



Strapped to a skydiving professional, Allen Ziegler is relieved when his parachute opens.

Journeys

A newsletter for residents, families and friends.

Resident takes a sky-high leap of faith

Most of us celebrate birthdays with presents, parties and cakes. Country Meadows of York resident Allen Ziegler celebrated his 90th birthday by jumping out of a plane. "I thought to myself, 'why not? What have I got to lose?'" he says.

Ziegler was inspired by Country Meadows co-worker Garrett Kistler, director of Independent Living, after Kistler shared the video from his first skydive. Kistler recalls, "One day at happy hour Allen asked to see my [skydiving] video again and told me he was seriously thinking about doing it. Then he came to me and said, 'I decided I want to go.'"

Ziegler adds, "I wanted to try something different, and Garrett made it sound so doggone exciting."

Walking in to Ziegler's apartment it is quickly apparent that he is a fan of aviation. More than a dozen model airplanes, all made by Ziegler since moving to Country Meadows, adorn the walls. "After the war I used the GI Bill to learn to fly," says Ziegler. "It was something I always wanted to do since I had my first airplane ride when I was five years old. Ever since then,

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YOLO—You only live once!

Inside:

- 🦅 Bridging generations
- 🦅 Eagle Scout honors veterans
- 🦅 Snow stories


COUNTRY MEADOWS
RETIREMENT COMMUNITIES

Life gets better.®



Ecumenical Retirement
COMMUNITY

Reducing falls

Falling is one of the most common causes of injuries and hospitalization for seniors. Injuries from a fall can cause disability and threaten independence.

Preventing falls and keeping residents safe and active are a top priority at Country Meadows and Ecumenical Retirement Community. To address falls, the organizations created a Falls Prevention Task Force with leadership from Therapy Services, Fitness, Safety, Wellness and Nursing to provide guidance and support related to a Falls Prevention initiative. The program's goal is to reduce falls at each campus by giving co-workers more tools to target and prevent falls among the residents in their care.

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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.

*Country Meadows and
Ecumenical Retirement
Community do not discriminate
in resident admission on the basis
of race, ancestry, religious creed,
age, sex, handicap, disability
or national origin, provided the
resident, in the sole opinion of
Country Meadows or Ecumenical
Retirement Community,
can be cared for legally
and responsibly.*



Leap of faith *continued from front page*

I was ready to fly.”
He enjoyed taking
passengers for rides
during his years as a
private pilot.

He even admits
that he did think
about jumping out
of a perfectly good
airplane. “When I
used to fly, I would
look out the window
and ask myself, many
times, ‘if I had to,
would I be willing to
jump?’”

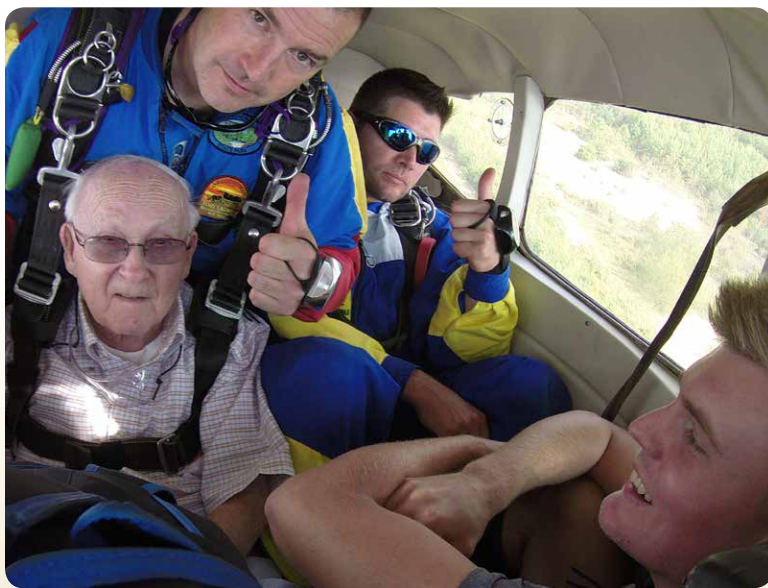
Apparently yes,
and on a crisp,
clear autumn day,
Ziegler and Kistler made the trip to Above the Poconos Skydivers near Hazleton, Pa. The center is run by Don Kellner who holds the Guinness World Record for the most parachute jumps at more than 40,000.

