



Journeys

A newsletter for residents, families and friends of Country Meadows Retirement Communities.

Original Country Meadows residents and co-workers see changes over the years

Time brings change. Residents who have lived at Country Meadows Retirement Communities campuses since their construction have seen their share.

Larry Tornese, resident at Country Meadows of South Hills near Pittsburgh, Pa., is an original resident in his building. "I'm the only one who has ever lived in this apartment. I moved in on day one as soon as they opened [the building] and I've been in this apartment since 1993," he recalls.

At the time, Tornese's mother was living at Country Meadows Nursing and Rehabilitation Center of South Hills and he resided in Virginia. He was driving back and forth to visit when his mother suggested he look into a building under construction on the campus that would house Independent Living apartments. "I thought, 'well, okay. Here I'll be with people and I'll be with my mother,'" he says. "Moving here made life easier for me. I'm not doing all the housekeeping, laundry and cleaning that I did at my house in Virginia."

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Residents on a "drum" roll

Proving that one is never too old to rock, residents in Country Meadows Pathways Restorative Care program are keeping the beat.

A seldom-used but effective therapy tool was recently introduced—drum circles. Using African Djembe drums, boom-whackers and shakers, drum circle participants come together to make music. No musical experience is required.

"Incorporating the drum circles into Pathways works because it is a restorative program and this is a way that we can restore residents cognitively through their interacting with the drums. Physically, it has a therapeutic component with the rhythms and feeling as one with their neighbors," says Shannon Everest, Pathways manager.

Jeff Kuhn, musician and owner of Badog Music in Manchester, Pa.,



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- 🌀 Titanic links co-worker and client
- 🌀 iPad used as therapy tool
- 🌀 Calling all artists!



COUNTRY MEADOWS
RETIREMENT COMMUNITIES

Life gets better.®



Ecumenical Retirement
COMMUNITY

At Home COUNTRY MEADOWS
Personal Care Services

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

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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.

The 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.



Fitness helps resident go from bedridden to speedy

Fran Hoffman is known at Country Meadows of West Shore by her nickname, "Speedy."

It's quite a change from when she first arrived at Country Meadows two and a half years ago.

"When I came here my back was so bad that I was in bed most of the time and chose an apartment without a kitchen. I couldn't cook because of my back. I never thought I would get this [healthy]," she says.

Hoffman's dramatic turnaround is a credit to her hard work as well as the fitness program offered at Country Meadows of West Shore in Mechanicsburg, Pa. When she moved to the community in October, 2009, Hoffman spent most of her time in bed, flat on her back, in nearly constant back pain. To cope, she took painkillers and endured epidural shots. A chance location for an exercise class was the start of her new life.

"They offered an arthritis tai chi class right outside my door for 12 weeks. My kids said 'mother, why don't you do that,'" she recalls. "I loved it and went the entire 12 weeks. After that I could walk. The class helped me and my back started to feel better."

"I have a great-grandbaby and now I can hold her and change her diaper. I couldn't have done that before."

According to Renee Harlow, fitness director, "Fran took the first class, came back and said she felt good. As soon as the class was finished she came down to the fitness center and we set her up on Nautilus® and the exercise bike."

As she exercised more and more, Hoffman's health improved and she became more active. Today she walks three to five miles, rides the stationary bicycle for at least 30 minutes, participates in exercise classes and does the Nautilus machines. She says fitness co-workers Harlow and Ron Kopko keep her motivated and moving.

Hoffman's family is amazed at her transformation. "They say 'Mother's so busy with her exercises that we have to make an appointment to go see her,'" she says with a smile. "They are so tickled because of things that I'm doing now. I have a great-grandbaby and I can hold her and change her diaper. I couldn't have done that before."

She also spent time at the family's hunting cabin, something she hasn't been able to do because of her back pain. "I'm doing more with my family now. When my back hurt, all I wanted to do was lay in bed."



Fran Hoffman exercises every day of the week. One of her favorite activities is riding the stationary bicycle in the campus fitness center.

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Original Country Meadows residents and co-workers see changes over the years *continued from front page*

He has seen many changes during his 18-plus years in residence, most notably the people. He has made lasting friendships. "I'm very close with one of the men I met here years ago. We go to lunch every Thursday," he says. "I also go to lunch with a group [of residents] every Friday so I interact with people a lot. That makes a difference."

Over the years, Tornese has gotten to know members of the Leader family as well. "Michael [Leader] and I have become friends. He knows if he needs something done here, I'll tell him to do it!" he says with a chuckle. "I have a great deal of regard for the family. They are doing a good job."

