

Life

TEL
HAI

The Magazine of Tel Hai Retirement Community | Winter 2024

Newly
Renovated
Personal Care
Rooms

NOW AVAILABLE

pg. 4

The
Lock &
Leave
Lifestyle



Tel Hai Life Magazine
Winter 2024

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On cover: Tel Hai cottage residents Al & Sally Weigand and their 2017 Tiffin Allegro Open Road motor home.

The Lock & Leave Lifestyle

Gaining freedom & independence

CONTENTS

- 1 The Lock & Leave Lifestyle
- 4 The Continuing Care Advantage
- 6 Drums Alive
- 8 Online Explorations
- 9 Life on the Hill
- 12 In the Gallery & Worship with Us

Whether it's a weekend away at the mountains or a month-long cruise to the Mediterranean, Tel Hai offers convenient, complimentary "lock & leave" services to ensure the safety of a resident's home during times of travel.

At Tel Hai, residents find peace of mind in our worry-free, independent lifestyle that encourages them to live for today, while also planning for tomorrow.

You'll gain the freedom and flexibility to live life on your terms, with less stress and less worry. You'll know we'll be here for you if and when you need us... from physical therapy for a hurting knee to skilled nursing care.

You'll have the security of a care plan as you age and a financial safety net in knowing you're in a home and community you can afford now and in the future.

So get out there and make those memories! We've got you covered!



On the Open Road



Whether it's sailing on the Chesapeake, wintering in Punta Gorda or traversing North America in their 2017 Tiffin Allegro Open Road motor home, Al and Sally Weigand thrive on traveling. Forty-nine countries and counting!

Prior to moving to Tel Hai in 2022, the Weigands already downsized through numerous moves—the latest from a 55+ community where they lived for 8 years. “We were looking for a cottage in a non-profit Life Plan Community. We knew exactly what we wanted both in a home and financially,” shared Sally, a retired Registered Nurse who worked for decades in geriatrics, including at a senior living community as Director of Nursing.

“Coming here has been wonderful because when we're here, we're with neighbors who are friends. But when we travel, we know the house is cared for. It's about peace of mind,” shared Al, a retired PECO Electrical Engineer.

Reflecting on the long-gone worries of leaving home, Al shared, “At our 55+ community, we once had smoke

alarms go off, and the fire department responded. They had to gain access to the house to reset the alarms, and we were thousands of miles away!”

“We love the ease of being able to just pick up and go,” shared Sally, who considers their “winter-bird” lifestyle of visiting their second home in Southwestern Florida for months at a time “warm and great!”

Since settling into the Tel Hai community, Sally enjoys their cottage's spacious, light-drenched basement, which includes ample storage, a powder room, and her sewing room. “I've never had such a nice sewing room in all the places we've lived. It's exactly what I always wanted.”

Al reflected, “We have a good quality of life here. We love the walking paths, exercise and wellness opportunities.” Sally shared, “I like to volunteer and there is just so much to do here, we're never bored.”

But when it's time to hit the road—like their past adventures to 36 states—including Alaska by way of Canada—the Weigands find comfort in their 34-foot RV, which they conveniently store on Tel Hai's campus when not in use.

“We pack up and off we go!” shared Al, with his navigator, co-pilot and bride of 62 years by his side.



Best of Both Worlds

For cottage residents Dr. Anthony and Lois Georeno, the time is now. “Our retirement plan is to stay healthy, travel and enjoy our family and friends,” shared Tony, a retired superintendent, U.S. Navy veteran and Aston, Delco native.

Lois retired from education as a first-grade teacher in 2004, followed by Tony in 2013. “We spent all those years working hard and we wanted to live in a home where we have the freedom to travel,” he shared. “We're on the road all the time, living our life because we have our health.”

And travel they have! With more than 30 cruises and 46 years of marriage under their belt, they both consider their time as precious, investing their energy into experiences and talents into serving others. When they're “home” from traveling the world, Tony enjoys serving on the Tel Hai Trips Committee—right up his alley—and Lois enjoys the socialization found by participating in her school-retirees book club.

