



# Views from the Park

THE NEWS AND VIEWS OF RYDAL PARK



## WHICH MOVING OPTIONS MADE THE GRADE?

Children across the nation are returning to school, but the opportunity for continued education is not limited to the very young.

Many adults just like you are considering options for getting educated about their future choices. You may have started asking yourself questions such as, “Do we really need all this space in our house?” or “Do I want to deal with another winter of shoveling snow?” These questions may lead you to explore other living options, and you may be overwhelmed by all the choices. You may even feel as if you need to go back to school to learn about all of the different moving options for people 62 and better. Luckily, we have already gone to that class and taken notes for you!

Generally speaking, there are three kinds of communities available for those looking to rightsize or retire: active adult communities, stand-alone single-level communities and Life Plan Communities. Let’s explore the differences and similarities of each of these offerings and see how Rydal Park fits into the picture.

### ACTIVE ADULT COMMUNITIES

Active adult communities are also referred to as 55+ communities. They are intended for people who wish to give up the major chores of homeownership, though many of the homes are not small at all. Residents often own their homes, meaning that they are also paying their own utilities, performing their own home maintenance and continuing to pay those ever-increasing property taxes. Depending on the size, these communities may offer a variety of amenities, such as fitness centers and swimming pools. However, they fail to offer one key component — the promise of future long-term care.

### STAND-ALONE COMMUNITIES

Stand-alone living options, such as independent living communities, usually include extra services, like home maintenance, dining services and enriching programs.





Some of these communities also provide a care option, such as personal care or long-term care. Each offers the amenities and services appropriate to the care level offered.

### LIFE PLAN COMMUNITIES

These first two options don't offer a plan for the future. In the event that a resident needs a higher level of care, he or she must pack up and move to another setting. That's where Life Plan Communities like Rydal Park come in. Previously known as Continuing Care Retirement Communities — often shortened to CCRC — these communities have it all. For instance, Rydal Park offers several dining venues, an indoor pool and fitness center and a plethora of entertainment options, including guest speakers, artists, entertainers and more. Additionally, Life Plan Communities traditionally offer independent living in apartments and/or cottages, personal care and long-term care — all on the same campus. Should residents need care in the future, they remain in the community where they know everyone (and everyone knows them), and the transition is seamless. Rydal Park also offers short-term rehabilitation services. If ever needed, these services are available, right in a resident's home! Some Life Plan Communities offer a Life Care contract where residents pay their independent living fee, no matter what level of care they might need in the future. Others have a fee-for-service contract where residents pay as they go in each level of living.

This is the appeal of a community like Rydal Park. Additionally, the campus offers a variety of cultural, educational and recreational programs on an everyday basis, creating many options should you choose to spend your day on campus. It could start with a quiet cup of coffee on your balcony, then a lecture on a popular topic in the afternoon and end at the theater among the bright lights of downtown Philadelphia; the choices are yours to make. And since Rydal Park offers both a Life Care and a fee-for-service contract, you choose the arrangement that works best for you. You are in complete control of your days and your life, secure in the knowledge that your home offers everything you could ever want or need — both now and in the future.



**I wanted to be somewhere that was close to my family but where I could continue to be independent. It's easy for them to swing by Rydal Park, and they know that I have everything I need at my fingertips. It's really been a win-win for everyone!**

— Linda Martin, Rydal Park resident



Now that we've reviewed our notes, it's time for the most exciting part: *the field trip!* If you've never been to Rydal Park, there's no time like the present. We invite you to come by and see what a Life Plan Community is all about. Give us a call at 215-814-0329, and we'd be happy to plan your trip, show you around and sit down for a study session to go over all of your options!





## From the desk of Sarah

Ah, fall! The air smells crisp, the leaves will soon crunch under my feet, and it feels like “back to school.” At this time every year, I find myself reminiscing about memorable events from my childhood. Not a bad thing at all, but definitely a look back. And, in so doing, I am reminded of something that often happens as I get older — and that I think might also resonate with you. Do you find more people asking you, “What did you do?” (as in your past career, past vacations or other former-life situations) versus “What do you do?” or “What do you hope to do?” As a youth-oriented society, we have a tendency to assume that those who are on the other side of 50 — or perhaps in their retirement years — are more interested in looking back than in looking forward. We presume that they want to spend their time waxing poetic on successful careers completed, passions pursued and, simply, days gone by. To that, I do a reality check and say, “Really?” There is a future in front of us, as I know you agree!

