



Journeys

A newsletter for residents, families and friends.

Resident shares amazing survival in German concentration camps

The following story includes a resident's detailed account of her tragic experience as a Holocaust survivor and continues on several pages.

Bluma Shapiro considers herself blessed, and believes the fact that she is alive today a miracle.

And it is.

Born in 1923 in Poland, Shapiro last saw her family in 1943 when she was put on a train and sent to a series of German concentration camps.

You could have heard a pin drop as she recently shared her experiences with nearly 100 residents, family members and co-workers, who crammed into the campus chapel to listen at Country Meadows of Leader Heights south of York, Pa.

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Bluma Shapiro relaxes after a presentation at Country Meadows of Leader Heights.

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COUNTRY MEADOWS
RETIREMENT COMMUNITIES
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Ecumenical Retirement
COMMUNITY

Residents help students with winning walker design

A panel of Country Meadows residents and co-workers had a role in helping five South Fayette High School students take the top prize in the Pennsylvania Governor's STEM (Science, Technology, Engineering and Math) state competition. Challenged to create a product that benefits the most Pennsylvanians, the students included feedback from Country Meadows residents and co-workers as part of their extensive research to develop a safer walker. In addition to earning \$2,000 scholarships and the attention of Governor Tom Wolfe, the students are thrilled that their "Life-Safer Innovations Walker" could save a life one day.

The students focused their product ideas on serving seniors because Pennsylvania has the fourth largest elderly population in the nation. Several of the team members, then seniors Brooke Ley, Brendan McCann, Jacqueline Witwicki, and high school juniors Eishan Ashwat and Cara Price, have older family members who use walkers. When their research revealed that walker-related

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Journeys story ideas,
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Our Mission

Country Meadows Retirement
Communities helps seniors
lead purposeful lives and
enjoy independence,
friendship and respect.

Country Meadows operates
retirement communities
in Allentown, Bethlehem,
Forks, Hershey, Lancaster,
Mechanicsburg, South Hills of
Pittsburgh, Wyomissing as well
as two locations in York. Country
Meadows also owns a community
in Frederick, Md.

Ecumenical Retirement
Community is a not-for-profit
retirement community managed
by the George M. Leader Family
Corporation, which also manages
Country Meadows.

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or national origin, provided the
resident, in the sole opinion of
Country Meadows or Ecumenical
Retirement Community,
can be cared for legally
and responsibly.*



Residents help students *continued from page 2*

falls result in numerous injuries and even death, they sought ways to improve the product.

"The students spent hundreds of hours researching and developing the product," says their adviser Brian Garlick, a technology education teacher at South Fayette. "The idea that their work could save a life was very motivating."

Based on their research and personal experience, the students had ideas for improving the walker design, but they met with six residents and numerous co-workers from Country Meadows of South Hills near Pittsburgh, as well as another residential senior community, to test their theories and hear some new ideas. South Fayette High School has a long-standing relationship with Country Meadows, and many students volunteer or are employed at the community.

"The residents were very helpful and easy to work with. They were so happy and lively. I loved how they could eloquently describe a design problem and then crack a joke to keep things light," says South Fayette graduate Brennan McCann, who was the chief engineer for the winning walker.

The students' "field" research led to innovations like an alarm that sounds if the walker's user tips it over and falls. They also learned that their target users don't find the drab, gray color of the walker very appealing, so they jazzed it up with red and blue paint.

"Our approach at Country Meadows was to get to know our panel of residents individually, and they gave us several angles to approach our project on," says Jacqueline Witwicki, a recent graduate of South Fayette, who took the lead on interviews and managing finances and logistics for the project. "This was a really great partnership. We learned so much in a 'real world' setting and formed a special bond with the residents."

The student team also abandoned some of their ideas, such as making the walker easy to fold for storage, after learning from professionals at Country Meadows that it could compromise safety.

McCann says working with the residents helped his team understand that many walker safety issues don't occur while walking, but when transferring. The addition of the third leg, to stabilize the walker when the user goes from sitting to standing, was based on that finding.

"They offered a whole new insight into the day-to-day use that we hadn't considered," says McCann. "Talking to them was kind of like getting the 'Spark notes' on walkers."

The students shared their prototype, which won the regional competition, with Country Meadows residents and co-workers in February, and made additional design changes in preparation for the state competition on May 29, where they beat out some 150 other student teams.

