

Discover Affordability:

GARNET APARTMENT -790 SQ. FT. pg. 5

The Magazine of Tel Hai Retirement Community | Fall 2023

14

Freedom & INDEPENDENCE



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Tel Hai Life Magazine FALL 2023

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Freedom & Independence

Securing the future you want today

At Tel Hai, you're not giving up your freedom, independence or autonomy. In fact, you're gaining it.

- It's **FREEDOM** from the burdens of homeownership, worries of future care and financial unknowns.
- It's **INDEPENDENCE** to find stimulating activities and joyful relationships that enhance your life.
- It's **AUTONOMY** to make your own decisions and be in the driver's seat of your future care.





An INDEPENDENT Lifestyle

Our worry-free, independent lifestyle allows residents to truly embrace the Redefining Retirement[™] concept.

Life at Tel Hai is centered on a personal choice-the autonomy to do what you want, when you want, with whom you want and how you want. What's better than that?

Your future neighbors are a community of passionate people with shared interests and talents. Living "in community" provides you companionship of friends who care but respect your privacy and space.

It's about knowing you're unburdened from a potential future of loneliness, what-ifs and fear.

The ASSURANCE of Support

When you become a resident of Tel Hai, you have priority access to on-campus continuing care services. This includes a variety of services that you may one day need, including home care, personal care, memory support, skilled nursing care, and short-term rehab and outpatient therapy services.

Best yet, as a fee-for-service community, you only pay for continuing care services if and when you need them.

You have freedom in flexibility, knowing that everything you need is here. No need to move to another community for higher levels of care, or shoulder the worry of caring for your spouse alone.

Financial FREEDOM A Value Comparison

With your current home, you can be saddled with a variety of unknowns, from increases in property taxes At Tel Hai, you can predictably plan for just how affordable your future can be. Check the value comparison to costly repairs. Not to mention annual insurance below to see the unsurpassed value of living at a premiums rising, inflated utility costs, maintenance, lawn Life Plan Community! care and snow removal expenses.

MONTHLY COSTS

Real estate property taxes (PILOT - payment in lieu of HOUSING Homeowners insurance (personal liability and contents no HOA/Condo association fees MAINTENANCE Utilities (water, water softener, sewer, trash, electricity-

Standard and basic cable television service

- Street lighting and security patrol
- 24-hour on-site emergency response system
- Outdoor maintenance care (lawn, shrubbery, snow rem
- Home repair and building maintenance (interior and ex
- Pest control

PROPERTY

Q **IOUSEHOL**

AMENITIES

Flexible dining dollars (multiple on-site dining venues)

- Complimentary off- and on-campus shuttle
- Comprehensive wellness and aquatic centers
- Outdoor amenities, walking paths, amphitheater
- Social, cultural and educational programming
- Worship, recreational and volunteer opportunities
- Art gallery, hobby and creative arts spaces
- Dynamic concerts and musical entertainment

Access to social services support, therapy services, medical services, and professional services

TOTAL

Are you ready to explore a future with financial freedom? Let's start a conversation. Contact us today at info@telhai.org, (484) 796-4262 or online at telhai.org/visit

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-		UNSURPASSED VALUE

Forging a Future of INDEPENDENCE







Finding support & fellowship in community

have no regrets. None. 'Life on the Hill' is just that... it's a new life," shared Pat DeSpirito as she reflected on the impact of her decision to forge a future at Tel Hai, a Life Plan Community.

Moving to a Garnet Apartment in StoneCroft in June of 2021, Pat said, "The first few months were just a blur."

Prior to her relocation to Honey Brook from Bridgeport, Montgomery County, Pat was enjoying retirement with Bill, her husband of 45 years. The DeSpiritos' lives were full with children and grandchildren, hobbies and traveling to their summer home just outside Ocean City, New Jersey. They were comfortable

in their 1,472 sq. ft. Colonial home-Bill's family homestead for decades prior-and they had no immediate plans to move.

Then, their fullness of life was interrupted with a terminal cancer diagnosis. "With the help from my daughter Maureen, we were exploring skilled nursing care for Bill and we found Tel Hai," shared Pat. "I was going to live in residential living, but at least we'd be together on campus." But Bill passed two months later, in May of 2021, after receiving end-of-life care at Fox Chase Cancer Center.