“It's really about peace of mind. We know we're taken care of one way or another, no matter what our future holds,” shared Lois, originally from Coatesville, whose own mother lived to be a blessed 100. Serving as her primary caretaker for her last 7 years in their Aston home prior to moving to Tel Hai in 2022, Lois and Tony knew intimately that planning for their future was key to their own independence and freedom.

The Georenos were seeking a lifestyle of flexibility, which they consider the “best of both worlds,” shared Tony. “We have all the amenities here when we're home like concerts, social activities and meals, but when we leave, we just lock the door and go.”

So what's next for the Georenos? A 15-day cruise through the Caribbean and one of their usual and favorite spots... a weeks-long stay in Ocean View, Delaware.

Benefits of Community Living Lock & Leave

Just like the Weigands and Georenos, wouldn't you love to enjoy the “lock & leave” lifestyle of knowing you're in a secure community with the flexibility for day, overnight or weeks-long travel without the worry?

With your current home, are you burdening family or friends to check on it when you're away? What about snow and ice removal? What if the power went out? How about the sump pump restarting or running out of propane?

Start planning now to discover just how worry-free your future could be at Tel Hai... filled with freedom, flexibility, and independence.

Included in the Tel Hai “Lock & Leave” Lifestyle

- ✓ 24-hour on-site emergency response system
- ✓ Outdoor property care including snow & ice removal
- ✓ Outdoor property care including leaf, lawn, shrubbery & storm cleanup
- ✓ Home repair & routine building maintenance (interior and exterior)
- ✓ Street lighting & security patrol
- ✓ First-class mail forwarding and mail hold service
- ✓ Maintenance visitation to adjust thermostats, check pipes, etc.
- ✓ As-needed repairs like clogged spouting or securing patio furniture in high winds

Are you ready for a last-minute weekend getaway or to book that trip you've always dreamed of? Let's start a conversation about the freedom you'll find when you move to Tel Hai. Contact us today at info@telhai.org, (484) 796-4262 or online at telhai.org/visit



Newly Renovated Rooms
NOW AVAILABLE

Tel Hai's ongoing commitment is to maximize your independence and enhance your well-being, even as your care needs may change over time. Together, our compassionate team of expert health care professionals provides all services onsite, within our community—such as personal care, memory support and respite care.

No matter where your health journey takes you, we'll meet you where you are and help you along the way.

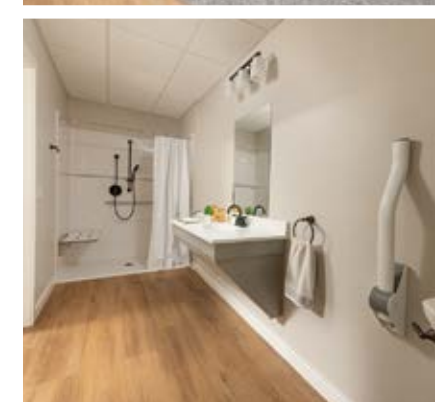
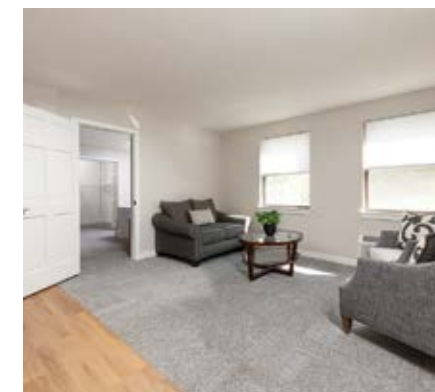
Lakeview
Personal Care at Tel Hai

The Continuing Care Advantage

Person-centered support encouraging independence



NEWLY RENOVATED & UNIQUELY APPOINTED ACCOMMODATIONS



Tel Hai's capacity for care expanded again in October with the opening of our newly renovated Lakeview Personal Care accommodations.

Located on the first floor of Lakeview, the new accommodations increase our ability to provide support to individuals who need daily assistance to remain independent, safe and secure. Residents enjoy a variety of enrichment opportunities, three meals daily, medication administration, weekly housekeeping, laundry and 24-hour resident-centered nursing support.