"When we went in [to the state competition,] we saw a lot of awesome inventions that were just scientifically outstanding," says McCann. "But what we relied on for the longest time, and what gave us confidence, was that we did so much work to target the audience we wanted to help, and that is really what pushed us on."



South Fayette High School students and teacher Brian Garlick (right), present their project to Pennsylvania Governor Tom Wolfe (left). Photo courtesy of Brian Garlick.

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Residents help students *continued from page 3*

The students dedicated their win to the people in their lives who helped inspire the design, including panel members from Country Meadows. They held a special luncheon for residents from the retirement communities during which they acknowledged their role in the product's success with a plaque, and gave the residents an opportunity to see the winning product.

"It was fantastic to see their reaction to what they helped us build," says Witwicki. "When we started, we were thinking about our loved ones, but to see that so many people can be affected by what we've done is just amazing."

Residents Mary Phillips and Vivian Lesnett attended the event and remarked at the selflessness of the students and at their surprise that a walker was selected as a winning product.

"I could see how [the walker] could help someone who has more physical needs than I do," says Lesnett, who has used a walker for years and doesn't know what she would do without it. "It makes me feel wonderful to see young people who are interested in the elderly. Kids usually aren't. The younger generation has a different outlook typically. These kids were unselfish. They stood out in my mind."

Knowing their product has the potential to save lives, Garlick and the students are hopeful that they can make at least the control panel with the lights and panic alarm available for purchase. Their efforts are focused on patenting the system and finding a way to get it to market. 🐾

Features of the "Life-Safer Innovations Walker"

- High- and low-beam lights
- An emergency alert button
- An alarm that sounds if the walker falls over
- Easily movable wheels
- A third leg that can be extended for additional support and stability

Share your talent!

It's the most wonderful time of the year! Country Meadows and Ecumenical Retirement Community honor and celebrate residents' artistic talents during our annual Holiday Card Art Contest.

Residents are invited to submit original art in the contest. The winning artist will have his/her artwork used in the design for the organizations' annual holiday greeting card.

Entries should be based on the winter holidays, beauty of winter and/or love and friendship. Acceptable mediums include photography, oil, acrylic, watercolor, pencil, collage and mixed media. Unacceptable formats include pastel and charcoal. Please be sure to spray the completed product with a protecting solution.

The piece can be from any time in the resident's lifetime, however, artwork must be original. Please do not submit artwork entered in previous Holiday Card Art Contests.

All entries must be received by **Sept. 21, 2015.**

Original artwork should be sent to:

Kelly Kuntz, Executive Director of Communications
Country Meadows Home Office
830 Cherry Drive, Hershey, PA 17033



In lieu of the original, a high-resolution image of the piece of art can be emailed to KKuntz@CountryMeadows.com.

See your campus Office Manager for an entry form and complete contest rules. Good luck! 🐾



2014 winning entry Evelyn Martin by Ecumenical Retirement Community

Construction grows Country Meadows family



Artist's Rendering: Dining Room

Ground is moving and construction is underway on a brand new Country Meadows campus in Northampton County near Easton, Pa. Country Meadows of Forks is scheduled to open in June of 2016.

The new campus, on more than 21 acres, will offer Independent Living, Personal Care and Memory Care services. Reservations are being accepted for studio, one- and two-bedroom apartments featuring contemporary kitchens and bathrooms.

Just like every other Country Meadows campus and Ecumenical Retirement Community, residents will enjoy upscale amenities and services, an on-campus fitness center managed by a fitness professional and a vibrant Community Life program.

For more information about Country Meadows of Forks, please contact the marketing team at 484-544-3880 or email at Forks@CountryMeadows.com. 🌿



Artist's Rendering: Entry Lounge



Centenarians celebration! Standing from left to right: Herman Lipton, Evelyn Stauffer and Antoinette Crane. Florence Smith and Roma Weber are seated.

Centenarian Celebration

What do you call a group of five centenarians? Blessed!

On the 100th day of 2015, Country Meadows of Allentown celebrated five special birthdays: Five residents are at least 100 years old, making them centenarians.

To celebrate, co-workers invited centenarians' family members to attend a special lunch event complete with champagne toast and celebratory cake. Each honoree received an individual presentation from state Sen. Pat Browne, read by his Chief of Staff.

Martie Haller, marketing director, says "We adore you, we admire you, and most of all, we love you." 🌿



Jim Dalrymple is not a centenarian just yet, but recently celebrated his 99th birthday with friends and family at Country Meadows of Wyomissing.

