

Journeys

A newsletter for residents, families and friends.

Remembering the Life of a

LEADER

Gov. George M. Leader
1918-2013



Founder of Country Meadows and Ecumenical Retirement Community, and self-described "seventh generation Pennsylvania Dutch farmer," former Pennsylvania Governor George Leader died at his home in Hershey, Pa. on May 9, 2013.

To read more about Gov. George M. Leader and his exceptional life, please see the special insert in the center of this publication.

Inside:

- 🌀 Special insert:
Celebrating the life of
Gov. George M. Leader
- 🌀 A look inside dementia
- 🌀 Beach trip soothes soul



COUNTRY MEADOWS
RETIREMENT COMMUNITIES

Life gets better.®



**Ecumenical Retirement
COMMUNITY**

At Home COUNTRY MEADOWS
Personal Care Services

Celebrating Independence

Nearly 200 residents from 10 Country Meadows campuses and Ecumenical Retirement Community, gathered in July to celebrate...their independence. The occasion was the second annual Celebrating Independence Conference planned and executed by Country Meadows and Ecumenical Retirement Community to celebrate active aging with residents and clients. The daylong event provided numerous educational sessions designed to nurture and fulfill the mind, body and spirit.

Held at the Doubletree by Hilton Conference Center in Lancaster, Pa., seniors had a wide array of programs they could attend during different time slots throughout the day. Educational sessions to stimulate the mind shared information on how seniors may be affected by Healthcare reform, and a Pittsburgh air traffic controller talked about working on 9/11. Other sessions provided tips to enhance communication, examples of women changing the world, and the latest technology for seniors.

Spiritual nourishment was achieved through private Reiki sessions, spiritual music with a message, and meeting animals native to the northeastern United States. Opportunities for the body included fitness activities and



A Sound Workout for Body and Soul: Ray Pellicciotti is all smiles as he "conducts" along with Maestro David Dworkin at the Celebrating Independence Conference. Conductorcise is a form of exercise developed by Dworkin that combines exercise with education and a love of music.

continued on page 2

Journeys is published by Country Meadows Retirement Communities and Ecumenical Retirement Community.

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Director of Communications

Journeys story ideas, suggestions and general comments are welcome and should be directed to Kelly S. Kuntz, at kkuntz@countrymeadows.com.

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Our Mission

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

Eight Foundation Principles guide our co-workers:

- 🌀 Promote a genuine sense of community
- 🌀 Honor the rights and independence of seniors
- 🌀 Support wellness in all of its dimensions
- 🌀 Encourage lifelong growth and development
- 🌀 Provide leadership to our team
- 🌀 Practice professional and social responsibility
- 🌀 Create the standard for quality
- 🌀 Establish a culture of integrity

Country Meadows operates retirement communities in Allentown, Bethlehem, 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 and Country Meadows At Home.

Country Meadows does 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, can be cared for legally and responsibly.



Celebrating Independence *continued from front page*

information for men only, Fit Chicks for women, nutrition tips, Zumba Gold and much more.

"The conference is beneficial in many different ways; it offers educational opportunities, gives the residents a chance to choose what they're interested in, and they get a day away from their campus in a beautiful setting," says Kris Pollock, executive director of Community Life. "[The event] provides an opportunity to see old friends from other campuses as well as make new friends, plus with the help of so many awesome co-workers, the conference truly does celebrate independence because it enables residents from every level of care to attend."

Ask any attendee and you will find that the day provided numerous highlights. When Country Meadows of Bethlehem resident Ray Pellicciotti was asked what he liked best about the Celebrating Independence Conference, his answer was, "That guy!" The "guy" to whom he referred was Maestro David Dworkin; a renowned conductor who has led orchestras across America and abroad as well as a group of residents at the conference.

