

*Decision-Making*  
UNCERTAINTY  
VS. SECURITY  
PG. 10

# Bife

Tel Hai

The Magazine of Tel Hai Retirement Community



## OVERCOMING INDECISION

SPRING 2019



## CONTENTS

- 4** **Overcoming Indecision**  
We've all struggled with decision-making. As you weigh your future, what's holding you back from the next step of exploring what life could be like at Tel Hai? Read about how our residents overcame indecision and five steps to help you decide.
- 10** **Decision-Making: Uncertainty vs. Security**  
Thinking about your future care needs can be stressful. With research, planning and thoughtful decision-making, the power of choice and security prevails.
- 16** **The Ready-Set-Go Program**  
Instead of joining the Future Resident List and waiting for your preferred accommodation to become available, learn more about the Ready-Set-Go Program. It gives you additional support, benefits and planning timelines to prepare you for your move to Tel Hai.
- 2** **A Letter from Leadership**
- 8** **Service Spotlight**
- 14** **Advantages of Community**
- 18** **Come to Life**



Tel Hai Life Magazine  
Spring 2019

**EDITOR**  
Jolene Weaver  
Director of Communications

**CONTRIBUTING EDITOR**  
Allyson Welsh

**DESIGN**  
Anstey Hodge Advertising Group, Roanoke, VA

**PHOTOGRAPHY**  
The Premise Studio, Lancaster, PA

**PRINTER**  
Progress Printing, Lynchburg, VA

Tel Hai Life is published quarterly by Tel Hai Retirement Community. Send address changes to *Tel Hai Life*, Tel Hai Retirement Community, P.O. Box 190, Honey Brook, PA 19344, call (610) 273-9333, ext. 2144 or email us at [telhai@telhai.org](mailto:telhai@telhai.org).

The views and opinions expressed in *Tel Hai Life* do not necessarily represent the official policies of Tel Hai Retirement Community, nor are they always the opinions of the editor. Additionally, corresponding comments are the personal opinions of the original authors and do not represent the official policies of Tel Hai Retirement Community. For more information, please contact (610) 273-9333, ext. 2144 or [telhai@telhai.org](mailto:telhai@telhai.org).

On the cover: Margaretmary Sommar, Residential Living Resident. Photo by The Premise Studio.

# Overcoming Indecision

*Allyson Welsh, Director of Wellness and Resident Services*



In this latest issue of *Life*, we're talking about indecision. We've all been there.

It comes in many forms: maybe, perhaps, not sure, don't know. We face decisions in our daily lives, from getting dressed each morning to ordering lunch. As a wife and mother of two lively young boys, I'm making many of those decisions times 4!

Why is it that sometimes our biggest decisions are no decisions at all? Indecision is a decision. Just think about it —by not making a decision, you're making a decision. The decision is inaction, and according to *The Merriam-Webster Dictionary*, it's the failure to do something that should be done.

So how do we actually overcome indecision? How do we weigh the advantages and disadvantages? In the end, is delaying making a decision a mistake? I think it is, and I'll share why.

I joined the Tel Hai team in 2011, serving in Lakeview Personal Care as a Social Services Coordinator and later Marketing Sales Coordinator. In 2015, I was provided the opportunity to join the Residential Living team as Assistant Administrator when we opened the doors of StoneCroft Apartments. Last year, I joined the Management Team and now serve as Director of Wellness and Resident Services.

During my time at Tel Hai, I've cherished the relationships I've formed with residents throughout our community, many with different family and financial circumstances. I've heard it time and time again that moving to the "Hill of Life" was one of the best decisions they've ever made and they wish they did it sooner. They too were confronted with the plight of decision-making.

As you'll explore in this issue, the decision about moving to Tel Hai isn't about cabinet colors or southern views. It's about choosing to live in a community that matches your values, your interests, and your passions. On page 4, you'll meet Charlie and Carol Roush and Margaretmary Sommar. Although the story of their decision-making process is different, the destination is the same.

In "Decision-Making: Uncertainty vs. Security," you'll discover that a Life Plan Community like Tel Hai offers the best of both worlds in providing affordable and secure life planning options. A delay in decision-making can lead to less: less choices and less control.

So let's take the next step today. Jump in, explore and join the more than 900 residents who share that a decision to move meant choosing freedom, security and life!

Sincerely,

## Tel Hai Partners with Symbria for Therapy Services

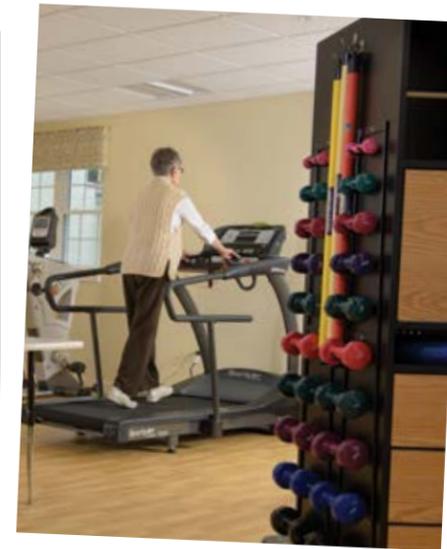


Decision-making can be hard. We know the feeling.

This month, Tel Hai announced our new partnership with Symbria to provide inpatient and outpatient therapy services, including physical therapy, occupational therapy, speech therapy, and respiratory rehabilitation therapy throughout the continuum of care. Previously, on-campus therapy services were provided in-house by Tel Hai team members.

Symbria is a single source for rehabilitation solutions for Life Plan Communities like Tel Hai. For the last four years, Tel Hai utilized Symbria for therapy consultation and more recently for respiratory therapy services. This partnership will now provide Tel Hai residents additional advantages by accessing all services and benefits available in the Symbria therapy services line.

Later this year, the Center for Medicare and Medicaid Services will shift the focus of healthcare



rehabilitation services, requiring additional ongoing education for therapists, clinical training and auditing. This new payment model will require a focus on analytics-driven therapy, strategic planning, program development to maximize clinical outcomes and management of reimbursement risks. By partnering with Symbria, we will be able to meet all upcoming requirements.

Together, we are strategically positioning our organizations to manage the changing landscape of healthcare by creating a resident-centered system of service that maximizes outcomes, improves satisfaction and reduces costs. Symbria has retained most of our therapy services team members, who now have access to additional training, resources and expertise aiding in their career development.