"Through the support of my friends, family, daughter Maureen and

Tel Hai, the apartment was available and the timing was right. A month later, I moved in and never looked back," shared Pat.

Featuring ample room to host family and friends, without useless spaces that create more cleaning, Pat found freedom in a smaller apartment that fits her needs. "I just love where I live. It's perfect. It's on the ground floor, it's bright, cheery and I have an open floor plan from the kitchen to the living room."

Most importantly, Pat feels that living in-community has provided her the support of friendship and fellowship she would have never received if she had grieved alone in her prior

home. "There is tons of hustle and bustle here, but I also enjoy my privacy and downtime."

Now her days are filled with joy-filled activities like volunteering in the mailroom, canasta, and mahjong with girlfriends, and of course... dinner with neighbors.

So what are you waiting for? Join Pat and discover inspired living, abundant activities, and the rewards of retirement at Tel Hai.



THE FREEDOM ofAFFORDABILITY

in a Garnet Apartment

or Pat, retirement living at Tel Hai is highlighted in the freedom of affordability within the Garnet.

With a modest entrance fee of \$189,600* and monthly fee of \$1,873*, the Garnet apartment provides a beautiful home that's paired with access to continuing care services and amenities. It's knowing you're in a home you can afford while securing your financial future.

GARNET FEATURES INCLUDE:

- Large, open living & dining space for entertaining family and friends
- Private bedroom suite with full bathroom and spacious closet
- Fully equipped kitchen
- In-home laundry area, powder room & formal entry area
- Spacious balcony or patio
- Temperature-controlled storage unit
- Under-building parking available
- Direct, indoor access to common areas, dining room & amenity spaces

(*Fees as of July 1, 2023.)

Are you ready to feel independence like Pat? Contact us today to tour the Garnet at info@telhai.org, (484) 796-4262 or online at telhai.org/garnet

Aqua Spin Hydroriders

Harnessing the power of water for wellness







ithin Tel Hai's StoneCroft Aquatic Center, the newest wellness addition of Hydroriders has been making a splash—literally!

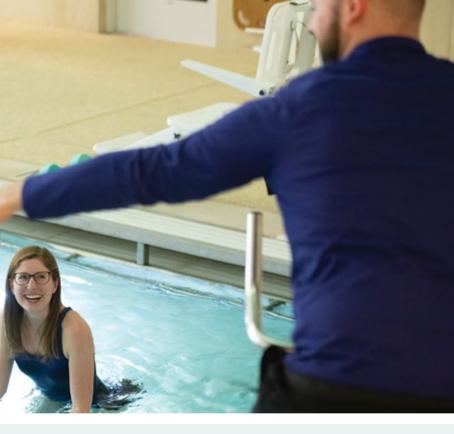
Residents, greater community members and team members alike have greatly enjoyed and benefited from Tel Hai's recent expansion: our wellness water offering called Aqua Spin.

What is Aqua Spin? It's an in-water spinning workout performed on a submerged stationary bike. It combines the benefits of a low-impact workout and strength training, all while increasing your cardiovascular endurance while putting minimal stress on your joints. When paired with your friends and lively music, it's the perfect combination for a fun-filled wellness class.

Receiving an intensive training course including teaching techniques

and anatomy/physiology basics, Tel Hai's Aquatics Coordinator Sandi Brandt earned her Aquacycling Fusion Certificate by Hydrorider prior to launching the class. "It's a wonderful addition to our aquatic programming, which includes and encourages people of all wellness levels. Modifications can be made to the workout to accommodate concerns such as joint pain and limited range of motionregardless of age or agility. It's a great alternative to traditional, weight-bearing exercise," she shared.

In addition to the Hydrorider, Tel Hai acquired a Hydrorider Aqua Treadmill to complement our offering of aquatic wellness programming. The treadmill provides maximum lower body building without strain or pressure. Active leg movements offer greater strengthening and sculpting results from therapy sessions or workouts.