As novice skydivers, Ziegler and Kistler signed up for a tandem jump during which each man is connected to a harness attached to a certified instructor. After some introductory tandem training, the men were ready.

Ziegler recalls being more interested in the plane ride than the actual jump...at first. “While we were going up, I was trying to see the instruments, to see how we were flying, rate of climb, altitude, speed. We were really crammed in!”



**Brave resident Allen Ziegler
seconds before the jump.**



Garrett Kistler, right, and Allen Ziegler enjoy the plane's ascent to 10,000 feet with their skydiving instructors.

As the plane ascended through the clouds to 10,000 feet, Ziegler was reminded of a saying that was written on his hands as a reminder: “YO” on his right hand and “LO” on his left: You Only Live Once. Then the doors opened, and it was time to jump.

“They told us before we went up that when they open the door, I should put my right leg over the side,” says Ziegler. “Next thing [the certified tandem jumper] pushed me out of the plane!” The teams experienced a 30-second free-fall for 5,000 feet before deploying the parachute.

“I was scared as a dickens until the chute opened,” says Ziegler. “When the chute opened, things slowed down, and it got quieter. By that time we were through the clouds, and I could see. I started looking around and trying

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Residents and young co-workers enjoy bridging generations

It doesn't take long for young co-workers at Country Meadows to discover an important truth about residents: they were young once too. And as residents and young co-workers bridge the generation gap, they quickly recognize there's quite a bit they can learn from each other.

Just 19 years old when she began working at Country Meadows of Wyomissing as a personal care associate, Amber Long says she immediately fell in love with the residents.

"I don't have my grandparents anymore, but here I have lots of grandparents," she says. "It was so easy to make that laid back connection with them, just like I had with my grandparents when I was younger."

Long says one of the first things she learned from the residents was to be herself, which she describes as loud, obnoxious, and even crazy—dressing up for every special event. The residents really respond to her, and she was surprised to learn that they like to have a good time and live life to the fullest, just like she does.

"We have a lot in common. I feel like I should have been born when they were. My morals, my respect for others and how I view life seems to match their outlook more than my peers," she says.

Now 27, Long has moved into a role as community life coordinator. She says over the years she has gained much wisdom by listening to residents talk about the things they've been through. She particularly likes to hear marriage stories from people who have been together for 50 or 60 years, a goal she hopes to reach someday too.

"I've learned that basically you don't give up on each other. If you love somebody, you're there for each other through everything," she says.

Even when teaching residents to use new technology, like the iPad, she learns from them.



Amber Long enjoys a game of Farkle with residents or, as she thinks of the group, grandparents.

"When they made the connection that we could access just about anything through the iPad, they didn't hold back. They had a lot of fun with it," she says.

Cecelia Brunk was 21 when she began working at Country Meadows of Hershey. Like Long, she was surprised to see residents playing video games and really enjoying life.

"Working at Country Meadows shaped who I am. It really opened my eyes and gave me a renewed respect for older adults. I think this is the most important population we have in our world today, because they are the people who made us."

—Cecelia Brunk

"They were enjoying the same things that we do," she says. "When we see our residents as ourselves—as people who have lived full, amazing lives—it just gives us greater understanding and renewed respect."

Talking with one of the residents about being a college student assured Brunk that she would not take her education for granted.

"She was so happy that I was going to college. Her brothers went to college and she always wanted to go. She told me she's glad that college is more accessible and affordable so more people can go," explains Brunk. "She also liked to tease me about what things cost now. I'd tell her I spent \$10 to go to the movies, and she'd marvel that it only cost a nickel when she was my age. My car cost \$20,000 and she remembered buying a brand new car for \$1,500."

Now 25 and a Marketing and Communications associate in Country Meadows' Home Office, working

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Grandfather inspires youth to honor veterans for Eagle Scout project

Standing before veterans and their spouses and family and friends at Country Meadows of Bethlehem, Jack Weiner, 16, was moved by reactions to the ceremony he put together to honor veteran residents for their service. He will never forget watching the crowd rise to their feet, some members with great difficulty, to pay proper respect to the American flag as “Taps” played at the program’s conclusion.

“Seeing veterans from all generations connecting with each other with handshakes, hugs, tears and laughter—that outpouring of emotions was the highlight for me,” says Weiner.

