



Live More  
*with Less*  
PG. 10

# Life

Tel Hai

The Magazine of Tel Hai Retirement Community

# Big Surprises.

*Small Sizes.*

SPRING 2018





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*Tel Hai Life* Magazine  
Spring 2018

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On the cover: Residents enjoy fellowship by participating in the "Come Color with Me" group. Read more on page 4. Photo by The Premise Studio.



# Ending One Journey, Starting Another

Cathy Yoder, Former Vice President, Marketing and Communications



The Premise Studio

A change in the road, an intersection in the journey of life, where it leads and what it looks like is a step of faith. For me, trusting God and lessons learned often make the direction at this intersection clear.

After 23 years at Tel Hai Retirement Community, it was time to say goodbye. In March, I retired from my final role at this incredible community as the Vice President,

Marketing and Communications. The memories I'm taking with me include all of you... as I've heard what you've said, I've watched what you've done, and I've shared in your joys. From that, I've learned invaluable lessons.

I've clearly seen over the years that you are *planners*. You prepare financially, physically and emotionally so you have choices. They are your choices. Your choice to clean out unnecessary and unused items in your home so your children don't

have to or your choice to move to a retirement community now instead of waiting until a time of crisis. That planning makes the decision yours.

You taught me that I want to spend time on *what really matters most*. For example, being free from worries of home ownership and, instead, spending precious time with my grandchildren, friends and family. Finding what is important to me in the way of serving others. You all do that so well. I want to take weekly meals to my adult children



and their families to ease the stress of their busy days. I want to volunteer at a place and cause that I feel passionate about, like meeting the needs of those less fortunate. I want to participate in activities that keep me active and fit, like antique treasure shopping with girlfriends. (I suppose that defeats the rightsizing goal.) I want to find ways to challenge myself to learn and grow.

You taught me to *make the most of every day*. For residents currently living at Tel Hai, you make this seem like the good life: what's not to love! You're truly living life to the fullest. For future residents, follow their lead and don't wait another day. You'll be so glad to call Tel Hai home. We all know that we have one day at a time, and we do not know what tomorrow will bring. Like you, I want to live well and give to others as if tomorrow will never come.

Moving forward, Karen Horning, Executive Vice President, Resident Services, will assume oversight of the Marketing and Communications Department. You met Karen—a dear personal friend of mine—in the winter issue of *Life*.

Karen previously served in a marketing and admissions role at Tel Hai from 1984 to 1991, and after serving 22 years at a neighboring retirement community, returned to the "Hill of Life."

In this issue, I hope you gain new insights on life at Tel Hai. We want to share with you all the amazing ways—big and small—that our community is enhancing the lives of residents. Even if you choose "small sizes" like a one-bedroom cottage or quaint apartment, our community centers and expansive amenities offer the "big surprises."

Learn from others as I have. Go ahead, take the next step. Schedule a tour or join us for a "Taste of Tel Hai" luncheon. Explore our community, with all our sizes and surprises. I assure you, it will be one of the best decisions you'll make!

Sincerely,  
*Cathy Yoder*



Top to bottom, Cathy's grandchildren: Mekhi Yoder, Bryce Yoder, Blake Yoder.





# Big Surprises.

*Small Sizes.*

A model train. A thimble.  
A colored pencil.

They can all fit into the palm  
of your hand. They may be small in  
size, but at Tel Hai, they are  
mighty tools of creativity that lead  
to big surprises.

Through harnessing the collective  
power of friends and neighbors,  
and adding a dash of passion, you're  
left with a fellowship experience  
that's fun and carefree. Isn't that  
what retirement living is all about?  
Joy and purpose-filled living?  
Spending time doing the things you  
enjoy or doing the things you  
always wanted to try?

Perhaps dusting off and tinkering  
with your childhood train set.  
Finally finishing that lap quilt you  
started 20 years ago. Spending an  
afternoon with friends as you try  
“adult coloring” for the first time.

At a Life Plan Community like  
Tel Hai, life is happening in every  
corner. Every space, every room,  
and every interaction. It's about  
living life beyond your apartment,  
cottage or townhome. It's about  
finding those big surprises, even  
if they come in small sizes.

## All Aboard



The Premise Studio

After it officially opened  
in January, Brownstone —  
the final wing of  
StoneCroft Apartments —  
brought with it new amenity  
spaces like a 780-sq. ft. Train  
Room. And, with that, brought  
the space for the membership-  
based Train Club to think,  
build, and tinker.