Top 5 Benefits of Underwater Spinning

Underwater spinning workouts facilitate an energizing workout that targets the legs, arms, chest, and core muscles. The benefits are endless, but here are the top five enjoyed by residents and team members of Tel Hai:

• Improves Cardiovascular Endurance

Underwater spinning is a great low-impact workout where you can exercise at a higher intensity but at a lower heart rate. This improves your cardiovascular health without risking exhaustion.

Alternative Low-Impact Exercise

If you are worried about sore hips, knees, ankles, or back, the water's buoyancy will support your body weight; it puts less pressure on your joints as you enjoy your workout.

Improves Muscle Strength and Coordination

Aquacycling is a great cardio workout alternative which strengthens muscles and improves coordination. It puts a demand on your muscles and forces you to utilize your muscles synchronously to pedal as fast as necessary.

Increases Blood Flow

The hydrostatic pressure in water can significantly improve your blood circulation. In addition to strengthening your heart muscles, it can help lower your resting pulse rate and encourage consistent, lower blood pressure.

Fun Through Fellowship

Water resistance makes aqua spinning more challenging and fun than just spinning on dry land. It's a form of dynamic group fitness where you can meet new people and build friendships through fitness.

LEARN MORE: Contact the Aquatics Coordinator today at (610) 273-9333, ext. 2441 or aquatics@telhai.org to learn more about our Community Membership Program.

Discover your future home today!

e're a community like no other inviting spaces, outstanding amenities and wonderful neighbors. From the comfort of your couch, it's easier than ever to discover what makes Tel Hai such a special place.

As a uniquely positioned community located in the heart of Chester County, our apartments, cottages and townhomes pair perfectly with a worry-free lifestyle, giving you the independence and freedom you've always wanted.

And with our expansive online library of 13 virtual tours, you can experience a preview of the Tel Hai campus and get a sneak peek of the Hill of Life.

New images of resident homes added online

South to a

Get started now

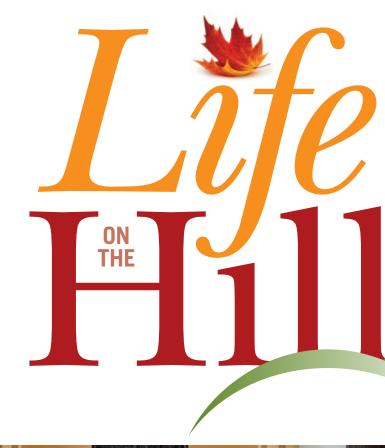
Step 1: Download the Request our online e-brochure or a detailed mailed brochure, which includes information about the Tel Hai lifestyle, services, amenities and pricing. telhai.org/information

Step 2: Schedule a Visit

We encourage future residents and their families to visit our community. We'll discuss what life is like at Tel Hai and tour the spaces and places that interest you. telhai.org/visit

Step 3: Preview the Community

Prior to your visit, "go virtual" and tour the spaces and places that interest you. Our videos give you a great insight into the homes of residents who are loving life at Tel Hai! **telhai.org/virtual-tours**





Owls Nest Brass Friday, September 8, 7:30 PM

Owls Nest Brass is a professional brass ensemble from Centerville, Delaware with a repertoire that spans both sacred and secular music, including classical, pops, Broadway, patriotic, and jazz. Owls Nest Brass is composed of members with diverse backgrounds joined by their love of bringing joy through music.

Visit telhai.org/events for additional programming highlights. QUESTIONS? Contact Judy Schweitzer, Community Life Coordinator, at jschweitzer@telhai.org or (610) 273-9333, ext. 2154.

FALL 2023

EVENTS. ENTERTAINMENT. ENGAGEMENT.

Life at Tel Hai is enriching and rewarding! Our calendars are jam-packed with life-enhancing events that will keep your mind engaged, your body energized, and your spirit lifted. We welcome you to attend any of our dynamic events, including educational lectures, entertaining concerts and enrichment opportunities.