A sophomore at Moravian Academy in Bethlehem, Weiner planned the ceremony as part of his Boy Scout Eagle Scout service project. It was the culmination of his efforts to highlight and preserve service memories for veterans living at Country Meadows’ Bethlehem campus.

Weiner’s project was inspired by his late grandfather, William Gleason, a veteran of World War II and former Country Meadows resident who taught him, “Freedom isn’t free.”

“I don’t want anyone to forget the sacrifices our veterans and their spouses made for us,” says Weiner.

Working with Daniel Kushnir, director of Resident Services, Weiner planned the ceremony to present plaques he created for each of five buildings on campus. Each resident veteran’s name is engraved on a nameplate and placed on the plaque corresponding to the building where he/she resides. There also is a general plaque honoring all veterans.

To preserve a history of their service experiences, Weiner invited several veterans to share their memories in video-recorded interviews that he will submit to the Library of Congress to be logged as part of its Veteran’s History Project. Highlights of residents’ recollections were edited together along with footage from World War II into a 20-minute video used during the ceremony. Copies were given to the participants.



Eagle Scout candidate Jack Weiner with his grandmother, Eileen Gleason—a Country Meadows resident. Weiner’s grandfather inspired the youth’s Eagle Scout project.

Creating a documentary feel with a professional videographer, Weiner and other volunteer interviewers from Boy Scout Troop 63 of Greenwich, NJ, used specific questions recommended by the Library of Congress as well as questions Weiner tailored to veterans based on pre-interviews. The scouts served refreshments and attracted many interested residents who stopped by to talk about their experiences.

“I was surprised by how eager they were to share their stories,” says Weiner, noting, “some said they hadn’t thought about those

experiences for years, but the more they talked the more they had to say, and there was such a sense of pride that there were so many people, young and old, who were interested in what they had to say. It was really important to them to know these recordings are being submitted so that their voices and stories will live on.”

One resident shared that he learned to detect the unique sound of Japanese airplanes flying overhead. Another recalled feeling sad for the mothers of Japanese pilots who flew into the darkness never to be seen again. Two female veterans recalled sewing and packing parachutes while one said that her parents were unhappy she enlisted. Others talked about their service stateside during the war.

“I was nervous because I didn’t realize I was going to be taped,” says resident Anne Karaman, “but I am glad I was able to talk about my experience.”

One veteran told stories about injuries, illness and crossing a bridge just before it was destroyed, as well as the long nights waiting in German foxholes. Another told of the night he crashed his Jeep and the consequences he faced.

“He made me feel very relaxed so I wasn’t as nervous as I thought I was going to be,” says resident Stuart Chamberlin. “I knew what I was going to say as the questions came up.”

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Eagle Scout project *continued from page 4*

“Our veterans have some really cool stories as well as good life lessons to share. They are interesting and enlightening as to what we could change in the future,” says Weiner. “I don’t want those to be lost. I thought this would be something we could do in return to honor them.”

While the plaques and video are tangible tributes, Weiner likes that the ceremony provided nearly 40 veterans and their spouses with a memorable and fulfilling experience with friends, family, other residents and youth showing appreciation for their service. The ceremony opened with patriotic songs by “Pieces of Eight,” a high school barbershop chorus from Philipsburg, NJ. Morris Metz, a veteran of the Battle of the Bulge, provided opening remarks before Weiner and his volunteers presented the plaques. Residents, including Weiner’s grandmothers, were visibly moved as Weiner and his volunteers thoughtfully presented pins to the spouses of all the veterans he honored. Refreshments were served following the ceremony and provided additional time to recall memories and express appreciation.

“Jack’s project provided an opportunity, a generational bridge that will long be remembered,” says his scoutmaster. “I hope that today’s scouting experience will long be remembered as these old warriors pass on to a better tomorrow.” 🐉



Bethlehem resident Stuart Chamberlin shakes hands with a member of Jack Weiner’s Boy Scout Pack while accepting a pin to honor his military service.

Leap of faith *continued from page 2*



Co-worker Garrett Kistler and resident Allen Ziegler are glad to see each other again on solid ground after their skydiving adventure.

to pick out the airport. When you’re up that high, everything looks different.”

A few minutes later, the brave souls were safely on the ground. Ziegler says, “When we landed, Garrett pulled me up. Then we started walking toward the terminal and there were a bunch of people over there. They started clapping, and I couldn’t understand why.”