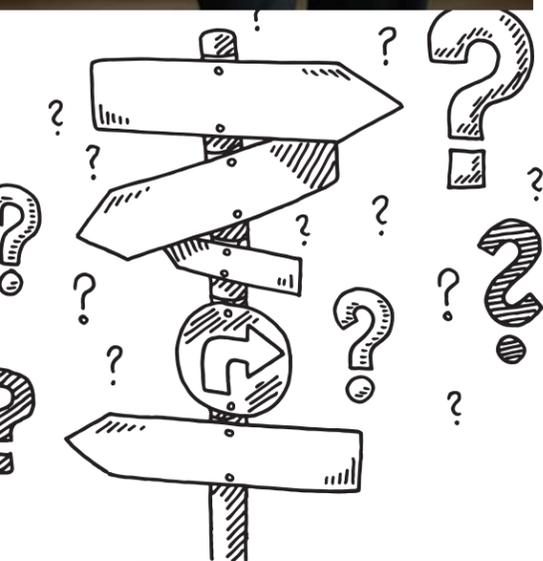


### OUTPATIENT THERAPY SERVICES

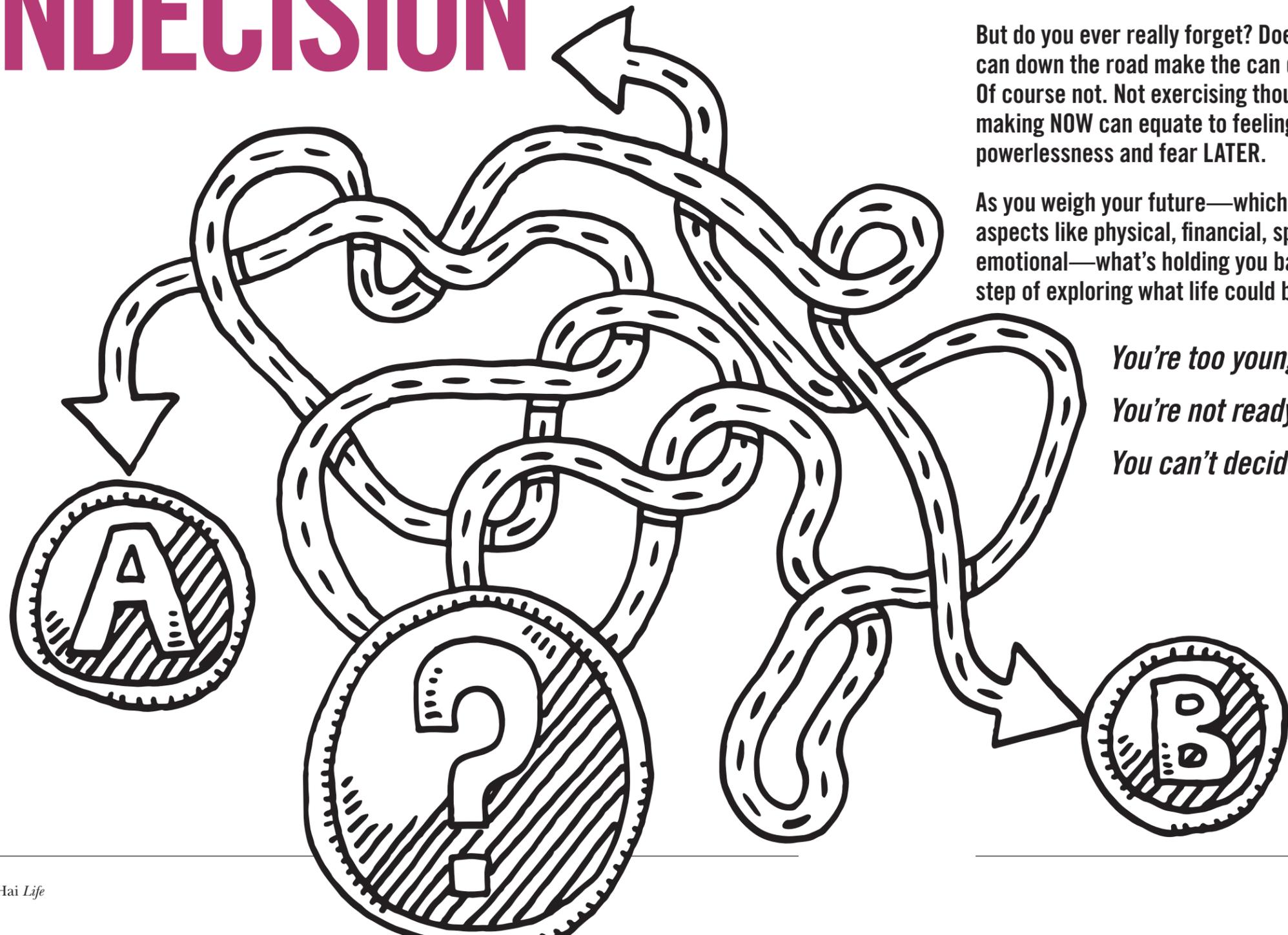
- Physical, occupational, speech and respiratory therapy
- Aquatic therapy in the StoneCroft Aquatics Center
- Acute and chronic pain modalities, including electrical stimulation, ultrasound and diathermy
- Ongoing education and training for self-management of therapy
- Assistance with equipment and home modification needs

### INPATIENT THERAPY SERVICES

- Pre-operative planning and program consultation
- Physical, occupational, speech and respiratory therapy as prescribed
- Access to fully equipped therapy gym with therapeutic modalities, including ultrasound, electrical stimulation and diathermy
- Personalized pain management program
- Customized care plan and discharge planning based on individual/family goals
- Ongoing education and training provided for self-management of an individual's needs
- Opportunity to continue the relationship built with therapist on an outpatient basis



# OVERCOMING INDECISION



## INDECISION. YOU'RE NOT ALONE.

We've all struggled with decision-making. Sometimes, it's tempting to forget about the decision that needs to be made, and realign your time and talents to something easier.

But do you ever really forget? Does kicking the can down the road make the can disappear? Of course not. Not exercising thoughtful decision-making NOW can equate to feelings of frustration, powerlessness and fear LATER.

As you weigh your future—which includes many aspects like physical, financial, spiritual, and emotional—what's holding you back from the next step of exploring what life could be like at Tel Hai?

*You're too young? **You're not!***

*You're not ready? **You can be!***

*You can't decide? **Let us help.***

## 5 WAYS TO OVERCOME INDECISION

According to Dr. Robert Leahy, Director of the American Institute for Cognitive Therapy, one of the hallmarks of depression and anxiety is indecision. Here, we offer five of his tips to overcome indecision.

**1** Make decisions based on your goals and values, not on how you feel right now. Think of where you want to end up. When we base our decisions on how we feel right now, we often act impulsively, we avoid, we procrastinate and we lose sight of the endpoint. Start with the endpoint and work backwards.

**2** Consider the "search costs" and "opportunity costs" of indecision. What else could you be doing in the time you spend researching a decision? What opportunities are you missing? Don't forget that searching and waiting mean that you have given up on pursuing certain options. Not deciding is a decision, by the way.

**3** Examine the longer-term and shorter-term trade-offs. Do you want to feel better for the next five minutes or the next five years? A lot of times we make decisions for the short term. That chocolate cake looks good—right now. If you are short-sighted you won't get to where you eventually want to be. Think about where you want to be five years from now. Reaching for the future means reaching beyond your present mood.