He remembers, too, Gov. and Mrs. Leader spending a large amount of time on the campus as it was developed.

Another 18-year Country Meadows resident, Robert Bohr, has lived at Country Meadows of Leader Heights in York, Pa., since the campus opened in 1993. "I was coming here for a couple of months to use the pool. I talked to some of the men working on the new building [under construction] and asked them if any rooms were available. That's how I got here, and I've been here 18 years."

A widower, Bohr moved to Country Meadows to make friends and combat loneliness. "I'm glad I moved here. I lost my wife in 1994 and was tired of being by myself," he recalls. "I wanted to be around other people. We're all friends here—it's a friendly place. We exercise together and there are always people at the dinner table to talk to."

He concurs with Tornese that one of the biggest changes he's seen over the years is the people. "It's amazing how people are here for a good while then it changes all of a sudden. That surprises me...also how fast time flies by."

Bohr will turn 100 this July and credits his exercise regimen for his longevity. "I like to get outside and go walk around the pond, see the trees and the changes in the seasons. I take Nautilus®

twice a week and exercise every morning—strengthening exercises. We have yoga class once a week and I take balance classes twice a week. I enjoy exercise and I enjoy getting out."

David Kraft is one of Country Meadows early co-workers, having recently celebrated 25 years with the company working in the Home Office in Hershey, Pa. He, too, has been witness to many changes over the years. "In the early years of the company we grew aggressively, with up to three [campus] openings in one year. When I started in fall 1986, only four campuses had buildings open. In my first five years with the company we had 14 building openings," he recalls.

Kraft is also pleased that another generation of the Leader family is getting involved in the family business. "The children of Michael [Leader], David [Leader] and Ted [Janeczek] were in elementary school or younger when I started. I am delighted that some of them have chosen to help the company grow by joining us as co-workers," he shares as he talks about the family's mission and commitment to caring.

During his years as a resident, Bohr, too, has gotten to know the Leader family. He says, "I think they're very nice. They have a very good interest in people, trying to help people. I think they are very, very good at what they're doing. [The retirement community] is a very good thing." 🐾



Country Meadows of South Hills near Pittsburgh, Pa. Left: Under construction in the early 1980s. Right: The campus today.

Resident serves up health

Tennis anyone?

For one Country Meadows resident, tennis remains her exercise of choice as well as part of her lifestyle.

Florence Steager, a resident in the Connections Neighborhood on the Bethlehem campus, took up tennis at the age of 50. She and her husband took lessons, at the same time, at the country club to which they belonged.

"I took to tennis like a duck to water," says Steager with a delightful English accent.

The couple eventually built a tennis court at their home. Upon retirement, Steager's husband, Edward, coached both the girls and boys tennis teams at Emmaus High School, Emmaus, Pa., from 1987 to 1994.

Mrs. Steager also shared with others her love for the sport.

"I gave tennis lessons at our home to whoever was interested," she says. "I always liked to exercise. Even as a child when I was in the Girl Guides, that's what [Girl Scouts] were called in England," she explains. "I like tennis because you're running around and moving and you're outside."

Up until her recent move to Country Meadows, Steager played tennis regularly with friends.

Knowing how much she loves to play tennis, arrangements have been made for Steager to have the opportunity to play at nearby Northampton County Community College.

"I'm going to have a tennis lesson with Florence," says Brenda Kennedy, fitness director-Country Meadow of Bethlehem. "I'm nervous because I'm not a good tennis player but Florence said she is a very patient teacher. She says the secret is all in the grip."

Kennedy adds that Steager is a regular participant at fitness classes. She also joined a group of residents for the opening day of the campus bocce season.

Thinking about her love of the game, Steager says, "My husband and I had a saying, 'play to win, but always enjoy playing.'"

Good advice. After all, tennis begins with love. ♡



Country Meadows co-worker Deb Rundle takes a tennis lesson from resident Florence Steager.

When did your local campus open its doors?

Today there are 10 Country Meadows locations; nine in Pennsylvania and one in Maryland as well as the non-profit Ecumenical Retirement Community.

Over the years every campus has enjoyed expansion projects that included individual building openings in various years. The following lists the opening of the first building on each respective campus.

- 1983** Country Meadows of South Hills Nursing Center
- 1985** Country Meadows of Hershey
Country Meadows of York
- 1986** Country Meadows of West Shore (Mechanicsburg, Pa.)
- 1987** Country Meadows of Bethlehem
Country Meadows of Lancaster
- 1988** Country Meadows of Wyomissing
- 1993** Country Meadows of Leader Heights (York, Pa.)
- 1994** Ecumenical Retirement Community (Harrisburg, Pa.)
- 1997** Country Meadows of Allentown
- 2002** Country Meadows of Frederick, Md.