“Just being with him during the whole thing was an unbelievable experience,” says Kistler. “Being able to fly up with him, sitting on the plane with him next to me and seeing the look on his face, because he was excited... it was just amazing. It was a special moment that I’ll remember for the rest of my life. He’s a special guy.”

The two men have formed a special bond with each other through the many interactions they have on campus. In his role, Kistler creates opportunities for residents to interact and have new experiences, but believes that he benefits the most. “[The residents] don’t realize how much they’re making a difference in my life,” he says, emotionally. “I come here with a smile on my face, and I leave with a smile on my face. They make me laugh, give me advice...I’ve learned so much from them just sitting and talking. This job is the best part of my life.”

And part of his job is to help create resident experiences; a job well done. “Jumping out of a plane certainly was an amazing experience!” Ziegler concludes. “I would have to rank [skydiving] as one of the most exciting things I’ve done in my 90 years.” 🐉

Editor’s Note: To watch the video from Ziegler’s skydive, visit our YouTube channel at www.YouTube.com/CountryMeadowsCares.

Life gets better.® at Country Meadows and Ecur



Country Meadows of Hershey residents make homemade dog biscuits to donate to local shelters.



Bethlehem campus residents made this beautiful creation they entered in a local gingerbread art competition. The tasty work of art took third place in the "Traditional" category. Entries were judged on

overall appearance and composition, originality, use of materials, design execution and holiday spirit.

Surviving Snowagedden 2016

(Jan. 22-24, 2016)

FREDERICK

At the Frederick campus, 42 co-workers spent the night to ensure residents received the care they deserve. Some walked a couple of miles to work, says Carol Ditman, executive director. She was impressed at the number of co-workers who stayed on-site to serve the residents.

Residents and staff made the most of the situation by throwing a beach party with music by the Beach Boys, tropical beverages and decorations.



Frederick campus residents Betty Day and Polly Murphy enjoy snow surfing during a spontaneous beach party.

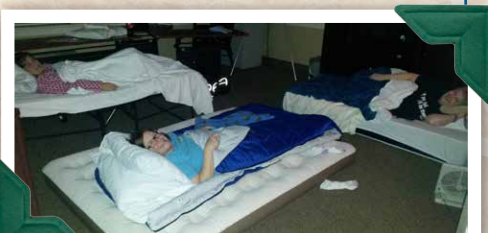


HERSHEY

Country Meadows of Hershey residents enjoyed being snowed in knowing they were in the capable hands of the co-workers.

WEST SHORE

In Mechanicsburg, co-workers bunked in common areas throughout the location's five buildings to ensure residents were cared for during the blizzard. It wasn't all work: co-workers enjoyed massages and special treats with residents throughout the storm.

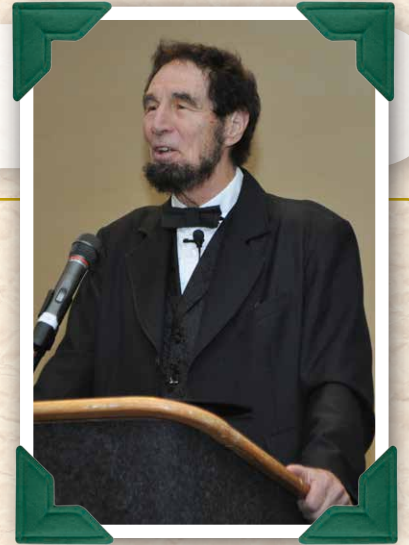


ALLENTOWN

Country Meadows of Allentown's dining team braved the blizzard to make sure Independent Living residents enjoyed a delicious dinner during the height of the storm. The meal was prepared in another building and literally delivered through the snow. Maintenance co-workers plowed a path and a train of dining associates followed behind the plow with food carts. By the time the desserts were to be delivered, the snow piled up so fast they couldn't push a cart. Instead the crew used snow equipment to transport the dessert cart so the residents could eat cake!

menical Retirement Community

Residents from every Country Meadows location and Ecumenical Retirement Community gathered in Gettysburg for a "Step Back in Time." The annual Celebrating Independence Conference focused on Civil War history and offered numerous sessions for residents to learn about the Civil War's impact on Gettysburg, local legends and folklore, and indulge their artistic side. Gettysburg Battlefield bus tours led by licensed tour guides were offered.