Accommodation highlights include:

- Light-filled, open floor plan with generously spaced interiors
- Finely appointed, contemporary kitchenette
- En suite full bathroom with aging-in-place features
- Barn doors & pocket doors to maximize space
- Expansive closets and storage
- Personal emergency response system
- ADA accessible unit available

Are you in need of continuing care services like personal care, memory support or respite care for a loved one? We're here to help. Contact our Admissions Coordinator at (610) 273-9333, ext. 2446, email info@telhai.org, or learn more at telhai.org/health-services



DRUMS ALIVE



Enriching lives through rhythm & music

At Meadows Health Care Center at Tel Hai, residents experience an optimal quality of life in a setting that preserves their dignity, with care decisions rooted in resident choice and respect. From chef-prepared meals to stimulating life enrichment activities, residents receive the companionship, comfort and care they desire.



Integral to our successful model of care is our expansive enrichment, recreational, educational, social, spiritual and wellness programming. Our unique approach includes a variety of programs that keep residents engaged... like *Drums Alive!*

Drums Alive—provided through Brandywine Valley Active Aging—is a unique group fitness experience that combines the benefits of the physical activity with the neurological benefits of rhythmic music. Residents experience a whole-body workout which supports both left and right brain coordination, and can be enjoyed seated or standing.

Offered in both health care and personal care at Tel Hai, *Drums Alive* has been key in boosting social connectedness, sensory and motor skills, concentration, and mind-body awareness while infusing fun into the wellness programming calendar.

Award-winning, compassionate skilled nursing care

When medical needs advance to requiring 24-hour skilled nursing care, it's reassuring to know that compassionate care from our expert team of health care professionals is just a phone call away. We're proud and honored to provide care that's been recognized by:



The Pennsylvania Department of Health with a "Deficiency-Free State Survey" for the last three years including 2021, 2022 & 2023



The Centers for Medicare & Medicaid Services as a "5-Star Rated" provider for 2022 & 2023



Pinnacle Quality Insight for 9 "Customer Experience Awards" in 2023 including overall satisfaction, nursing care, cleanliness, individual needs, communication from facility, response to problems, professional therapy services, safety & security and overall customer experience



VOHRA Wound Care certified "Center of Excellence in Wound Management" for 2022 & 2023

Are you in need of continuing care services like health care or short-term rehab for a loved one? We're here to help. Contact our Admissions Coordinator at (610) 273-9333, ext. 2102, email info@telhai.org, or learn more at telhai.org/health-services

Virtually tour your future home!



Are you new to our community or haven't visited in a while? Escape the cold weather and enjoy exploring the "Hill of Life" right from your couch by viewing our expansive online library of 13 virtual tours!

You can experience a preview of the Tel Hai campus, get a sneak peek of our uniquely positioned community located in the heart of Chester County, and view warmly appointed resident homes.

From apartments to cottages and townhomes, you'll see how independence and freedom pair perfectly with the worry-free lifestyle you're seeking.

Get started now

STEP 1: Download the E-Brochure

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

Virtually visit 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



Life ON THE Hill

WINTER 2024

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. Programming brought to you by Tel Hai's resident-led Life Enrichment Committee & Performing Arts Series.

Growing Up Amish: Elam Stoltzfus

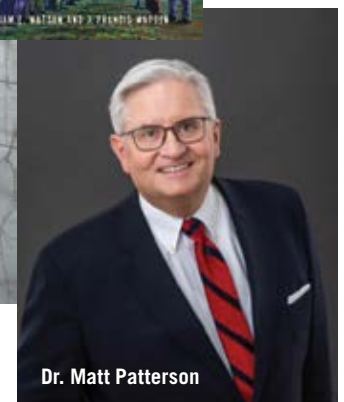
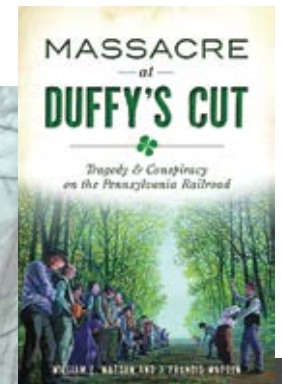
Mondays, January 8 & 15, 2:15 PM

Elverson native Elam Stoltzfus will share stories and reflections on *Growing Up Amish*, a two-part presentation covering the Nicholas Stoltzfus Homestead, located in Wyomissing, and Berks County Amish history. Stoltzfus was raised Old Order Amish, and professionally became a Suncoast Emmy award-winning environmental documentary filmmaker.

