

FALL 2016

COMMUNITY MATTERS

NEWS FROM THE
COMMUNITY AT ROCKHILL

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ARE WE MEETING OUR MISSION AND VISION?

Earlier this summer, I celebrated my three-year anniversary of service at Rockhill. It seems like a long time ago that I held my introductory meetings with residents and staff to understand the needs and hopes of this community.

This milestone inspired me to consider the current state of Rockhill. It made me wonder: *are we meeting our mission of being a vibrant community providing purpose, dignity, and compassion, centered in God's love?*

What about our vision of enriching the lives of all served through innovation and creativity?

These are questions that are not just mine to answer. They're for my entire team, who also work their hardest toward accomplishing these critical goals. I reached out to a number of them and asked for examples of how we are fulfilling our mission and vision, and was overwhelmed by the responses I received. Here are just a few:

- What impresses me most about my fellow team members is that they understand how important their work is to our residents. I've discovered that they don't exhibit exceptional levels of dedication and compassion because they feel they NEED to—they do it because they WANT to.
- Something remarkably special and soul touching happens almost every day here at Rockhill.
- Every time I walk through the halls, I see team members and residents greeting each other with smiles, and taking pride in keeping our community beautiful.
- The focus of care we provide our residents is expert, genuine, and takes into account both their physical and mental well-being. It's this level of dedication that makes me glad and proud to come to work every day.
- It's exciting to see how we are truly advancing the concepts of active aging and living well.

Reading these (as well as so many more), is it any wonder why I'm so energized by the future of our community? Because there is a culture of openness, being willing to listen and change, this community will only continue to grow and thrive.

Are we meeting our mission and vision? **Yes, we are.**

With God's grace, and all our commitment to live and work as a community, I hold such optimism for the future of Rockhill.

Best Wishes,

Karen Lehman, CEO



MISSION STATEMENT

We are a vibrant community providing purpose, dignity, and compassion, centered in God's love.

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ROCKHILL EXECUTIVE LEADERSHIP TEAM

Karen Lehman
CEO
(215) 257-2751, ext. 124
klehman@communityatrockhill.org

Carol DeLancey
Chief Operations Officer
(215) 257-2751, ext. 175
cdelancey@communityatrockhill.org

Alisa Miller
Chief Financial Officer
(215) 257-2751, ext. 123
amiller@communityatrockhill.org

Juanita Nyce
Vice President of Organizational Advancement
(215) 257-2751, ext. 142
jnyce@communityatrockhill.org

Kristin Thim
Vice President of Human Resources
(215) 257-2751, ext. 126
kthim@communityatrockhill.org

THE COMMUNITY AT ROCKHILL

3250 State Road
Sellersville, PA 18960
(215) 257-2751
www.communityatrockhill.org

Admissions, the provision of services, and referrals of residents shall be made without regard to race, color, ancestry, religion, disability, sex, age, natural origin, or limited English proficiency.



ROCKHILL FOOD AT THE SOURCE

“GOOD INGREDIENTS

ARE WHERE EVERY GREAT MEAL BEGINS.”

ROCKHILL'S EXECUTIVE CHEF ERIC GEORES

ROCKHILL FOOD AT THE SOURCE

Ask a chef what the key is to making a great meal, and you'll get responses like, "creativity", "simplicity", and "experience". Behind any answer given, however, comes the same thing: good ingredients.

"Good ingredients are where every great meal begins," explained Rockhill's Executive Chef Eric Geores. "At times I enjoy being creative with my menu-planning and cooking, other times I prefer to keep things very simple. But whichever approach I decide to take, the meal begins with good quality, fresh ingredients."

Going Dutch

Geores, a United States Navy veteran, received his culinary education from Johnson & Wales University in Rhode Island, and has worked in fine dining establishments throughout Providence, RI and New York City. Conversely, if there was to be a taste in food that is most prevalent at Rockhill, it would be based on the location and the upbringing of many residents: Pennsylvania Dutch.

What could have been a deterrent to preparing food at Rockhill, Geores instead saw as a learning opportunity. "I'm sharing my passion for cooking and wholesome ingredients in a whole new way by exploring different Pennsylvania Dutch culinary traditions, introducing new menu options with unique twists and flavors, and infusing fresh and local produce to inspire optimal health and nutrition."



