2039 or telhaidevelopment@telhai.org.



"Tel Hai has done so incredibly much for my family. I want to contribute all that I can, personally and financially, to help Tel Hai continue on the same Godly path."

Life at Tel Hai is enriching and rewarding. Join us for dynamic events including educational lectures, entertaining concerts and enrichment opportunities.

COME to Life

CALENDAR of EVENTS FALL 2017



World War II- Part 2
Mondays, Sept. 11, 18, 25 and
Oct. 2 and 9 at 1 pm
StoneCroft Center for Worship
and Performing Arts

Part 2 of a two-part series
which kicked off in the
spring of 2017, join Chester

County historian, teacher
and longtime friend of
Tel Hai Ross Kershey for a
five-week lecture series
on the conflict, military
alliances, and history
leading to the most
widespread war in history.
Fee charged.



Chester County Day Preview

Thursday, Sept. 21, 1 pm
StoneCroft Center for Worship
and Performing Arts

Learn from Michael
Pillagalli about the history,
progress and impact of
Chester County Day—
a home, garden, barn and
historic landmark tour
held annually on the first
Saturday of October.
The Day started when a
member of the Women's
Auxiliary to the Chester
County Hospital visited a
Nantucket house tour in
the mid-1930s and brought
the idea back with her.
This year's tour includes
the northwest quadrant
including Marshall Square
Park in West Chester
Borough.



Schubin

Our Three Tenors: A Tel Hai Concert Series Event

Saturday, Sept. 23, 7:30 pm
StoneCroft Center for Worship
and Performing Arts

Pianist Jeffery Uhlig returns
to Tel Hai with tenor Jim
Schubin and others for a
captivating evening of music
with Our Three Tenors.
Prepare to be entertained
as they sing sacred selec-
tions along with familiar
arias from both opera and
operetta, Neapolitan songs
and classic Broadway show
tunes. Uhlig performs reg-
ularly with members of the
Philadelphia Orchestra.
Uhlig received his Master
of Music degree from West
Chester University and is
in demand as a chamber
music player, vocal coach
and accompanist.



Keystone Brass Quintet: A Tel Hai Concert Series Event

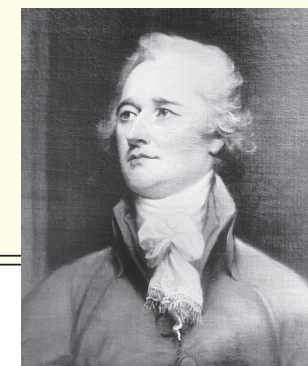
Thursday, Oct. 12, 7:30 pm
StoneCroft Center for Worship
and Performing Arts

The next installment
from the Tel Hai Concert
Series features a delightful
evening with the Keystone
Brass Quintet. Founded in
1976, the group has
amassed more than 300
performances over 41
years. 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.

Osher Lifelong Learning Institute: Alexander Hamilton

Mondays, Oct. 16, 23, 30
and Nov. 6 and 13, 1 pm
StoneCroft Center for Worship
and Performing Arts

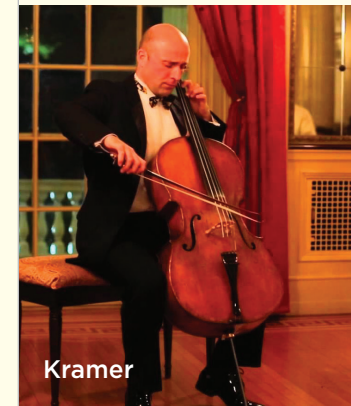
Statesman, Founding
Father, and Secretary of
the Treasury. Join Gerald
McNeff on the campus
of Tel Hai for a five-week
lecture series tracing
the life of Alexander
Hamilton. From the Battle
of Lexington to the
Federalist Papers, learn
about the founder of the
nation's financial system
and his impact on our lives
today. Fee charged.



21st Annual Merchants and Community Services Faire

Thursday, Nov. 2, 10-2 pm
StoneCroft Center for Worship
and Performing Arts

This unique, free
educational faire offers
attendees the opportunity
to explore and meet local
business and professional
service providers; health
care service providers;
community, civic and
service organizations; and
local government/public
agency representatives.