What might you be doing, either professionally or in a volunteer capacity now? How do you want to follow your dreams in the next chapter of your life? What did you not have the opportunity to do when you were busy working and raising children that you now have the time to explore? Spending time with people 62 and better who feel they are at their very best right now is inspiring and a reminder that age is not an indicator of interests.

You might know that, not long ago, Harriette Thompson became the oldest woman to complete a marathon at age 92. While that was seemingly an accomplishment on which to hang her hat, she chose to go back and become the oldest woman to complete a half marathon two years later! When interviewed about this accomplishment, Harriette asked, somewhat nonchalantly, why it was such a big deal. She likes to run — why wouldn't she follow her passions? In short, what does age have to do with anything?

Coming up in October, Rydal Park is hosting its **Rydal Park University** series, with a focus on “Being Your Best You.” Three speakers will engage with audiences on a range of fascinating topics, including mindfulness, brainpower and the pursuit of passions at any age. This program is about looking forward as well as being forward-thinking. It's open to the public, and you can join us by calling **215-814-0329**.

I hope you enjoy this issue of Views from the Park as we take a look at how our pasts shape our presents and our presence. Plus, see what's in store for the future.

Happy fall!

**Sarah Jolles**  
Executive Director of Sales & Marketing, Presby's Inspired Life  
[sarah.jolles@presbysinspiredlife.org](mailto: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.



# To teach, you must also *learn*

Teaching the next generation is a noble profession. It takes skill, incredible patience and a desire to help students achieve and grow. The passion required to be an educator does not just disappear when teachers turn off their classroom lights for the last time, though! After years of imparting wisdom, instilling life lessons and mentoring young people, those who spent their careers teaching see their retirement as another opportunity to learn and grow. That's one reason why Rydal Park is home to a large number of retired educators.

Linda Martin wanted to be a teacher from the time she was a little girl. She even enticed her siblings and cousins to play school — with her as the teacher, of course! Upon graduating from Penn State, she immediately returned to her native Philadelphia and began teaching in the city's elementary schools. It was during this experience that she found her true calling — teaching kindergarten.

"I just loved the brightness of the students and their desire to learn," says Linda. Many agree that it takes someone

young at heart to teach children who are just learning what school is all about. But just because Linda isn't in the classroom anymore doesn't mean her youthful demeanor has wavered. Since moving to Rydal Park, Linda has discovered many kindred spirits who are excited to learn and grow with her. Says Linda, "I've really grown to enjoy arts and crafts, which is something I rarely had time for when I was teaching."

We hear similar stories from many other residents, such as Irv Leventhal. Irv spent his career as a teacher, guidance counselor and administrator, working with the age group many consider to be the most challenging — middle school. Irv loved teaching and was reluctant to retire. But once he did, he realized that, in his words, working life had become a "treadmill." It was after retiring that he realized just how much of the world he wanted to explore. Irv began researching subjects that interested him, such as art, architecture, weaving and horticulture.

## **"Being Your Best You"**

Rydal Park University presents "Being Your Best You," a new speaker series. Seminars include: "Mindfulness & Beyond," (Oct. 11), "The Power of Positive Psychology" (Oct. 17) and "Maximize Your Memory" (Oct. 19). Join us for one event or for all! RSVP at **215-814-0329** or **info@rydalpark.org**.





"Once I grasped that the grandkids were going to be in school all day, it dawned on me that I finally had the time to do anything that interested me." One thing that piqued Irv's interest was life at Rydal Park. "It was an emotional decision," says Irv. "But I'm so glad that we moved here. By no longer having to deal with the challenges of homeownership, I have even more time to do what I love."