“THEIR LETTUCES HAVE BEEN EXCEPTIONAL. I HAND CUT MOST OF IT, BRING IT BACK TO THE KITCHEN, WASH IT, AND PUT IT RIGHT INTO CIRCULATION. YOU DON'T GET FRESHER THAN THAT.”

How Fresh? How Local?

From certain spots on Rockhill's campus, the peak of Detweiler Homestead Farm's silo is visible. It sits in the middle of a fourth generation family farm (active since the late 1700s), which grows and sells chemical free vegetables and herbs, and follows both organic practices and sustainable agricultural methods.

In early spring, Geores, an adamant supporter of cooking with food grown locally, began relying on Detweiler Farm for much of the produce with which he cooks. He quickly learned that this farm cultivates more than just vegetables and unique flowers.

"Over the centuries, our fourth-generation farm has always been about more than just the products we grow," explained co-owner Julie Detweiler Gotwals. "We work to be an important part of our community—to not just show people where and how their food is grown, but also introduce them to the farmers that work hard to grow it."

Geores especially appreciates this philosophy. "I enjoy stopping by the farm to check on the gardens once or twice a week to see what will soon be available. Rockhill is a community that can't be, or should be, tied to any single type of menu—so I appreciate the variety of ingredients Detweiler Farm provides me."

This past spring and summer, his favorites have been their strawberries, lettuces, tomatoes, herbs, and radishes. "Their lettuces have been exceptional. I hand cut most of it, bring it back to the kitchen, wash it, and put it right into circulation. You don't get fresher than that."

And as the seasons change, his menus will follow suit. "At this point of the year, I'm looking forward to working with their eggplant, zucchini, squash, and cucumbers."

Top: Farm co-owner Julie Detweiler Gotwals and lead farmer Dwight Alderfer walk with Rockhill Dining Services GM Chris Walker and Rockhill Executive Chef Eric Geores.

Bottom: It doesn't get fresher...Gotwals keeps up with her busy egg-laying hens.

Beyond fruits and vegetables, Detweiler Farm is home to Jacob sheep and over 50 free-range pastured chickens—who are raised on organic feed, and whose eggs are for sale to visitors. They've also supplied Rockhill with a variety of seasonal cut flowers for dining room table arrangements.

Although the working relationship with Rockhill's dining services is relatively new, Gotwals' relationship with the Community at Rockhill goes back generations. "My father Russell Detweiler once served on their Board and my mother volunteered to help make beds. It's so fulfilling for me, personally, to maintain the bond my family's farm has with Rockhill."





WASTE NOT...

Detweiler Homestead Farm has good company in Rockhill's Community Gardens, where residents grow everything from broccoli, to lettuces, to tomatoes—most either in raised, caged beds, or dutifully surrounded by protective marigolds.

The secret to this thriving victory garden? "Compost," said resident gardener Stan Hagberg, who serves as Chairman of the Buildings and Grounds Committee. "With Rockhill's help, we've constructed three 8' by 8' compost bins, that are designed for easy access with a front-end loader when it's ready to be used."

Together, Hagberg and Chris Walker, GM of Rockhill's Dining Services, saw an opportunity. "Since spring," explained Walker, "we've been hauling our fruit and vegetable scraps from the kitchen down to our compost bins. On average, we provide them about five large trash barrels worth of composting material a week."

These scraps, in addition to leaves, grass clippings, and garden waste, will be supplying the Community Garden with the richest soil—while greatly benefiting the environment by way of recycling at its most rudimentary level—through the foreseeable future.

From Chef Eric...

No matter the time of year, I enjoy making fresh salads such as cucumber and tomato salad, quinoa salad, and watermelon and feta cheese salad. I hope you give my quinoa salad recipe a shot. It's an excellent meat alternative, and a personal favorite!

Quinoa Salad with Citrus Vinaigrette

Salad ingredients:

- 1 cup raw quinoa
- 2 tablespoons minced red onion
- 1 minced jalapeño
- 1 small bunch fine chopped cilantro
- 1 small diced red pepper
- 1 orange
- 2 lemons
- 3 limes

Cook quinoa, then set in refrigerator. When cool, mix with other ingredients.