**4** Practice successful imperfection. Aim for satisfaction (not perfection)—something that moves you forward, that is practical and that is doable. Your work today doesn't need to be perfect in order to make progress on getting something done. Moving forward is a step in the right direction.

**5** Don't aim for certainty. We often hesitate and seem to wait forever because we don't have certainty. You don't need certainty. You need progress. Important decisions often involve doubts. Accept your doubts and act anyway.

Courtesy of The Huffington Post.



## MEET MARGARETMARY

*Maple Knoll Cottage, Resident Since 2018  
Chemist. Caretaker. Confident Decision-Maker.*

**F**or Tel Hai resident Margaretmary Sommar, it was an eye-opening personal experience that led her to overcome indecision and choose action.

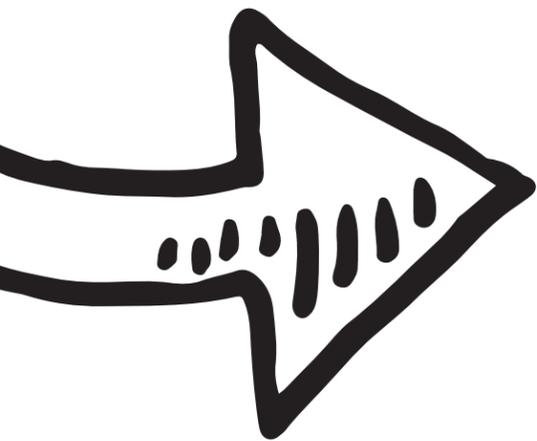
“A good friend of mind became unexpectedly ill and after 10 weeks in the hospital, her choices were limited. She couldn’t go home unless she had 24-hour care, but she didn’t have a plan in place for in-home care. So her friends and family helped,” shared Margaretmary. “It was a privilege to care for her. It made me realize that I needed a care plan for myself.”

A Philadelphia native, Margaretmary earned her bachelor’s in chemistry and secondary education certificate in chemistry, physics and mathematics from Drexel University, followed by her master’s in chemistry from the University of Illinois at Urbana-Champaign. She spent the first part of her career as a chemist for Dow Corning, a joint venture between Dow Chemical Company and Corning Incorporated. For more than 20 years, she created various silicone materials and helped customers around the world effectively use them to improve their products and processes.

After retiring as the Regulatory Affairs Manager for Medical Materials, she relocated back to Pennsylvania in 2000. She then entered her second career as a chemistry teacher at Norristown Area High School before her recent retirement in 2017. “With my two children grown and in Virginia, you ask yourself about aging-in-place in your own home. Since my home had many stairs, staying there wasn’t the best plan. I knew I didn’t want to be a burden to my children or siblings. I needed to find the right place for me. It was time to make a decision about my future,” she commented.

Looking for a dynamic community with enrichment opportunities, caring people and a Christian atmosphere, Margaretmary was already familiar with the community through acquaintances, old family friends and her church.

“Once I learned about the community and all the advantages of living here, my decision was easy. I thought, why delay? I had no reason to wait. When I consider the investment I made to move here, it’s an investment in my future. It’s my third career! My calendar is full and I greatly enjoy developing new relationships and friendships,” Margaretmary reflected. “I truly believe that God designed my past and he has a purpose for me. I’m right where God wants me to be.”



## MEET CHARLIE & CAROL

*StoneCroft Apartments, Residents Since 2017  
Class Reunions. Classic Cars. Confident Decision-Makers.*

**C**harlie and Carol Roush’s love story is unconventional, just like their journey to Tel Hai.

They first met as friends in the ’50s during their time at Selinsgrove High School. But as often happens, Carol moved away, married and raised four daughters and a son. Charlie did the same, raising a daughter and son.

Nearly fifty years later, their paths crossed once more. Both widowed, the Roushes found love again at a class reunion in 2000. “I had friends who invited me and I didn’t want to go as the fifth wheel, but I did,” Carol said. “And that’s where we were reintroduced. We had a broom dance, and I needed to get rid of the broom, so I grabbed Charlie.”

With Charlie in Harrisburg and Carol in Ephrata, the couple married in 2003 and wanted to relocate. In their mid-60s, they custom built a large cottage with a three-car garage at a 55+ retirement community.

“For 14 years we lived there and it was great. We had a basement large enough for me to rebuild my Army Jeep,” shared Charlie, a classic car enthusiast. “With a wraparound driveway, it was perfect.”

“But as we aged, there were things we knew we were going to need.

Like transportation to doctors’ appointments, or even a trip to the grocery store since we didn’t have a meal plan,” said Carol. “That’s when we started researching and touring continuing care retirement communities. We wanted additional services that weren’t provided where we lived. We had to make a decision. It was time.”

“Before we moved to Tel Hai, I always worried about what would happen to Charlie if something happened to me. I didn’t want him to be alone,” Carol reflected. “And now I know he’s not going to be. Between his friendships with neighbors and having his own interests like volunteering at the Resale Shop, it’s all here.”

Now the Roushes love to share the advantages of living at a Life Plan Community like Tel Hai when they open their home for a future resident tour. “Last winter, we had a two-week cold spell. We went to church, enjoyed dinner with friends, watched a movie, and saw a concert without even putting on our coats or going outside,” shared Carol. “And we have under-building parking!” Charlie added.

Today, the Roushes enjoy separate volunteer opportunities and interests, yet are unified in their decision to call Tel Hai home. “We made the right decision. We did the research, weighed the options and it paid off. I want people to know that it’s worth it. I know God was looking over us,” Charlie shared.



## Adult Day Services

*Maximizing independence through individualized attention and stimulation*

**A hallmark feature of a Life Plan Community like Tel Hai is priority access to the full range of continuing care services right here on our campus.**

