



Views from the Park

THE NEWS AND VIEWS OF RYDAL PARK



Rydal Waters NEIGHBORHOOD PLAN UNDERWAY!

EXPANDING COMMUNITY CREATES EXCEPTIONAL NEW EXPERIENCES FOR EVERYONE

With the planned Abington Township location on a gem of a parcel off of Old York Road at Rydal Way, Rydal Waters is our future cottage community. This

new addition will feature 85 two-bedroom, two-bath beautifully appointed homes on 33 lush acres just above the Rydal Park campus.





“THIS EXPANSION FITS PERFECTLY WITHIN OUR MISSION OF PROVIDING EXCEPTIONAL LIVING EXPERIENCES.”



The expansion plans will include additional amenities that will also be available to Rydal Park residents, including a new clubhouse featuring a fitness center, cocktail lounge, heated swimming pool and a multipurpose space with fireplace and full audio/visual capabilities. For those who enjoy the outdoors, a fire pit and outdoor entertaining area are planned, in addition to walking trails and a dog park. All of these new features will be available to Rydal Park residents, while our new Rydal Waters neighbors will enjoy Rydal Park's renowned programming and campus amenities.

“Rydal Waters is the result of market surveys and listening to prospective residents in the area, bringing them the type of housing they're seeking,” says Judee M. Bavaria, president and CEO of Presby's Inspired Life. “Our location is very desirable, and the cottages provide an independent lifestyle, with access to all of the services and amenities that we offer.”

Marketing of Rydal Waters is well underway, with a huge response to our Priority Membership program, which offers people the opportunity to be the first to select locations and options while receiving all updates as the project continues.

“Presby's Inspired Life has a long history in the Philadelphia region,” adds Judee. “We look forward to continuing to offer exceptional experiences with this expansion.”

FOR MORE INFORMATION, OR TO REGISTER FOR AN EVENT, VISIT OUR NEW WEBSITE AT RYDALWATERS.ORG.



From the desk of Sarah

As I write this with grass-stained knees and topsoil under my fingernails, the idea of new growth feels very close to home, indeed. Growth, of course, is never far from our thoughts here at Rydal Park. Our residents come here seeking to pursue passions, find new interests, form new connections or just find time to really feel experiences that have been put on the proverbial shelf while “life” got in the way.

I often meet residents and prospective residents who, if they are retired, have found themselves busier than when they were employed full time. The pursuit of new endeavors, such as learning a foreign language, studying architecture, building volunteer programs and taking on civic leadership roles, has created personal and professional growth opportunities, germinating passions and cultivating curiosity. In fact, it’s fair to say that growth is now, well, a growing phenomenon among those 62 and better, with more and more residents here and in other communities choosing to go back to work or commit to a regular schedule of volunteering, learning or taking part in active leadership.

Of course, the theme of growth is even more present than usual this year at Rydal Park, as we prepare for the expansion of our footprint to encompass the new cottage community of Rydal Waters and the infusion of fascinating new residents that expansion will create. I know I speak for my colleagues and friends in reporting that Rydal Park residents and team members are more than a little curious, excited and even nervous about the changes Rydal Waters will bring to our close-knit community. I also speak for our community in stating that new growth will create new opportunities that will be clearly beneficial for all of us here. Outdoor pool and dog park, anyone?

Life is a growth opportunity. That’s a lesson I continue to learn from the examples of the wise and wonderful people who live here at Rydal Park. Thanks to that insight, I’ve come to appreciate that the growing process usually requires getting some proverbial dirt under your fingernails. But the rewards of those efforts when they blossom into something new are endlessly gratifying.

Check out what’s blooming this season and what’s planted for the future by calling us at **215-814-0329**.

With all my best,

Sarah Jolles
Executive Director of Sales & Marketing, Presby’s Inspired Life
sarah.jolles@presbysinspiredlife.org



About Sarah

Sarah Jolles is the Executive Director of Sales & Marketing for Presby’s Inspired Life. Sarah has held key leadership roles within the retirement living industry throughout Philadelphia and southern New Jersey and is knowledgeable in contract offerings, trends and the many intricacies of this rapidly advancing field.