Trash Smart

Monday, September 11, 2:15 PM

Are you confused about how to recycle right? Are you interested in reducing waste or properly disposing of batteries, bulbs and hazardous materials? Bring a perplexing item and your questions to learn how to be Trash Smart with Patti Lynn, Recycling Resources Manager from the Chester County Solid Waste Authority. (A Life Enrichment Committee Event)

The Johnston Gang Monday, September 18, 2:15 PM

Join award-winning author and newspaper reporter Bruce E. Mowday for a talk on his three true crime books on Chester County's notorious Johnston gang. Bruce covered the trials of the three brothers for the *Daily Local News* and even spent two hours in a jail cell interviewing the leader of the gang, Bruce A. Johnston, Sr. (A Life Enrichment Committee Event)

The 49ers Chorus Presents: The Phantom of the Operator Wednesday, September 20, 7:30 PM

The 49ers Chorus was

founded in 1952 and has been delighting audiences for 70 years throughout Chester County with repertoire of live music, including classic and contemporary works. This year's show takes place in the oldest house in town that is said to be haunted by the phantom spirit of a '50s telephone operator! This show consists of fun-filled Broadway tunes, old classics and new age songs.

Hiking the Appalachian Trail

Monday, September 25, 2:15 PM

Join Bob Murray, son of Tel Hai residents Marty and Jane Shea, who proves that it's never too late to fulfill a goal. After retiring, he hiked the Appalachian Trail from Georgia to Maine, including 14 states in 6 months. Learn more about his adventure! (A Life Enrichment Committee Event)



Covered Bridges of Pennsylvania Monday, October 2, 2:15 PM

Jim and Gloria Smedley of the Theodore Burr Covered Bridge Society of Pennsylvania will discuss why bridge preservation societies were organized, give a history of early covered bridges in our state, and conclude with many photos and information about existing covered bridges in Pennsylvania. (*A Life Enrichment Committee Event*)



The Tel Hai Resale Shop features a vast array of donated items available for resale to the public. Extremely affordable—and many times "one-of-a-kind"—items featured in the shop include jewelry, china, pottery, glassware, collectibles and endless treasures. Located in the Hertzler Apartment Building, all sales support residents who outlive their ability to pay for the care they require. Visit **telhai.org/resale** for details.

WE'RE OPEN 9 AM - 1 PM

Friday, September 15 | Friday, October 20 | Friday, November 17 | Friday, December 15



Pianist Jeffrey Uhlig & Violist Anna Marie Ahn Peterson Friday, October 6, 7:30 PM

Tel Hai favorite Jeffrey Uhlig returns for a captivating and intimate evening of music with Anna Marie Ahn Peterson. Anna Marie graduated from the Curtis Institute of Music and is currently a violist with the Philadelphia Orchestra, at the Kimmel Center.

To God Be the Glory— The Life of Fanny Crosby, American Hymn Writer Wednesday, October 11, 7 PM

Debi Irene Wahl of Act 1 Productions will portray Fanny Crosby in this firstperson program of the life of a blind hymnist featuring the Tel Hai Choir, Chime Choir and Drama Ministry.

The Letter: Laudato Si Film Monday, October 16, 2:15 PM

Join us for a showing of The Letter. Ecologists Dr. Roberta (Robin) Martin, Associate Professor at Arizona State University, and Dr. Greg Asner World, Director of Global Discovery and Conservation at ASU, will discuss their work using remote sensing to map and track the biodiversity of forests and reefs of the planet. They'll also discuss the Vatican's documentary titled *The Letter*, about the planetary crisis and the toll it's taking on nature and people. (A Life Enrichment *Committee Event*)



Trotters Wake Friday, October 20, 7:30 PM

Originally formed in Glendale, Arizona, Trotters Wake served the southwest's Irish music needs before being reformed in Souderton, PA. The band plays in 1- to 4-piece combos of acoustic guitar/kick drum, accordion, fiddle, and bodhran, an Irish hand drum. Their style is a mixture of old and new Irish and other Celtic drinking songs, rebel songs, ballads, and traditional instrumental tunes.