“Figuring out what we’re going  
to do is half the fun,” shared  
club chairman and resident Bob  
Bond, who moved to Tel Hai  
in 2016. Along with residents  
Tom Hess and Jack Risheill,  
the trio is blazing a path by  
recruiting members, developing  
an action plan, and beginning  
the build-out phase of the space.

“Our vision for the room  
is to be an operational railroad  
room but also a museum of  
sorts. We’ve received many  
generous donations of trains,  
tracks and sets. We can’t possibly

run them all, but we want to  
share and showcase as much as  
we can,” Bob shared.

Eventually, the room will feature  
five different gauge tracks,  
and will include Z, N, HO, S, O,  
O-27, and G scale trains.  
The space was purposefully  
constructed for the Train Club  
with floor-mounted electrical  
sockets, room to include a 360°  
suspended, ceiling-mounted  
perimeter track and bright  
overhead lighting.

“This club is about creating  
something together, as neighbors  
and friends,” said Bob. “We want  
to make the best use of the  
space. When the room is open,  
people can come in and see  
our progress. When it’s not,  
people can view what we’re doing  
through the large glass windows.  
This room is for everyone!”

Keep chugging along!





The Premise Studio

## Detailed Design



For the Fiber Artist Quilting Club, the new Textile Arts Room in Brownstone is the beginning of something beautiful and intricate and all-consuming!

“This is a teaching and learning club for current residents, future residents and the community,” shared Tel Hai resident and instructor Jane Shea. “Basically, we make art quilts and various projects with textiles. We have special workshops, like ‘Painless Paper Piecing Quilting Technique,’ where students learn new ways of quilting or creating items like an infinity cowl scarf or a quilt block.”

As a membership-based club, there is supervision within the space to assist in the use of materials and sewing machines like the Janome Memory Craft—a computerized dream machine. From an expansive cutting table to a design wall and even ample

storage for books, threads and supplies, the room offers a place for all their items.

“Jane is like a national treasure for our group,” shared resident Linda Lang. “She’s like a fountain of knowledge with quilting techniques. She’s creative and has the planning and design skills to teach us all, no matter what level we’re at. That’s what makes this so much fun!”

“I enjoy watching people learn. And to show them that they can actually complete something, from start to finish,” Jane shared as the group gathered to inspect a quarter-inch seam.

In addition to workshops, the club meets each Friday, with designated times for both club members and non-members. They have a pipeline of projects on the horizon, like gearing up for December’s “Holiday Bazaar.”

Talk about advance planning!



## Come Color with Me

In case you haven’t heard, “adult coloring” is in! And it’s colorful, creative and loud. Wait, loud?

“It’s just lots and lots of chatting and laughing. It’s a time for fellowship and fun with neighbors. We sit, we talk, we laugh. We share about our families and, of course, the food,” shared resident Ann Paton.

Come Color with Me is an informal group of residents from all neighborhoods of the community that meets weekly in the Daily Brew for adult coloring. With their books, printouts, crayons, colored pencils and sharpeners spread out on the tables, you’ll often hear them before you see them.

“It’s so much fun for me. To see people get so excited to color together. It’s for everyone at any skill level. There are so many techniques and ideas of how people color and where their creativity takes them,” shared Ann.

Some group members are “newbies” and haven’t colored since childhood or with their own children. Others joined the trend years ago.

So grab a pencil and try to stay within the lines!







*As shared in the last issue of Life, Tel Hai’s Board of Directors and key management team members are shaping the future of the community through the development and execution of an ongoing, strategic plan called 20/20: Gaining Perspective.*

*The theme addresses our desire to gain insight, perspective and clarity on three key priorities that will further strengthen our offerings to current and future residents.*

*We want to best position Tel Hai for the future, and we’re focused on financial and operational improvements that will help us exceed customer expectations. They’re bold, they’re creative and they’re collaborative.*

**PRIORITY /1/**  
*Growing Team Member Culture*

**W**e want Tel Hai to be a place where our team members not only enjoy coming to work, but thrive while serving residents and performing their daily duties. We want to recruit stellar talent, cultivate leaders, and retain valuable team players. We want a passionate workforce that has a high level of trust in the organization and each other.

We’ve pinpointed areas of opportunities like reducing turnover, increasing employee satisfaction and devising pay grade structures.

We’re conducting “stay interviews” with new team members to help ensure that the talent we’ve found feels welcomed, trained and prepared to serve. We are striving to improve our Gallop poll survey results on employee engagement and satisfaction by creating work teams to improve areas of weakness.