Residents at Country Meadows campuses in Allentown and Bethlehem have a great time participating in drum circles.

is traveling to various Country Meadows campuses to introduce the drum circle program through his “Boom-Da-Ti Drum Experience” program. He explains, “It’s a new activity for most people—it’s making noise. You don’t have to have a lot of knowledge about drums to make noise on them and have some fun. Right from the beginning, before I said anything, people were banging on the drums, shaking sticks, tapping their feet, smiling and all before we did anything. It’s great for them to experiment with something new.”

As the session started, Kuhn demonstrated a basic drum technique. Throughout the circle, he taught residents and co-workers various striking methods to achieve different sounds and rhythms. Eventually the group played a two-part beat accompanied by their hoots and hollers.

It brought back memories for some residents and all enjoyed a good workout.

“I had a lovely time. It brings back your youth and made me feel real good,” remarks Jean Horn, resident-Country Meadows of Bethlehem.

“I love it, I love music. I used to play piano all the time and I usually sing with the music. My father and I used to sing together all the time. This brought back happy memories, it really did,” adds Bethlehem resident Shirley Miller.

In addition to the mental benefits, many residents expressed the physical component. According to resident Clair Fisher, “It feels like I’ve been through a couple hours of exercise. It strengthens these upper arms!”

Kuhn reiterates the therapeutic component of the drum circles. “It’s a physical therapy and you could see some of that as people got tired. It’s stimulating, too, for their minds because they are learning rhythms and focusing on those rhythms. We did an African rhythm that was two parts so they had to concentrate on what they were doing while I was playing something different.”

“No matter their individual limitations, residents get benefits out of this,” adds Everest. “We have a resident who is 107 years old and completely deaf but she could feel the vibrations from the drum and was more alert than she has been in a long time. That’s amazing. She shook the egg shakers. We incorporate the shakers so if a resident doesn’t have dexterity in their fingers or the strength in their hands, they can still participate in that rhythm.”

Resident Ginny Kulp enjoyed playing an instrument for the first time. “I liked it, it was very interesting. I never knew I had so much rhythm. No one in my family is musically inclined.”

According to Everest, “Country Meadows is always trying to be ahead of the game and there has been so much research and education on how therapeutic drum circles can be at any age. No matter the age, we all get the same benefit. Plus this is an activity residents can do and can relate to their children or grandchildren.”

Kuhn wrapped up the experience, “Today you did a very good job. I saw a lot of smiles and toes tapping. I think you had a good time.”

A good time was evident when the circle ended as residents cheerfully went on with their days. One resident danced away singing a calypso beat, “Rum and Coca Cola!” 🎶

It's a small world after all

Co-worker and Country Meadows At Home client find mutual connection to century-old tragedy

One hundred years after the sinking of history's most famous luxury liner, a series of happenings led to two women discovering their mutual connection to the RMS *Titanic*.

In late January, Maureen Schlessner, home care associate-Country Meadows At Home, met a new client, Barbara Thayer of Bethlehem, Pa.

As the two got to know each other, Schlessner learned that Thayer's husband was the nephew of John (Jack) B. Thayer, a first-class passenger who survived the ship's sinking and went on to write and self-publish an account of that historic night. Jack Thayer was traveling with his parents, John and Marian Thayer.

"The timeline is interesting. I had just met Mrs. Thayer in January and then found out in March that I was related to someone on the *Titanic*," says Schlessner. "My cousin joined Ancestry.com and that's how we found out."

As the 100th anniversary of the ship's demise approached, Thayer found herself talking "endlessly" about the *Titanic* with friends and reporters. "I had been talking on the telephone to someone [about the *Titanic*] and Maureen said 'my relative was on the *Titanic*,'" says Thayer recalling the moment the two women realized the connection.

Schlessner's great, great uncle, William Thornton Carter, was travelling on the *Titanic* with his wife and son.

"It is interesting that they both [our relatives] were on the *Titanic* and attended the final dinner party in honor of the ship's captain," Thayer continues. "I found out recently that Maureen's ancestor [was also] a wealthy Philadelphian. Mr. Carter and Mrs. Carter were travelling with their son...and servants and a car...and a chauffeur, of course."



*Barbara Thayer and Maureen Schlessner peruse a book about the *Titanic* and their common connection to the vessel.*

While Schlessner knew nothing about her personal connection to the *Titanic*, she was always interested in the stories about the ship and its passengers.

Thayer and Schlessner marvel at the documented accounts that include references to their respective relatives and how the two family's lives were intertwined on that fateful evening.