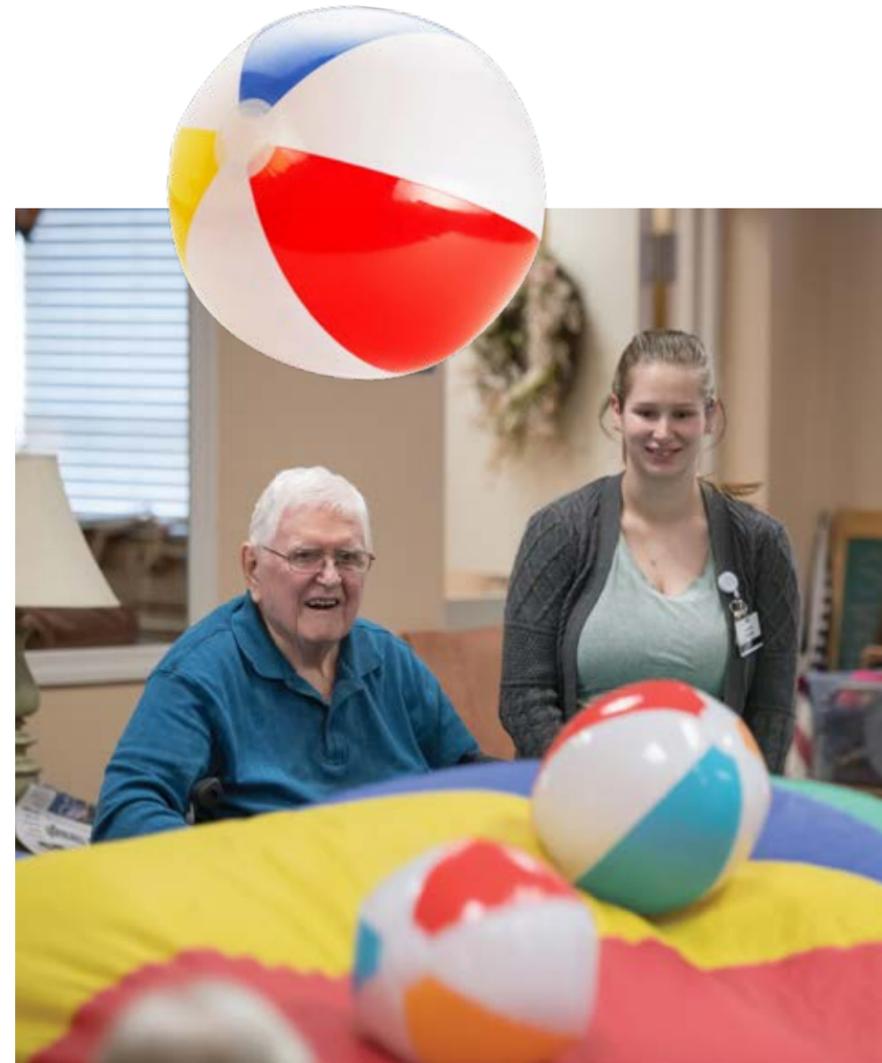
**Offering a blend of independence and individualized attention, Tel Hai's Adult Day Services offers 7-day-a-week, personalized, quality care for adults challenged by physical disabilities or memory loss/dementia who require daily supervision.**



**B**y partnering with spouses and family members in the full- or part-time care of their loved one, Adult Day Services is an affordable option for quality care and a much-needed respite for families. Individuals receiving support at Adult Day Services maintain independence in a secure environment while enjoying structured and stimulating programming in a homelike setting.

“Adult Day Services provides critical support for a variety of familial situations. Such as a couple in Residential Living, where one spouse is experiencing memory loss. For the other partner, they utilize our care services for 4 hours a day so they can run errands, go to medical appointments or incorporate non-caregiving time into their routine to avoid fatigue,” shared Tammy Jacobs, Director of Adult Day Services.

Families can utilize services for as few—or as many—days as required throughout the week and weekend. In addition to serving residents within the Tel Hai community, Adult



Day Services also serves individuals in the greater community, many of whom are supported by Rover Community Transportation in Chester County.

“We are an essential piece of the caregiving puzzle for many families. We provide security, stability and services that people cannot get alone in their homes, like a whirlpool bath or a visit to the podiatrist.

Families get to know our caregivers, and clients get to know our caregivers. Success with memory care is found in the combination of trust with routine,” commented Tammy.

Licensed by the Department of Aging and a member of the Pennsylvania Adult Day Services Association, Adult Day Services is open daily from 6:30 am to 7 pm to accommodate family needs.

### Life in Adult Day Services is centered on stimulation. Services include:

- 
- Support with activities of daily living*
- 
- Tailored memory support/dementia care*
- 
- Three chef-prepared nutritious meals, plus daily snacks*
- 
- Dynamic activities such as cooking, gardening, arts and crafts*
- 
- Stimulating therapeutic games, trivia and reminiscence exercises*
- 
- Expansive educational, social, intergenerational and spiritual programming*
- 
- Enjoyable wellness activities, including staff-led classes and supervised walks*
- 
- Community outings and bus excursions*
- 
- Pet visitation and therapy*
- 
- Scheduled programming in common spaces and amenities*
- 
- Secure environment with emergency response system*

# Decision-Making

## UNCERTAINTY VS. SECURITY



If you could paint your future, what would it look like?

Thinking about your future care needs can be stressful. All too often, uncertainty prevails. The internal narrative is:

*What happens if I can no longer safely age in my home?*

*Who is going to care for me?*

*Where am I going to go for care?*

But it doesn't have to be. With research, planning and thoughtful decision-making, the power of choice and security prevails. The internal narrative becomes:

*I have options for aging in place and accessing care if I need it.*

*I know who is going to care for me, and they know me.*

*I'm living in a community that provides all levels of care.*



**A** Life Plan Community like Tel Hai offers the best of both worlds. We provide the security of life planning options and a fee-for-service model with the assurance that if your care needs change, we've got you covered. You choose what works for you—now and in the future.

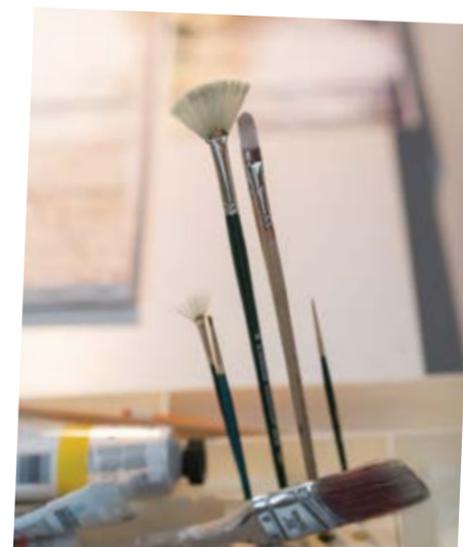
### FINANCIAL SECURITY

For seniors exploring their options, it often comes down to dollars and cents. It's about value and the assurance that you won't outlive your financial resources. At Tel Hai, we provide a financial safety net in our fee-for-service model which offers estate preservation refund options. Coupled with predictable monthly fees, residents find peace of mind in financial security. It's knowing they are in a home and community they can afford, and can continue to afford should future care be required.

### CONTINUING CARE SECURITY

Care needs can change at any time. From a slow, progressive disease to a quick fall, Tel Hai's full complement of continuing care services is available if and when you need it. No matter how long or which level of care you utilize, you only pay for the care services you actually use. As an aging-in-place community, we support and encourage residents to remain in their residential living accommodation as long as possible—with the option of home care or home health services to help them stay independent longer.

Why wait? Why relinquish control, options and a plan in which you are the decision-maker? It's your life, so it should be your choice.