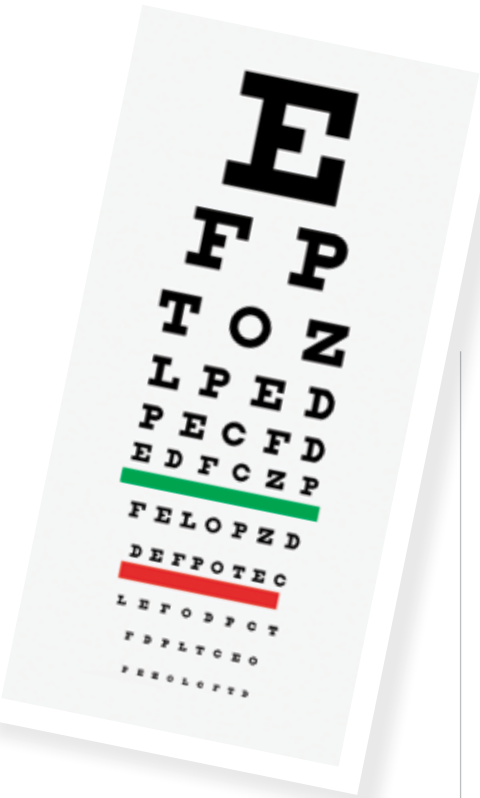
Lastly, we’re redefining every job description within the organization and creating pay grades, so team members can explore clearly and openly all the career paths available.

**PRIORITY /2/**  
*Re-Envision Health Care Services*

**T**el Hai is a vibrant, caring community that seeks to give residents choices and empower them to flourish wherever they live on the Tel Hai campus. We want to find creative and affordable ways to help residents live a purposeful life of their choosing, where they chose, based on what is important to them.

This key priority includes the development of a plan to address our health services infrastructure and the care and services provided in those areas.

At Tel Hai, health care services are provided in Meadows, a two-story structure built in 1982. Today, the market demand for private rooms is great, and will enable us to deliver a greater degree of resident care while increasing customer satisfaction. We’re currently determining the financial feasibility and timeline of transitioning semi-private rooms into private rehabilitation rooms and creating neighborhoods featuring private rooms with en-suite bathrooms. Similarly, we’ll explore re-envisioning



our personal care accommodations, which are provided in Lakeview, built in 1988.

As an organization, we’re defining what it means to “thrive in place” as a resident ages. We’re developing an intentional plan for educating the team members, empowering residents and engaging family members.

We’re harnessing technology to aid us as we grow *Home Care at Tel Hai*, an essential piece of the continuing care puzzle, which pairs in-home services with care needs.

Lastly, we’re striving to create a more dementia-friendly community as part of this plan, and training our employees to provide exceptional care to those with memory loss.

**PRIORITY /3/**  
*Strengthen Financial Performance*

**W**hen organizations experience rapid growth—similar to what Tel Hai experienced in residential living over the past few years—a community can experience negative operational margins and an increase in debt.

We’re laser-focused on our financial performance and looking to increase our financial margins. Just like other non-profits, we refer to financial operating gains or profits as a positive margin, as funds gained are held for future use and reinvested back into the organization rather than going to owners or executives.

Additionally, we’re reducing our debt through the advance payoff of short-term loans and construction loans. In preparation for the future, we’re planning to increase the amount of cash we’re holding in investments and planning to grow investment cash.



# Live More *with* Less

How much space do you really need? How many rooms do you truly live in now? Rarely go in the spare bedroom? Is your basement just collecting dust?

You can call it small, cozy, intimate. But in reality, it's just less. Less square footage means less mess and less stress.

These smaller spaces offer everything you need and nothing you don't. They have enough room to entertain the family or host a weekend guest without unused space that creates more cleaning and more work.

Residents at Tel Hai are not only living, but thriving in smaller spaces.



The Premise Studio



At Tel Hai, you can find smaller living spaces throughout the campus. With six neighborhoods and hundreds of floor plan options, we've got what you want and what you need.

With just one visit to our campus, you'll see residents living life outside of their homes. They enjoy all the amenities, public spaces and communal benefits of living at a Life Plan Community. From Wednesday Mass to a pickup game of bocce, they're engaged physically, socially, spiritually, and emotionally.



The Premise Studio



The Premise Studio

For Dorothy Greeby, who moved to Tel Hai in 2013, her ground-floor, 707-sq. ft. apartment is "perfect!" she shared. "I love living at Tel Hai, and living in Hillcrest. I have enough room for all my belongings and it is just the way I want it."