RYDAL PARK CONNECTS

people and nature



With the summer season upon us, everyone is finding ways to enjoy it — most certainly residents at Rydal Park. Our campus is situated right at the heart of many great seasonal attractions and offers something special for those with a love of the outdoors. Many Rydal Park residents are avid gardeners and share a keen interest in horticulture and local arboretums.

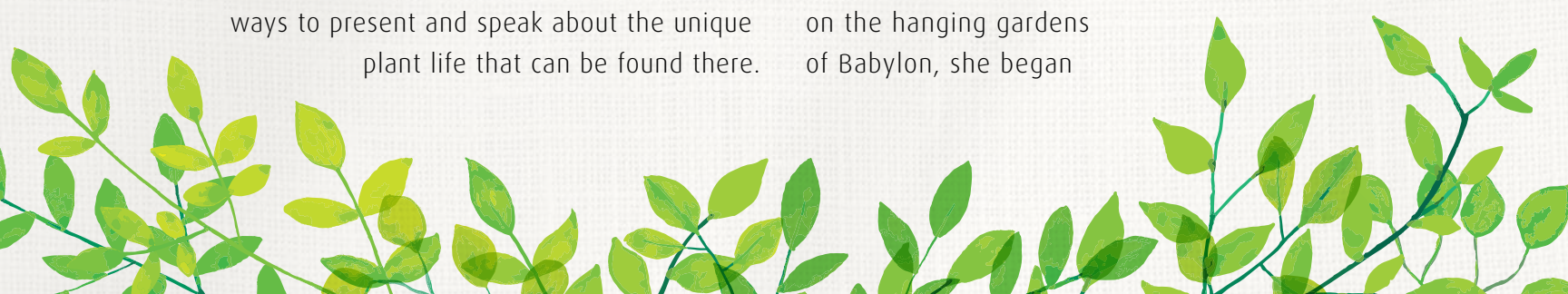
Irv Leventhal, a retired educator who resides at Rydal Park, has pursued his passion for learning in this arena. While he enjoys gardening and tending to the balcony boxes on his floor, his real passion is sharing his knowledge of flora with others. This led him to expand his work beyond just a keen personal interest, as he volunteers his time to help others admire the beauty he has always seen.

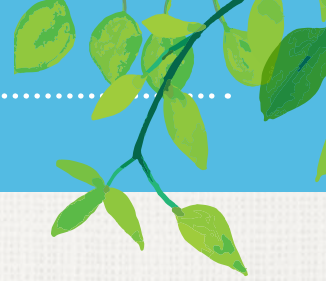
Irv is now entering into his 21st year as a guide at Morris Arboretum of the University of Pennsylvania, where he has become a renowned expert on the grounds, including more than 12,000 labeled plants of approximately 2,500 types. Thanks to his experience, he has been assigned to help train new guides in the best ways to present and speak about the unique plant life that can be found there.

“People are often amazed at just how diverse the vegetation is at Morris Arboretum,” says Irv. “Sharing my knowledge of the plants, flowers, shrubs and trees that can be found there is something I really enjoy, and I believe it helps others appreciate the natural world around them.”

The Morris Arboretum also helped Rydal Park resident Carole Covert develop her love for plants. While gardening has been a tradition in her family for many years, she cites the classes she took at Morris as aiding her in developing her gardening skills. Because of these experiences, she has been able to take her hobby to a whole new level, including collecting several rare plants that she now shares with Rydal Park, including unique hydrangeas, peonies, irises and an acanthus. She tends to three resident garden beds, including one with a rare witch hazel that is especially admired for its early spring blooms.

One of Carole’s favorite places to enjoy her hobby is her balcony in the Parkside residential apartment building at Rydal Park, which overlooks the resident gardens. Inspired by a documentary on the hanging gardens of Babylon, she began





growing plants that trailed and filled vertical spaces. This experience not only challenged her skills, but introduced her to a whole new type of gardening that she can now share with the community.

Carole is also very excited about the Rydal Park master plan, which is guiding the community's expansion, along with Rydal Waters. The planned addition of walking trails, footbridges and more spaces to share her love of nature is a great opportunity. She has worked with the building and grounds committee to guide its decisions on using nature to beautify an already-stunning campus.

It's clear that one force drives both Irv and Carole — a desire to share their hobby with others and the Rydal Park community. "Seeing people walk through the gardens and admire the flowers is a real joy," Carole says. As Rydal Park grows to potentially include Rydal Waters, all of our residents are looking forward to the

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"I GO TO NATURE TO BE SOOTHED AND HEALED AND TO HAVE MY SENSES PUT IN ORDER."