"It's interesting that they were all on the *Titanic* but what is even more amazing is that Mrs. Thayer and her maid were in the same lifeboat with Mrs. Carter and her son. I think to have been together in lifeboat number four is really something," says Thayer. "We just found that out [by

reading through various accounts.]"

The women have enjoyed sharing information about their families and even a laugh or two about the rumored stories passed down through the years.

"You read all sorts of stories like Mrs. Thayer apparently helped to row the lifeboat all night and that the 'Unsinkable' Molly Brown was on the other oar," Thayer shares with a smile.

And, of course, there is the family story that one of the sailors in the lifeboat made a pass at Mrs. Thayer. Schlessner and Thayer share a laugh about this and agree it certainly is a fun story.

It's a small world, after all. 🌀

*"I had been talking on the telephone to someone [about the *Titanic*] and Maureen said 'my relative was on the *Titanic*'."*

Physical therapy program offers more than healing joints

Helen Swigon, resident at Country Meadows of Frederick, Md., enjoys technology.

It started when she was in her late 80s and her daughter gave her a computer. Up to a challenge, Swigon taught herself to use it and took a class at a local college to learn how to surf the Internet. Now a savvy computer user, she accesses the Internet to keep track of her finances and stay in touch with friends and family.

"I figured it was something new, something different and I'd give it a whirl," she explains. "My family was surprised."

Now, at age 94, Swigon has discovered a new gadget: an Apple iPad—a tablet computer that uses touch-screen technology.

She was introduced to the iPad while going to physical therapy at Country Meadows of Frederick for some issues with her leg.

"Helen is a very independent, active woman," says Seleste Salamanca, rehab program manager, Genesis Rehab Services. "She was coming to therapy and during treatment she said she had some weakness in her hands due to arthritis and was unable to quickly access her accounts on the computer."

Swigon explains that Salamanca visited her apartment to suggest modifications to make daily tasks more manageable. Salamanca suggested that she consider using an iPad rather than the desktop computer due to its touch-screen capabilities.

Dawn Bieber, director of therapy services, Genesis Rehab Services, explains how physical and occupational therapy are used to find ways for people to learn to enjoy tasks again, not just strengthen or heal joints. "In Helen's case, as in other residents' situations, we asked her what she likes to do and wanted to do. And, we looked at ways to make her daily activities more efficient. We looked at the whole person."

Swigon says, "I found it hard to use the [computer] keyboard. The iPad is so quick and you only use your fingertips. You just tap it; [the iPad] is fun."

Bieber says all residents are welcome to meet with the Country Meadows therapy teams for a consultation. "We don't only work with residents recovering from surgery or injury.



Seleste Salamanca, left, encouraged Country Meadows resident Helen Swigon, right, to use an iPad instead of a computer. Due to arthritis, Swigon finds it easier to use. Salamanca says this is a great example of how physical and occupational therapy can impact all areas of a resident's life.

Sometimes, people think 'this is the way my life has to be' or 'this is the best I'm able to do,' but the therapists can provide options or ideas [just like Seleste did for Helen]. When a resident feels better about themselves, they may feel better about participating in a fitness class or some other activity."

Swigon purchased her iPad last October. When she visited with her family during the Thanksgiving holiday, they were surprised to see her new toy.

"My great-granddaughter said 'Oh, you have an iPad.' I didn't see it for the whole day. And, my granddaughter went out on black Friday and bought one," she recalls.

Swigon has caught on

quickly to the iPad. (She also has an iPhone but prefers to use the iPad for the Internet because the screen is bigger.) She accesses the Internet, checks email, plays games and even has an application to play piano.

Swigon also uses the iPad's camera to capture photos of her family and friends at Country Meadows. She is considering using the iPad to read books, too.

"My great grandson wants me to use Facebook, because he's on it," she smiles.

Swigon is not only interested in computers. At Country Meadows she continues a lifetime of fitness and exercise by attending yoga classes and walking. She also sews and cooks many of her own meals.

While no longer in physical therapy, Swigon keeps in touch with Salamanca through email. She is happy that Salamanca encouraged her to try the iPad but more importantly, she is happy that they are friends. 🧡

Life gets better.® at C



Country Meadows of Hershey residents recently attended a “Senior Prom” organized by the Hershey High School Honor Society. Students decorated, shared treats and cleaned up. They also shared their talents with the residents. The high school’s string ensemble provided prelude music, a student guitarist sang during the band’s intermission and Irish dancers invited residents to join in a Kali (party) dance. Pictured: Resident Ann Lowell dances with a student who also is her grandson.