*"Finding what you love  
and exploring it are some  
of the best parts of retiring."*

— Nancy McHugh, Rydal Park resident

Nancy McHugh, one of the newest faces at Rydal Park, agrees with Irv. For 31 years, Nancy taught all levels of history at Abington High School, not far from Rydal Park. Her favorite topic was American colonial history. "When I moved to Philadelphia, I was like a kid in a candy store. There's so much history here, and I continue to find new

people and places to learn about." Nancy is very excited for Philadelphia's latest attraction, the Museum of the American Revolution, which just opened on South Third Street in Philadelphia. Access to educational trips and programs was very important to Nancy as she selected a community. "I had a student who was a financial planner, and he recommended that I look at Rydal Park. He knew that it offered an exceptional experience, with the kinds of life-enriching activities that I desired."

Not everyone at Rydal Park had a career in education, to be sure, but our residents and team members have one thing in common — they are all lifelong learners. Rydal Park values education, whether it be a kindergartner practicing writing, a middle school student learning geometry, a high school senior studying the constitution, or one of our residents discovering an exciting new interest. In this journey of life, we are all students, eager to learn and grow at any age. We believe that our openness to learning contributes to making life at Rydal Park exceptional, without exception.

## Spiced Cider Margarita

This spiced cider drink is a perfect mix of summer and fall in one chilled glass. Margarita lovers, feel free to cling onto your favorite warm weather drink a little while longer with blogger Belle Vie's fall twist on this classic (makes 2).

### Ingredients

6 oz. apple cider  
4 oz. silver tequila  
2 oz. triple sec  
1 lime  
Pinch of brown sugar  
2 apple slices for garnish

### Directions

1. Start by rimming your glass with brown sugar.
2. Next, add the apple cider, tequila, triple sec and lime juice to a cocktail shaker.
3. Add a little brown sugar into the mix, and start shaking.
4. Finally, pour the concoction over ice into glasses, and enjoy!



# UPCOMING EVENTS

# October



## Save up to \$55,000 at our One-derful One-bedroom Open Houses!

Dates: Oct. 3 or Oct. 6. This is a very rare and very time-limited opportunity. To RSVP or schedule a private appointment, call **215-814-0329** or email [info@rydalpark.org](mailto:info@rydalpark.org).

Welcome

### VOICES OF THE VALLEY

The stars of the Delaware Valley Opera Company will make their exciting debut at Rydal Park, putting their hearts into performing familiar arias from famous operas.

### VLADIMIR'S VIOLINISTS

Residents will enjoy a stellar recital from the studio of Professor Vladimir Dyo, featuring his talented Temple University students performing the classics.

### FUN IN FULL SWING

Residents can partner with gracious hosts to dance the night away to the Sounds of Swing Big Band or just enjoy the jazz-influenced music.

### MAGIC TRICKS AND SPOOKY TREATS

Residents, guests and team members will show off their scariest costumes during the annual Halloween costume parade. Nationally known magician Dick Gustafson will dazzle the audience, followed by delicious refreshments for all.

### AN EGG-CELLENT WORKSHOP

Residents will explore the ancient art of pysanky by decorating an egg with multicolored designs in wax. This fascinating cultural workshop will be presented by the Ukrainian Heritage Studies Center.

### THE REVIEW CREW

Two thumbs up to KYW movie critic Bill Wine, who will lecture on a movie chosen by residents.

### VETS AND PETS

Kevin Ferris, the deputy editorial page editor at The Philadelphia Inquirer, will present his new book, "Vets and Pets: Wounded Warriors and the Animals That Help Them."

### DRIVERS NOT WANTED

Penn State University Philosophy Professor Gary Calore will present "The Ethics of Autonomous Vehicles," a thought-provoking discussion about what's down the road in a driverless society.

### HISTORY COMES ALIVE

Created by award-winning documentary filmmaker Ken Burns, "The Roosevelts — an Intimate History" is a personal portrait of one of the most influential political families of all time.

### SPIRITED DISCUSSIONS

From comparative religious studies to current events to Jewish studies, Rydal Park's engaging discussion groups will spark healthy debate.