Using his lifetime filled with passion for music and motion, Dworkin created Conductorcise®—an exercise program based on the movements used in musical conducting teamed with education about and love for music. Residents enjoyed 45 minutes of upper body exercise as they waved their own conductor batons along with Dworkin to classical favorites. No musical experience necessary. The program gets participants enthused about classical music and keeps them engaged, thinking and in motion. The combination of low-impact exercise combined with sharpening listening skills allows participants to keep the body and mind in tune, reduces stress, improves cognition, secures balance, increases circulation, manages diabetes, builds upper body strength and so much more.

continued on page 9



Country Meadows is honored to receive the 2013 Best of the Best Award from the Assisted Living Federation of America honoring the Celebrating Independence Conference as the national winner in the category of "Meaningful Resident Programs Creating Purposeful Days."



Maestro David Dworkin leads a resident group in Conductorcise.

Resident shares her personal journey with dementia

When Fayne Abel was diagnosed with Alzheimer's disease, she didn't feel sorry for herself. Rather, she viewed it as the next chapter in her life story. "It's the beginning of a new way of life. It will never be the same, but I look at it as [an opportunity to] meet new people and maybe I can help someone," she says.

A three-year resident at Country Meadows of Leader Heights in York, Pa., Abel shares her personal journey with Alzheimer's disease with people who have loved ones with dementia, new residents and community members. She frequently attends monthly Alzheimer's family support groups held on campus. "I can hardly wait from one month to the next because I really enjoy [the group]; I know I'm not alone," says Abel. "I tell [the family members in attendance] that this isn't the end; it's the beginning of something new. I still have a good quality of life but I'm living it differently."

According to Connections Club Coordinator Jennifer Warfel, "Fayne has touched other residents' and family members' lives but also our co-workers' lives. We've never had a resident so open and willing to share their personal journey."

Abel adds, "I also let them know that [people with dementia] can do all kinds of things. You're not going to get rid of it, but you can do things. . .you don't want to just sit around. People don't need to be afraid of dementia."

Abel was diagnosed with dementia three years ago when she was living in her own home. She immediately decided to search for a place to live that would support her dementia as it progressed. Most importantly, she wanted to choose that place while she could still do so on her own. She recalls her search. "I knew I had to find a place to live and I came here to Country Meadows. I knew they had a good program. I looked around but this was the best [place]," says Abel.

Warfel says, "What's unique, I think, is that Fayne was so proactive. When she was diagnosed she started getting everything in order—banking, family, housing—she initiated looking for somewhere to live. When she came to Country Meadows, she sought out the memory support program—she wanted to be in it right away. That was very unique."

Abel is a member of the Connections Club—Country Meadows' early-stage memory support program. Club



Fayne Abel chats with Connections Club Coordinator Jennifer Warfel. Abel talks at the Alzheimer's family support group and with other residents about her Alzheimer's disease.

members meet every morning to go over the day's schedule of events, build friendships and talk to help relieve frustration and anxiety that accompany memory loss. The Connections Club's goal is to help its members stay in a traditional, unsecured personal care setting for as long as possible.

"In Connections Club we're keeping that mind active," says Warfel. "I've read so much on memory loss that it excites me to see the daily mental stimulation and fitness making a difference. . .you can see it! Families are surprised and will

say, 'wow-they're more talkative, they're alert and involved.'"

She continues by sharing that Abel's commitment to the program appears to have slowed the progression of dementia. "I think if Fayne had stayed in her room and not been involved in the program, that her dementia would have progressed faster."

Abel agrees. "I know it would have!"

Warfel continues. "She's physically active, she walks all the time, voluntarily goes to Nautilus a few times a week, exercises every day, loves outings, talks, socializes. . .all those things have helped her."

In addition to keeping herself active, Abel has become an ambassador to help new residents acclimate to their new living arrangements.

"Many times I've asked Fayne to be a new resident's ambassador. She takes them under her wing and shows them around and makes them feel comfortable," says Warfel. "We had a new resident move in who was very depressed and wanted to return home. Fayne became her good friend; they

walked together every day and Fayne talked to her about how she could manage better at Country Meadows. The resident completely turned around. . .it was amazing to see!"