Kramer

Cellist Steve Kramer and Friends: A Tel Hai Concert Series Event

Thursday, Nov. 16, 7:30 pm
StoneCroft Center for Worship
and Performing Arts

Prepare for an evening of
spectacular classical music
by Dr. Steve Kramer, cellist,
accompanied by a string
quartet. An international
artist and performer from
Copenhagen, Denmark,
Dr. Kramer debuted at the
Kimmel Center's Verizon
Hall and was a soloist and
chamber musician at the
Barnes Foundation in
Philadelphia and at Lincoln
Center in New York City.
He is currently the artist
in residence at the String
Theory High School in
Philadelphia.



JOIN US The Story of Sojourner: Hiking the Appalachian Trail at 75

Friday, September 1, 10:30 am
StoneCroft Center for Worship and Performing Arts

Hear the story of Soren West, who hiked the entire
Appalachian Trail (2,200 miles) at 75 years old with his
trusty Golden Retriever Theo. Fulfilling a dream
from childhood, this attorney from Lancaster will share
his awesome story of navigating from Georgia to
Maine while battling injury, oppressive heat and the
unforgiving wilderness.

Every Appalachian Trail "thru-hiker" takes a trail name.
Soren's is "Sojo," which stands for "Sojourner."
Travel with him on the adventure he conceived when
he was 14 and achieved at 75.

Holiday Bazaar

Thursday, Nov. 30, 10 am - 2 pm
StoneCroft Center for Worship and Performing Arts

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, handwoven items, skin care products
and a variety of one-of-a-kind creations.

Visit www.telhai.org/connect
for additional programming highlights.

Questions? Contact Judy Schweitzer, Community Life Coordinator,
at jschweitzer@telhai.org or (610) 273-9333 ext. 2129.



“I can’t move.
My home isn’t
ready for sale.”

Moving Out to Move In

“I don’t
know where
to begin.”

Time and time again, we hear the same familiar phrases from seniors who understand and value the benefits of moving to a Life Plan Community like Tel Hai, but in reality are ill-prepared to move when their desired accommodation becomes available. This brings anxiety, stress, and rash decision-making.



“Preparation is the key to a smooth transition. My job is to help ease this transition with tools and resources wherever people are in their journey,” shared Tina Cressman, moving resources manager. “Whether it’s a recently retired, 62-year-old empty nester or an 80-year-old couple living on their family farm, there are things they can do now to rightsize and prepare for a move.”

Tel Hai recently hosted “The Moving Expo,” a jam-packed afternoon featuring move-related vendors, home-sale resources, financing information and guest speakers. The expo was perfect for those who were curious about rightsizing, having trouble finding moving resources, or didn’t know where to start.

“I’m not ready yet.
I have too much stuff.”

Hearing from industry experts and local representatives, attendees received valuable insight on market trends.

“In 2016, the median home sale price in Chester County was \$315,500. That’s a positive indicator for those looking to sell their home,” commented Tina. “Additionally, in 2016, home sales showed an average of 76 days on the market. Homes are selling fast.”

Important takeaways from the expo included:

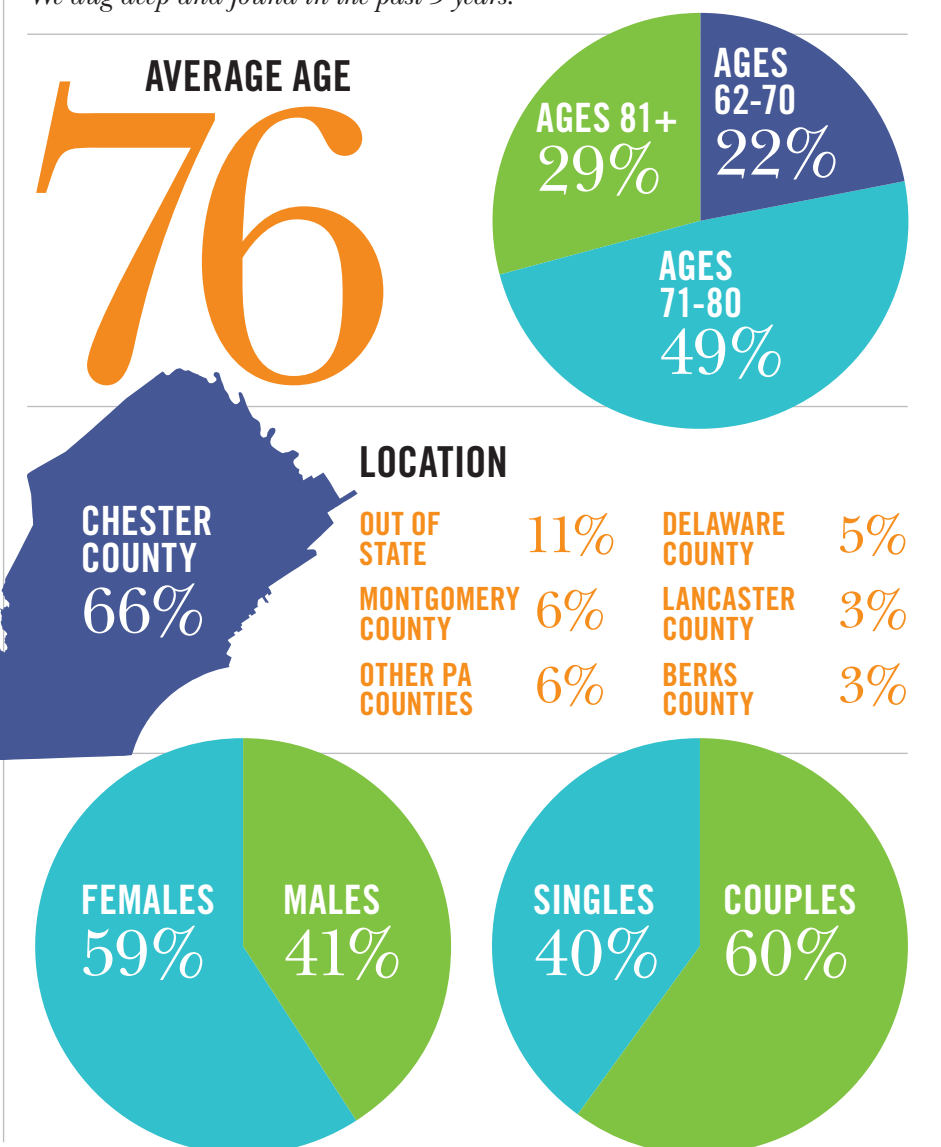
- **START NOW.** Align your resources before you need them. Thinking of listing your home? Interview multiple realtors and ask them for an estimate on your home. Ask what their plan is to sell it, and what marketing features they utilize to ensure a fast sale.
- **APPLY FOR FINANCING.** Many choose not to pull money from their investments to finance a reservation deposit prior to moving to Tel Hai. A line of credit or home equity loan should be acquired prior to placing your home on the market.
- **INVESTIGATE YOUR OPTIONS.** From disposition services to utilizing non-profits like Habitat for Humanity, determine what you can do now to rightsize. Room by room, closet by closet, each step forward lowers your risk of future stress caused by procrastination.
- **INSPECT YOUR HOME.** From tree removal to stucco repair, get a handle on what needs to be repaired at your property prior to putting your home on the market. Some repairs could take weeks—if not months—to plan and execute when professional contractors are involved. Thoroughly inspect your own home to avoid surprises.



Move-In Metrics: TEL HAI BY THE NUMBERS

So who are the people moving to an apartment, cottage or townhome at Tel Hai? We often get asked “Where do they come from?” and “Who are they?”

We dug deep and found in the past 3 years:



Integrity: Committed to Our Core Values

“The integrity of the upright guides them.” –Proverbs 11:3

Building on the foundation of Tel Hai Retirement Community’s Mennonite faith heritage, the services we provide today continue to flow from our Christian faith identity. Exemplified in the love of Christ, our faith guides us to embrace the core value of *integrity*.

Integrity: We pledge to be honest and trustworthy in all that we do, fostering strong relationships built on accountability and honesty.

We feel that integrity speaks to actionable traits like honesty, congruence, humility and courage.

Honesty is not just what you speak but also the impression you leave. You may speak a truthful fact, but your body language or tone of the message may lack truth. Congruence is when your behavior and your intent are the same and working without a hidden agenda.