Relieving anxiety through art

The secure Connections Neighborhood at Country Meadows of Hershey boasts open fields, beautiful flowers and a whimsical dragonfly. While it may not be acres and acres of serene countryside, a new mural painted over the Neighborhood's entry doors provides comfort and beauty for residents who need memory support services in a secure environment.

Shannon Harvey—Connections program manager, came up with the idea when she noticed residents hanging out by the doors. “We know that residents who hang out by the door are seeking an exit. It causes concerns that a resident might leave the safety of the Connections Neighborhood. Some of our residents look quite young and are very articulate, so visitors might hold open the door for them,” she says. “From my experience, I knew we needed to make it not look like a door.”

Disguising a door adds a home-like atmosphere while alleviating the frustration and anxiety of a non-opening door.

At first the idea was to continue the wallpaper to make it look like a wall. Harvey had other ideas. “I said, ‘Why not give them something aesthetic to look at, something that’s really pretty but yet doesn’t look like a doorway?’” she says.

Dan Mills, executive director, backed the project, researched local artists and contracted with Artist and Illustrator Steve Wilson of Lancaster, Pa. The project was a first for Wilson. “It is [rewarding] to help the residents enjoy a beautiful piece of artwork they can see instead of just a door. And it adds to their quality



Artist Steve Wilson and Connections Program Manager Shannon Harvey, hang out by the door, disguised as a mural.

of life,” Wilson says, adding that he worked with Harvey to come up with the final design.

The mural is three-dimensional, with half-inch fencing attached to the painting to protect the work of art. The door is used often by many people, some with carts, so the fence will absorb any hits.

Wilson came in evenings to paint, when the door is used by fewer visitors and co-workers. He says he had a lot of company. “The residents would come talk to me about the mural and watch me paint. Some were

more talkative than others, and I explained what I was doing. It was nice,” he says.

Harvey and Wilson made changes as the project went along, especially adding color, for a purpose.

“I asked him to add more red because it is one of the colors that sticks with people with dementia. Statistics show that red is good for residents with dementia—red plates to encourage people to eat, and some even use red toilet seats!” shares Harvey.

The mural is working.

“Now if residents are by the door, I see them looking at it like a piece of art—it’s very serene and calming. That is the whole point. If they are by the door, it reduces anxiety because they aren’t trying to open the door, but enjoying something pleasing to the eye,” says Harvey, who adds that families and visitors also are enjoying the mural.

Wilson hopes to paint more murals like this to help people with dementia. “Anytime I can do a mural like this is great, but when I can make it and it enhances people’s lives, that’s a plus.” 🍷



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For information about a career with Country Meadows, visit www.Facebook.com/CountryMeadowsCareers.

We look forward to interacting with you online.

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Some Country Meadows of Wyomissing residents and co-workers traveled to New York City where they attended a taping of the television talk show "Live with Kelly and Michael." They even got to walk on the set and meet show host Michael Strahan. The ladies were beyond thrilled!



This spring brought bird-mania to Country Meadows. Two adorable ducklings called our Frederick, Md., campus home until they were old enough to move to the Smith Farm in Thurmont, Md.



In celebration of National Senior Health and Fitness Day, Country Meadows of Bethlehem residents moved their bodies while having fun to practice healthy habits. The fun included Conductorcise (exercising to music waving a conducting baton), an obstacle course, games and healthy smoothies. Other locations enjoyed nature walks, fitness trails and health fairs.

Ecumenical Retirement Community

May brought flowers and Girl Scouts to Ecumenical Retirement Community in Harrisburg. The scouts worked with residents to put flowers in 50 hand-painted pots. The event was so popular that co-workers had to run out for more supplies! Residents enjoyed spending time with the girls, talking about their badges and community service projects. One resident in particular really enjoyed the visit as she reminisced of a time when she was a Girl Scout leader.



The Reverends Dennis Hamscher and Leon Via, III, celebrate the Leader Heights campus chapel re-dedication in memory of former Pennsylvania Governor George M. Leader.

Residents of Country Meadows in Mechanicsburg practiced random acts of kindness by donating books to a local childcare facility. Residents took time to read some of the books to the children.



Every day Dollie the cat hitches a ride on John Dillon's walker at Country Meadows of Wyomissing. At first Dollie would just hop on for a short ride. But now she waits outside his door every morning and hitches a ride down the entire hallway. Co-workers and residents say it is adorable!