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**– JOHN BURROUGHS,
NOTED AMERICAN NATURALIST**

natural growth that will happen as Mother Nature shares her bounty on the expanded campus.

Of note: Rydal Park will welcome guests interested in learning more about Rydal Waters to the Morris Arboretum for an afternoon of "Botany, Bubbly and Bites," including tours led by none other than our own Irv Leventhal. Call **215-814-0329** to reserve your spot.

THE SMOKED PINEAPPLE

Margarita



THIS SMOKY TWIST ON THE CLASSIC MARGARITA IS A FUN RECIPE THAT'S BOUND TO KEEP YOU FEELING COOL ALL SUMMER LONG.

INGREDIENTS

- 2 oz. mezcal (tequila can be substituted)
- 1/2 oz. triple sec
- 1 oz. simple syrup (or agave nectar)
- 2 generous pinches of ground chipotle
- 1 oz. pineapple juice
- 1 oz. fresh lime juice

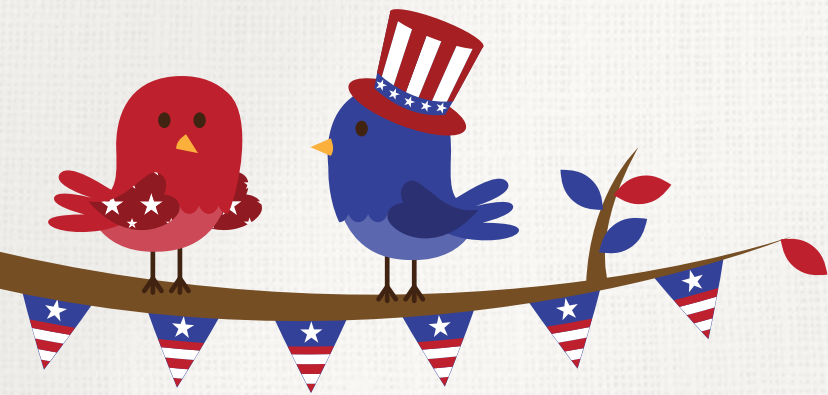
DIRECTIONS

Set half of the chipotle aside and mix with sea salt. Combine all other ingredients into a shaker and mix well. Run a lime wedge around the rim of the glass, and dip it into the chipotle/sea salt mix. Garnish with a pineapple wedge and a pineapple leaf.



UPCOMING EVENTS

July



ANYONE CAN DANCE

Residents will groove to the sounds of Big Band, Broadway, Motown, jazz, blues and rock 'n' roll they've known and loved all their lives.

TRICOUNTY BAND

We'll celebrate Independence Day with patriotic marches and a salute to veterans.

DNA TESTING: WHAT CAN I LEARN?

Dr. Warren Kruger, a cancer researcher at Fox Chase Cancer Center, will discuss genetic genealogy and the insights it provides.

FESTIVAL STRINGS OPEN REHEARSALS

Our summer orchestral series will provide residents with the opportunity to see how a performance is pulled together and to ask questions and make comments. There will be starts and stops, interaction and plenty of fun surprises!

AMERICAN RED CROSS BLOOD DRIVE

Our biannual event to help replenish area supplies, this will be a great event for a great cause.

ACOUSTIC BLENDER

Four supremely talented musicians will play and sing folk tunes, weaving classical, jazz, gospel and contemporary styles into a perfect blend.

UNDERSTANDING MR. JEFFERSON WITH HISTORIAN DON APPLESTEIN

Don Applestein will investigate this man who wrote about equality yet owned slaves! As governor and president, he had the power to end slavery but did nothing about it. He called for small government yet doubled the size of the country. How do we understand Jefferson?

I AM TEREZIN

Author Richard Bank will tell the story of the concentration camp Theresienstadt, from its inception to the day of liberation.