Iris Folding is a new craft that has caught on with residents at the Ecumenical Retirement Community. So much so, that several women have travelled to Country Meadows campuses to teach others how to create the colorful artwork to share with friends and families. Iris Folding is a simple paper technique using a template, card stock and paper strips to create greeting cards and art. Residents use the technique to create greeting cards sold in the campus gift shop with proceeds given to charity. They also are making cards for the local elementary school’s Secret Santa Shop where children can “shop” for their families in early December.

- Pictured: Ecumenical Retirement Community resident Doris Arlene Fry, teaches the art of Iris Folding to Mary Jane Kreider, a resident at Country Meadows of Hershey.



- Country Meadows of Allentown resident Jack Freundel meets an alpaca. The animals paid a recent visit to the campus. Also pictured is Hannah Kreiser from American Heritage Alpacas.

- Critter Caravans visited Country Meadows of Allentown with several cold-blooded friends. Visiting critters included turtles, a bearded dragon, blue tongue skink lizard, red tail boa and a Burmese python-pictured.



Country Meadows



Karen Benn, director of Community Life, and Jennifer Owens, assistant coordinator of Community Life,

at Country Meadows of York, share a passion for history and music. As a result they host small groups of their residents for afternoon tea in the fictional parlor of Audrey Anne Brice and Guinevere Rebecca Owens in the year 1865. Residents are treated to place settings of porcelain cups and saucers, dessert plates, flowers and a delicious presentation of homemade tea sandwiches and scones served with freshly brewed tea.

✓ Mary Beth Matson smiles as Karen Benn (“Audrey”) pours her a cup of tea.



Residents at Country Meadows of Bethlehem kick off their bocce ball season. The campus has a regulation bocce court and matches are regularly scheduled for residents in various levels of care.



Eleanor Harada (left), Helen Zizik (center) and Claire Fischer (right), all residents at Country Meadows of Bethlehem, volunteer to run the Pathways Country Shoppe. Recently the ladies elected to contribute the shop’s earnings of \$1,000, saved since the shop opened in 2003, to the Country Meadows/Ecumenical Retirement Community Co-Worker Foundation. “When I found out that there was an emergency fund for co-workers, I thought it would be a good idea because our co-workers are our best customers,” says Harada. Also pictured is Michelle Hamilton, senior vice president & chief of assisted living operations.



Country Meadows of West Shore resident Dottie Kent volunteers at Mission Central in Mechanicsburg, Pa. Kent volunteers every other Thursday to make cards and bag candy to help support countries in need as well as our troops overseas.



From the desk of...

G. Michael Leader, President & CEO

Practice random acts of kindness

Throughout her life, my late mother, Mary Jane Leader, was a kind and loving parent, wife, friend and co-worker; a daily example of kindness to others. As a nursing home administrator, she demonstrated compassion for residents and concern for co-workers. She was a caring woman who tried to instill those values in her children and grandchildren.

One of Mother's favorite sayings was "Practice Random Acts of Kindness"—a very appropriate choice since it embodies how she lived her life. She shared this advice with co-workers and led the way for its use on bumper stickers provided by Country Meadows.

It has been a little more than a year since Mother passed away and her tradition to encourage caring and compassion lives on in our family. In her honor, Country Meadows and Ecumenical Retirement Community chose to celebrate April, the month of her birthday, (April 7), as our "Random Acts of Kindness Month." This will be an ongoing, yearly salute to her memory every April.

The purpose of "Practice Random Acts of Kindness Month" is simple and self-explanatory. Random acts of kindness are easy to do and much appreciated because they are unexpected. Simply make a deliberate attempt to brighten another person's day by doing something thoughtful and caring for them. Perhaps open the door for a neighbor with their arms full of packages, give compliments freely, smile at a stranger or share your umbrella. It isn't about money or even planning; it's about finding a moment to make a small difference in another person's life.

Our mother loved to surprise family and friends with an unexpected gift or act of kindness—like delivering homemade fudge or a pecan or rhubarb pie. (Hers were the best!) It's a way of showing others they count. And, it isn't something to celebrate only in April, rather than all year long.

I'm sure you have your own traditions and ideas to practice random acts of kindness. Perhaps one of the keys to doing a random act of kindness is to deliver it successfully, expecting nothing in return. These acts are done freely for no other purpose than to brighten someone's day. And in doing so, you will lift your own spirits as well.

To pass it on, please stop by your campus' lobby reception desk to pick up a Country Meadows bumper sticker or window cling that promotes this simple message. You can display it on your vehicle, door or someplace special to inspire others to share the value of thoughtfulness.