Decades with Bow Tree Brass

Friday, January 12, 7:30 PM

Travel back in time—through the *Decades*—with Bow Tree Brass as they start in 1900 and end in 2000, playing some of your favorite and most beloved tunes all along the way. Prepare for a great evening of walking down memory lane with selections like "Puttin' on the Ritz," "Sweet Caroline" and "Bad, Bad Leroy Brown!"



Dr. Matt Patterson

Pianist Dr. Paul Thorlakson & Clarinetist Doris Hall-Gulati

Friday, January 19, 7:30 PM

Join Thorlakson, Director of Piano Studies at Lancaster Bible College, for an evening of music with Tel Hai favorite Doris Hall-Gulati. Hall-Gulati is Principal Clarinet in The Chamber Orchestra of Philadelphia and Bass Clarinetist in The Opera Company of Philadelphia.

The Duffy's Cut Project

Monday, January 22, 2:15 PM

Lancaster native and forensic dentist Dr. Matt Patterson will share about the significance of Duffy's Cut—a stretch of railroad tracks 30 miles west of Philadelphia. In June of 1832, contractor and Irishman Philip Duffy hired 57 Irish immigrants to lay track through the densely wooded hills and ravines.

Two months after arrival, all 57 are believed to have died of cholera and were buried near Malvern. The project is committed to the archaeological excavation and recognition of their burial site, as forensic evidence suggested that some may have been murdered.

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.



Craig Caltagirone

Tap Dancing with Craig Caltagirone

Monday, January 29, 2:15 PM

Tap dancer, singer and performer Craig Caltagirone will dazzle the crowd with his vocal and tap routine to showtunes from some of your favorite musicals. He'll leave you with a song in your heart and pep in your step!

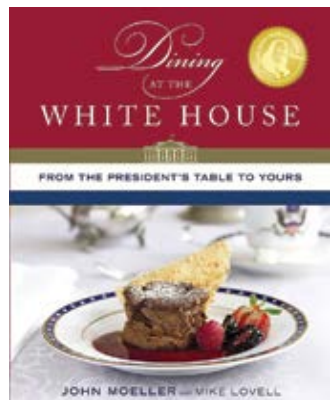


Chef John Moeller

Dining at the White House with Chef John Moeller

Monday, February 5, 2:15 PM

Chef John Moeller—a Lancaster County native—served in the White House preparing cuisine for President George H.W. Bush, President Bill Clinton, President George W. Bush, First Families, guests, and visiting Heads of State. Chef Moeller joined the White House kitchen in 1992, eventually acting as White House Chef in 2005. Over the course of his career, he focuses on creating unique, one-of-a-kind dishes through fresh and flavorful ingredients.



WE'RE OPEN
9 AM – 1 PM

Friday, January 19
Friday, February 16
Friday, March 15
Friday, April 19



THE RESALE SHOP

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 furniture, 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.



David Kim

Pianist Jeffrey Uhlig & Violinist David Kim

Saturday, February 17, 2 PM

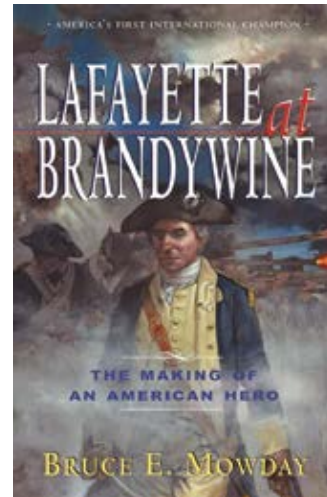
Pianist Jeffrey Uhlig will visit Tel Hai for a captivating afternoon of entertainment with violinist David Kim. A regular performer with members from the Philadelphia Orchestra, Uhlig is an in-demand chamber music player, vocal coach and accompanist. Kim is a Philadelphia Orchestra Concertmaster and an acclaimed soloist.