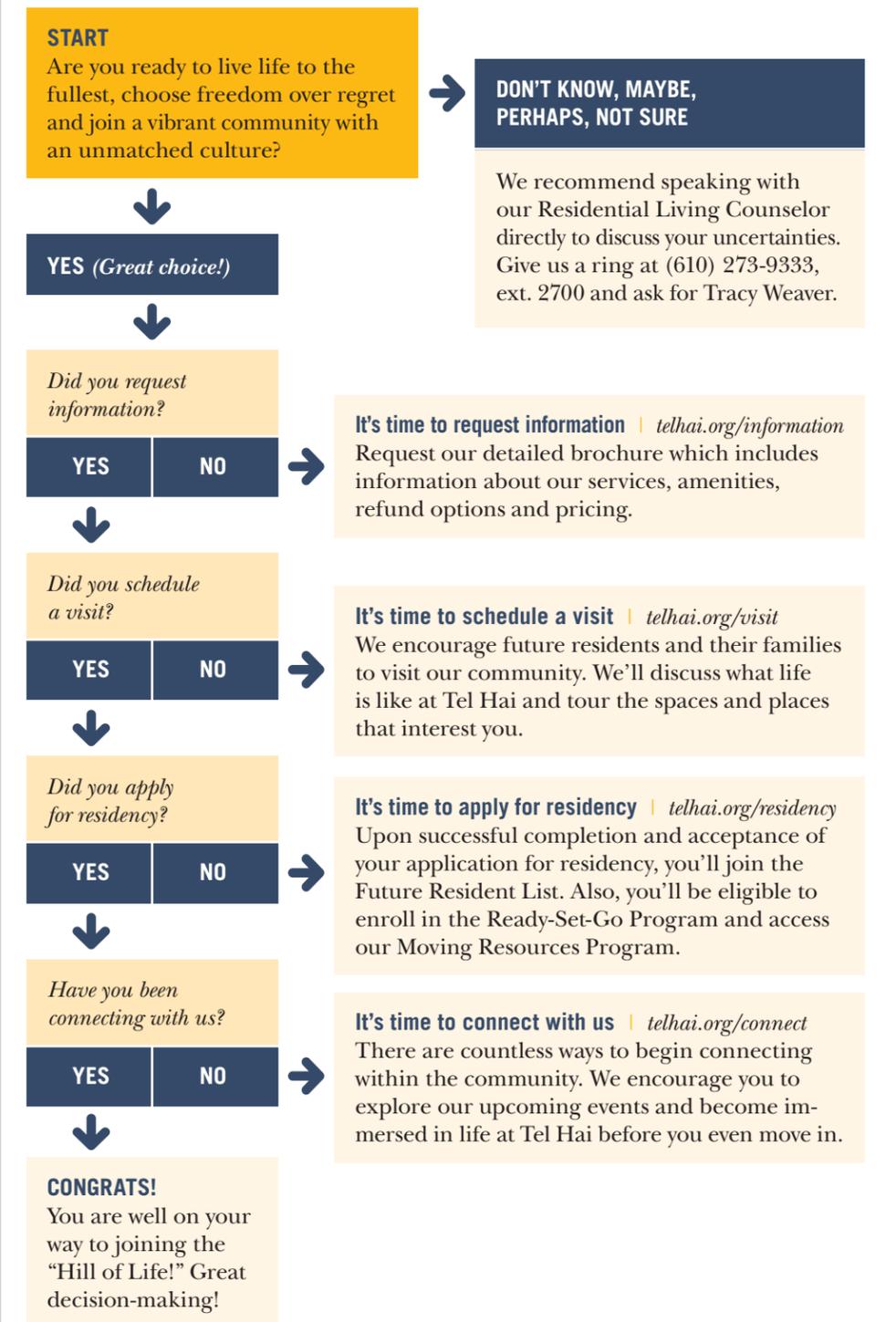


## Future Continuing Care Needs and Choices

YOUR CHOICE	CONTINUING CARE SERVICES AVAILABLE	WHEN CARE NEEDS CHANGE	COST OF CONTINUING CARE WHEN NEEDED	UNCERTAINTY VS. SECURITY
To remain in your home	No onsite care provided	<ul style="list-style-type: none"> <li>- No plan in place</li> <li>- Reliance on your spouse, family, children, or home health/ home care agency (if available) for direct care</li> <li>- Limited admission options and choices for future care needs like personal care memory support and nursing care</li> </ul>	<ul style="list-style-type: none"> <li>- Out-of-pocket daily fees and admission fees</li> <li>- Due to limited admission options, you may be placed at an expensive facility that depletes your financial resources faster</li> <li>- Coverage is subject to need, services available, and if provider is Medicare/Medicaid certified</li> </ul>	<b>UNCERTAINTY: NO PRIORITY ACCESS</b> <ul style="list-style-type: none"> <li>- You may not qualify for home care coverage due to Medicare's strict eligibility requirements</li> <li>- You may have a condition or require assistance that is outside the scope of your caregivers</li> <li>- You may not be able to secure placement at a provider that you researched and trust</li> </ul>
To remain in your home and purchase a long-term care insurance policy	No onsite care provided	<ul style="list-style-type: none"> <li>- No plan in place</li> <li>- Reliance on your spouse, family, children, or home health/ home care agency (if available) for direct care</li> <li>- Limited admission options and choices for future care needs like personal care memory support and nursing care</li> </ul>	<ul style="list-style-type: none"> <li>- The coverage amount of the policy purchased is deducted from the daily fee; you would owe the balance of the daily fee; most policy premiums are formulated by the date/age in which you purchased the policy, pre-existing conditions, benefits, length of coverage, etc.</li> <li>- Due to limited admission options, you may be placed at an expensive facility that depletes your financial resources faster</li> </ul>	<b>UNCERTAINTY: NO PRIORITY ACCESS</b> <ul style="list-style-type: none"> <li>- Your policy (if not comprehensive and benefit rich) may not cover the cost of all services needed, like respite care or adult day services</li> <li>- You may have a condition or require assistance that is outside the scope of your caregivers</li> <li>- You may not be able to secure placement at a provider that you researched and trust</li> </ul>
To move to a 55+ community	No onsite care provided	<ul style="list-style-type: none"> <li>- No plan in place</li> <li>- Reliance on your spouse, family, children, or home health/ home care agency (if available) for direct care</li> <li>- Limited admission options and choices for future care needs like personal care memory support and nursing care</li> </ul>	<ul style="list-style-type: none"> <li>- Out-of-pocket daily fees and admission fees</li> <li>- Due to limited admission options, you may be placed at an expensive facility that depletes your financial resources faster</li> <li>- Coverage is subject to need, services available, and if provider is Medicare/Medicaid certified</li> </ul>	<b>UNCERTAINTY: NO PRIORITY ACCESS</b> <ul style="list-style-type: none"> <li>- You may not qualify for home care coverage due to Medicare's strict eligibility requirements</li> <li>- You may have a condition or require assistance that is outside the scope of your caregivers</li> <li>- You may not be able to secure placement at a provider that you researched and trust</li> </ul>
To move to a Life Plan Community (Continuing Care Retirement Community)	<ul style="list-style-type: none"> <li>- Onsite care option to age-in-place in your residential living accommodation through Home Care and Home Health services</li> <li>- Onsite continuum of care options provided in familiar community, on same campus as spouse: <ul style="list-style-type: none"> <li>- Personal Care</li> <li>- Memory Support Care</li> <li>- Respite Care</li> <li>- Skilled Nursing Care</li> <li>- Adult Day Services</li> <li>- Inpatient and Outpatient Therapy Services</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>- A plan in place, assisted by an on-staff Social Services Team, Admissions Team and Care Coordinators to support changing care needs</li> <li>- Reliance on trained, skilled, licensed and vetted direct care staff</li> <li>- Priority access for future care needs</li> </ul>	<ul style="list-style-type: none"> <li>- As a fee-for-service community, you pay a one-time, affordable entrance fee and predictable monthly fees while in residential living</li> <li>- No additional admission fee into personal care or skilled nursing care</li> <li>- Predictable daily rates with pre-admission check on payer sources, including insurances</li> <li>- Tel Hai is a licensed Medicare and Medicaid certified facility</li> </ul>	<b>SECURITY: PRIORITY ACCESS</b> <ul style="list-style-type: none"> <li>- Peace of mind knowing that priority access to health services is available if YOU need it, in a community YOU researched with caregivers YOU know</li> <li>- As a non-profit, Tel Hai's <i>Care Assurance Fund</i> provides an essential safety net for residents to receive financial support* (*for those who outlive their ability to pay for care required through no fault of their own)</li> </ul>