Citrus vinaigrette ingredients:

- ½ cup lemon, orange, and lime juice
- 1 cup extra virgin olive oil
- 1 teaspoon Dijon mustard
- 1 tablespoon honey
- Pinch of salt

In a blender on medium high speed, mix the citrus juice, mustard, honey, and salt. Slowly drizzle in the olive oil until the dressing has emulsified. Toss the dressing with the salad and serve.

I'd also like to share a recipe for Chocolate Flourless Cake... a dessert I used to make with my grandmother.

Chocolate Flourless Cake

- ½ cup water
- ¼ teaspoon salt
- 18 ounces mini chocolate chips
- 1 cup unsalted butter
- 6 large eggs
- ¾ cup granulated sugar

1. Preheat oven to 300 degrees.
2. Grease one 10" cake pan with butter and set aside.
3. Dissolve sugar and salt in water over medium heat and set aside.
4. Melt the mini chocolate chips, pour into the bowl of an electric mixer.
5. Cut the butter into pieces and mix into the chocolate one piece at a time on medium speed.
6. Mix in the hot water mixture, then the eggs, one at a time.
7. Pour the batter into the greased cake pan. Place this cake pan into a larger pan, then fill larger pan with boiling water until the water reaches halfway up the side of cake pan with the batter.
8. Bake at 300° for 45 minutes. The center should still appear to be wet. Chill the cake overnight. To remove from pan, place it in hot water for 15–20 seconds, turn it upside down, tap it out onto a cutting board.
9. Garnish with whipped cream and fresh raspberries.

JOIN US FOR COMMUNITY DAY AT ROCKHILL

SATURDAY, OCTOBER 8, 2016 ■ 1:00 - 4:00PM

FREE ADMISSION!

FOOD TRUCKS ■ ENTERTAINMENT ■ LIVE MUSIC ■ CHILDREN'S ACTIVITIES ■ CAR SHOW

FOOD TRUCK FESTIVAL

CHEF JOHNNY BRAVO'S SURF N TURF ■ CHEESE E. WAGON BRAZ-BQ ■ SWEET-N-SAVORY CREPE ■ SWEET PEA ICE CREAM

PHILADELPHIA FUNK AUTHORITY

CONCERT ON THE LAWN ■ BRING A LAWN CHAIR OR BLANKET

For parking information and a full list of events, visit www.communityatrockhill.org

A WORLD OF DIFFERENCE

Have you ever asked yourself the question:

When the people I care for deeply wish to continue living a vibrant life while requiring compassionate care, where should they turn?

For over 80 years, individuals and families have made the Community at Rockhill their answer. Every resident becomes a member of a community that provides purpose, dignity, and compassion, centered in God's love. They're treated like the "real" people they are by both their kind neighbors and our compassionate employees.

But as we strive to maintain our superior level of care to each resident in our community, we

must rely on the generosity of individuals like yourself.

A significant part of Rockhill's not-for-profit mission is to ensure that residents who outlive their resources through no fault of their own are able to continue living at the Community at Rockhill. These residents are able to apply for and receive support to cover their expenses through the Benevolent Care Fund.

Through your generosity, you'll extend mercy to those at Rockhill who truly need it the most. Your donation will make a world of difference.

An envelope is enclosed for your convenience. Your gift is tax deductible to the fullest extent of the law. If you would like to learn more about creative ways to support the Community at Rockhill, please contact Juanita R. Nyce at (215) 257-2751, ext. 142 or jnyce@communityatrockhill.org.



Your gift of \$100, \$500, \$1,000, or \$5,000 can make all the difference for residents who have outlived their resources through no fault of their own and need assistance from the Benevolent Care Fund.



A LIVING ROCKHILL LEGACY

Glenn Bauman is in his 24th year of service on Rockhill's Board. Over this time, he has seen our grounds, facilities, and resident population grow steadily on. While this progress has been exciting for Glenn to witness and be part of, it's not what he most appreciates about Rockhill.

“Even with all the growth that has occurred, we've never lost sight of the fact that building relationships is more important than anything bricks and mortar can build.”