SESQUICENTENNIAL OF 1926 WITH TOM KEELS

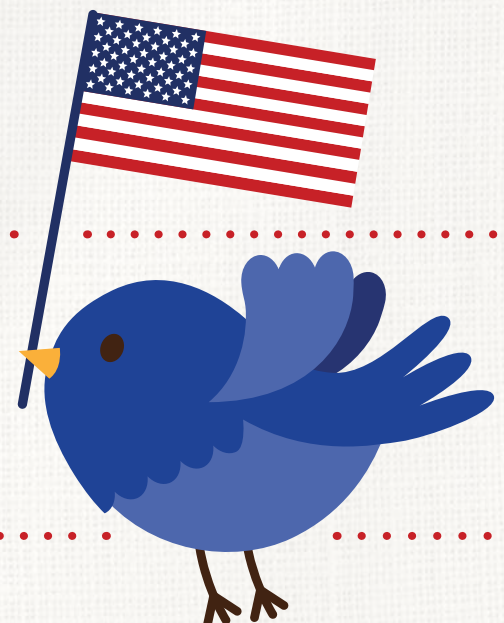
Tom Keels takes a look back at the fascinating, ill-fated 150th anniversary of the nation's birth, in the city where it all started.

GLENN MILLER

This one-man band will play a custom-built, high-tech accordion, trumpet, trombone, harmonica and flugelhorn, in addition to singing in his variety show.

PETE SMYSER

Accompanied by piano, bass and drums, Pete will charm with the sound of his seven-string guitar.



Also: art class, book club, Briar Bush Nature Center, comparative religion studies, current events discussions, fitness, Jewish studies/storytellers, karaoke, new art exhibit with reception, new movies every Saturday night, monthly Sabbath service, Sunday jazz brunch and weekly worship services, PLUS numerous trips including Michener Art Museum, Tom's River boat tour & lunch, PrimeTimers trip to Ocean City

UPCOMING EVENTS

August



HISTORICAL ARCHITECTURE

The Historical Society of Montgomery County will reveal some of the amazing structures of our region, their history and the people who created them.

ANYONE CAN DANCE

Residents will groove to the sounds of Big Band, Broadway, motown, jazz, blues and rock 'n' roll they've known and loved all their lives.

VOCALIST DEIRDRE FINNEGAN AND PIANIST BOB LESSO

The duo will present a variety of jazz, Broadway and beloved tunes from The Great American Songbook.

FESTIVAL STRINGS OPEN REHEARSALS

Our summer orchestral series will provide residents with the opportunity to watch how a performance is pulled together and to ask questions and make comments. There will be starts and stops, interaction and plenty of fun surprises!

MY STORY IN SONG

Entertainer Tom Baust will perform music from the '50s to the '80s and share his comments about the songs.

PETRA, JORDAN: "THE ROSE RED CITY HALF AS OLD AS TIME"

Dr. Stephen Phillips of the University of Pennsylvania will reveal the magnificent ruins of this ancient city, recently named one of the New Seven Wonders of the Ancient World.

AN EVENING OF CABARET MUSIC

Baritone Rob Cox will be accompanied by Jeff McDonnell on piano in a delightful performance of musical theater classics.

EMBRACING THE SACRED: THE STORY OF THE GLENCAIRN MUSEUM

Located in Bryn Athyn, Pennsylvania, the Glencairn Museum specializes in religious art and history. Representatives from the museum will explore religious beliefs and practices, past and present, through art, artifacts and other cultural expressions of faith.

WOODROW WILSON AND THE GREAT WAR

Author and actor Neil Hartley will portray the 28th U.S. president in monologue, followed by questions and answers.

KAY ROCK

The author of "Over the Hill and Gaining Speed: Reflections in Retirement" will talk about life's journeys through the lenses of travel, history, relationships and inspiring people.

THE DEREK BARNES FAMILY PIANO TRIO

Derek Barnes, cellist for the Philadelphia Orchestra; Meichen Liao-Barnes, violinist for the Philadelphia Chamber Orchestra, and their son, Allister, a gifted pianist, will return to Rydal Park to present a concert.

GREEN ENERGY AND ADVANCES

A representative from PECO Energy will talk about the future of our power sources, explaining where energy companies are heading and how their choices will impact society.

2017 UPDATE ON ABINGTON-JEFFERSON HEALTH

Meg McGoldrick, president of Abington - Jefferson Health, will come by to discuss what's new at Abington.