While Abel is in good spirits, she has required more assistance over the last few months. "Co-workers have been helping her pick out clothes and that helps a lot—she was overwhelmed with all the choices in her closet," says Warfel.

Abel appreciates the help. "I know it's going to be a good day when I hear that cheerful voice in the morning and [the PCA] asks if I want help. When I was moving in here I never thought I would be in a position where I couldn't do things. I know, now, that I have a lot of people that care and are here to help me."

continued on page 9

Client enjoys companionship at home and on campus

"She's as bad as my husband." That's how Eleanore Roecker describes her Country Meadows At Home Personal Care Associate Dawn Callantine. . .with a laugh.

At 78 years old with a mischievous sense of humor, Roecker loves her days with Callantine. In just eight months working together, it's obvious the pair enjoys a solid relationship. The ladies spend three days together every week. Through Country Meadows At Home, Callantine visits Roecker's home where she helps with housekeeping, exercise and memory support. Roecker looks forward to those days. "We bake cookies together and that's fun," says Roecker. Callantine adds, "Occupational therapists suggested we do things around the house so I brought ingredients, and once a week we bake. I haven't laughed so hard, ever, as when we're in the kitchen together. We joke, laugh and have fun."

Baking brings back precious memories for Roecker. "Baking is something that really did a lot for me. Plus I get something to eat," she says with a grin "I didn't have to just sit there and look at something, like watching the cars go by or the cat complaining about something. I got to do something."

The main focus for the ladies is to support Roecker's memory loss. "Country Meadows At Home provides a memory package for clients with memory loss," says Callantine. "We bring activity books, crossword puzzles, trivia and games. In one game we use cards that show a household item like a broom. We'll then pretend we're sweeping with the broom; she can see the picture in her mind, realizes how it works and [replicates the] motions that her body did to complete that task. She's getting memory and physical exercise at the same time."

Callantine notes that the games are helping. "In the beginning she would start a story, forget a word and want to give up. But working with her and telling her that it's okay to skip over a word, it gave her more confidence to want to read the story all the way through. Now she jokes when she can't remember a word and moves right on so her confidence has built amazingly."

But as much as she enjoys her days with Callantine, Roecker's favorite day is Friday when the pair visits the Country Meadows of Bethlehem campus where Roecker participates in memory support activities with the campus' Connections Club—a program developed specifically for persons with early-stage dementia.

According to Connections Club Coordinator Joan Brint, "The activities that members of the Connections Club engage in are beneficial; first of all exercise. We read more and more about



Eleanore Roecker and her Country Meadows At Home Personal Care Associate Dawn Callantine, have developed a friendship.

how important exercise is for all of us but especially to help us keep our memories strong. We do cognitive activities in our small group, and we challenge residents to work on the day's topic—it might be a historical or fun topic. One day we talked all about popcorn. We do fun things, too, and we work with the senses; have visual aids where we show them things, sometimes we taste food items, sometimes we pass objects around for that tactile stimulation. We always try to work on cognitive topics that are reinforced with the other senses."

Country Meadows At Home clients are welcome to participate in programs at a local Country Meadows campus. It also helps alleviate loneliness and social isolation.

Brint adds, "The day Ellie started coming [to campus] she fit perfectly into the entire setting. She was staying home and her husband is a firefighter so she was lonely. Here she became friends with many of the residents and had so much fun, even the first day she came she said she had a wonderful time."

For Roecker's husband, Bernie, Country Meadows At Home provides peace of mind. "The service is absolutely helpful. It gives [my wife] some companionship, and for me it's a relief because they do house cleaning and stay with her," he says. "I'm active with our volunteer fire department, and I spend a lot of time there. I can go on calls because Dawn is

continued on page 10



Eleanore Roecker looks forward to her visits to Country Meadows of Bethlehem where she participates in exercise classes, socializes with residents and enjoys lunch.