↑ Pres. Abraham Lincoln, portrayed by actor Jim Getty, made an appearance as the lunch keynote speaker.

← Wyomissing resident Sonia Flicker-Miller enjoyed feeding butterflies, learning about their lives and observing the insects up close in a flight house provided by Folk's Butterfly Farm.



Residents learned about a day in the life of a Civil War soldier, played by local historian Brian Schade. He talked about the lives and experiences of soldiers and displayed original artifacts, uniforms and military camp equipment. ↓



Channeling their artistic talents, residents created art in a relaxing, low-stress environment.



↑ The 46th Pennsylvania Regiment Band, also known as The Logan Guards, shared music from Civil War days. In 1861, The Logan Guards were among the first troops to arrive in Washington, DC to protect Pres. Lincoln from assassination threats.



Painting the holidays

Country Meadows and Ecumenical Retirement Community celebrate residents every single day. A relatively new tradition at Country Meadows is an art contest for residents to share their artistic talents to celebrate the holidays.

In its fourth year, residents were invited to enter winter- or holiday-themed artwork into the organizations' Holiday Card Art Contest. Nearly 50 entries were received.

The 2015 winner is Country Meadows of York resident Jack Hyde and his painting "Ready for the Holidays." This piece was used in the design for the organizations' holiday card. Hyde was inspired by a picture that reminded him of holidays past. "My dad had a tree farm and the picture reminded me of the times as a young boy I helped him to deliver holiday trees," he says.

Since moving to Country Meadows, Hyde discovered a new hobby—painting. It began when he took an art class at Country Meadows taught by a co-worker. "She got me hooked. I find painting very relaxing. I'll paint in the morning, and then a little in the afternoon, and especially when I come back from dinner. I'll sit down and paint, and before you know, it's 10 o'clock!"

President & CEO Michael Leader along with his sister, Jane Leader Janeczek, had the difficult task of judging contest entries. In addition to selecting the winning entry, 10 pieces were selected as finalists. It was no easy feat. "Really, any one of the entries would make a beautiful holiday card," notes Michael Leader.

The winning and finalist entries were featured on a holiday poster displayed at every campus.

Hyde encourages others to try a new hobby. "This is entirely a new adventure for me and I love it!"

Residents are encouraged to start work on their 2016 entries. 🍷



Jack Hyde

Share your talent!

The holidays may be over, but now is the time to start thinking about this year's winter celebrations.

Once again, Country Meadows and Ecumenical Retirement Community will hold the organizations' annual Holiday Card Art Contest.

Residents are invited to enter winter- or holiday-themed artwork. The winning artist will have his/her artwork used in the design for the organizations' annual holiday greeting card, and receive a generous prize package.

Contest details will be available soon.



Bridging generations *continued from page 3*

with residents enabled Brunk to be treated with love and respect by an older person, something she had never experienced before.

"It really filled an emotional void for me that I never realized I had," she says.

She also finds it fascinating to see residents use modern technology. She recently taught someone to take a "selfie," but she also likes relating to their fond memories. Her knowledge of old movies and music

provides a surprising connection when a resident says, "Oh you probably never heard of (a certain old movie or movie star)" and Brunk can say that she has.

"Working at Country Meadows shaped who I am. It really opened my eyes and gave me a renewed respect for older adults," she says. "I think this is the most important population we have in our world today because they are the people who made us who we are." 🍷

Former resident returns as co-worker

Years ago, Remington Shavers ended their commercials with the company's owner quipping, "I liked it so much, I bought the company."

Joyce Webb didn't buy the company (though she says she would if she could), but she did come to work for Country Meadows of South Hills several months after being a resident.

"It was just such a wonderful experience," says Webb, who had tears in her eyes when her 11-day stay in the campus short-term rehabilitation unit was over last February. "I wanted to go home, but I hated to leave the luxury."

Webb, 73, required skilled nursing care for a deep wound following surgery. She chose Country Meadows because of its proximity to her son's home. Though employed as a unit secretary by a different retirement community at the time, she preferred anonymity during her rehabilitation and felt Country Meadows was better equipped to provide the care she needed.

She started thinking about Country Meadows as a potential employer during her first day of rehabilitation, right after the chef stopped in to see why Webb didn't eat her lunch. He wanted to make sure she didn't have any complaints about the food. Her son asked, "Wow Mom, are you that important?"