Also: art classes, book club, Briar Bush Nature Center, comparative religion studies, current events discussions, fitness, Jewish studies/storytellers, new movies every Saturday night, monthly Sabbath service, Sunday jazz brunch, weekly worship services, PLUS numerous trips including to the Bucks County Playhouse



UPCOMING EVENTS

September

EMBATTLED FREEDOM

Historian James Remsen will return to discuss his new book, which chronicles a group of fugitive slaves who served bravely in the Civil War but still experienced profound problems in the wary North.

ELEANOR ROOSEVELT

Peggy Orner, the portrayer of historic American women, will delight audiences as she brings Mrs. Roosevelt to life.

MILITARY FLAGS

Historical reenactor and lecturer Michael Jesberger will present the various military flags of our early American fighting forces and the many stories of triumph and tragedy of the brave men who carried them in battle.

STATE REP. MADELEINE DEAN'S SENIOR FAIR

The huge annual event of diverse vendors, presented by our state representative, will return to Rydal Park.

BRIAN FREER AND HIS SAXOPHONE QUARTET

These talented musicians will perform a lively variety of musical favorites.

TRUMAN AS PRESIDENT

Dr. William Walker will present a lecture on the 33rd president and his Marshall Plan, the Truman Doctrine, his use of nuclear weapons to end World War II, desegregation and the founding of the United Nations.

DIMITRI AND LENORE KAURIGA

The musical duo will be joined by Justin Gonzalez in music from "The Wonderful World of Broadway."

ORCHIDS IN BLOOM

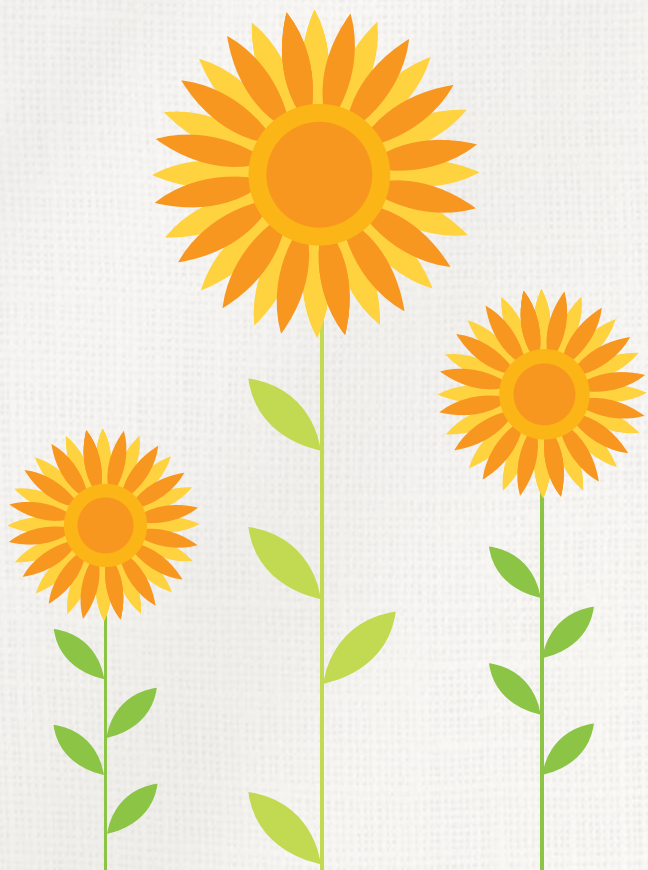
The president of the Bucks County Orchid Society will explain the beautiful world of orchids and how they have been nurtured throughout the years.

CHORUS RETURNS

The Rydal Park Chorus will begin again, in preparation for the fall concert program!

OUR AREA COMING TOGETHER

Abby Stamelman Hocky, executive director of the Interfaith Center of Greater Philadelphia, will discuss issues affecting our region and the work being done to combat intolerance.



Also: art class, book club, Briar Bush Nature Center, comparative religion studies, current events discussions, fitness, Jewish studies/storytellers, new art exhibit with reception, new movies every Saturday night, monthly Sabbath service, Sunday jazz brunch, weekly worship services, PLUS numerous trips, including to the Free Library of Philadelphia Rare Books Department and the return of the Philadelphia Opera series

Recent Happenings



April's featured artist, Yolanda Ward, brought mesmerizing and beautifully creative paper art to the halls of Rydal Park.



Philadelphia Orchestra Concertmaster David Kim left everyone speechless after a remarkable performance at Rydal Park.