Lancaster campus expands focus on memory support

Country Meadows of Lancaster has changed its focus to offer services only to persons with Alzheimer's and dementia. This is a first-of-its-kind community for Country Meadows, necessitated by the rapidly growing number of persons diagnosed with this disease.

"There is an explosion in the number of people with dementia and Alzheimer's disease. It's the fastest-growing population that will need long-term care," says Joel Kroft, executive director of Memory Support Services. "We have created an environment that allows people to move into different levels of memory support care as they need it, without the need to move to another retirement location."

The Lancaster campus offers expanded options to focus on memory support for all stages of Alzheimer's disease and dementia. The community also provides respite care to offer families a break.

One of the biggest differentiators between Country Meadows and other providers is support for persons with early-onset dementia and Alzheimer's disease. Kroft says, "Country Meadows has an entire program to support people with early-onset dementia so they can remain in a traditional personal care setting. When and if they need more support, our Lancaster campus offers a secured neighborhood as well as end-of-life care."

All Country Meadows campuses and Ecumenical Retirement Community have an early-stage support program called Connections Club. Club members meet daily to go over the day's events, build friendships among members and provide opportunities to enjoy life. The Club helps its members stay in a traditional, unsecured personal care setting for as long as possible.

Residents who develop the need for a higher level of memory support services can transition into the Connections Neighborhood which offers a secure environment while continuing to provide opportunities for entertainment, outings, intergenerational activities and much more. Country Meadows has a team with a sole purpose to plan and provide a strong calendar of activities. Kroft says



File Photo: Residents enjoy a visit from therapy chickens. According to Executive Director of Memory Support Joel Kroft, "Strong programming is the key to living an enjoyable life in our golden years."

these activities are the key to living with purpose, despite dementia. "We look at physical and mental health as equally important, so our community life programs are designed to be purposeful and meaningful; to give residents something to live for... wake up for... to do. It goes beyond generic senior activities like bingo and birdhouses."

Co-workers spend time getting to know every resident and tailor the community life curriculum to those residents. "If we have farmers, we need to get them outside. If people had a hobby, we need to continue that hobby," says Kroft. "If taking a shower

is the highlight and most interaction a resident has had all day, there is a quality of life issue. Strong programming is the key to living an enjoyable life in our golden years."

For residents who wish to live at Country Meadows for the rest of their lives, the new service continuum at Country Meadows of Lancaster provides compassionate care for persons nearing the end of their lives. Most often, residents in memory care communities must leave the environment to which they've become accustomed to spend their last days in a skilled nursing facility. According to Kroft, "If people don't want to leave the Country Meadows environment and their friends with whom

they reside, they may not have to. If they don't have complex medical needs or want medical intervention to prolong their lives, they can stay with us."

Also important at Country Meadows is providing information and support to families of persons with Alzheimer's disease and dementia... whether or not their loved one lives on campus. Numerous opportunities are provided for support groups and educational events as well as a library filled with information on Alzheimer's disease and dementia available to community members.

While memory support is the primary purpose for this new direction at Country Meadows of Lancaster, Kroft notes there will be additional benefits. "Every resident is in the same boat so they can support each other and be free of that social stigma of dementia. That's very important." 🐾

"We look at physical and mental health as equally important, so our community life programs are designed to be purposeful and meaningful; to give residents something to live for... wake up for... to do."

Life gets better.® at C



← A resident from Country Meadows of York paints a piece for the campus art show.

↓ Visitors and residents enjoy various paintings and other art creations during Country Meadows of York's art show. The show featured art created by residents in all levels of care. Artwork created by residents with Alzheimer's disease done as part of the community's art therapy program also was on display.



