

The Magazine of Tel Hai Retirement Community

Fall 2025 | Winter 2026

Tel Hai Life



Life is better...
with peace of mind.

EDITOR

Jolene Weaver
Director of Communications &
Digital Marketing Strategy

DESIGN & PRINTING

Colorworks, Gilbertsville, PA

COVER PHOTOGRAPHY

The Premise Studio, Lancaster, PA
Featuring Connie Ames, Resident

To opt-out of receiving Tel Hai Life or for address changes,
please direct to:

Tel Hai Retirement Community
Attn: Marketing
P.O. Box 190, Honey Brook, PA 19344
Call 484-796-4262 or e-mail info@telhai.org



Tel Hai Life is published by Tel Hai Retirement Community, an equal opportunity employer. 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 and personal opinions of the original authors do not represent the official policies of Tel Hai Retirement Community. Tel Hai Retirement Community complies with applicable Federal civil rights laws and does not discriminate on the basis race, color, national origin, religion, sex (including gender identity and sexual orientation), familial status, and disability. Tel Hai Retirement Community does not exclude people or treat them differently because of race, color, national origin, religion, sex (including gender identity and sexual orientation), familial status, and disability in certain health programs or activities.

CONTENTS

3

**PORTRAITS
OF COMMUNITY**

6

**ENERGIZE
TO ELEVATE**

8

**CONTINUUM
OF ASSURANCE**

12

**ENCORE
EVENTS,
ENTERTAINMENT
& ENGAGEMENT**

14

**CREATIVE
EXPRESSIONS**

14

**NOURISH
THE SPIRIT**



Life is better...
with peace of mind.

Surrounded by timeless, vivid blue hues and colorful treasures,

Connie Ames's home is a curated gallery of memories — a lifetime of deeply connected relationships, meaningful travels, and tributes to those she loves, and who love her in return.

A native of Ithaca, Connie grew up in the Finger Lakes region of New York State. “My life completely changed in 1966 when I was selected for a Rotary International Internship and had the opportunity to study abroad in Sweden,” she recalled.

Her Swedish host family welcomed her wholeheartedly, embracing their new dotter (“daughter”) from America and introducing her to Scandinavian food, people, and culture. “I attended a household management school and learned everything domestic—weaving, preserving, gardening, and really everything related to running a home. It was fantastic.”

Little did Connie know that this early immersion into Swedish life would influence every chapter of her story.



After returning to the U.S., Connie attended Cornell University, graduating with a bachelor's degree in history. She later earned her MBA from Eastern University while working full-time in human resources—a career she enjoyed and nurtured until her retirement in 2022.

In 1990, through mutual friends, Connie met Bengt—the love of her life. He was an industrial designer who worked for Silverton Yachts and (you guessed it), was born and raised in Sweden. Together, they built a beautiful custom home in Pottstown and shared 30 joyful years of marriage, surrounded by friends, family, and adventures, until Bengt's passing in 2022.

“Bengt was diagnosed with Alzheimer's, and I cared for him at home for three years before he moved to Lakehouse Memory Support here at Tel Hai, and later to Meadows Health Care. I was so thankful for the exceptional care he received,” Connie shared.

As Bengt's health declined, Connie knew it was time to plan her next chapter. She chose a spacious two-bedroom Hillcrest Apartment, offering 1,135 sq. ft. of comfort. "My home is my sanctuary—it's the perfect amount of space for my life, my friends, and my treasures."

Connie was already familiar with Tel Hai through her former mother-in-law, who lived in Hillcrest for more than 10 years. "I visited her often and I knew the level of care she received. When it came time for me to move, I didn't look anywhere else. I knew it would be Tel Hai."

Now in retirement, Connie treasures the freedom to travel, knowing her home is secure. "I just put in a vacation form to let them know I'm leaving, lock the door, and go."