## How to Get Started

Planning for your future can start now, right here. We'll help you make the decision to call Tel Hai home. Ready?



## Eating in? Eating out? Where to dine? *Decisions, decisions.*



Morett, Keetley, and Oswalt

That's the beauty of a Life Plan Community like Tel Hai—you have the choice. The choice to stay in your home, in which every residential living accommodation is equipped with a full kitchen. Or the choice to explore and enjoy the convenience of our on-campus dining destinations.

All just a walk, drive or shuttle ride away, Culinary Services at Tel Hai understands that choice and convenience are integral components of the retirement lifestyle experience. Don't feel like cooking? We've got you covered. Don't feel like running to the store for milk or eggs? We've got you covered there, too.

We know a true culinary experience includes preparing a nutritionally balanced meal, educating the consumer on what they are eating, and providing convenient, varied food options. We pride ourselves on our wholesome menu selections that are made with quality ingredients.

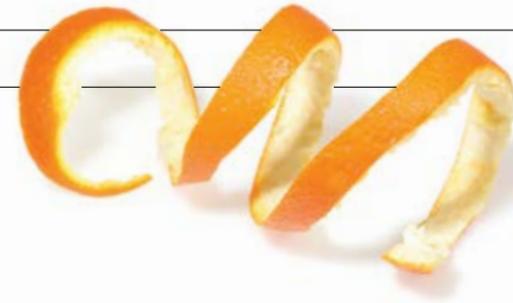
Conveniently, our campus is located at the epicenter of a well-sourced culinary community—rich with farmers' markets, roadside stands, butchers and suppliers.

In concert with our partners at Cura Hospitality, Culinary Services at Tel Hai provides a variety of dining experiences from casual to fine dining. The team is led by Pauline Keetley, General Manager, and Matt Morett, Executive Chef.

"We serve fresh, made-from-scratch meals throughout campus and follow Cura's Culinary Gold Standards for food preparation. From using only U.S.D.A. certified beef, pork

and poultry to cooking with trans fat-free oils, we understand the impact of nutrition on a healthful lifestyle," shared Sybil Oswalt, Tel Hai's Clinical Dietitian.

Whether exploring global cuisine or enjoying a childhood favorite, we hope you explore all the dining venues within our community. We're open to the public and waiting to greet you. Make the choice and dine with us tonight.



**STONE HEARTH GRILLE**  
Culinary Services

Features casual, café-style dining in a cozy setting with fireplace and an outdoor seating area called "The Terrace." Menu includes signature made-to-order items, weekly specials and a variety of pantry staples and essentials. *(located in StoneCroft Commons)*



**GARDEN CAFE**  
Culinary Services

Features casual, café-style dining in a bright, cheerful setting with signature menu items and daily specials. From our onsite pizza oven to fresh rotisserie chicken, the Café offers dine-in or takeout for your convenience. *(located in the Garrett Community Center)*



**AZALEA SQUARE**  
Culinary Services

Features sit-down, restaurant-style dining with wait staff service. Menu includes signature entrée selections, grill and deli specials, appetizers and desserts. *(located in the Garrett Community Center)*



**DAILY BREW**  
Culinary Services

Features fresh breakfast sandwiches, brewed coffee, sweet pastries, wraps and salads, and snacks made daily to keep you energized and on your way. *(located in the Garrett Community Center)*



### Who is Cura Hospitality?

Aimed to exceed the culinary expectations of our residents, friends and visitors, we transitioned the management of our Culinary Services department to Cura Hospitality in 2015. From expanded menu selections to specialized programming, it's been a tasty partnership.

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

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

Together, we offer dining and catering services that nourish the lives of residents with healthy menu selections, heartwarming hospitality and food programs to improve their overall well-being. Residents enjoy a professional support team with years of nutrition expertise that meets clinical and therapeutic parameters with innovative meal programs and offerings.



# the READY-SET-GO program

*An initiative tailored to encourage,  
equip and prepare you to move to Tel Hai.*



**T**he Ready-Set-Go Program was created to put you on the “fast track” in preparing for your move to Tel Hai. Previously called the Ready in a Year Program, this unique and thoughtful initiative was designed with you in mind.

Why spend another day in your home trying to decide when it’s the right time to move to Tel Hai? Overcome the battle of indecision and enroll in the Ready-Set-Go Program. Embrace the worry-free lifestyle that Tel Hai residents enjoy, with an active social life and a secure plan for your future with priority access to the continuum of care.

From members-only programs to special access to workshops and entertainment events, you’ll experience life at Tel Hai and connect with residents who live here. Best yet, you’ll be invited to view available residential living accommodations first, before the Future Resident List or general public.

Ultimately, our goal is to help you prepare to move now. When an accommodation that meets your preferences becomes available, we want you to say with confidence and excitement, “I am moving to Tel Hai!”

#### WHAT IS THE PROGRAM?

The program is designed to encourage, equip and prepare you for your move. Instead of joining the Future Resident List and waiting for your preferred accommodation to become available, the Ready-Set-Go Program gives you additional support, benefits and planning timelines to make the move happen.

#### HOW DOES THE PROGRAM WORK?

When joining the Future Resident List—often called a “waiting list”—you have the additional opportunity to enroll in the Ready-Set-Go Program. We want to pair you with the accommodation that you desire. By joining the Ready-Set-Go Program, you are expressing your intention to move in the near future. This means you’ll “jump ahead” of people who aren’t ready to commit to advancing their interest in moving to Tel Hai.