Please join me in honoring my mother, as well as the kindness of all mothers, by making a special effort to practice random acts of kindness throughout the year. 🍀



Mary Jane Leader



"You cannot do a kindness too soon, for you never know how soon it will be too late."

— Ralph Waldo Emerson

Journeys in...

PURPOSEFUL SERVICE



Journeys in Purposeful Service is a regular feature of Journeys. Each edition highlights one of Country Meadows' many residents who regularly engage in service both to the retirement community in which they reside 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.

Busy resident helps campus recycling effort

As a locomotive engineer for 50 years, John Dillon is used to an active lifestyle. He remains a busy fellow since moving to Country Meadows of Wyomissing.

One of his "jobs" around campus is to bundle old newspapers and with the help of a Country Meadows driver, take them to a recycling center.

"We take the newspapers to recycle every week. A lot of people here read the paper so there's a lot of newspaper around here—I have to keep after them," says Dillon. "I tie them all up with twine. My hands will start to get blue from tying up so many bundles."

While Dillon enjoys his newspaper duties, he also enjoys the trip to the recycling center with his friend, Country Meadows Driver Ron Messner.

The feeling is mutual. "We take the scenic route. We have a good time," shares Messner.

According to Dillon, "We go up along the Tulpehocken [Creek] and look for big birds that come into this area as we're going into warmer weather. Like the blue heron—we see them sitting on trees along the creek. We like to watch them."



John Dillon (left) and Ron Wessner load newspapers into the car to take to the local recycling center. The duo enjoys their weekly trip to the recycling center, taking the scenic route.

Dillon also is quick to pitch in if he sees a chore around campus that needs completed. He jokes, "I walk outside and if I see something cluttered up, I get the broom and I sweep it up. The boss always says 'John, I've got to put you on the payroll.' I say 'no.'"

As if he wasn't busy enough with his busy newspaper bundling or clean up volunteer efforts, Dillon stays healthy by walking three to four miles every day. He enjoys the free time he's gained since moving to Country Meadows two years ago.

"I like it here. They clean my room for me and I don't have to buy any food," he says as he talks about his daily activities. "I get up in the morning, go downstairs and my oatmeal is ready for me. Then I'll go outside and take a walk, come in and

bundle newspapers, go for another walk, come in and hold Torti [his cat] and maybe go for another walk."

Dillon will turn 94 this July and has no plans to slow down.

"I don't want to sit around all day. I want something I can do and I like to help people. I enjoy it." 🍷

New look, same great service

Ecumenical Retirement Community has a new look.

In addition to a new, more vibrant logo, the name has changed to include the term "Retirement" and a new tagline adopted to reflect Ecumenical Retirement Community's active environment: Bring your LIFE with you.

The new brand identity was the result of interviews with co-workers and residents about their experiences. While services such as independent living, personal care and memory support remain most important to residents and their families, there are other facets to

living and working in the community that blend together to form the Ecumenical Retirement Community's identity.

Another wonderful part of the Ecumenical Retirement Community is its gardens. The campus boasts gardens which feature native Pennsylvania plants that attract an abundance of wildlife. The campus butterfly garden has been registered as an official Monarch Way Station—a stop on the butterflies' migration for nectar—on Monarch Watch Registry which lists way stations worldwide. 🦋

Bring your life with you



**Ecumenical Retirement
COMMUNITY**

Country Meadows introduces new recycling program

Reduce, Reuse, Recycle!

This is the eco-friendly and green-minded goal of Country Meadows Retirement Communities' Environmental Friend Program which will be introduced to all campuses throughout the summer of 2012.

"Country Meadows wants to be a green company, a leader in recycling, a role model for our industry," says John Hartmoyer, corporate director of maintenance. "It's good for the environment and for our future. We hope to also raise awareness among our co-workers and residents about the benefits of recycling and perhaps encourage our co-workers to increase their recycling efforts in their homes."

Hartmoyer and Peter Shumaker, director of housekeeping services, teamed up to work on a renewed recycling effort.

"All our campuses will be working with the same contractor, Waste Management, and will be moving towards single stream recycling," explains Shumaker. "In addition, Country Meadows has made arrangements for Daniels International USA to collect biomedical and pharmaceutical waste from campuses—this waste will be taken to an incinerator and turned into electrical energy for the city of Baltimore. We also will begin a Lamp Tracker Program, through Waste Management, to collect and recycle light bulbs, batteries, computers and other technology waste."

Although Country Meadows has had a recycling program in place, the new changes will facilitate a more consumer-friendly recycling program—Single Stream Recycling. The benefits of the changes include less waste destined for landfills and cost savings which result from less waste in trash compactors.