### CLUBS, CLASSES AND CUISINE

This month, the Rydal Park schedule is filled to the brim with art classes, fitness, karaoke, movies, jazz brunches, smash comedies and much more.

### SPIRITUAL SERVICES

Residents can participate in weekly worship services, monthly Sabbath services and more.

## OCTOBER TRIPS: *Bewitching Entertainment*

This month will be packed with cultural opportunities in and around Philadelphia, including visits to:

- The Hedgerow Theater
- Museum of the American Revolution
- The Philadelphia Orchestra
- The Pennsylvania Ballet



# How to Lose 100 POUNDS

Let's face it — we all carry a little bit of extra weight. No, we're not talking about those cookies that we just couldn't resist. Rather, the weight of things that we've brought into our homes and lives over the years that we just don't use or need anymore. This kind of clutter may not be a risk to our cardiovascular health, but it does impact our mental health and state of mind. Organizing and decluttering the space in which we live puts us in control and makes us feel better in a number of ways. But, before we tackle the actual organization, there are a few things to keep in mind.

First, be sensible about projects and goals. The clutter wasn't created in a day, and it won't be cleaned up in a day, either! We recommend that you start with the easiest tasks to show progress that will get you motivated. We also recommend that you find the right time to take on a project, such as on a rainy day. Organize one shelf, one drawer, one wall, one room at a time. Try to keep sorting sessions short. Then, as you make progress, start to maintain order in your everyday living space.

Having trouble shedding all that unwanted weight? Rydal Park proudly partners with professional packing, planning, decluttering and moving services that can help reduce the stress of moving. Ask us for details.

## UPCOMING EVENTS

# November

### A SHAVE, A HAIRCUT AND 35 GENTS

The Bucks County Country Gentlemen will sing American barbershop arrangements with a modern flair.

### A SALUTE TO VETERANS

The popular Tri-County Band will perform a heartwarming concert of patriotic and semi-classical music that all will enjoy.

### FOUNDER'S DAY, VIENNA'S EVENING

Rydal Park will celebrate Founder's Day with a festive cocktail party, followed by a gala seated dinner, with entertainment by strolling Viennese musicians.

### DON'T MISS THE RYDAL PARK HOLIDAY BAZAAR!

This popular resident-run event will feature handmade items, wonderful baked goods, gift items and much more! Call us to learn more at 215-814-0329.

### TRIO TUNES

In this beautiful concert by the Trio Amaranth, a pianist, cellist and violinist will showcase their amazing blend of musicianship in a concert of variable compositions.

### DOUBLE TALK

The Honorable Jeanne Sorg, Ambler's mayor as well as Montgomery County's Recorder of Deeds, will share the how, why and what of her two important offices.

### CLERGY WITH A CAUSE

Clergy leader Hugh Taft-Morales will speak about ethical humanism, a movement that has contributed to progressive causes for well over a century.

### BROADWAY THE PENN STATE WAY

Penn State University Professor Dr. Moylan Mills will advise residents on what to see at the movies and on Broadway this season!

### WAVES OF CHANGE FROM BOATHOUSE ROW

Dotty Brown, author of "Boathouse Row," will share stunning images and wonderful stories that will bring this iconic landmark to life.

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### NOVEMBER TRIPS: *The Big Apple*

This month, we'll set out for the bright lights of Broadway to catch the smash hit, "Hello Dolly." Cultural outings in and around Philadelphia will include: the Bristol Riverside Theater, the Philadelphia Orchestra, the Pennsylvania Ballet and more.



## Top Tips for Eliminating 100 Pounds of "Stuff" From Your Life

1. Keep items that are useful, that you use frequently and that bring you pleasure.
2. Ask your children, nieces, nephews, etc., if they would like any of the items that you are storing for them. They have their own homes in which to store their things now.
3. Find people who will appreciate your extras, such as newlyweds, first-time homeowners and kids going off to college.
4. Don't be upset if people don't want your stuff. We all have different tastes and styles.
5. Don't expect to make a lot of money from selling your used things.
6. Be grateful when you find a home for things that you no longer need.
7. If an item is boxed up, and you haven't opened the box in years, get rid of it.
8. Are you still using those trendy kitchen items, such as bread-making machines, popcorn poppers or pasta makers? If not, they make great candidates to get rid of if you are rightsizing!
9. Most people wear 20% of their clothes 80% of the time. Get rid of the 80% that doesn't fit or is out of style.
10. Go online to research charities and other venues for disposing of your things. Doing your homework will save you time and frustration. There are many charities that will appreciate your extras, such as homeless shelters, animal shelters and many more. Plus, many of these donations are tax-deductible!