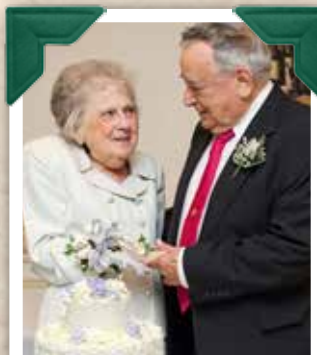
Ecumenical Retirement Community residents volunteered their time and efforts to help sort items at the Central Pennsylvania Food Bank in Harrisburg, Pa. The bank directly serves people and families struggling with hunger in 27 counties.



Celebrating 300 years of marriage

Six couples, whose combined years of marriage total more than 300, renewed their wedding vows at Country Meadows of South Hills.

A wedding reception followed the ceremony. Couples and their guests enjoyed hors d'oeuvres, wedding cake, champagne and sparkling cider.



Joe and Christine Montecalvo, originally married July 24, 1948, get ready to cut the cake.



Jim and Shirley Carver celebrate their vow renewal with a kiss. The couple met at Country Meadow seven and a half years ago and married in 2006. Both lost their previous mates.



Eugene and Joan Sliga recommit themselves to their marriage. The couple was originally married in 1952.

Country Meadows



Muriel Boyer, resident at Country Meadows of Wyomissing, throws out the first pitch at a Reading Phillies minor league baseball game. Photo courtesy of the Reading Phillies. Photographer-Ralph Trout.



Cancer survivors and Country Meadows of Allentown residents participated in their local Relay for Life to benefit the American Cancer Society. In addition to a survivor walk, the campus sold fresh produce donated from local farms, food items and resident-made crafts. The group raised \$325.75.



Community Life Associate Krystal Dickens helps Country Meadows of Leader Heights residents Virginia Morris and Sandy Spurrier make dog biscuits. Residents have made more than one thousand dog biscuits for the York SPCA. The treats are made with peanut butter, cream, baking soda and flour.

Residents from Country Meadows of Hershey's Good Neighbors Club prepared a meal for families staying at the local Ronald McDonald House. Residents purchased the food items and prepared macaroni and cheese, barbeque, salad, rolls and brownies for 60 guests.

The Ronald McDonald House offers lodging for families of a sick or injured child receiving critical medical care at Penn State Hershey Children's Hospital.



For several months, residents from Country Meadows of Bethlehem and seventh grade students from Palmyra Middle School wrote letters back and forth as pen pals. Just before school let out, residents traveled to the school to meet their respective pen pals, have lunch and talk one-on-one to get to know each other better.



Beach trip soothes the soul

It's been said there's no place like home...except the beach.

This summer, 13 Country Meadows residents from six different campus locations relaxed on the shores of Avalon, N.J. The trip was offered to Country Meadows and Ecumenical Retirement Community residents and provided lodging in a private beach house complete with meals, transportation and activities included.

This is the third year residents were offered a beach trip with co-workers. The idea was conceived by Executive Director of Community Life Kris Pollock.

"I was talking to a resident when I noticed a picture of a dog on a beach. We ended up having a conversation and he said he can't really go [to the beach] anymore, but his family still goes. I thought, 'I wonder how many families go on vacation and don't take their parents?'"

Co-workers accompanied the residents and cooked all meals, provided activities, led fitness sessions, handled transportation and provided all the comforts residents enjoy every other day of the year. Without the assistance of co-workers, some residents could not have made the trip.

According to Pittsburgh campus resident Nancy Goth, "It was nice to meet people from the various Country Meadows places, and the workers were very helpful. There were steps that you always had to climb and there was always someone there to help. They worked very hard."

With co-worker assistance, residents enjoyed walks on several New Jersey boardwalks at Atlantic City, Ocean City and



Residents and co-workers pose on the porch of the Avalon, N.J. beach house they called home for a week in June.

Wildwood. They also visited a museum, walked in the sand and shopped. One couple even went on a deep sea fishing trip.

At the beach house, everyday activities such as fitness, games and happy hour also were planned. Pollock says, "We had a day with margaritas and daiquiris by the pool, played bingo, watched movies and spent a lot of time just sitting around talking. But we did what they wanted; it's their vacation, not ours."