The Rydal Park marketing team is extremely excited about Rydal Park's new expansion project, Rydal Waters!



Our team of executive chefs worked hard to put together a beautiful brunch presentation.



Rydal residents spent the afternoon enjoying good company and delicious cocktails in our Club Room.

Rydal Park was honored to host the annual PAHSA meeting, where our fabulous team created a beautiful menu for this nationally recognized event.





Rabbi Howard Bogot inspires interfaith dialogue

“THE CLASSROOM IS MY SANCTUARY.”



Rabbi Howard Bogot, a newer resident at Rydal Park, chose the community for its inclusiveness and diversity. When you consider the exceptional work he has done in his nearly 50 years with the rabbinate, you quickly come to understand why these traits are so very important to him.

That simple statement captures his lifelong passion — religious studies and educating others.

As a young man, Rabbi Bogot served at a Methodist summer camp, where he offered the perspective of Judaism as it related to Christianity. These interfaith dialogues aided him in understanding his own religious traditions. It also showed him the value of having open and honest conversations with people of diverse backgrounds, creating a learning experience for everyone involved.

Upon ordination, Rabbi Bogot began his career in higher education, serving at Philadelphia area Jewish colleges. He developed curriculums and created the educational framework that thousands of students would follow as they pursued their individual degrees. He also took an interest in issues facing local synagogues and developed a religious education program for special needs children within local temples.

Always one to continue learning and exploring, Rabbi Bogot “retired” and moved to Israel, where he lived for six years. This experience reminded him of his work at the Methodist camp many years before, as he realized it had become increasingly important for people of all faith traditions to come together in an effort to learn and understand one other.

“I DON’T TELL PEOPLE WHAT TO BELIEVE IN; RATHER, I EDUCATE THEM IN THE CLASSICS AND HELP THEM UNDERSTAND WHAT THEY ALREADY KNOW TO BE TRUE, REGARDLESS OF THEIR RELIGION.”



WHY GO GLUTEN free?

Gluten-free diets have become the current trend in personal nutrition, but what is gluten? The substance we call gluten consists of storage proteins commonly found in grains, such as wheat, barley, rye and oats. These grains are used in an incredible variety of products, making gluten a major part of everyday Americans' diets, even if they don't realize it.

Gluten-free diets have taken the spotlight due to an increased recognition of various health conditions caused by gluten's consumption. These range from sensitivities and allergies to gluten, all the way up to Celiac disease, where the digestive system cannot properly process the substance.

People who try gluten-free diets often report feeling better and losing weight as a result of their change; however, experts say that weight loss may be a side effect of a cleaner diet with less-processed foods.

RYDAL PARK'S WELLNESS TEAM, INCLUDING DIETITIANS, ARE ON HAND FOR RESIDENT UPDATES AND GUIDANCE. YOU CAN ALSO LEARN MORE AT [HTTP://BIT.LY/2PDWR4C](http://bit.ly/2pdwr4c).

Upon his return to Philadelphia, he quickly found himself back in the classroom, this time teaching adult Jewish education at four Philadelphia synagogues.

"I met some exceptionally bright and inquisitive people," Rabbi Bogot says. Of these students, one who happened to be affiliated with Penn State Abington playfully asked him why he didn't teach at the college. "Because no one ever asked me!" he had exclaimed. This simple moment led Rabbi Bogot to resume his work in higher education — this time as a professor of Jewish studies for the school.

Rabbi Bogot loves teaching at PSU Abington, as evidenced by the twinkle in his eye when he talks about the students he admires so much. "I get to lecture for students from all over the world with incredible life experiences that are very different from those of young people raised here in America," he says. He single-handedly created the Jewish studies curriculum and teaches all of its courses.

Naturally, this work has led to lecturing at Rydal Park, where his first event, entitled "A Storyteller's Jewishness," was held in front of a large crowd of residents. "It's important that we have these kinds of presentations in this community where we have a wonderfully diverse culture of beliefs," Rabbi Bogot says. Based on attendance at this first program, the rabbi is sure to build a loyal following.





RYDAL PARK

A Presby's Inspired Life Community

1515 THE FAIRWAY
RYDAL, PA 19046

COME EXPERIENCE
A LIFESTYLE THAT'S
exceptionally vibrant.

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215-814-0329



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