Country Meadows leads nation's first college credit Validation course

Erin Fox will never forget the first moment she made a meaningful connection with a woman who has Alzheimer's disease.

As part of her coursework at York College of Pennsylvania, Fox was spending time with a former music teacher who now resides in the Connections Neighborhood at Country Meadows of Leader Heights in south York. The resident was in phase three of dementia and, according to her caregivers, wasn't talking and hadn't moved much all day. Fox turned on the radio and sang—a stretch for a young woman self-described as quiet and shy, but Fox hoped the music would help her reach the resident. It did. As the woman looked up at her, Fox remembers thinking, “This is the coolest moment. I'm doing something helpful.”

A look, a gesture—learning to recognize these small windows into the mind of a person who has dementia—has opened new possibilities for Fox and four other York College students who completed the nation's first college credit course in Validation this spring. An effective practice by Country Meadows and Ecumenical Retirement Community, The Validation Method teaches caregivers how to listen with empathy, and ask questions that help persons with memory loss fully express their concerns and frustrations. In fact, in 2001, Country Meadows became the first Authorized Validation Organization in the country. Every co-worker caring for residents with memory issues is required to become certified as a Validation Associate.

The York College students recently

gathered at Country Meadows to celebrate their course graduation with instructors Stephen Klotz, executive director of Validation for Country Meadows, and Dr. Mary Ligon, chair of the behavioral sciences department at York College, as well as several residents and co-workers from the Connections Neighborhood.

Meeting for three-hour blocks on Friday afternoons, students first learned theory and techniques before progressing to interactive sessions with residents who have dementia (first at Country Meadows, and later with residents who have more advanced dementia at a local nursing center), with time for follow-up and additional instruction.

While traditionally not a popular time for college classes, students looked forward to their Friday afternoon sessions, developing close bonds with each other and the residents. Their reasons for taking the course varied from a desire to interact with family members who have dementia, to supporting career goals such as nursing, social work, occupational and recreational therapy.

Behavioral Science student Angela Clark says the class will help in her career, but especially appreciates learning skills that will help her maintain a connection with her grandmother as her dementia progresses. While many students noted that the course helped them step out of their comfort zone to become more assertive and outgoing, Clark says she met the challenge of learning to sit in silence, which was especially important when working with residents with more advanced dementia.

Residents also enjoyed the

“This is the coolest moment. I'm doing something helpful.”



York College student Angela Clark receives her Validation Certification from Dr. Mary Ligon, left, and Stephen Klotz. (Photo courtesy of York College.)

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gatherings. “Many of our residents enjoyed participating with the students and were visibly happy to see them returning each week,” says Mandy Knight, associate executive director-Country Meadows.

The course was an idea born when Ligon attended a Validation class taught by Klotz, and said it would make a good course for York College to offer. The course will again be offered in the upcoming school year, and may be added as a regular course in the 2016-2017 college catalog.

Validation was developed by Naomi Feil, ACSW, and is a method for communicating with older individuals who have Alzheimer’s-type dementia. With a focus on building trusting relationships, helping the person express emotions, meet unmet psycho-social needs and sort through troubling concerns and memories, Validation techniques offer individuals with dementia the opportunity for more happiness and contentment by making them feel less alone.

“The mantra of Validation is ‘we enter their world,’” says Klotz, who earned the nickname “Validation Master” from his students. “With Validation training, people learn how to listen better, to have less judgment and be more accepting. With this set of skills, our students will be able to communicate and connect with residents through all of the phases of dementia, even when non-verbal and non-responsive to the outside world.”

The full Validation course, available to students from a variety of majors who had completed Psychology of Aging gerontology class in York College’s Behavioral Sciences curriculum, spanned the fall and spring semesters.

“As more employers are recognizing the importance of these specialized skills, Validation training provides a real advantage to our students as they enter the workforce,” says Ligon. “This level of training will help



Five York College students celebrate completing the Validation course to learn how to better communicate with people who have dementia. (Photo courtesy of York College.)

our students provide better care and service to older adults who have dementia.”

“Country Meadows is a Validation Teaching Center and has been very supportive of this class,” adds Klotz. “We use this technique at all of our campuses and would love to see it used universally in senior care, so any time we can expose more people to the practice we do.”

Kimberly Martin, a nursing major, says she is focusing her career

plans on working with older adults because of the class. Her training will help her be more compassionate in her care.

“What stood out to me is that there is a reason behind what the residents do. Whether it’s pacing or getting out of bed, it’s our job to look for that reason,” she says.