Joyce Webb

"They treated me like a queen, not a queen, but a princess," she says, noting that no matter how busy everyone was, they always had time to talk to her for a few minutes. "I felt like they were there just to take care of me. But it wasn't just me; that's how they treated everyone."

In addition to kindness, Webb was impressed with the cleanliness and the delicious food. She liked how everyone seemed very happy—working together and never complaining. So after a few months of recovery at home, Webb came to Country

Meadows to apply for a job. She's been a part-time receptionist since July, and she's happy to report that it's better than she imagined.

Webb is thrilled that Country Meadows values her ability to contribute at age 73. "I've worked so long that I can't imagine not working, and at Country Meadows I don't feel old at all. When I get home I can't wait to go back!"

"Everyone is so friendly and patient," she says. "When I'm not at work, I miss it! I miss my boss and co-workers and the residents. They are all just so wonderful and sweet!"

From the desk of...

G. Michael Leader, *President & CEO*



Thank you co-workers!

Every few years the Northeastern United States gets walloped by a major snow event. And 2016 was the year for yet another such storm. Winter Storm Jonas, also known as "Snowmagedden 2016," dropped

two to three feet of snow throughout the region.

The storm started late Friday evening and since I live in Hershey, I was prepared to go to our local Country Meadows campus to offer my help the next day. My help wasn't needed because co-workers planned ahead, staying overnight sleeping in offices and common areas to ensure our residents were cared for,

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“We have experts from a variety of disciplines collaborating on what we can do whether it’s environmental modifications, review of medications, the use of equipment, training for co-workers or therapy and fitness programs for residents to prevent a fall from happening,” says Dawn Bieber, OTR/L, executive director of Therapy Services.

Prevention includes getting residents support before they fall. Co-workers report changes observed in residents including confusion and difficulty standing or walking. Periodic holistic reviews of each resident’s health and physical abilities enables Nursing and Therapy teams to address small issues before they lead to falls.

“A resident’s condition can be a factor so we look at medications that could be causing dizziness or addressing a urinary tract infection that played a role in a fall,” says Barbara Seymour, director of Nursing Operations. “In some cases physical or occupational therapy is recommended to address muscle weakness or balance issues.”

Through Therapy Services, residents participate in a Balance in Action program that includes assessment tools to identify and address fall risks. They also can receive OTAGO training, a series of exercises clinically proven to address fall risks by improving balance and strength.

“We really want to see residents before they experience a fall,” says Bieber. “We want to be part of their health and wellness plan to keep them safe and on their feet.”

Should a fall occur, preventive steps are identified swiftly.

“We assess falls differently now. With each event we find the root cause and get everyone who is involved in that person’s care engaged to prevent it from occurring again,” explains Risk and Safety Manager Mike Fure.

The prevention measures, called interventions, are customized and could include changing the environment by removing clutter or adding lighting. Adaptive equipment such as belts, or mechanical transfer devices or walkers may be used to assist with safety. The Task Force developed a complete list of possible interventions to use in the assessment. In each case, Nursing responds and oversees care of the resident with someone assigned to assure the interventions are put in place.

“It’s very individualized to the resident, maybe a mat he/she needs on the floor, or a new pair of shoes,” explains Karen Geiser, clinical service specialist who serves on the Falls Prevention Task Force.

To put a laser focus on preventing falls, each campus has a daily meeting of department managers and co-workers from every discipline to discuss details of falls and the interventions.

A new, enhanced data collection system tracks falls across the organization with details such as time of day, location, activity and more for each fall incident. This data is used to detect trends that can be targeted globally and locally to prevent falls from happening.

“I think we’re a little ahead of the curve as far as being able to track and trend to see how our interventions are working,” says Seymour.

When the database revealed that residents are at high risk for falling when getting into or out of a chair, co-workers received additional body mechanics training to aid them safely assist residents. Mechanical transfer devices and other modalities were researched and added to assist co-workers.

To empower residents, fitness teams created “Stand Up to Stop Falls”—a program to encourage and provide residents with opportunities to regain and/or maintain the skills they need to safely transition from sitting to standing and back. A key benefit of the program is it gives residents the opportunity to play a role in maintaining their independence.

Other changes based on database findings include the addition of nightlights in rooms at one campus and additional staff to assist residents with their morning routines at another.