With a generously sized living room, light-flooded bedroom, ample kitchen, multiple closets, bathroom, and stackable washer and dryer, "It's all the space I really need," she said. Best yet, it's directly connected to amenity spaces like the Garrett Community Center and multiple dining venues.

At StoneCroft Apartments, three floor plans are under 1,100 sq. ft. The Garnet offers 790 sq. ft., while the Amethyst and Sapphire offer 1,062 sq. ft. Coupled with large balconies and walk-in closets, an affordable entrance fee and monthly fee are the perfect match for those looking for less space.

Our smaller cottages start at 936 sq. ft. Many include a large master bedroom and an oversized garage, or two bedrooms and an oversized garage.

## Personal Care: *Plenty of Space for Encouraging Independence*

With six distinct floor plans, Lakeview Personal Care apartments are often found to be suitable in size for residents transitioning from residential living, health care, or those enjoying a short-term respite stay.

"When families and their loved ones are exploring personal care, they appreciate our vast array of sizes, which provides

them with both financial and physical options for living. Some prefer a kitchenette, while others desire a separate bedroom and living room space," shared Melissa Christophel, Admissions Coordinator for Personal Care.

"No matter the home selected, residents have all the freedom and amenities of residential living plus nursing and wellness support to remain independent, active and safe," shared Melissa.



### Lakeview Personal Care Floor Plans

#### Willowdale

225 sq. ft., efficiency accommodation with en-suite bathroom, closet

#### Avondale

275 sq. ft., accommodation with en-suite bathroom, two closets

#### Brandywine

340 sq. ft., accommodation with kitchenette, adjoining living room, en-suite bathroom, two closets

#### Devonshire

375 sq. ft., accommodation with kitchenette, adjoining alcove, en-suite bathroom, two closets

#### Westtown

450 sq. ft., accommodation with kitchenette, separate living room, en-suite bathroom, closet

#### Washington

550 sq. ft., accommodation with larger kitchenette, separate living room, en-suite bathroom, two closets

## STORAGE SOLUTIONS

We know that rightsizing can be tough. Too much stuff, not enough space. There are things you're just not ready to get rid of, family heirlooms, artwork, Christmas tree ornaments—the list goes on and on.

Residents residing in apartment accommodations are provided with a temperature-controlled private storage unit. It's perfect for oversized and seasonal items that you still need and want, but don't desire within the walls of your home.

Conveniently located within each apartment building, residents can customize by adding freestanding shelving as needed, and secure with their own lock.

Don't be deterred by the task of rightsizing prior to a move to Tel Hai. After joining the Future Resident List, you'll have access to our Moving Resources Program, which features an impressive catalogue of vetted and trusted partners and helpful resources aimed to make your move stress-free, organized, and convenient.

The Premise Studio



### STORAGE UNITS OFTEN BECOME A LANDING SPOT FOR:

- Patio furniture and stackable chairs
- Beach chairs and umbrellas
- Seasonal decorations
- Artificial Christmas trees
- Files, documents and past tax returns
- Suitcases and garment bags



# Exploration (Un)Known

At Tel Hai, there are always new things to explore. From big places to small spaces, you have plenty of opportunities to pursue your passions, discover new talents, and spend each day doing the things you truly enjoy.

In January, we officially opened the doors to 3,900 sq. ft. of new common spaces within Brownstone, the final wing of StoneCroft. Connected to StoneCroft Commons, Greystone and Bluestone, we added 45 new apartments, along with five distinct spaces dedicated to additional amenities, hobbies and resident functions.



The Theater Room

Nathan Cox Photography



**THE TRAIN ROOM** offers the Train Club the space to build and tinker with their trains and tracks. The room will feature an array of different tracks, trains and scenery, many of which have been generously donated to the community. As you read on page 5, it's shaping up to be another wonderful example of a resident-driven initiative.



**THE THEATER ROOM** serves as the perfect location for special events, screenings and movie showings. The 21 comfy seats offer optimal viewing of everything and anything. Popcorn, anyone?



**THE TEXTILE ARTS ROOM** is home to the Fiber Artist Quilting Club. Together, residents enjoy creating textile crafts ranging from intricate art quilts to scarves. Residents can work in this quiet space on their own personal projects or learn new skills from seasoned sewers in an instructional setting.



The Conservatory

Nathan Cox Photography



**THE CONSERVATORY** is our indoor garden room and features a massive skylight, gas fireplace, kitchenette and ample seating for family and friends. It's a popular location for card games and puzzles, socialization opportunities and even quiet reflection. And bring your sunglasses, it's bright.