Getting Old Is a Blessing: Part 2

Monday, October 23, 2:15 PM Let the conversation continue... successful aging and fighting the good fight against negative age beliefs in our culture and in our minds! Come and be part of a lively discussion covering such topics as: How can we develop a healthy attitude toward aging? How do we stay connected to others with diminishing faculties? Tel Hai resident Deborah Massey is a Licensed Clinical Social Worker who integrates the psychological and spiritual dimensions in her Psychotherapy practice. (A Life *Enrichment Committee Event*)

Adventure in Southern Africa Monday, October 30, 2:15 PM

Join Tel Hai resident Bill Englerth for a travelogue; he recently toured 3 countries in Africa including South Africa, Zimbabwe, and Botswana. A presentation will show photos and video from his visit, including Table Top Mountain, Victoria Falls, and highlights from his 10 safaris. (A Life Enrichment Committee Event)

Big Band From The Valley Friday, November 10, 7:30 PM

Big Band From The Valley is composed of 15 talented musicians and 2 vocalists with memorable performances at the Valley Forge Music Fair, The Sunnybrook Ballroom and Battleship New Jersey. Songs include a variety from big band, standards, show tunes, blues, and country.

GRIT: With Brianne Houck Monday, November 13, 2:15 PM

Join Brianne Houck, USOA Ms. Pennsylvania 2022, as she talks about her colorful life and professional experience. A Birdsboro native, she attended the United States Military Academy at West Point, was in active duty in the Army for three years, and earned a BS in Science from Penn State and an MBA from Tufts University. She's an entrepreneur and created her own nonprofit organization. (A Life Enrichment Committee Event)

Visit telhai.org/events for additional programming highlights. QUESTIONS? Contact Judy Schweitzer, Community Life Coordinator, at jschweitzer@telhai.org or (610) 273-9333, ext. 2154.

Unless otherwise noted, all events held in The StoneCroft Center for Worship & Performing Arts, located at 4000 Tree Line Drive, Honey Brook.

Holiday Bazaar

Saturday, November 18, 10 AM - 2 PM From home-based businesses to skilled craftsmen, our annual Holiday Bazaar is a great place to get a head start on holiday shopping. Local vendors display their wares, including handcrafted woodwork, artisan jewelry, artwork, pottery, and florals. View the event details at telhai.org/HolidayBazaar

Thanksgiving Eve Worship Service

Wednesday, November 22, 7 PM

Join us in worship at our yearly Thanksgiving Eve Service, which is a special service of praise with time for music and meditation featuring the Tel Hai Choir, Chime Choir & Drama Ministry. Our interdenominational service welcomes individuals of all faiths.



Tel Hai's Train Club welcomes you to their holiday open house from 11 AM to 2 PM, featuring extensive displays of Z-, N-, HO-, S-, G- and O-gauge railroads and delightful miniature communities. Also, view the 30-foot mural, showcasing the Chester County countryside, by professional artist and Tel Hai resident Loretta Gable Englerth! Bring your grandchildren and explore all the railway communities within the detailed tablescapes!

(Train Room is located in StoneCroft, 4000 Tree Line Drive, Honey Brook. Follow signage on campus for parking and entry instructions.)

saturday, November 25 ° ° ° Saturday, December 9

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Saturday, December 16

Thursday, December 28

Fall 2023 **11**



In the Gallery

Tel Hai boasts an impressive array of professional and in-house resident artists' work on display in the Clark Gallery, located within StoneCroft Commons. The resident-led Art Task Force welcomes the public to enjoy the gallery and discover more about the featured artist, their technique and each curated collection.

AUGUST & SEPTEMBER 2023 Featuring Dr. Stephen Smith

Throughout his 42-year career as a dentist, Stephen has utilized photography for case documentation, education, lecturing and scientific publications. Upon his retirement, he authored *Creative Digital Photography: The Evolution from 35 mm Film to High-Definition Imaging and Beyond*, published in 2017. In addition to his dynamic photography, he added contemporary and abstract paintings to his portfolio, utilizing high-intensity alcohol inks and luminous heat-embossed crystals in mixed media. He's participated in juried regional arts & crafts shows such as Winterthur Artisans' Show and the Knauer Performing Arts Center, and is a member of the Pennsylvania Craftsmen's Guild, both Chester County and Haverford Guild Chapters.