A Penicillin Breakthrough: The Story of G. Raymond Rettew

Monday, February 26, 2:15 PM

Ellen Endslow—Director of Collections/Curator at the Chester County History Center—will share about the remarkable life, science and story of G. Raymond Rettew. He used his knowledge of chemistry first to develop the mushroom spawn industry and then to mass-produce penicillin. Rettew's perseverance in the early years of World War II changed the world then and our own expectations of survival today.



The Marquis de Lafayette: An American Hero

Monday, March 11, 2:15 PM

Historian and author Bruce Mowday will discuss the rise of Lafayette to the status of America's first international hero. The historical importance of the Battle of Brandywine—where Lafayette was wounded on September 11, 1777—is the focus of Mowday's latest book on Lafayette's role in America's fight for freedom.

Rizzetta's Tones

Friday, March 15, 7:30 PM

Rizzetta's Tones is a Celtic folk band comprising “fraternal twin” hammer dulcimers, silver flutes, high and low whistles and guitars. Their musical repertoire includes music from Ireland and Scotland, along with inspiration from other faraway lands!



Rizzetta's Tones



The Old Guard, Arlington & The Tomb of the Unknown Soldier

Monday, March 18, 2:15 PM

George March, a former Sentinel and Assistant Relief Commander at the Tomb of the Unknown Soldier in Arlington National Cemetery, and Past President of the Society of the Honor Guard, presents an audiovisual program about the U.S. Army's 3rd Infantry Regiment (The Old Guard), about Arlington National Cemetery, and about the Tomb of the Unknown Soldier.

Barbarians at the Gate: The History of Walls

Monday, March 25, 2:15 PM

As early as 8,000 B.C., man constructed walls to surround towns and cities. Ultimately, the purpose was to provide security for themselves and their property. It was a communal effort by the “civilized” in fear of the “barbarian.” Jeff Heim will provide insight on the who, why, and where walls have been built, and an introspective view into the purpose and effort of building walls then and now.

Red Satins

Friday, April 5, 7:30 PM

Prepare to be transported back in time to the '50s and '60s as you listen to songs you love and know by heart from Frankie Avalon, The Drifters, The Temptations and more! The six members are all in their 60s and 70s, live in the Downingtown-Coatesville area and are members of the parish choir at St. Joseph Catholic Church.

From Rim to Rim: Hiking the Grand Canyon

Monday, April 15, 2:15 PM

Tel Hai President & CEO Dave Shenk will share pictures and insight on his latest adventure to the Grand Canyon, where he hiked from “rim to rim.” Grand Canyon National Park, in Northern Arizona, encompasses 278 miles of the Colorado River and is the ancestral homeland of 11 Associated Tribes.

Meet & Greet: The Turtle Moon Native American Flute Circle

Monday, April 22, 2:15 PM

The Turtle Moon Native American Flute Circle is an 8-year-old Berks County community group of Native American-style flute enthusiasts who meet monthly to listen, play and learn. Members will present a program on a brief historic journey of indigenous instruments, origins and anatomy. They will have on display their personal collections, including historic and replica instruments, handcarved flutes and handcrafted rhythm instruments.

Reduce Inflammation Naturally

Monday, April 29, 2:15 PM

Do you have any of these signs of chronic inflammation like painful, swollen or stiff joints, pain in the tendons or ligaments and muscle stiffness? Dr. Leo McCormick of McCormick Chiropractic will review why inflammation happens, natural steps to reduce inflammation and management.

Artsapes 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.