**THE MULTIPURPOSE CONFERENCE ROOM** is conveniently located on the ground floor and serves as a meeting location for team members and residents alike. With Wi-Fi access and audio/visual capabilities, it's the space ideal for getting down to business.

## TOUR TIPS

So what can you expect during your personal visit to Tel Hai? Explore what YOU want!

**D**uring your visit, you'll meet with our Residential Living Counselor, who will listen to your needs, wants and desires. Together, you'll discuss the services, programs and accommodations available at Tel Hai.

discover the joy of inspired living in the spaces that are meaningful to you. If you're a woodworker, perhaps the Woodcraft Shop. Enjoy art? We'll view the Arts Suite, including a ceramic center, art room, gallery and our textile arts room.

You'll then tour the spaces and places that interest YOU. We want you to

No pressure, no obligation, and no sales pitch.

### 1 ASK ANYTHING

*Have a tough question? Ask it! Whether it's financial or physical, ask away. There is no such question as a dumb question, only unanswered questions. We'll do our best to equip you with all the important information you are seeking, so we can take the next step in discovering if Tel Hai is right for you.*

### 2 MEET THE RESIDENTS

*We know that Tel Hai residents are our best sales-people. Why? Because they live it each and every day. We'd love to introduce you to the residents who decided to call Tel Hai home, and who know all the advantages to living at a Life Plan Community. You may even see a familiar face, former neighbor or past schoolmate. It's a small world!*

### 3 STAY FOR LUNCH

*Food is important. Stay for lunch or dinner and explore our multiple culinary venues, sample our entrée choices and meet our team members, who are excited to greet you. You can also check out "Catering Services at Tel Hai" and learn about special theme nights like Surf and Turf. All our dining venues are open to the general public. Bon Appétit!*

Discover the conveniences and rewards of retirement at Tel Hai. Schedule a visit today by contacting Ginny at (610) 273-9333 ext. 2144, [info@telhai.org](mailto:info@telhai.org), or connect with us online at [www.telhai.org](http://www.telhai.org).



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 SPRING & SUMMER 2018



Roosevelt

**Eleanor Roosevelt**  
*Monday, May 14, 1 pm*  
*StoneCroft Center for Worship and Performing Arts*

Join Walter and Margie Cook as we learn about the life and impact of “The First Lady of the World,” Eleanor Roosevelt. Discover her impact as an American politician, diplomat and activist, then and now.

\* Bring your own lawn chair, blanket, refreshments and visor/sunglasses.



ONE A-CHORD

**ONE A-CHORD:**  
**A Tel Hai Performing Arts Series Event**  
*Sunday, May 20, 3 pm*  
*StoneCroft Center for Worship and Performing Arts*

Enjoy a lovely afternoon of worship with ONE A-CHORD, a community contemporary worship choir. The mission of ONE A-CHORD is to share the Gospel of Jesus Christ through music and to encourage unity within the Christian community through choral music ministry and worship opportunities.

**Junk Food (A Musical Group) \***  
*Wednesday, May 23, 7 pm*  
*The Hillside Amenities of Tel Hai: Outdoor Amphitheater*

Join us as we kick off our outdoor amphitheater concert season with Junk Food. Tel Hai resident Hunter Gaul is a member of this fun, unique musical group.

Visit [www.telhai.org/connect](http://www.telhai.org/connect) for additional programming highlights.

**QUESTIONS? Contact Judy Schweitzer, Community Life Coordinator, at [jschweitzer@telhai.org](mailto:jschweitzer@telhai.org) or (610) 273-9333 ext. 2154.**

**Bishop Shanahan High School Concert Band \***  
*Tuesday, May 29, 7 pm*  
*The Hillside Amenities of Tel Hai: Outdoor Amphitheater*

Support the students of Bishop Shanahan High School from Downingtown, Pa., as they present an array of musical numbers.

**“I’ll Fly Away”**  
**The Backwoods Bluegrass Band: A Tel Hai Performing Arts Series Event \***  
*Friday, June 1, 7 pm*  
*The Hillside Amenities of Tel Hai: Outdoor Amphitheater*

Featuring Servant Stage’s most requested ensemble, “I’ll Fly Away” is a toe-tappin’ tribute to folk, bluegrass, Americana and old-time gospel music with the Backwoods Bluegrass Band!