OCTOBER & NOVEMBER 2023 Hawaiian Artists— The Personal Collection of Kathy Kay

Tel Hai resident Kathy Kay went to Hawaii for a two-week vacation and stayed for 17 years, falling in love with the heavenly climate, breathtaking surroundings, simple lifestyle, and Hawaiian culture and values. This curated collection features artists from diverse backgrounds and artistic styles, but together—they beautifully depict everyday life in Hawaii. The collection features the work of:

- Watercolors by Shige Yamada: Watercolors Ala Moana by Moonlight and Sunset
- Colored woodblock print by Shirley Russell: Colored woodblock print *Boat Day*
- Etchings in sepia tones and pencil by Jinja Kim
- Linoleum print by Dietrich Valdez
- Colored Lithograph by Pegge Hopper
- Etchings by Carol Jossem

The Clark Gallery is located at 4000 Tree Line Drive, Honey Brook. Parking is available adjacent to the entrance of StoneCroft Commons.



Are you ready to reignite your passion for travel, learning and culture? Join Chaplain Dave Hicks as he leads residents and friends of our community to new destinations!

Explore the world and strengthen your faith on a 13-day "Israel: Walk Through the Bible Tour" from March 2-14, 2024. Israel: Walk Through the Bible a biblical study and adventure tour 13-Day Trip: March 2024 OPEN TO THE PUBLIC

In conjunction with Educational Opportunities Tours and The Jerusalem Center for Biblical Studies, Chaplain Dave will provide an exceptional biblical and geographical perspective to the Holy Land with a time for reflection at the most significant sites from the Old and New Testaments, including Bethlehem, Jerusalem, Nazareth, the Jordan River and Golan Heights, the Sea of Galilee, Jericho, the Dead Sea and Masada.

For additional information and to be added to the interest list, please contact Dave directly at dhicks@telhai.org or 610-273-9333, ext. 2443. telhai.org/israel

Explore Retirement Living

OPEN HOUSE

Saturday, October 21: 10 AM - 4 PM

Visit Tel Hai for the "Explore Retirement Living Open House" as we join several other communities in Lancaster and Chester counties. We'll have several accommodations available to explore as you secure your retirement future at Tel Hai.

You can also tour our newly added apartments within Lakeview Personal Care and learn more about our full continuum of care services, including memory care and health care services.

Take the first step by discovering our full range of expansive amenities and services. Meet residents who live at our community and check out a vast array of open homes, including:

• Cottages • Apartments



Enhance your retirement experience and start your journey! Let us know you're coming, and register online at: telhai.org/ERL *Scan the QR code for a complete listing of participating communities.*

Personal Care
 Accommodations









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



Join Us on Campus at the "Hill of Life"

Explore Retirement Living

OPEN HOUSE

Saturday, October 21: 10 AM - 4 PM

Visit Tel Hai as we join several other communities in Lancaster and Chester counties for our annual fall open house! Take the first step by discovering our full range of expansive amenities, services and open homes, including:

- Cottages
- Apartments
- Personal Care
 Accommodations



Enhance your retirement experience and start your journey! Let us know you're coming, and register online at: telhai.org/ERL *Scan the QR code for a complete listing of participating communities.*





DESSERT RECEPTION & OPEN HOUSE Tuesday, December 5 or Tuesday, December 12: 12:30 PM

Experience the warmth and joy of the holiday season at Tel Hai. Join us for a dessert reception, short presentation and tours of community common spaces, amenities and well-appointed residential living accommodations.

Seating is limited. For Dec. 5, RSVP required by Nov. 22. For Dec. 12, RSVP required by Nov. 29. At: telhai.org/Holidays2023



Join us for "A Taste of Tel Hai" event to learn more about the Tel Hai lifestyle. In addition to a delicious, complimentary lunch and presentation, you'll learn about the residential living options at our community. Each luncheon begins at 11 AM.

> **Thursday, September 14** *RSVP by September 1*

Tuesday, October 10 *RSVP by September 27*

Thursday, November 9 RSVP by October 27

Seating is limited. RSVP required at: telhai.org/TasteofTelHai

Events held at StoneCroft, located at 4000 Tree Line Drive, Honey Brook, PA. Parking available adjacent to entrance.

Facebook.com/HillofLife
 Youtube.com/@telhairetirementcommunity