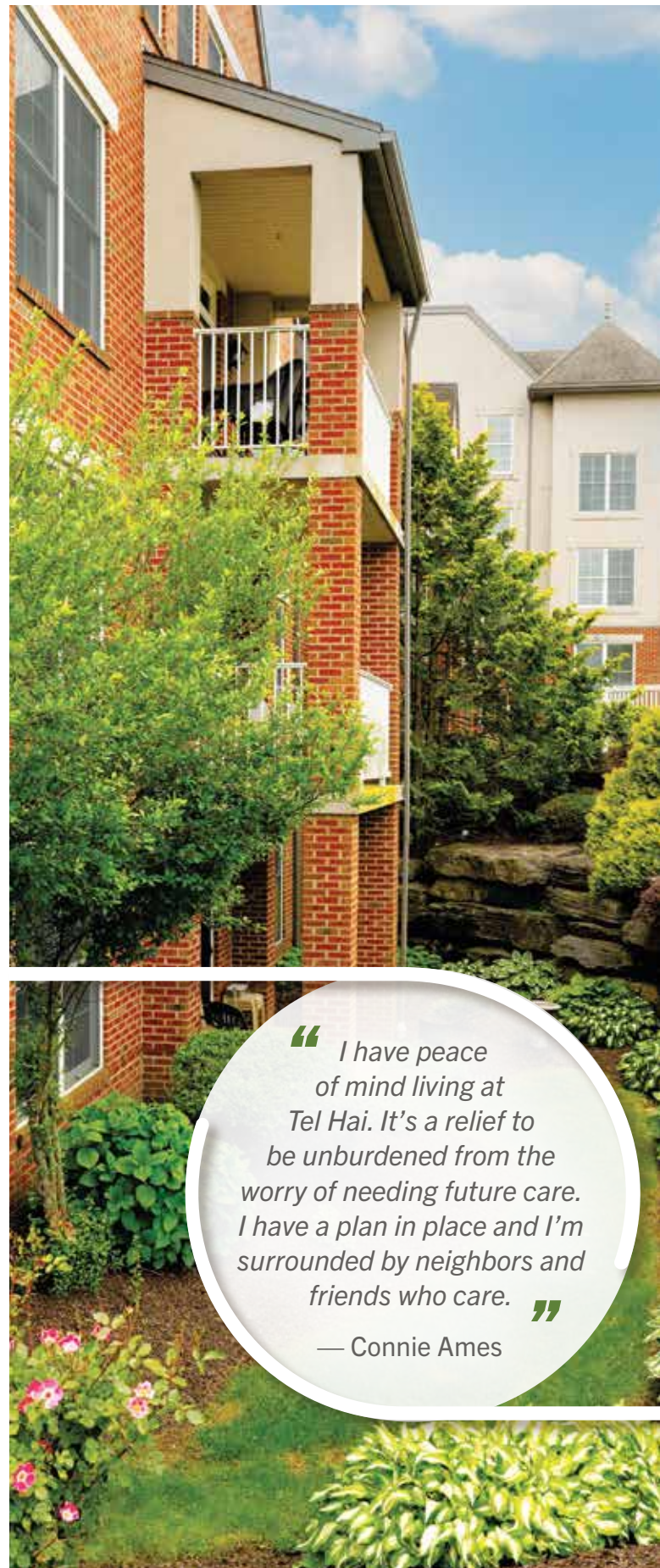
She last visited Sweden in 2024 and makes frequent trips to Calgary, Canada—visiting the son of her exchange family from decades ago, who now lives in North America. Truly, a lifelong treasure.

Whether she's enjoying delicious dinners with neighbors or attending movie nights, Connie's calendar is always full. "Each day there's something to do, and I love that. My biggest challenge is finding time for everything—and trying not to gain weight," she laughed, noting she's not particularly fond of cooking but enjoys Tel Hai's on-campus dining venues.

"Living at Tel Hai has made my life so much richer. I thank God every day for being here. I've transitioned so well, and I have such peace about my home, my life, and my decisions," Connie shared.

Ready to get started?

Learn how life is better at Tel Hai by downloading our online brochure now at: telhai.org/information



“ I have peace of mind living at Tel Hai. It's a relief to be unburdened from the worry of needing future care. I have a plan in place and I'm surrounded by neighbors and friends who care. ”

— Connie Ames

Life is better... *with movement*

At Tel Hai, our holistic approach to wellness is designed with you in mind.

No matter your stage of life—now or in the future—we provide the guidance, resources, and encouragement to help you live well as you age well. Whether you're passionate about fitness, exploring new interests, or simply staying active, our dedicated Wellness Team is here to support your journey.

Through our signature 'Way to Wellness' program, residents enjoy on-campus offerings that promote balance across four key areas: body, mind, spirit, and service. We offer a wide variety of high-quality classes, events, and activities tailored to help you maintain optimal health and overall well-being.

Our experienced fitness professionals include a Certified Personal Trainer, Lifeguards, Yoga and Group Fitness Instructors who work with you to strengthen balance, increase mobility and improve joint health, with special attention to issues like arthritis and limited range of motion.