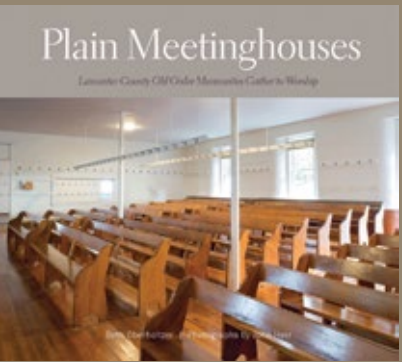


The Backwoods Bluegrass Band

## PLAIN MEETINGHOUSES: A BOOK TALK AND SIGNING

Monday, April 30, 1 pm | StoneCroft Center for Worship and Performing Arts

Old Order Mennonites are deeply faithful, agrarian-rooted, Swiss-German Anabaptists who have called Lancaster County, Pennsylvania, home for 300 years. Their meetinghouses silently embody their religious traditions, and yet few outsiders have seen the startling utilitarian beauty of these rural structures up close. Join author Beth Oberholtzer and photographer John Herr as they share about their rare access to 22 austere houses of worship and discuss their one-of-a-kind book featuring over 300 photos and diagrams that document the meetinghouses, from the design of their benches and buggy sheds to the arrangement of tables central to worship.



**The Lukens Concert Band: A Tel Hai Performing Arts Series Event \***  
*Thursday, July 19, 7 pm*  
*The Hillside Amenities of Tel Hai: Outdoor Amphitheater*

Dating back to its origins in 1911, the Lukens Concert Band promotes the musical heritage of our nation with harmonious melodies from marches to Broadway hits.



The Mainliners

**The Mainliners:**  
**A Tel Hai Performing Arts Series Event \***  
*Monday, June 11, 7 pm*  
*The Hillside Amenities of Tel Hai: Outdoor Amphitheater*

The Delaware Valley’s premier men’s chorus — The Mainliners — are back to perform a variety of songs in four-part a cappella style. The group’s musical style includes enthusiastic renditions of sentimental ballads, snappy rhythm tunes and rousing patriotic numbers.

**Jeffrey Uhlig and Friends:**  
**A Tel Hai Performing Arts Series Event**  
*Wednesday, June 20, 7:30 pm*  
*StoneCroft Center for Worship and Performing Arts*

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

**West Chester Community Concert Band: A Tel Hai Performing Arts Series Event \***  
*Thursday, June 28, 7 pm*  
*The Hillside Amenities of Tel Hai: Outdoor Amphitheater*

Founded in 1986, the West Chester Community Concert Band is an all-volunteer ensemble that creates unique programs that represent outstanding music covering many different genres.

**Brenten Megee and Kathleen Megnin Millay:**  
**A Tel Hai Performing Arts Series Event \***  
*Thursday, July 5, 7 pm*  
*The Hillside Amenities of Tel Hai: Outdoor Amphitheater*

Enjoy a lovely evening of beauty in nature and music with Brenten Megee and Kathleen Megnin Millay. Megee, who as a local performing artist is known for his patriotic, inspirational, and classical concerts, will be joined by Megnin Millay, local soprano vocalist.



Megee



Zahm

**Charlie Zahm (The Songs of Marty Robbins, Johnny Cash and John Denver): A Tel Hai Performing Arts Series Event \***  
*Friday, July 13, 7 pm*  
*The Hillside Amenities of Tel Hai: Outdoor Amphitheater*

Baritone Charlie Zahm — one of the most popular soloists at music events east of the Mississippi — will provide a musical tribute to country music legends including Marty Robbins, Johnny Cash, John Denver and many more.

## RIGHTSIZE TODAY!

Donate to the Resale Shop

**Ready to downsize, or as we call it, rightsize?** It’s time to sort through those boxes, kitchen gadgets and closets. Tel Hai graciously accepts donations from future residents and the greater public. Donations can be dropped off every Monday (except holidays) at the shop from 11 am - 12 pm. Visit [www.telhai.org/resale](http://www.telhai.org/resale) for details.

**On the hunt for treasures?** The Resale Shop, located in the Hertzler Apartment building, features a vast array of donated items at extremely affordable prices. Many “one-of-a-kind” items featured in the shop include jewelry, porcelain, pottery and endless treasures. Proceeds from the Resale Shop benefit the *Care Assurance Fund*, which provides financial support to residents who outlive their ability to pay for the care they require.