#### WHAT IS THE COST?

Upon successful completion and acceptance of your application to join the Future Resident List, there is **NO ADDITIONAL COST** to enroll in the Ready-Set-Go Program.

#### HOW DO I ENROLL?

Contact Tracy to schedule a personal visit to Tel Hai. During your visit, she’ll listen to your needs, wants and desires. Together, you’ll discuss accommodation options and view the spaces and places that interest you.



**TRACY WEAVER**  
Residential Living  
Counselor  
tweaver@telhai.org  
(610) 273-9333,  
ext. 2700

## ADMISSION AND AGE

**A**s a non-profit Life Plan Community, Tel Hai Retirement Community’s age requirements for admission previously specified that you must be 62 years of age upon occupancy date.

Effective July 1, 2019, as approved by the Tel Hai Retirement Community Board of Directors, the policy for admissions for residential living has changed, so only one individual (per household) seeking to become a residential living resident must be at least 62 years of age upon occupancy date.

The *second* individual within the household must be at least 60 years of age upon occupancy date. This age requirement was lowered for the second individual from the previous standard of 62 years of age.

## EXPERIENCING SUCCESS

**A**pril 2019 marked a year since we launched this program to prepare future residents to move to the “Hill of Life.” As we look back on the past year, we are delighted in the success of the program. We’re helping individuals break down the myths of moving, overcome the overwhelming, and prepare for their future today. Let’s take a look:

<b>71</b>	<b>91</b>
HOUSEHOLDS ENROLLED IN 2018	HOUSEHOLDS ENROLLED IN 2019

<b>14</b>	HOUSEHOLDS ENROLLED, MOVED AND NOW LIVE AT TEL HAI
-----------	---

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 2019

## Baseball Legends

Monday, April 29, 1 pm  
StoneCroft Center for Worship and Performing Arts

Explore America's favorite pastime and some of the greatest players who ever graced the mound, including Ted Williams, Joe DiMaggio, Yogi Berra, Jackie Robinson, and Mickey Mantle. Walter Cook brings Cooperstown to Honey Brook with this informative and enjoyable home run of a talk.

## Martin Luther King Jr. and Germany

Monday, May 6, 1 pm  
StoneCroft Center for Worship and Performing Arts

Join Tel Hai resident Herb Davis as we look back at Dr. King's visit to Germany in 1964. Explore how Dr. King might speak to Germany today in the midst of growing political unrest, the focus of last year's theology conference in Berlin. Part travelogue, part history review, and part theological reflection, we'll visit the church where Dr. King preached in Berlin and learn of his teachings on suffering and justice.



Chenes

## Pianist Jeffrey Uhlig and Tenor Dominick Chenes: A Tel Hai Performing Arts Series Event

Saturday, May 11, 7:30 pm  
StoneCroft Center for Worship and Performing Arts

Pianist Jeffrey Uhlig returns to Tel Hai for a captivating evening of entertainment with tenor Dominick Chenes. A regular performer with members from the Philadelphia Orchestra, Uhlig is an in-demand chamber music player, vocal coach and accompanist. Chenes has performed at the Palm Beach Opera, Pa Skaret Opera Festival in Sweden, and the New Orleans Opera.



## Ancient Egypt: Dr. Stephen Phillips

Mondays, May 13 and 20, 1 pm  
StoneCroft Center for Worship and Performing Arts

A two-week look into the world of Ancient Egypt with Dr. Phillips of The University of Pennsylvania Museum of Archeology and Anthropology. First, explore "From Coal to Cairo" and the relationship between the history of the Penn Museum and archaeological excavations in the late 19th and early 20th centuries. Then, discover "Pets in Ancient Egypt" about the domestication of wild animals and their symbolic representations in ancient Egyptian religion.

## The Big Band from the Valley

Thursday, May 23, 7 pm  
The Hillside Amenities of Tel Hai: Outdoor Amphitheater\*

With a large variety of music from the '40s to today's top hits, the musical selections from this large dance band will be sure to please. Composed of the full complement of three trumpets, four trombones, five saxophones, piano, bass, and drums, Marge Miller and Dennis Finelli lead out on vocals. It's a "do not miss" concert.



Megee

## Vocalist Brenten Megee and Soprano Kitty Millay

Thursday, May 30, 7 pm  
The Hillside Amenities of Tel Hai: Outdoor Amphitheater\*

Join us for an inspirational evening of patriotic, classical and popular tunes as we welcome Megee to the stage. A vocal performance graduate from Lancaster Bible College and West Chester University, Megee is pursuing his master's in Choral Conducting and has recently performed with Opera Lancaster. He will be joined by Millay, a local soprano vocalist and founding director of Laurel Dance Company.



Galena Brass

## Galena Brass

Friday, June 7, 7 pm  
The Hillside Amenities of Tel Hai: Outdoor Amphitheater\*

Founded in 1995 in Bucks County, PA, the Galena Brass Band epitomizes versatility. From classical to Dixieland and rock to polka, a Galena Brass performance is engaging and energetic. They've performed at Longwood Gardens, Christmas at the Stadium in Reading, Peddler's Village, Phoenixville's Dogwood Parade and Malvern's Memorial Parade.

## Ben Singleton and People's Choice

Wednesday, June 12, 7 pm  
The Hillside Amenities of Tel Hai: Outdoor Amphitheater\*

Well known in the tri-state area, Singleton is a talented drummer and vocalist, having played drums for Patti LaBelle and Billy Paul. Founding his own band in 1972, Singleton brings his jazz ensemble including Joe Stevenson on keyboards, trumpet and vocals; Eddie Harris on bass; and Scott Steven Merritt on saxophone. Their performance will touch your heart and make you move your feet.



Zahm

## Violinist Kurt Coble and Pianist Vytas Baksys: A Tel Hai Performing Arts Series Event

Friday, June 21, 7:30 pm  
StoneCroft Center for Worship and Performing Arts

Enjoy an evening of light classical favorites with Coble, frequently heard as the solo violinist for *Phantom of the Opera* on Broadway. He has toured extensively as Concertmaster of the Philadelphia Virtuosi Chamber Orchestra, performs with the Palm Beach Symphony, and has recorded with Pavarotti, Barbra Streisand, and Stevie Wonder. Collaborating with Coble since 1985, Baksys is a frequent keyboardist with the Boston Symphony and Boston Pops Orchestra and is a faculty pianist working for the Fellowship Conducting Program at Tanglewood.