According to Hershey campus resident Sandra Barkman, "The place we stayed was beautiful and the

accommodations were perfect. The [co-workers] were great; I never got so much attention!"

Her neighbor, Lee Batdorf, agrees. "We had a lot of fun. It was planned nicely and the food was terrific. [My husband] and I went for walks along the beach, and that was nice."

The beach seemed to breathe new life into the residents. Pollock says that trips such as this are valuable to residents in many ways. "It gets them away from the campus, and I think the best part is that they are inspired to do more on their own; you really see a difference in them. They're walking straighter, feeling better and doing things for themselves...they're happy," she says. "They did exercise every morning, and we included aspects that are so very important as we age—intergenerational programming, physical and cognitive activities, trips, country rides, good food...it was all in there at once."

One resident's wish was to put her toes in the sand and feel

continued on page 9

A group of residents at Country Meadows of Hershey gathered to participate in a video chat with the residents in Avalon, N.J. The group used Skype—an online video messaging site—to talk about the trip.



Beach trip *continued from page 8*

her feet on the boardwalk. She accomplished that goal with co-worker assistance. "We took her arms and walked her down to the beach with her oxygen and her walker, so she could sit and put her toes in the water," says Pollock. "She loved it, and said it was 'heaven.'"

Residents weren't the only guests who found the trip therapeutic. Co-workers found fulfillment in simply spending time with residents. "I lost my mother when I was very young, and my grandparents helped to raise me. Now they are gone as is my father, and I miss them. This trip makes me feel like I am with a big group of grandparents," says Pollock. "That's why I love doing this trip."

She also recalls spending one night sitting up and talking about life with a resident into the wee hours of the morning. Residents themselves bonded and left the week with new friends.

Beach goers shared a bit of their trip with fellow residents courtesy of today's technology. The group held a video phone call with residents at the Hershey campus. Seniors were amazed that technology allowed them to see the person to whom they were speaking, live.

Barkman says, "I would absolutely go again. I was hoping they would have another one next month!"

The sand will brush off, the salt will wash clean, the tan will fade, but the memories will last forever. 🌀

Editor's Note: Country Meadows thanks co-workers Kris Pollock, Brenda Kennedy, Judy Woods and Vicky Forrey for their hard work in making this trip a success.



Country Meadows of Hershey residents Andy and Lee Batdorf spend quality time together walking on the beach.

Celebrating Independence *continued from page 2*



Residents and clients enjoyed a variety of programs at the 2013 Celebrating Independence Conference.

Pellicciotti says, "He's tremendous! I liked the music he had and the way he presented it is terrific. And it's exercise...not crazy exercise. This should be part of the exercise program."

Pellicciotti just might get his wish. According to Pollock, "One co-worker from each campus had the opportunity to be Conductorcise certified. This will be an exciting new activity we can offer on every campus."

Keynote speaker Emily Kimball inspired guests as she discussed taking risks at any age; it's never too late to make it happen. Kimball is an outdoor enthusiast who takes lessons learned from her adventures and applies them to everyday life. Her retirement dream was to hike the entire Appalachian Trail from Georgia to Maine—a whopping 2,168 miles. She completed her goal, hiking one month each summer for 10 years. She started the adventure when she was 61. At the age of 62, she bicycled 4,700 miles across America and at age 69, completed a coast-to-coast hike in England.

Country Meadows of South Hills resident Emma Chobot attended with her daughter as her guest. "This was my first time, and I thought it was lovely," she remarks. "My daughter loved it too." 🌀

Personal journey *continued from page 3*

Whether she knows it or not, Abel helps co-workers as well. "She's made a real difference in people's lives and helps us to not be afraid of memory loss," says Warfel.

One of Abel's comments particularly struck Warfel who now remembers it every day. "Fayne has trouble writing and asked for help writing thank-you notes to her family," recalls Warfel. "The comment she made will live in my heart forever. She said, 'I just want to let my children know what they mean to me while I still can.' I will never forget that."