Friday, April 20:	9 am to 1 pm
Tuesday, April 24:	11 am to 1 pm
Friday, May 18:	9 am to 1 pm
Tuesday, May 22:	11 am to 1 pm
Friday, June 15:	9 am to 1 pm
Tuesday, June 19:	11 am to 1 pm
Friday, July 20:	9 am to 1 pm
Tuesday, July 24:	11 am to 1 pm
Friday, August 17:	9 am to 1 pm
Tuesday, August 21:	11 am to 1 pm





## HELPING HANDS

### MARY IVANOSKI

RESIDENT SERVICES  
COORDINATOR

SERVES: Lakeview  
Personal Care Residents  
and Families



The Premise Studio

**J**oining the Tel Hai team in 2017 as a Unit Coordinator within the Meadows Health Care Center, Mary Ivanoski knew that serving residents at Tel Hai was her calling. “I love the feel of this community. It’s more than a job to the team members, it’s a calling. And for residents, it’s not just where they live. It’s their home and we’re part of their family.”

Earlier this year, Mary transferred from Meadows Health Care to become the Resident Services Coordinator in Lakeview Personal Care.

“My job is to ensure residents within personal care have all the tools and support available to them to thrive in place. From helping family members with medical billing questions to assisting residents in finding a specialty doctor, I’m their first point of contact to make sure their needs are met,” shared Mary. “I’m a resource, a problem solver, a helper.”

Earning her bachelor’s degree in Psychology from the University of Edinburgh, Scotland, in 2011, Mary’s past positions in customer service and working with developmentally delayed young adults prepared her for the individualized and need-driven world of long-term care.

“Every resident has a story. We’ve had past mayors, firefighters, veterans and models. It’s amazing to hear their stories, their lives, and hold their hands as they transition into a new phase in life with dignity and respect,” she shared. “I love to welcome residents to personal care—from the greater community or within our continuum—because it’s rewarding to watch them thrive in an environment that is safe, social, loving and supportive.”



## HELPING HANDS

**“B**aby steps. Getting fit and living a healthy lifestyle is all about baby steps,” shared Tel Hai’s Exercise Specialist, Kristin Hallquist.

“I greatly enjoy the variety of wellness opportunities we have at Tel Hai. From one-on-one personal training sessions to group fitness classes, we have it all, for all ability levels,” she shared. “Whether you want to shed pounds or ease achy joints, we can help.”

A seasoned fitness professional who previously worked at Willow Valley Communities, Kristin assists residents, future residents and team members to get fit and stay fit. As a Certified Personal Trainer, Lifeguard, Certified Yoga Instructor, and Certified Group Fitness Instructor, Kristin will add one more credential to the list next month—a bachelor’s degree in Sports Management and Exercise Science from California University of Pennsylvania.

“At Tel Hai, we utilize personal goals to obtain achievement. We look at areas of weakness, which can include things like balance, range of motion and muscle density. Together, we discuss limitations and goals, and how we can work to get you where you want to be and where you should be,” commented Kristin.

With a jam-packed monthly wellness calendar, Kristin said, “People are always amazed at how many land-based classes and aquatic fitness classes we have at Tel Hai. We’ve got Yoga, Pilates, Strength and Balance, Aqua Aerobics, and the list goes on and on! We have something for everyone.”

For the greater community and future residents of Tel Hai, community memberships are available for purchase, which include access to all fitness rooms, wellness classes and programming. “Everyone can incorporate wellness into their life. Give me a call. We’ll do it together,” she shared.

### KRISTIN HALLQUIST

EXERCISE SPECIALIST

SERVES: Residential  
Living Residents,  
Future Residents,  
Team Members



The Premise Studio





# Compassion: Committed to Our Core Values

“Clothe yourselves with compassion, kindness, humility, gentleness, and patience.”  
–Colossians 3:12

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 *compassion*.

*Compassion: 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.*

Our core value of compassion has roots tied to where the Tel Hai story began. In 1950, parishioners from Maple Grove Mennonite Church of Atglen and Conestoga Mennonite Church of Morgantown purchased a 120-acre farm for church-related activities. Named Tel Hai to honor an early partnership between the property and the American Board of Missions to the Jews, the property was first used as a summer camp for inner-city children.

With intentions to better utilize the grounds, the camp’s Board of Directors opened a convalescent home, called The Tel Hai Rest Home, in 1956. The property’s original farmhouse was converted into a home for the “aged” and quickly grew to a capacity of 14 residents. Six decades later, we’ve expanded and grown to offer distinctive accommodations, dynamic amenities, and the full continuum of aging services.

Throughout our history, just as many organizations of the Anabaptist heritage, we have a purpose to serve others. Anabaptists assist in

global relief efforts of war-ravaged civilians and refugees, victims of famine, natural disasters and political unrest, and provide education for young people.