Mackenzie Decker, plans to be a social worker and believes the skills she learned will help her assure older adults are included in important conversations. She cherishes time with a resident who always wore a happy expression when he saw her, and who told her he really enjoyed spending time with her. 🐾

***Do you have
a story to share?***

Call our story hotline
at **855.772.2734**.



Shapiro grew up in the village of Bialystok, and remembers refugees from western Poland pouring into her town telling tales of German Nazi troops “liquidating” Jews from the surrounding cities. She says, “They told us that some of the Jews were hiding so they could survive. So our family made a bunker with a little food, a little water, just in case something would happen. Sure enough, in February of 1943, there was a proclamation that all the Jews were to be resettled into Germany.”

When Nazi soldiers arrived in Bialystok, Shapiro recalls they locked 2,000 Jews in a synagogue and set it on fire. “From then on, different kinds of atrocities took place,” she says.

Nazi soldiers concentrated the city’s 50,000 Jews into a ghetto, and the perimeter was sealed by armed guards. Jews were forced to wear yellow star insignias and shot in the streets if they were spotted outside after dark. The soldiers rounded up Jews in Bialystok for eight days. Shapiro remembers that every day from 9 to 5, her family heard the trucks come into the ghetto, and frequent shooting and screaming as families were ripped from their hiding places. Sometimes people would sneak out of bunkers after 5 o’clock, when the German soldiers had gone, to see what had taken place in the village. “They saw bodies of little children and elderly people lying in the streets. Germans heard the children crying, [which gave away bunker locations,]” she says, tearfully, adding “Don’t let anyone say that Jews went like animals to slaughter. They fought!”

Bunkers were crowded with Jews hiding from Nazi troops. A group of physicians had a bunker which had food and water, toilets and lights. Shapiro’s family sent her to hide in the doctors’ bunker. “It wasn’t an easy decision by me, or my parents, but they thought maybe we should break up so some would have a chance to survive,” she says. With tears, she adds, “August 23, 1943 was the last time I saw my parents.” Shapiro’s entire family perished.

She stayed in the bunker for eight days while German troops searched for the entrance. “One day we heard the Germans saying, ‘if they don’t come out, and we



Bluma Shapiro shows her inmate number, A15215, which was painfully tattooed on her forearm upon arrival at a German concentration camp.

can’t find the entrance, we’ll just start a fire and let them burn.’ We decided to come out and gave ourselves up.”

The group was marched to a train station where they saw people packed on train cattle cars, surrounded by Nazi soldiers with machine guns. Shapiro was sent via Treblinka, Majdanek and other concentration camps, to Auschwitz Birkenau, where an estimated 900,000 people were gassed upon

arrival, and another 200,000 people died of disease or labor.

Shapiro recalls stepping off the train and seeing the infamous sign which reads “arbeit macht frei,” which translates to “work makes one free.” Here the women were forced to undress, shaved of all body hair and taken into showers. Shapiro’s shoes were discarded into a large pile. She was devastated to lose the only memory of her family—a photo she had hidden in her shoe.

And she became a number: A15215 was painfully tattooed on her forearm. “A is for Auschwitz, and this is my number. There were no more names—that’s how you were known,” she says. “They put points on the [tattoo] numbers so it hurt more; everything was to make you suffer more.”

She painfully shares some of the atrocities she witnessed, including the story of a woman who was shot to death for carrying eggs in her underwear, and a child the Nazis ripped from a mother’s arms and threw into the air to use as a human clay pigeon.

More than once she found herself in a line while Dr. Josef Mengela—a Nazi physician notorious for performing cruel, unscientific medical experiments on inmates—selected subjects. She is thankful she was never chosen. “After he performed selection, you would hear crying and screaming from the barracks all night and in the morning, the stink of burning flesh and bones permeated the camp,” she says.

For two years Shapiro endured the atrocities at Auschwitz until Nazis abandoned the camp. Reduced to skin and bones, Shapiro found herself part of a forced

*“I’m grateful to God
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about it at my age.*

*If you save one
person, you save a
whole generation.”*

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(Holocaust survivor's account continued from page 10.)

death march further into Germany to stay ahead of the advancing Russians. She spent four months in Ravensbruck Camp when she was rescued.

Today Shapiro doesn't focus on the horrible things she's seen. She views her experiences as opportunities to educate others. "I was the youngest of five siblings and I survived. None of my siblings survived," she says. "We need to remember it happened. It's my duty to talk about this because I survived."