Abel's reason for helping so many people at Country Meadows is a simple one. She concludes, "This is my family." 🌀

here. It frees up my time and saves me a lot of work around the house.”

Brint notes that campus visits also are helpful to Country Meadows At Home personal care associates such as Dawn. “The [home care associates] get ideas just seeing what we do at the campus and they can do those activities when they’re with [the client] the rest of the week at home. Ellie knows people here and she’s made friends. That socialization is really important for her—she’s a social person and loves to talk. Sometimes she’ll come when the salon is open and she’ll have her hair done.”

Callantine notes several improvements since she and Roecker began coming to Country Meadows one day a week. “When I first started with her, she was depressed. She told me that she

would stay in bed all day when I wasn’t there,” she recalls. “Now, working with her, she’s able to get up and move around. She gets her own breakfast if she’s home alone, and even gets out treats to play with the cat. I really enjoy seeing her enjoy her own home and get back to being herself.”

She values the relationship and remembers the moment Roecker began to improve. “When we were baking, we made a mess with the flour in the kitchen... it was all over the two of us and we laughed. Then we would clean up, and seeing her move around in the kitchen was fun for me; seeing her light up and enjoy her day as opposed to not wanting to get out of bed. That was a huge jump, and I believe we bonded right there—in that kitchen.” 🐾

Connect with us online



Country Meadows is expanding the conversation with you.

Visit Country Meadows on Facebook for information, care tips, ideas and more.

Facebook, a social media website, affords an opportunity for Country Meadows to connect with current and prospective residents, family members, health care workers and more.

“We realize that many of our competitors have had a Facebook presence for some time, but our goal is to develop a page that will consistently provide valuable content and interact with our audience,” says Mandi Block, vice president of Communications and Advertising. “By developing valuable material such as care tips, memory support assistance as well as providing a forum for lifestyle and interactive communication, our hope is for the Facebook page to be received as a resource for families, and more than simply an online scrapbook.”

A separate Facebook page for careers also will be launched. This presence will highlight what makes Country Meadows a best place to work and targets current and prospective co-workers by offering tips for a successful career in senior care and detailed information on career roles.

Be sure to visit Country Meadows’ Facebook page at **Facebook.com/CountryMeadowsSeniorCare**, or our careers page at **Facebook.com/CountryMeadowsCareers**. We look forward to interacting with you online. 🐾

Help us communicate with you

These days communication methods are nearly instantaneous. To be sure Country Meadows and Ecumenical Retirement Community co-workers have the most current information available to reach residents’ and clients’ family members with news and time-sensitive alerts, our organization is updating information.

Please confirm your contact information at the following secure site:

- **Country Meadows Retirement Communities’ families:**
www.CountryMeadows.com/confirmation
- **Country Meadows At Home families:**
www.CountryMeadowsAtHome.com/confirmation
- **Ecumenical Retirement Community families:**
www.EcumenicalRetirement.org/confirmation
Your contact information will not be shared with outside parties. It is for the sole purpose of communicating with you about our care and services for your loved one. Thank you for your assistance. 🐾

Journeys in... PURPOSEFUL SERVICE

Journeys in Purposeful Service is a regular feature. Each edition highlights a resident who regularly engages in service both to the retirement community in which he/she resides as well as the community-at-large. If you would like to nominate a resident for recognition in this feature, please contact Kelly Kuntz, editor, at kkuntz@countrymeadows.com.

Thrift store volunteers help women with breast cancer

Volunteers at Country Meadows of West Shore in Mechanicsburg, Pa., are making life a little better for women battling breast cancer.

Residents Dolores McDevitt and Diane Jarzynka regularly volunteer at Pink Hands of Hope; a nearby thrift store where sales benefit women with breast cancer.