# UPCOMING EVENTS

# December

## THE SEASON IN SONG

The 80 talented members of the Abington Choral Club will celebrate the season in a stirring holiday concert.

## HARMONIOUS HOLIDAYS

The dulcet tones of the fabulous Rydal Park Chorus, our very own musical group, will brighten the holiday season in a delightful concert of beloved holiday classics.

## A PAIR WITH FLAIR

Celebrated Broadway vocalist Keith Spencer and his wife, Amy, an acclaimed opera singer, will blend their harmonious baritone and soprano voices in a show-stopping performance, joined by their children in a joyous finale.

## SING AND SIP

Our homegrown talent will enjoy homemade cookies and delicious punch in this lively, annual winter sing-along led by Marlene Williams.

## IMPRESSIVE IMPRESSIONISM

An acclaimed art expert from the Michener Museum will present a fascinating talk on the rich history and highlights of the Museum's world-class collection of Pennsylvania Impressionism paintings.

## FUNNY BUSINESS

Tony Braithwaite, famous actor and artistic director of Ambler's Act 2 Playhouse — also known as Philadelphia's funniest man — will return with a sidesplitting comedy routine created just for Rydal Park residents.

## THE WHYYS AND WHEREFORES OF PUBLIC TV

Bill Marrazzo, the leader of WHYY, one of the most famous public television stations in the country, will share his opinions about the impact of federal changes, growing WHYY and the future of the station.

## A MINDFUL STATE FROM PENN STATE

Dr. Pierce Salguero, associate professor of Asian history & religious studies at Penn State University, will reveal the benefits, history and potential of the age-old practice of mindfulness.

## SEASON'S MEETINGS

The season will sparkle with festive programs celebrating Hanukkah and Christmas, including special services and fascinating educational talks for people of all denominations.

## COUNTDOWN TO COUNT ON

The annual New Year's Eve bash will blow the lid off Rydal Park, with lively music, delicious food, festive dancing and the annual yearly countdown!

## A NATURAL SELECTION

This monthly trip to the beautiful Briar Bush Nature Center is the natural choice for those who love spotting wildlife, attending fascinating environmental talks and strolling down woody nature trails.

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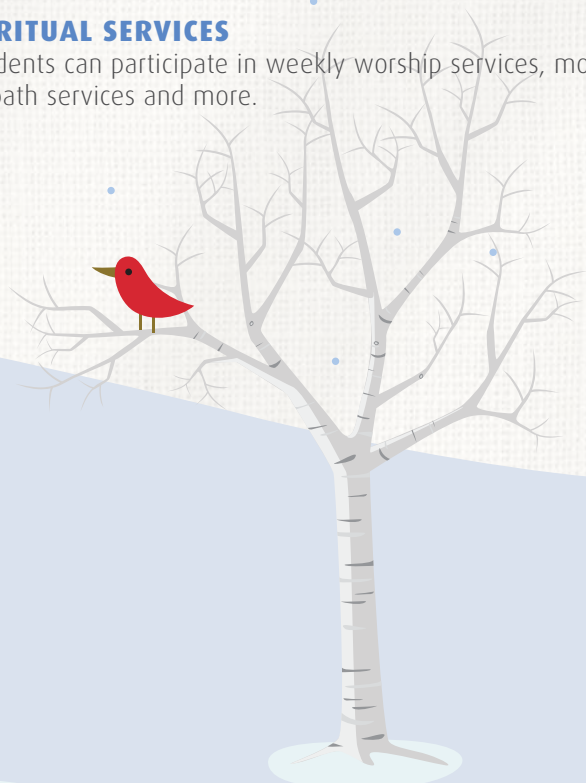
## SPIRITUAL SERVICES

Residents can participate in weekly worship services, monthly Sabbath services and more.