Tel Hai's wellness spaces are just as dynamic as the programs we offer. With two fitness rooms and two pools, including our 8,500-sq.-ft. StoneCroft Aquatics Center (featuring a six-lane, 25-yard competition pool, thermal spa, and locker rooms),

you'll find the perfect place to move, connect, and thrive.

Whether you're interested in personalized training or group fun, our land and aquatic classes offer something for everyone. Program highlights include:

- Tennis & Pickleball
- Gentle Flow Yoga & Tai Chi
- Drums Alive
- Zumba® & Line Dancing
- Cardio & Strength Training
- Ping-Pong, Shuffleboard & Bocce
- Water Volleyball & Ai Chi (Water Tai Chi)
- Aqua Aerobics & Aqua Arthritis
- Aqua Deep Water & Aqua Spin
- Aqua Circuit Interval Class





Discover Our Community Membership Program

Start living life to the fullest by prioritizing your health today. We make wellness simple and accessible with a full range of preventive health services, fitness programs, and professional guidance—all designed to help you stay active and well.

Through our Community Membership Program, individuals from the greater community and future residents can enjoy select wellness offerings even before moving to Tel Hai. Programs like Tai Chi, Aqua Spin, and Gentle Flow Yoga are open to the public and ideal for all fitness levels.

The StoneCroft Aquatics Center is also open to the greater community and future residents, offering access to the pool, spa, and locker rooms. Memberships are available monthly, quarterly, annually and can be purchased for individuals, couples, or families. For an added wellness boost, members can also access our fully equipped fitness rooms located right next door for a small additional fee.

Ready to feel your best?

Connect with our Wellness Team at 610-273-9333, ext. 2441 or email wellness@telhai.org to chat about upcoming classes.

Life is better... *with on-campus therapy*

**Choosing Tel Hai—
a Life Plan Community—**
means choosing a vibrant, supportive
environment designed to enhance your well-
being, foster meaningful connections, and
offer unmatched convenience.

From an unexpected fall to a persistent ache,
hundreds of residents have found peace of mind
knowing comprehensive health services are just
steps away—right here on campus.

Located within StoneCroft Commons, our
Outpatient Therapy Health Suite offers easy access
to therapy services. Whether you're preparing for
surgery, recovering from an injury, or continuing
care after a short-term rehab stay in Meadows
Health Care, our dedicated team is here to support
your healing journey.

Specializing in care for older adults, our skilled
therapists are equipped to address a wide range
of physical, cognitive, and medical needs. We
provide personalized treatment plans tailored
to help residents—and members of the greater
community—recover faster and maintain
independence.

- **Physical Therapy:** prevent or recover from an illness or injury
- **Occupational Therapy:** activities of daily living retraining, continence retraining, customized wheelchair seating, power mobility solutions
- **Speech Therapy:** treatment for communication and swallowing disorders, voice therapy and dementia training for caregivers
- **Aquatic Therapy:** held in our on-site StoneCroft Aquatics Center
- **Pain Management:** includes advanced modalities such as electrical stimulation, ultrasound, and diathermy
- **Education & Self-Management:** ongoing training to promote independence and wellness
- **Home Support:** assistance with equipment and home modifications to ensure safety and comfort
- **Driver Skills Program:** evaluate and treat the physical, visual and cognitive demands of driving

**At Tel Hai, therapy isn't just treatment—it's
part of a life-enhancing approach to aging well,
surrounded by care, community, and convenience.**





Explore the Continuing Care Advantage

The continuing care advantage of a Life Plan Community like Tel Hai, is knowing that support is available if and when you need it. You can live independently now while having easy access to on-site healthcare services should your needs change. Preferred and direct access to services—that's what makes life better at Tel Hai!

- **Outpatient Therapy:** Specialized rehabilitation services through occupational, physical and speech therapies
- **Personal Care:** Personalized resident-centered nursing support with medication assistance, meals, transportation, housekeeping, and activities
- **Short-Term Respite Care:** Supportive 7- to 30-day short-term stays in a fully-furnished, private accommodation with access to personal care services
- **Memory Support:** Compassionate memory care in a secure, home-like environment with robust, dementia-focused programming
- **Health Care:** Exceptional resident-centered skilled nursing care with compassion and dignity in private and semi-private accommodations
- **Short-Term Rehab:** Resident-centered rehabilitation designed for swift recovery after surgery or hospitalization
- **Home Care:** Convenient interim or long-term, non-medical home care in the comfort of home
- **Home Health:** Clinical medical care often prescribed following a hospitalization including skilled and hospice care





Jingle & Mingle

Jingle & Mingle: *Dessert Reception & Open House Event* TUESDAYS, DECEMBER 9 OR 16, 2025 | 12:30 PM

Experience the warmth and joy of the holiday season at the Hill of Life. Join us for a delicious seasonal reception featuring chef-crafted seasonal bites, followed by tours of our community common spaces, and well-appointed residential living accommodations. You'll also meet community residents who are eager to share why they love the holidays at Tel Hai!