McDevitt enjoys her time at the store helping sort items, straighten up and even provide support to women fighting the deadly disease. "I met women that had radiation and come in needing wigs. They're depressed after going through radiation and seem like it's the end of the world," she says. "They're looking for a wig so I give them [one] to try on and I talk to them to make them feel good. It's a good feeling to know that you're helping people. I enjoy seeing that smile come back on their face; it's worth it."

McDevitt's life has been affected by breast cancer. "I have a daughter who is in remission four years. And I have a sister who just went through a mastectomy. So far I've been very lucky. That's why I feel as though I can give my time to this volunteer work," she says.

According to Pink Hands' founder Brian Gaughan, "Dolores coming to help has been wonderful. We call the wig room the 'Dolores room.' When I'm here alone I focus on helping customers and the room becomes a mess. I leave it a mess because I know Dolores will fix it!"

Jarzynka has helped keep the store in order and loves to help others. "There are certain types of people who are trying to accept what they've been through. It's rather difficult and when someone is behind you and trying to help you, then you know that there's a light in the darkness; it means a lot," she says.

Other residents at Country Meadows of West Shore also support Pink Hands of Hope. Some of their projects include



Dolores McDevitt works with the wigs provided to women battling breast cancer.

creating Notes of Hope—hand-made cards with personal notes written inside to provide support and encouragement—knitting chemo caps, and donating items for the store to sell.

This summer residents sponsored a Christmas in July toy drive to benefit Pink Hands of Hope. New unwrapped toys collected from residents and community members will be given to women with small children.

Gaughan says, "Often these women have to make the heartbreaking decision of whether to purchase a birthday or holiday gift for their child or receive a cancer treatment."

Pink Hands of Hope also provides a resource for women to connect and find support. Gaughan knows first-hand the turmoil of breast cancer as his wife is a survivor. He has turned his experience into a commitment to help other women battling the disease. He appreciates the help Country Meadows residents provide and wishes he had more volunteers like McDevitt and Jarzynka. "The partnership with Country Meadows has been amazing and everyone I've met so far has been amazing," he concludes. 🍷

For more information about Pink Hands of Hope, visit PinkHands.org or stop by the shop located at 5325 East Trindle Road, Mechanicsburg, Pa.



Do you have a story to share?

Call our story hotline at
855-772-2734.

Inside:

- 🌀 Remembering Gov. George M. Leader
- 🌀 Celebrating Independence Conference
- 🌀 Home care client benefits from campus visits

Share your talents—Deadline extended!!!

Residents and clients have an opportunity to show off their artistic talents this holiday season.

Due to the overwhelming response to last year's art contest, Country Meadows and Ecumenical Retirement Community are again holding a holiday card art contest. The winning artist will have his/her masterpiece used in the design for the 2013 Country Meadows/Ecumenical Retirement Community holiday card.

Interested artists should base entries on the "winter holidays" or "winter season." Entries must be received at the Country Meadows Home Office no later than **Sept. 23**.

The winning artist will receive a prize package that includes:

- Premium dinner party with wine service for up to 12 guests in his/her retirement community's private dining room. Winner will work with campus chef to determine menu and date.
- \$350 donation made in winner's name to the charitable organization of his/her choice.
- Professional framing of winning piece of art.

A committee comprised of Leader family members and co-workers will select the winner.

David Livirrie, Country Meadows of Bethlehem, won the 2012 competition with his painting inspired by a winter night on his campus. He encourages his fellow residents to pursue a hobby. "Everybody has a talent, but a lot of people don't use it. Life is too short. Everybody can do these things; you just have to have the will to do it, to try it," he says.

Information about the contest, including an entry form and complete list of official rules and guidelines, can be obtained from local office managers. To have a copy mailed directly to you, please call Kelly Kuntz at 717.533.2474, extension 10105, or email KKuntz@CountryMeadows.com.

The holiday card art contest is open only to residents of Country Meadows or Ecumenical Retirement Community and Country Meadows At Home clients. 🌀