But she wasn't always forthcoming. For decades Shapiro tried to forget the horror, and kept the gruesome stories to herself; she didn't even share with her husband. That changed in 1976 when a book was published that denied the holocaust ever took place.

"I said, 'look at me; I'm here, I lost my whole family, I went to Auschwitz, and he is telling me it never happened?'" she exclaims, and says her husband convinced her to share her story.

She hopes her experiences help others find peace. "I look around and see people always fighting. I think 'maybe if I talk about it, maybe people will come closer to one another and see that we are the same people. We want peace, good work and the chance to have our children grow up in a better world,'" she says, and adds that she believes in humanity. "When I was in camp, perfect strangers helped us. We didn't know them from nothing, and for strangers to help me...I believe in humanity."

In 1946 Shapiro met her husband Philip, who also lost his family during the holocaust, and was in hiding for two years. The couple immigrated to the United States in 1949, and eventually moved to Baltimore where they owned a kosher meat market.

Shapiro has returned to Auschwitz twice with family members. She recalls that she didn't want to go in. "The tour guide told me to go in and he took a picture of me coming out." The visits reminded her how lucky she was to survive.

She frequently speaks publicly about her experiences. "I'm grateful to God that he gives me the strength to still talk about it at my age," she concludes. "If you save one person, you save a whole generation." 🌀

Residents become virtual grandparents

This spring, visitors walking through the main lobby at Country Meadows of York were likely to see a crowd gathered around the large 50" television screen. Residents and co-workers kept their eyes glued to a live "Eagle Cam" ever since Community Life Director Bonnie Geisinger set it up as an experiment one



A group of residents and guests gather around a lobby television to watch a live feed of the eagle nest.

afternoon. Residents watched in awe as the eagles put the final touches on their nest. They were hooked.

The Pennsylvania Game Commission placed an "Eagle Cam" video camera, which is slightly larger than a soda can, in a bald eagle nest in York County to provide a live feed, allowing viewers to see wildlife close up in real time.

With the first eaglet hatching in late March, residents were thrilled to see the eagles' hard work rewarded. They feel like they weathered the rain, snow and subzero temperatures together.

The group noted every milestone in the nest, including the arrival of the first egg. As the "due date" drew closer, the lobby became a 24-hour Eagle Cam viewing station.

"They're burying the eggs deeper now," notes Robert Naylor, anticipating the hatch. "That way the eaglets won't fall out of the nest."

Naylor says he usually spends about two hours at a time just watching the eagles. He loves nature, and seeing this eagle pair takes him back to a vacation in Juneau, Alaska, where the birds were plentiful and lined up on telephone wires. "It's nice to have a common interest that we can all share," he says.

Just about everyone pauses for a moment to see what's happening. Those who have been there for a while give updates: "She's getting restless." "She's watching something fly overhead."

Eagle fever pervaded the campus. Community Life Associate Jenny Owens organized Birds and Blooms programming to include facts and information about the eagles to feed residents' interest.

"We've definitely gotten to know more people through this," comments Janet Bainbridge, who watches the eagles with her husband, Bruce. "Everyone stops to talk about them and ask questions." 🌀

Inside:

- 🌀 Surviving a WWII concentration camp
- 🌀 Winning walker design
- 🌀 Proud eaglet grandparents

Farmer's Market Trip Takes Resident Down Memory Lane



Agnes Herster and Brenda Kennedy enjoy time together at a campus Happy Hour.

Peeling lima beans. It's a tedious chore, but as an 11-year-old girl helping her father sell vegetables and flowers at the Easton Farmer's Market in the early 1930s, Agnes Herster, now a resident of Country Meadows of Bethlehem, was hardly in a position to say, 'no.' It was a standing order from her school teacher. So each week she dutifully peeled one pint of lima beans fresh from her family's garden.

When Herster heard that Country Meadows was planning an outing to the Easton Farmer's Market last year, she doubted it could be the same one from so long ago. A little research with Brenda Kennedy, executive director of Community Life-Country Meadows, confirmed that it was. They also learned that the Easton Farmer's Market, established in 1752, is the oldest continuous open-air market in the United States.

On the day of the trip, Kennedy recalls that Herster was like a kid in a candy store. The market has changed considerably since she worked there 80 years ago, but Herster visited with the vendors, some representing families who had been at the market when she was a girl, and reveled in happy memories.

To read the complete story, visit CountryMeadows.com/Farmers.