Coble

## An Evening of Irish Songs: With Charlie Zahm and Tad Marks

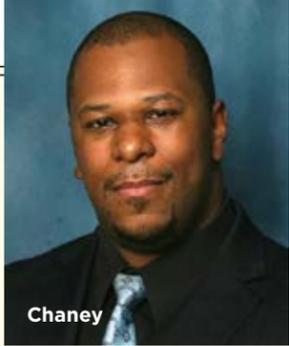
Wednesday, June 26, 7 pm  
The Hillside Amenities of Tel Hai: Outdoor Amphitheater\*

Baritone Zahm—a popular Celtic festival musician and Tel Hai favorite—is back with fiddler Marks to provide a musical evening of Irish favorites. Of both Scottish and Irish blood, Zahm's heritage is reflected in his performance, as he brings his authentic love and respect for Celtic songs to the stage. Baltimore-based fiddler Marks contributes with his hard-driving jigs and is a stand-out accompaniment to Zahm.

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

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



Chaney

**Vocalist Marcus Chaney**  
Tuesday, July 9, 7 pm  
The Hillside Amenities of Tel Hai: Outdoor Amphitheater\*

A Tel Hai favorite, Chaney will perform R&B, blues, soul and pop numbers, taking you on a trip down memory lane. With uplifting stories, spirit and song, Chaney's vocals are powerful and unforgettable. A veteran of professional theatre from Broadway to lengthy cruise-ship productions, Chaney is a quintessential song-and-dance man.



Henry

**Jeffrey Uhlig and Brian Michael Henry**  
Tuesday, July 16, 7 pm  
The Hillside Amenities of Tel Hai: Outdoor Amphitheater\*

Enjoy the thrills of a beautiful summer night with a concert performance by Uhlig and Henry. Uhlig, a talented pianist, has had notable performances at

The Phillips Collection in Washington, DC and Carnegie Hall in New York. Henry, a New York City-based actor and musician, has professional credits at the Chelsea Opera, Westchester Broadway Theater and Cohoes Music Hall.

**Sunnyside: Bluegrass Gospel**  
Friday, July 26, 7 pm  
The Hillside Amenities of Tel Hai: Outdoor Amphitheater\*

Formed in 1976 in Lancaster County, Sunnyside is a bluegrass gospel group that has performed in the tri-state area and local bluegrass festivals. Performing with a three- and four-part harmony, lead singer and guitarist Kenny Cox will lead the group through many of your gospel favorites from yesteryear.



## Donating Done Right

Let us help you rightsize your stuff and prepare for a move to Tel Hai. The Resale Shop graciously accepts donations from the greater public who no longer have a need or find value in unused items. All sales of donated items support the *Care Assurance Fund*, which provides financial support to residents who outlive their ability to pay for the care they require.

### CHECK OUT OUR BEST TIPS AS YOU GATHER ITEMS TO DONATE

- **Wrap it up.** For fragile items like glassware and home goods, wrap sensitive items in newspaper before transit.
- **Band together.** Got items that belong together in a pair or grouping? Tie together with a rubber band or old ribbon so they stay a happy couple.
- **Accessorize.** Many small kitchen appliances come with multiple attachments, blades and accessories. Gather all materials and donate them together, and don't forget the manuals.

### DONATION DROP-OFF

Every Monday (*Except Holidays*) 11 am-12 pm  
The Resale Shop, Hertzler Apartment Building

### RESALE SHOP OPEN

<b>9 am-1 pm</b>	<b>11 am-1 pm</b>
Friday, April 26	Tuesday, April 23
Friday, May 17	Tuesday, May 21
Friday, June 21	Tuesday, June 25
Friday, July 19	Tuesday, July 23
Friday, August 16	Tuesday, August 20

Visit [www.telhai.org/resale](http://www.telhai.org/resale) for additional details.

# 13TH ANNUAL Day in the Country

OPEN HOUSE  
Saturday, May 4, 11 am-2 pm

*Plant the seed today  
in planning for tomorrow.*

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



Plant a firm foundation and discover that living at Tel Hai is more affordable and flexible than ever. As a Life Plan Community, we offer a secure, worry-free lifestyle with priority access to the continuum of care.

See where the "Hill of Life" blooms and visit residential living apartments, cottages and townhomes. Also, don't miss the opportunity to view health services, including personal care, healthcare, inpatient therapy services and adult day services.

Event registration begins at StoneCroft Commons, located at 4000 Tree Line Drive, Honey Brook. Follow Beaver Dam Road to the West Entrance of Tel Hai, then turn onto Tree Line Drive and follow signs to StoneCroft. Parking is available adjacent to the entrance.

To RSVP, call Ginny at (610) 273-9333, ext. 2144, email [info@telhai.org](mailto:info@telhai.org) 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)



## Happenings at the “Hill of Life”

### IN MAY

#### 13th Annual “Day in the Country” Open House

Saturday, May 4, 11 am-2 pm  
On the Campus of Tel Hai

Exploring Tel Hai’s full range of expansive accommodations, amenities and services, including residential living apartments, cottages, townhomes and health services.

RSVP at [www.telhai.org/DIC](http://www.telhai.org/DIC)

### IN JUNE

#### 16th Annual Chester County 50plus Expo

Wednesday, June 5, 9 am-2 pm  
Church Farm School,  
1001 East Lincoln Highway, Exton

Visit the Tel Hai booth and speak with Tracy Weaver, Residential Living Counselor, during this free one-day expo geared toward baby boomers, seniors, their families and caregivers.

### IN JULY

#### Late Nights and Summer Delights: Reception and Concert by Jeffrey Uhlig and Brian Michael Henry

Tuesday, July 16, 6 pm (Reception), 7 pm (Concert)  
The Hillside Amenities of Tel Hai: Grandview Commons and Outdoor Amphitheater

Enjoy the thrills of a beautiful summer night and join us for a complimentary dessert reception prior to a concert performance by Uhlig and Henry. Uhlig, a talented pianist, has had notable performances at The Phillips Collection in Washington, DC and Carnegie Hall in New York. Henry, a New York City-based actor and musician, has professional credits at the Chelsea Opera, Westchester Broadway Theater and Cohoes Music Hall.

RSVP at [www.telhai.org/summerdelights](http://www.telhai.org/summerdelights)

\* Bring your own lawn chair, blanket and visor/sunglasses. For inclement weather, event will be hosted in the Center for Worship and Performing Arts.



### “Taste of Tel Hai” Luncheons

Join us for a “Taste of Tel Hai Luncheon” to learn more about the Tel Hai lifestyle. In addition to a delicious complimentary lunch and presentation, you’ll explore the residential living options at our community and hear from the residents who live here. We hold them at 11 am.

A TASTE of  
**Tel Hai**

- Tuesday, May 14**    *RSVP by May 6*  
**Thursday, May 30**    *RSVP by May 20*  
**Tuesday, June 11**    *RSVP by June 3*  
**Wednesday, July 31**    *RSVP by July 22*  
**Tuesday, August 20**    *RSVP by August 12*

Seating is limited for each event, so register early. To **RSVP**, call Ginny at **(610) 273-9333, ext. 2144**, email [info@telhai.org](mailto:info@telhai.org) or visit [www.telhai.org/tasteoftelhai](http://www.telhai.org/tasteoftelhai)