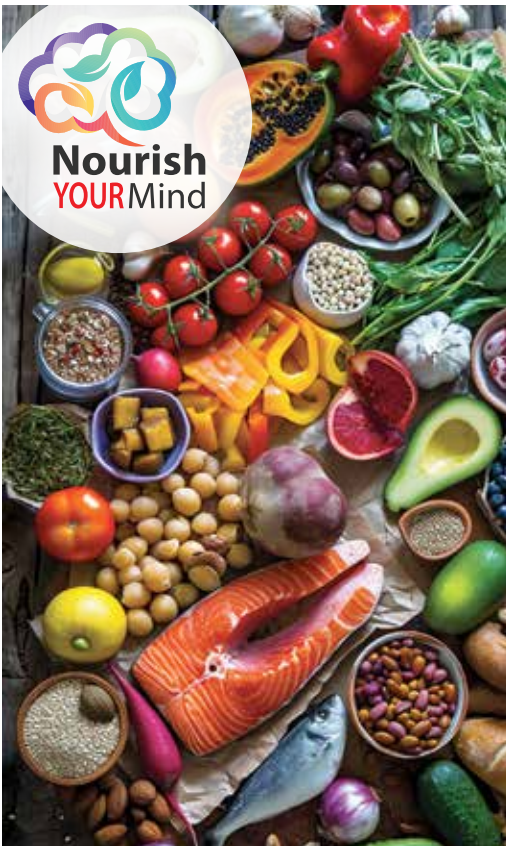
12:30 PM | Registration

1:00 PM | Seasonal Sweet & Savory Bites

1:30 – 3:30 PM | Open House

Event held in StoneCroft Commons, located at 4000 Tree Line Drive, Honey Brook, PA.

Registration required by Dec. 1 (for Dec. 9 event) and Dec. 8 (for Dec. 16 event). RSVP by contacting Marketing at 484-796-4262 or register online at: telhai.org/Holidays2025



Nourish Your Mind

The Power of Food for Brain Health

THURSDAY, OCTOBER 30, 2025 | 2 PM



Take the first step toward better brain health with Tel Hai's Registered Dietitian, Sybil Oswalt, as she explores the connection between nutrition and cognitive function. Learn simple, effective dietary strategies to boost brain health and optimize cognition.



Whether you're looking for ways to brain-boost your nutrition routine or considering a transition to a supportive living environment like Lakeview Personal Care or Lakehouse Memory Support, we'll offer practical advice for both.

Event held in the Auditorium/Chapel, located at 1200 Tel Hai Circle, Honey Brook, PA.

Registration required by October 23. RSVP by contacting Lakeview Personal Care, Admissions Coordinator, at 484-796-4259 or email info@telhai.org.



Where Life Happens

An Amenities Open House Event

TUESDAY, MARCH 10, 2026 | 11:30 AM

Delicious destinations and endless activities await at this self-paced, interactive open house event featuring our two community centers— where 81,000 sq. ft. of *Where Life Happens!* From arts to wellness, you'll explore our expansive array of amenities spaces including:

- 340-seat multipurpose Center for Worship & Performing Arts
- Two indoor pools & aquatics center, group fitness and wellness spaces
- Arts suite including ceramic center, art room, gallery & textile arts
- Indoor conservatory, 21-seat theater & culinary venues
- Library, train room & billiards rooms

Event begins in Grandview Commons, located at 1301 Tree Line Drive, Honey Brook, PA.

Registration required by March 2. RSVP by contacting Marketing at 484-796-4262 or register online at: telhai.org/OpenHouse

Encore!

Events. Entertainment.
Engagement.

Life at Tel Hai is enriching and rewarding, with entertaining programs that will keep your mind engaged, your body energized, and your spirit lifted. You're welcome to attend any of our dynamic events, which have been thoughtfully selected by Tel Hai's resident-led Life Enrichment Committee & Performing Arts Series Committee.