Single Stream Recycling will make recycling much easier than previous efforts which often required multiple containers or bins for different types of recyclable materials. Single Stream Recycling allows all recyclables to be placed together in the same container. There are some exceptions but for the most part common items such as newspapers, glass food and beverage containers, aluminum food and beverage containers, magazines, plastic containers and phone books can be mixed together.

Hartmoyer and Shumaker will rollout the new recycling program at all campuses in the coming months. As part of the rollout, each campus will designate a Recycling Director and Team, or as Hartmoyer says a "Green Team." The team, which will include co-workers and residents, will meet regularly with Maintenance, Housekeeping and Dining directors to monitor campus recycling efforts and to remain current on recycling practices.

Hartmoyer is enthusiastic about Country Meadows' goals for recycling. "We'll make a big difference. ...I think in six to nine months we should see a big difference in our efforts to be a green company." 🌱



Travel club opportunities

The following trips are offered to residents, family members and co-workers as part of the Country Meadows and Ecumenical Retirement Community Travel Club. To register, please see information below.

All trips depart from Country Meadows of Hershey located at 451 Sand Hill Road, Hershey, PA, 17033. Transportation to Hershey may be available.

New York City

Date: Sept. 12, 2012

- \$120 per person
- Registration deadline: June 30, 2012
- Package includes the Sept. 11 Memorial as well as "The Ride" New York bus tour.

Brandywine Valley Yuletide

Date: Nov. 28, 2012

- \$117 per person
- Registration deadline: Sept. 14, 2012
- Package includes dinner voucher for Longwood Garden Café, a Longwood Christmas and Yuletide at Winterarthur Tour.

To register:

Country Meadows residents: Contact Kris Pollock at 717.533.2474, extension 10121 or email KPollock@countrymeadows.com.

Friends, family members, co-workers: Contact Lois Stoltzfus at 717.464.2768, extension 3 or email lois@executivecoach.net.



New building opens at York campus

Country Meadows of York completed a major renovation project designed to modernize the campus and join its three existing buildings into one, connected location.

Since its construction in 1986, Country Meadows of York has operated as three separate buildings. This project joins the buildings to encourage interaction among residents in beautiful common spaces. "Over the years the buildings have been independent of each other and it was difficult for residents to get together and interact," says Suzanne Owens, senior vice president of operations. "This project connects the entire campus into one, cohesive community. Our hope is that it will foster relationships among residents."

The most dramatic renovation is a new dining room that combines two dining rooms into one large, attractive area. Its architectural highlight is a 40-foot stacked dome-style ceiling. The dining room features a floor-to-ceiling two-sided open stone fireplace, wooden beamed ceilings and numerous windows to fill the space with natural light. A state-of-the-art kitchen allows the campus to provide a unique, innovative dining experience to offer many additional meal options including prepared-to-order foods.

Just outside the new dining room, residents will be able to relax in a new cocktail lounge and residents can work on wellness in a large new fitness center.

The new building also features a bistro, personal laundry rooms and a large drive-thru portico at the main entrance to provide protection from the elements as well as an attractive area to enjoy a summer afternoon. 🌿



The new building and connector that joins three separate buildings into one.



*Cutting the ribbon to celebrate the new building.
Left to right: Ted Janeczek, chief financial officer;
Gov. George M. Leader, founder; Michael Leader, president
& CEO; Suzanne Owens, senior vice president; Rick Barley,
executive director-Country Meadows of York.*



Interior of the new building connector. Photo courtesy of Derek Feldman-ECI Group.



Calling all artists!



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

Country Meadows and Ecumenical Retirement Community are holding a holiday card art contest. The winning artist will have his/her masterpiece used in the design for the 2012 Country Meadows/Ecumenical Retirement Community holiday card.

Interested artists should base his/her entry on the "winter holidays" or "winter season." Entries must be received at the Country Meadows Home Office no later than Sept. 14, 2012.

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 co-workers will select the winner.

Information about the contest, including an entry form and complete list of official rules and guidelines, will be distributed. To have a copy mailed directly to you, please see your campus office manager or call Kelly Kuntz at 717.533.2474, extension 10105.

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

ALFA Art Competition

Two residents of Country Meadows of Bethlehem were among 31 finalists in the Assisted Living Federation of America (ALFA) Senior Living Showcase art competition.

Resident David Livirrie painted "Grist Mills Once Graced the Landscape" and fellow resident Rosalyn Rosenbaum painted "Flourish."

More than 200 seniors from across the country and around the world entered their works of art in the competition that celebrated seniors' continued zeal for life and community. Artists were asked to base their works on the theme "carpe diem" and answered the question: "What makes a pleasant day for you?"