## DECEMBER TRIPS: *A Season of Stages*

We'll celebrate the holiday season with enriching outings to:

- The Bristol Riverside Theater
- The Philadelphia Orchestra
- The Pennsylvania Ballet
- And more





# Recent Happenings



Resident Bill Schwarzchild's talents earned him an on-camera spot in the "Art of Aging" series on 6abc Action News.



Laura Berry, marketing coordinator, proudly showcased our new one-bedroom floor plans.

Musician Chris Marsceill and his bassist brought entertainment to the Morris Arboretum as we enjoyed botany, bubbly and bites!



Rydal residents gathered to view the historic solar eclipse.



Lights! Camera! Action! Behind the scenes of our Rydal Waters photo shoot.



Sarah Jolles, executive director of sales & marketing, shared the exciting progress of our Rydal Waters expansion over a delicious brunch.

## A VIBRANT NEW COMMUNITY IS TAKING ROOT!

Rydal Waters will be a maintenance-free cottage expansion of Rydal Park. Residents will enjoy the fabulous amenities of both communities and future care, if needed. To learn more, call **215-814-0329** or visit **RydalWaters.org**.



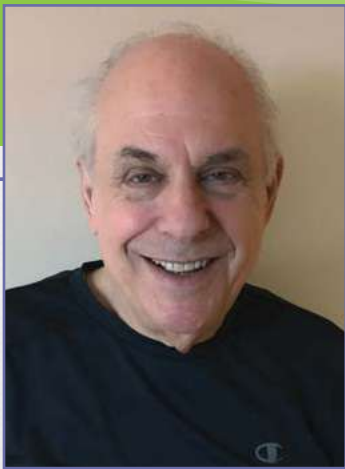
**RYDAL WATERS**  
AT RYDAL PARK

A Presby's Inspired Life Community

Exceptional. Without Exception.

## Resident Spotlight

# Rydal Park resident's classes are a home run with students



**Y**ou'd think that after more than four decades in academia — both as a professor and as an administrator — Dr. Dick Rosen would be ready

to leave the classroom behind. However, teaching and learning are lifelong passions that have only grown since he became a resident of Rydal Park in the spring of 2017.

Dr. Rosen is an accomplished educator, to be sure. With degrees in engineering and the history of science, his perspective is quite unique. "My interests lie where hard science and liberal arts intersect," he says. He spent 41 years with Drexel University, starting as a professor and culminating as dean of the College of Arts and Sciences, but it's clear from the twinkle in his eye that one academic accomplishment stands out from the rest: "Another professor and I taught a class on the history of baseball — for credit!"

It's that love for the history of Philadelphia sports — and baseball, specifically — that first brought Dr. Rosen to Rydal Park. He was invited to present a program on the history of baseball and was thoroughly impressed with the community. When he and his wife began looking for a new home, Rydal Park was at the top of the list because of all of the amenities it offered,

both on-site and nearby. "Having a community that is walkable was very important to me," he said. "I can walk down the street and have everything I need, including the train station!"

The Rydal Park train stop has quickly become Dr. Rosen's door to the world. He regularly uses the train to go to Center City, Philadelphia. There, he participates in one of his favorite pastimes: attending the Osher Lifelong Learning Institute (OLLI) at Temple University. OLLI is a specialized program that offers educational classes for people 50 and better. Most of the programs are "walk-in," with more than 100 courses being offered throughout the year. Through OLLI, Dr. Rosen continues to teach classes and seminars on the history of baseball, sharing his passion with others. But he's not just a teacher! He and his wife are also active students, taking classes on improvisational comedy, opera, the sciences and more. When asked about the importance of lifelong learning, Dr. Rosen says, "You have to keep active and exploring what excites you. Learning isn't just done in a classroom. It occurs every day in the world around us."