“When we look at interventions to prevent falls, we are looking for solutions that help our residents stay as independent as possible. We do not want to put anything in place that will limit their mobility or compromise their independence,” says Fure.

While all of these steps are relatively new, Fure reports some campuses have already experienced months with 10 percent fewer falls from the previous year. 🐾



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Visit Country Meadows on Facebook for information, care tips, ideas and more at **www.Facebook.com/CountryMeadowsSeniorCare**.

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

We look forward to interacting with you online.

Major renovation project complete, residents enjoy new digs

Country Meadows of Hershey is sporting a fresh, modern look with its first major renovation since the flagship campus opened in February 1985.

The main building has a new entrance with the former large portico replaced with a modern two-story building with drive-up porch. Architects were careful to maintain the character of the building when creating the new portico and façade.

Inside, the two-story addition provides a new elegant dining room, lobby fireplace lounge and several windows to flood the area with natural light. A grand staircase leads to an expanded bistro and gift shop on the second floor.

The new addition was showcased during a grand re-opening celebration. During his remarks, President and CEO Michael Leader said, “It’s kind of sad that my mother and dad, who were here to preside over the opening of Country Meadows of Hershey 30 years ago, on a very, very cold and windy weekend, can’t be here

to see what this team has done to bring about this project.”

According to campus Executive Director Amy Wagaman, “Our team worked hard to make this project happen. We could not have gotten through the last several months without them, and I thank them for their support. We have a wonderful team of co-workers and residents here. We could not be more blessed.” 🙏



Hershey

We have walls in Forks!

Two hundred windows, 16,000 feet of painted and stained trim and 99,000 pounds of stone. These are just a few of the ingredients moving into place to build Country Meadows of Forks in Easton campus. The newest member of the Country Meadows family, the brand new retirement community currently under construction is on track to open this summer. Already, more than 40 percent of apartments are reserved.

Country Meadows of Forks looks more like a bustling social center than a traditional retirement community. Construction of the unique and elegant arts and crafts-style building is already under roof with workers busily completing the interior.

Country Meadows Marketing Directors Sharon Dusky and Terry Weber are excited to see the new community come together. “It’s still a hard hat area,” says Weber, noting the marketing team is inviting prospective residents to tour Country Meadows of Bethlehem so they can experience what life will be like at the Forks campus. “What I’m seeing is absolutely beautiful—everything from the detailed woodwork to the wall of stacked stone at the rear of the dining room. The kitchen is so well laid out, and the views are just beautiful.”

The campus is divided into three levels of service. On the far left a two-story structure will be home to



Forks in Easton

independent living accommodations on the second floor and personal care apartments on the ground floor. The center building holds common areas including private and formal dining rooms, kitchen, fitness center, bar, library and chapel. The far right will be home to the Connections Neighborhood offering memory support services and secure dementia care.

Some of the campus’ features already complete include drywall in many areas, a floor-to-ceiling stacked natural stone wall in the dining room, flooring, ceilings and light fixtures. Safety features such as the sprinkling system are in the installation process.

The new community is located at 175 Newlins Road West, Easton. Interested readers should contact Country Meadows of Forks at Forks@CountryMeadows.com or 484-544-3880. 🙏

Inside:

- 🌀 Resident celebrates 90 years by skydiving
- 🌀 Task force works to prevent falls
- 🌀 Bridging generations

Thank you *continued from page 9*

entertained and safe. I was gratefully reminded of the high level of dedication that our co-workers have for Country Meadows residents. This scenario played out at every Country Meadows location and Ecumenical Retirement Community, and I am moved at the number of staff members who adjusted their lives to care for our residents.

Our mission calls us to serve the needs of our residents around-the-clock in all kinds of weather. It warms my heart to see that mission in action during weather emergencies.



I have heard from co-workers touching stories of people's dedication during the storm—clearing walkways, plowing driveways, picking up co-workers with their personal vehicles and walking to work in the snow. I also



have received notes of appreciation from residents applauding co-workers' efforts to make sure each community kept going during the storm. In fact, one resident even called her local newspaper to brag about the co-workers. The paper was so impressed that a reporter visited campus and wrote a story about their dedication

and a beach party planned for residents to help them forget the cold outdoor weather.

Yet again, these are just a few of the wonderful ways that our co-workers amaze my family not just during a snow storm but every single day of the year. 🌀