Brandywine String Quartet

Friday, September 26, 2025 | 7:30 PM



The Brandywine String Quartet was founded in 2022 by four colleagues with a passion for chamber music. The Quartet is well-versed in performances featuring works by Ravel, Schubert, Beethoven, and more.

The Fabulous Greaseband

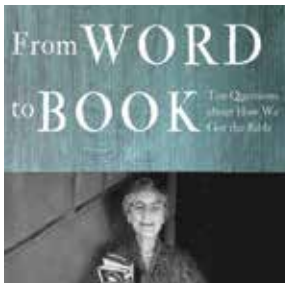
Friday, October 10, 2025 | 7:30 PM



You won't want to miss the Fabulous Greaseband—a nostalgic concert attraction and dance-party band sure to entertain! Featuring four outstanding male and female lead vocals, their highly energetic delivery has kept this group on top for more than fifty years!

From Word to Book

Mondays, October 13, 20 & 27, 2025 | 2:15 PM



The Bible is an amazing library, collected by people of God over a thousand years. In this lecture series, author Nancy Heisey will discuss how the Bible was formed, how it was translated into many languages, and how contemporary readers have

found the Bible speaking to them of God's love.

Holiday Bazaar

Saturday, November 15, 2025 | 10 AM – 2 PM



Get a head start on your Christmas shopping at our annual Holiday Bazaar! Featuring handmade items from home-based businesses to skilled craftsmen, this event showcases a variety of unique gifts including artisan jewelry, artwork, pottery, florals, and more.

Artificial Intelligence for Seniors:

An Introduction & Demonstration

Monday, November 17, 2025 | 2:15 PM



AI—like any new tool—appears to be limitless in its application into our world but its impact is impossible to ignore. Join Ed Goll as he discusses, demonstrates and teaches us on what AI can do for us now and in the future.

Visit www.telhai.org/events for additional programming highlights and a full event listing.

Silver, Wood & Ivory: A Christmas Concert
Friday, December 5, 2025 | 7:30 PM



Silver, Wood & Ivory is a duo comprised of two talented musicians— Tracy Dietrich (flutist) and Cindy Wittenberg (piano, Celtic harp). This holiday performance will feature their flutes, recorders, Celtic harp and piano, bringing a unique blend of musical harmony to their arrangements.

Four Hands, One Piano:
A Musical Journey Through Time
Friday, February 6, 2026 | 7:30 PM



The Mada & Hugh Piano Duo presents an enchanting concert featuring two pianists performing together at a single piano, creating rich harmonies and intricate musical conversations. You'll experience the refined artistry of composers like Mel Bonis along with iconic songs by Billy Joel and Queen.

Amish Gardens & Amish Weddings:
From Courtship to Celebration
Mondays, March 2 & 9, 2026 | 2:15 PM



Join local author Beth Oberholtzer as she presents a two-part series on Amish Gardens (March 2) and Amish Weddings (March 9.) You'll experience a rare, intimate tour of more than 18 Amish vegetable gardens and explore

the courtship process and wedding traditions of the Old Order Amish.

All events held in The StoneCroft Center for Worship & Performing Arts, located at 4000 Tree Line Drive, Honey Brook, PA.



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. For details, visit: telhai.org/resale

We're open 9 AM – 1 PM:

- Friday, September 19, 2025
- Friday, October 17, 2025
- Friday, November 21, 2025
- Friday, December 12, 2025
- Friday, January 16, 2026
- Friday, February 20, 2026
- Friday, March 20, 2026



Creative expressions

Tel Hai boasts an impressive array of professional, non-juried, and in-house resident artists' work and collections on display in the Clark Gallery, located within StoneCroft Commons. The resident-led Art Task Force welcomes the public to discover more about the featured artist, their technique and each curated collection. (Gallery is located at 4000 Tree Line Drive, Honey Brook, PA.)

August & September 2025: Featuring Denise Hill-Kimes



Denise has rapidly emerged as a local watercolor artist, celebrated for her realistic details and vibrant creations. Her journey as an artist is enriched by her diverse background and life experiences, originally hailing from the picturesque state of Wyoming. Her love for the natural world and her ability to see beauty in the ordinary are deeply influenced by her upbringing in such a scenic environment. Her journey into the world of watercolor art is a story of perseverance and the transformative power of creativity.



Meet Denise on Thursday, September 25, 2025 from 1 – 3 PM in the gallery.