JANUARY 2024 Featuring Alissa Kari Good

Alissa, of Alissa Kari Arts, is a fine artist and small business owner who enjoys working with acrylic paint. From just outside Philadelphia, Good sharpened her artistic skills over the last decade, including her use of colors, textures, composition, palettes and painting techniques. Her gallery includes a comprehensive collection of natural subjects including florals, natural landscapes, and outdoor scenes on paper, canvas, wood and panel. Her collection includes original paintings, prints, and calendars. **Meet Alissa on Thursday, January 25 from 1-3 PM in the gallery.**



FEBRUARY & MARCH 2024 Featuring Dr. Donna Hughes-Saurina

Dr. Hughes-Saurina began drawing and painting shortly after moving to Lower Bucks County, PA to join the Morrisville Veterinary Hospital. She studied technique, design and composition from many talented local artists and is grateful to David Rivera, Gail Bracegirdle, Earl Lewis and gallery owner Debbie Crow. They say to "paint what you know," and 35 years of practice deepened Donna's knowledge of animal anatomy, personality and capacity for love. She believes that all of creation reflects God's glory and loves the curving lines, colors and textures of nature. Her favorite subjects are his creatures... wild and beloved pets!

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

Worship WITH US



GriefShare Workshop Series
Thursdays, January 11- April 11, 1 PM
StoneCroft- Scalies Private Dining Room

GriefShare is a special seminar and support group designed to help you rebuild your life after losing a loved one. Led by caring members of the Pastoral Care team, sessions include video seminar with experts, support group discussion, and focus on personal study and reflection. Registration is recommended. Contact Chaplain David Hicks at dhicks@telhai.org or (610) 273-9333, ext. 2443. Nominal fee charged.

Lenten Service featuring Piercing Word
Wednesday, February 21, 7 PM
StoneCroft Center for Worship & Performing Arts

Piercing Word performing *Passion, The Musical* with the Tel Hai Choir and Tel Hai Chime Choir

Good Friday Worship Service
Friday, March 29, 2 PM
StoneCroft Center for Worship & Performing Arts

Music by the Tel Hai Choir and Tel Hai Chime Choir

Easter Sunrise Service
Sunday, March 31, 6:30 AM

The Hillside Amenities of Tel Hai: Outdoor Amphitheater* (Weather Permitting)

Our interdenominational services and programming welcome individuals of all faiths. | StoneCroft located at 4000 Tree Line Drive, Honey Brook.

Hillcrest

Apartments at Tel Hai

Open House

Tuesday, March 5: 1-3 PM

Discover the connected, convenient, and all-under-one-roof advantage of Hillcrest Apartments at Tel Hai!

Centrally located with indoor access to campus amenities like wellness spaces, a pool, various culinary venues, a convenience store, onsite medical suite and library, you'll enjoy the winter months embraced in the warmth of community.

With floor plans ranging from 548 sq. ft. to 1,508 sq. ft., each home features customized quality finishes, a fully equipped kitchen and laundry, ample storage and a personal emergency monitoring and response system for safety.

Hillcrest features exceptionally designed accommodations perfect for those wanting a carefree lifestyle and none of the hassle... no matter the season!

View these outstanding accommodations, common areas and amenities NOT included in our other open house events.

Space is limited. RSVP required by March 1 at: telhai.org/Hillcrest OpenHouse

Event registration begins at Garrett Community Center at 1200 Tel Hai Circle, Honey Brook.

Join Us On Campus at the “Hill of Life”



Hillcrest

Apartments at Tel Hai

Open House

Tuesday, March 5:
1-3 PM

Discover the connected, convenient, and all-under-one-roof advantage of Hillcrest Apartments at Tel Hai!

Centrally located with indoor access to campus amenities, you'll enjoy the winter months embraced in the warmth of community.

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Space is limited. RSVP required by March 1 at:
telhai.org/HillcrestOpenHouse

Save the Date

“Day In The Country” Open House

Country living never looked so good
SATURDAY, MAY 4, 2024

Unlock the potential of your future—filled with freedom and independence—at the “Hill of Life”! Explore our full range of expansive services, amenities and residential living accommodations. You won't want to miss our largest and most popular annual open house event!

RSVP required at: telhai.org/DIC



“Taste of Tel Hai” Luncheons

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.

Tuesday, January 23 *RSVP by January 10*

Tuesday, March 26 *RSVP by March 13*

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