For Tel Hai, our purpose is to serve others. We are guided by a motivation to provide quality care for those who need support—in all different ways and levels—like low-income housing found at Tel Haven Apartments and in-need team members through the *Good Samaritan Fund*. It is compassion that moves one to be concerned about the most vulnerable of our community. It is compassion that asks “What can I give?” without considering what one might receive in return.

Collaboratively with our entire campus community, our team members exemplify compassion through actions of calmness, empathy, courtesy, knowledge, and attentiveness. Team members recognize that Tel Hai is the residents’ home and we are the guests in it.

### MISSION STATEMENT

Motivated by Christ’s love for all, our covenant is to provide a vibrant, caring community that enhances the lives of those served.

### VISION STATEMENT

To be an innovative Christian community, to inspire respect and purpose for each individual, and to excel in providing quality service.

### CORE VALUES

Integrity  
Compassion  
Trust  
Stewardship  
Community



# 12TH ANNUAL Day in the COUNTRY

• OPEN HOUSE •

We’re moving our 12th Annual Day in the Country Open House to the first weekend in May, the fifth. Enjoy a day of fun and fellowship as you navigate through well-appointed cottages, spacious apartment homes and light-filled townhomes. Registration begins at Grandview Commons.

SATURDAY  
May 5  
11 am - 2 pm

### Explore FIVE neighborhoods

- ◆ Hillcrest Apartments ◆  
707-744 sq. ft. apartments
- ◆ StoneCroft Apartments ◆  
790-1,532 sq. ft. apartments
- ◆ Maple Knoll Cottages ◆  
936-1,700 sq. ft. homes
- ◆ Maple Knoll Townhomes ◆  
1,745-2,409 sq. ft. townhomes
- ◆ Woods Edge Cottages ◆  
1,890 sq. ft. homes

### Learn about FIVE campus services

- ◆ Residential Living ◆
- ◆ Personal Care ◆
- ◆ Health Care ◆
- ◆ Inpatient and Outpatient Therapy Services ◆
- ◆ Adult Day Services ◆

### Visit our FIVE campus dining venues

- ◆ Garden Café ◆
- ◆ Azalea Square ◆
- ◆ Daily Brew ◆
- ◆ Stone Hearth Grille ◆
- ◆ The Terrace ◆

TO RSVP, call Ginny at (610) 273-9333 ext. 2144  
or visit [www.telhai.org/DIC](http://www.telhai.org/DIC)



Tel Hai Retirement Community | 1200 Tel Hai Circle  
P.O. Box 190 | Honey Brook, PA 19344 | [telhai.org](http://telhai.org)





## MARK YOUR CALENDARS

Pencil us in your calendar now for an entertaining “Festival of Music” on Saturday, September 29, 2018. We’re planning an all-day, campus-wide music festival featuring various groups and genres, from a Caribbean-inspired steel drum band to a toe-tapping big-band concert. You won’t want to miss it!

# FESTIVAL of MUSIC

SATURDAY, SEPTEMBER 29

## VISIT US

### *Day in the Country*

*Saturday, May 5, 2018 - 11 am to 2 pm*

Plan to join us for our ever-popular spring OPEN HOUSE. Take the first step to securing your future by exploring Tel Hai’s full range of expansive accommodations, amenities and services. For more information, look inside the back cover.

Pre-register today by contacting Ginny at (610)-273-9333 ext. 2144, [gcrasten@telhai.org](mailto:gcrasten@telhai.org) or at [www.telhai.org/DIC](http://www.telhai.org/DIC). Registration will begin at Grandview Commons.

### *Twice-Monthly “Taste of Tel Hai” Luncheons*

If you haven’t already, join us for a “Taste of Tel Hai Luncheon” to learn more about the Tel Hai lifestyle. In addition to a delicious lunch, you’ll explore residential living options and hear from the residents who live here. We’ll be holding them at 11 am the 2nd and 4th Tuesday of each month.

Tuesday, May 8, <i>RSVP by April 30</i>	Tuesday, July 10, <i>RSVP by July 2</i>
Tuesday, May 22, <i>RSVP by May 14</i>	Tuesday, July 24, <i>RSVP by July 16</i>
Tuesday, June 12, <i>RSVP by June 4</i>	Tuesday, August 14, <i>RSVP by August 6</i>
Tuesday, June 26, <i>RSVP by June 18</i>	Tuesday, August 28, <i>RSVP by August 20</i>

Seating is limited for each event, so please be sure to register early! Call Ginny at (610) 273-9333 ext. 2144 today or register online at [www.telhai.org/tasteoftelhai](http://www.telhai.org/tasteoftelhai)