October & November 2025: Featuring Barbara Dooley



Barbara—a Tel Hai resident artist—began her study of watercolor and oil painting in retirement. She learned to appreciate the unique qualities of both mediums but prefers the fluidity that only watercolor can evoke. Rich colors, high-quality paper and the right amount of water often bring

surprises that cannot be planned. She most enjoys being a spontaneous painter in search of flow and drama in a watercolor. Her paintings are often influenced by Chinese brush painting and travel.

December 2025 & January 2026: Featuring Delores Holzworth



Delores—also a Tel Hai resident artist—has spent decades honing her craft of needlework art. She enjoys the preciseness of counted cross stitch and the creativity behind the intersections of patterns and colors within her pieces. Being a nature lover and inspired by the outdoors, many of her favorite pieces include features of animals, birds and flowers.

February & March 2026: Featuring Bill Rogers



Bill's long-term art studies begin in 2001 while attending the Fleisher Art Memorial (Philadelphia) live drawing studies. He has studied and is well-practiced many art mediums including pencil, ink, watercolor, acrylics, and oils. He has developed a unique style inspired by the simplicity and elegance of pen and ink drawings. The foundation of his art lies in the process which he calls "intuitive correction."



Meet Bill on Thursday, March 26, 2026 from 1 – 3 PM in the gallery.

Nourish *the spirit*



GriefShare Workshop Series

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.

The fall session will be held Mondays at 2 PM, beginning September 8. The winter session will be held on Tuesdays at 1 PM, beginning January 13. Registration is recommended by contacting Chaplain David Hicks at dhicks@telhai.org or 610-273-9333 ext. 2443.

Fall Concert of Praise—Featuring the Tel Hai Choir
Wednesday, October 8, 2025 | 7 PM

Thanksgiving Eve Celebration Service
Wednesday, November 26, 2025 | 7 PM

Christmas Choral Concert—Featuring the Tel Hai Choir
Wednesday, December 17, 2025 | 7 PM

Candlelight Christmas Eve Worship Service
Wednesday, December 24, 2025 | 3 PM

Our interdenominational services and programming welcomes individuals of all faiths. Worship events held in the StoneCroft Center for Worship & Performing Arts is located at 4000 Tree Line Drive, Honey Brook, PA.

Life is better... *with options!*

Explore Retirement Living Open House

Saturday, October 18, 2025 | 10 AM – 3 PM



Join us for our highly anticipated **Explore Retirement Living Open House**, where you'll discover the wide range of residential living options designed to fit your unique lifestyle.

On this special day, we join with several other communities in Lancaster and Chester Counties to open our doors to a day of discovery!

Enjoy a self-guided tour of our community's expansive amenities, continuing care services, and vibrant living spaces. Learn about the benefits of each and take the first step toward a fulfilling retirement. Meet the residents who live at our community and check out a vast array of open homes including:

Cottages | Apartments | Personal Care Accommodations

Experience retirement living at its finest.

Register today: telhai.org/ERL



4000 Tree Line Drive
Honey Brook, PA 19344
484-796-4262



Life is better... *with options!*

Explore Retirement Living Open House
Saturday, October 18, 2025 | 10 AM – 3 PM



Join us for our highly anticipated
Explore Retirement Living Open House,
where you'll discover the wide range of residential
living options designed to fit your unique lifestyle.

Enjoy a self-guided tour of our community's expansive amenities, continuing care services, and vibrant living spaces. Learn about the benefits of each and take the first step toward a fulfilling retirement.

Explore the possibilities:

- Cottages
- Apartments
- Personal Care Accommodations

Experience
retirement living
at its finest.

Register today:
telhai.org/ERL



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 and hear from the residents who live here!

Each luncheon begins at 11 AM.
Registration required.

Friday, September 12, 2025	RSVP by September 3
Tuesday, October 21, 2025	RSVP by October 13
Thursday, November 13, 2025	RSVP by November 4
Friday, January 23, 2026	RSVP by January 14
Thursday, February 19, 2026	RSVP by February 10

telhai.org/TasteofTelHai



The Power of Food for Brain Health

Thursday, October 30, 2025 2 PM

Take the first step toward better brain health with Tel Hai's Registered Dietitian, Sybil Oswalt, as she explores the connection between nutrition and cognitive function. Learn simple, effective dietary strategies to boost brain health and optimize cognition. Hosted by Tel Hai's Lakeview Personal Care and Lakehouse Memory Support team.

Registration required. RSVP at 484-796-4259 or email info@telhai.org.