Dr. Rosen's interests speak to this philosophy. He serves as the co-chairman of the Philadelphia branch of the Connie Mack Chapter for the Society for American Baseball Research and as the chairman of the Society for the History of Philadelphia Athletics. Through these organizations, he continues to research and learn about the history of America's favorite pastime and the ways it has impacted life in the Philadelphia region.

It's clear that Dr. Rosen keeps a busy schedule, filled with opportunities to learn and grow. "That's the best part of living at Rydal Park," he says.

*"I am able to participate in every activity that piques my interest and not have to sweat the small stuff of daily life. It definitely leaves me with more time for baseball!"*

Certainly, Dr. Rosen is a great example of a passion for learning, which is part of the fabric of life at Rydal Park!

# Meet *the* team



## Michelle Morton

Rydal Park's new associate executive director

**Q: Hello, Michelle! Thank you for taking time out of your busy day to speak with us for the newsletter. Are you enjoying your new role as associate executive director for Rydal Park?**

**A:** Yes! It's been a wonderful experience so far. The Rydal Park residents are some of the sweetest people I've ever had the pleasure of serving. My team members are great as well. I'm really enjoying working with Russ Mast, our executive director. He's a great mentor and teacher!

**Q: We know that learning and teaching are very important to you. Can you share some of your experiences and background with us?**

**A:** I graduated from Temple in 1985 with a degree in recreation therapy. Since that time, I've become a licensed administrator. I also hold licensure in personal care, assisted living and nursing care, and I am certified in senior fitness. I have the great fortune of being an adjunct faculty member at Temple, where I teach a course in administering and managing a community like Rydal Park. There's only so much you can learn in a classroom; being with people at a community is just as important. You have to experience real life with the people you serve.

**Q: You are obviously quite passionate about Presby's mission and providing exceptional service. What fuels this interest?**

**A:** I'm very dedicated to putting our mission into action every day, both here at Rydal Park and in my free time. Everyone should have the opportunity to live a vibrant, active and healthy life in the manner of their choosing. That's what appeals to me about my work here. Rydal Park is all about person-centered living.

My passion doesn't stop when I go home, however. Along with Russ Mast, I'm involved as a volunteer director for VOICE, which stands for Voice of Inspired Change for Elders. Previously known as the Pennsylvania Culture Change Coalition, VOICE is a not-for-profit organization dedicated to empowering people 62 and better to make informed choices about where they call home. We are dedicated to working with Pennsylvanians and teaching them about all of the different options they have in finding a home that is just right for them. VOICE gives me a chance to help my community, fuels my passion for the work I do and enables me to talk about the great work that Presby's Inspired Life and Rydal Park do in providing exceptional service, without exception.

**Q: What an incredible mission! We're sure it keeps you very busy. When you do have free time, what other activities do you enjoy?**

**A:** Even in my free time, I'm always learning and trying to grow. I love to read and write! If I could go back to school for one thing, it would be for English, with an emphasis on children's literature. I'm also very into music — I play the piano and the violin. If I'm not doing one of those three activities, you might find me entranced with a needlework project or getting my hands dirty in the garden.

**Q: You certainly lead an active life, with diverse interests. Do you have any parting thoughts on how your hobbies help you connect with the residents and team members at Rydal Park?**

**A:** I certainly feel that participating in a variety of hobbies, coupled with a desire to learn new things, empowers me. If I can provide those same opportunities for our residents each day, then I've had a successful day at Rydal Park!



# RYDAL PARK

A Presby's Inspired Life Community

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EXPLORE OUR VIEWS  
*on education*  
IN THE FALL ISSUE.



215-814-0329



# *Views from the Park*

THE NEWS AND VIEWS OF RYDAL PARK



**ONE-DERFUL NEWS!**  
SAVE UP TO \$55,000  
ON A ONE-BEDROOM  
APARTMENT!  
CALL US AT  
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INSIDE THIS ISSUE...

**WHICH MOVING OPTIONS  
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**RYDAL PARK RESIDENTS  
CONTINUE TO TEACH AND LEARN**

**HOW TO LOSE 100 POUNDS  
(TRUST US — IT'S BETTER THAN IT SOUNDS)**

**AND MUCH MORE!**