Two winning artists from Oklahoma and Wisconsin received an art party at their respective senior living communities.

To view the entries, visit www.ALFA.org/art. 🎨



Resident David Livirrie painted "Grist Mills Once Graced the Landscape" and fellow resident Rosalyn Rosenbaum painted "Flourish."



We're looking for a few good men and women

LOCAL: 717.520.4260 • TOLL-FREE: 855.722.2734



Country Meadows and Ecumenical Retirement Community are proud of our country's veterans and thank them for their service. To honor their courage and sacrifices, our Communications team is working to capture the stories of our veterans as well as their loved ones who kept the home fires burning. The team plans to compile and share the stories in a special publication in tribute to service and sacrifices.

Many residents and clients have returned their information using the story request insert that has run in previous editions of *Journeys*. Thank you.

To accommodate our veterans and service family members who have not had the opportunity to complete and return that

form, we have established a "Story Hotline" to share story and contact information. The hotline number is 717.520.4260 for local callers or toll-free at 855.722.2734.

Please call and leave a detailed message that includes your name, campus on which you reside, phone number and a very brief overview of your service. In the coming months, you will be contacted by a Country Meadows co-worker who will speak with you in detail and write a story about your service. If you have already sent your story information, you do not need to call this line to provide it again.

Thank you very much for your consideration and your service. 🐞

Contest seeks "Words to Live Better By"

It seems the more time our co-workers spend with our residents and clients, the more they learn about life.

"Be true to yourself and others." ~ Betty W

"Be thankful for what you have." ~ Florence F

"Always be kind, stand tall and be proud." ~ Ginny M

"Help those less fortunate than you." ~ Faye Q

"Just keep my face in front of you and you'll do the right thing" ~ Beverly F

... and to be better aware:

"Mothers have eyes in the back of their heads" ~ Marcia S

In early summer, each Country Meadows community will be conducting a contest to collect more life advice from residents and clients—gems of positive thoughts they have given, received or have always inspired them to live a better life. All categories are welcome whether parenting, love, friendship, spirituality or just being a good human being.

Country Meadows plans to create a library for residents, clients, families and prospective residents to review and be inspired, and possibly post on our websites, include in ads, capture in newsletters or even display on a community bulletin board. If you have any thoughts to share in the meantime, we invite you to send your advice to:

Mandi Block, Director of Advertising

Country Meadows Retirement Communities

830 Cherry Drive, Hershey, PA 17033

mblock@countrymeadows.com 🐞



Inside:

- 🌀 Residents have the beat
- 🌀 Art contest for residents & clients
- 🌀 Changes witnessed over the years

Fitness helps resident *continued from page 2*

She takes comfort in her family's peace of mind. "I didn't want to depend on my children and when my back was so bad, someone was with me all the time. They're really glad that I came here and feel good that I know other people my age," she shares. "They often tell me, 'Mother, you're doing things and we don't have to worry about you.' That's great to hear. When I was at home, it wasn't fair to them. They are so happy that I like it here."

Hoffman's dedication has resulted in much more than back pain relief. Her doctor took her off three medications for diabetes and she's lost nearly 50 pounds. She's proud to say, "My doctor thinks the exercises and eating right [are the keys to my success.] He's just so pleased. He told me, 'Mrs. Hoffman, I think you moving to Country Meadows was the best move you could have ever done.'"

Hoffman uses her story of success to inspire fellow residents to participate in the exercise programs and visit the fitness center.

"I hope that when I am Fran's age I can have this much energy and have such a positive outlook on life. She's encouraging to everyone; residents and co-workers," says Harlow. "She's always telling her story and tells the new residents to get started with exercise because they will feel so much better."

Hoffman also pitches in to help her neighbors. "It feels good to be the one helping, not the one that needs the help."

Since coming to Country Meadows, Hoffman has made many new friends. "I don't eat alone anymore and I think that's great. We have a great dinner table!" She also has gone on camping trips as well as a vacation to Florida with some of her new friends who also reside on the campus.

A fitness accomplishment that makes her beam with pride is completing a modified triathlon at Country Meadows of Hershey. "My kids were so proud of me. They couldn't wait until I came home and called them. I enjoyed it!"

Harlow says Hoffman is an inspiration.

"She went from virtually doing nothing to coming here and feeling, now, on top of the world. She's healthy, fit, she's lost weight and she has so much energy. She is a wonderful inspiration to our residents and co-workers. It has been amazing to see her transformation—she is thriving."

Now Hoffman enjoys a high quality of life. "My life is so much better since I came here. I'm happy here, I really am. It feels like home." 🌀