Humility is being more interested in what is right than being right. Humility is giving the credit to others rather than self and admitting when you’re wrong. Courage is the willingness to do the right thing, regardless of the cost.

Together, they support the core value of integrity: doing the right thing, even when no one is looking.

Dedicated to enhancing the lives of residents, donors, volunteers, team members and the countless individuals who visit or interact with our community daily, we encourage all our team members to learn and grow in their demonstration of integrity.

- We grow by regularly challenging ourselves to be honest and to walk our talk.
- We grow by seeking to understand the values we have and by seeking to be clear to others about those values.
- We grow by being open to learning and by being willing to seek the truth.
- We learn courage by keeping commitments both to others and especially to ourselves.



“At Tel Hai, integrity is an action. Our team members don’t just say it, they do it. It’s in their thoughtful and compassionate actions that demonstrate their respect for the residents, our resources and the job they feel called to do.”

—J. David Shenk, MPA, NHA
President and Chief Executive Officer



“Mom is becoming isolated and needs help with her medications.”

WHEN HELP *is* NEEDED, WE’RE HERE *for* YOU.

“Dad was diagnosed with dementia and I’m concerned he’ll get lost on his walks.”

As a Life Plan Community offering the full continuum of care, Tel Hai provides compassionate care to individuals from the greater community. Wherever you or your loved one are in your journey of care, we’re here to help.

Lakeview *Personal Care at Tel Hai*

Offering 24-hour, resident-centered nursing support in an inviting personal care environment by a compassionate team of expert health care professionals. A variety of programming and stimulating activities provide residents with the comfort and care they desire in an intimate setting.

Short-Term Respite Care

Up to 30 consecutive days of short-term respite care for individuals requiring support in a safe environment while giving a much-needed break for caregivers. All respite stays include a private accommodation with en suite bath and all the features and services provided within Lakeview Personal Care at Tel Hai.

Lakeview, Maple View and Short-Term Respite Care (610) 273-9333 ext. 2446

Maple View *Memory Care at Tel Hai*

Providing 24-hour, resident-centered nursing support in a secure memory support neighborhood. Specifically designed for residents with cognitive impairments from moderate memory loss to progressive dementia, residents have their own personal care accommodation.

Adult Day Services *at Tel Hai*

Personalized, quality care for adults challenged by physical disabilities or in need of memory support/dementia care, who require daily supervision. The program provides stimulating and structured programming while participants maintain their level of independence in a secure environment.



Adult Day Services (610) 273-4619



Explore Retirement Living Open House

**Saturday, October 21
10 am - 4 pm**

Visit Tel Hai for the 7th Annual Explore Retirement Living Open House as we join several other communities in Lancaster and Chester counties. View www.explore retirement living.org for a complete listing of all participating communities.

Take the first step to securing your future by exploring Tel Hai's full range of expansive accommodations, amenities and services.



Enhance your retirement experience and start your journey today! Let us know you're coming by registering online for your visit to Tel Hai at www.telhai.org/explore

VISIT US

Friday Open House: Drop In & Visit

Visit the Welcome Center at Tel Hai any Friday afternoon. See the StoneCrest Pearl model apartment and visit the campus from 1 pm to 3 pm. Drop-ins are welcome, and no RSVP is required.

**Friday, September 1, 8, 15, 22, 29
Friday, October 6, 13, 20, 27
Friday, November 3, 10, 17**

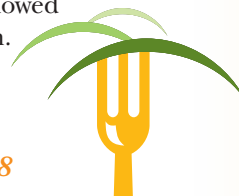
Discover the Tel Hai Difference

Learn more about cottage, apartment, and townhome living and all the advantages of the Tel Hai lifestyle! Join us in the Welcome Center for a tour of the Pearl model apartment, followed by an informational program and a delicious lunch.

**Thursday, Sept. 14 at 11 am, *RSVP by Sept. 5*
Tuesday, Sept. 26 at 11 am, *RSVP by Sept. 15*
Thursday, Sept. 28 at 11 am, *RSVP by Sept. 18***

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

Register online at www.telhai.org/tasteoftelhai



A TASTE of
Tel Hai