I asked him more about his work at Rockhill, his personal life, and what he has planned for after his time with the Board comes to an end after a very fruitful run.

...

ROCKHILL: What connected you with your passion for working and helping in retirement communities?

GLENN BAUMAN: I was drafted to serve in the Vietnam War, and as a conscientious objector, worked for several years at Maple Lawn Homes in Eureka, Illinois. It wasn't the work I was assigned to do (general bookkeeping) which inspired my passion to work in communities like Rockhill—it was the residents themselves. It made me feel good to help them, or simply just to talk with, or listen to, them.

ROCKHILL: Clearly that passion you discovered in Illinois all those decades ago is as strong as ever.

GB: Absolutely. The rewards are bountiful!

And residents aside, I enjoy my fellow Board members and the staff at Rockhill. We've all always worked toward making decisions based on what is best for the residents.

ROCKHILL: Do you think that resident-centric work philosophy will ever change at Rockhill?

GB: Absolutely not. It's more than just a good habit. Working for what is best for the residents is the philosophy that Katie and Wilmer Alderfer established at Rockhill around over 80 years ago, and I'm very certain that will never change. It's what Rockhill is.

That said, however, the industry is changing so fast and we have to change with it. That can mean good things, and it can mean having to face certain challenges. But it's the Rockhill tradition to react together and plan together. Having that approach is what working and living in a community is all about.

“I'LL NEVER STOP VOLUNTEERING AND HELPING OTHERS, AND THAT CERTAINLY INCLUDES THE PEOPLE OF ROCKHILL.”

ROCKHILL: Besides providing a consistently strong level of care, what do you believe have been Rockhill's greatest accomplishments over the course of your tenure?

GB: Two things immediately come to mind: the household-style model we've placed in Personal Care, and the consistently improving quality of the apartments. Both projects signify how Rockhill has kept up with what is expected of retirement communities today.

ROCKHILL: How have you personally benefited from working here?

GB: I've received eternal, immeasurable blessings. I've learned to truly appreciate the elderly. I've learned how powerful living and working together as a community can be.

It's wonderful to hear how much my work is appreciated, but when it comes to my relationship with the Rockhill community, I'm the blessed one.

ROCKHILL: The devotion and time you give Rockhill is intense. Will you ever slow down?

GB: Yes, I think so. But in reality, I'll never really leave Rockhill. My wife Chris and I will always be here volunteering and visiting residents.

ROCKHILL: What does 2017 and beyond look like for you?

GB: I'm going to enjoy the rewards God has given me—especially my family. I'll never stop volunteering and helping others, and that certainly includes the people of Rockhill.



TUESDAYS WITH JIM

Each Tuesday, Rockhill Board member Glenn Bauman sets aside a few hours to see residents—a practice that is as rewarding for him as it is for those he visits.

I've been doing it regularly since 2008 and find it not just rewarding, but also very educational," he explained.

He and Jim Swartley, a Rockhill resident for close to four years, have had weekly get-togethers over the last two.

"I learn so much from this man," Glenn said of Jim. **"HIS MIND IS CONSTANTLY WRAPPED AROUND SOMETHING, AND EACH TUESDAY, HE SHARES WITH ME HIS THOUGHTS AND KNOWLEDGE."**

These days, building bird houses and feeders is a hot topic. "I enjoy working with wood, and Jim has shown me a few ways to make a house that can be easily adjusted to attract certain types of birds. It can be as simple as knowing what size the hole should be, or placing it in the right location, or using the right wood."

Like Glenn, Jim looks forward to every Tuesday. **"I APPRECIATE THE TIME HE SPENDS WITH ME. I'VE FOUND A TRUE FRIEND IN GLENN."**

What will it be next week? Politics? Computers? Books?

It'll be whatever these two friends want to talk about.





Rockhill Reveals New Direction in Home Design

Our future has never looked brighter. Or more elegant. We are thrilled to unveil to you our two newly reinvented apartment homes: Standard, and the premium Signature.

There is a reserved elegance in both that not only looks good, but is quality built and designed thoughtfully to serve our future residents, and fulfill their lifestyles, comfort, and requirements.

Here are just some of the details included in each model:

In both the Signature and Standard:

- “Easy close” cabinets, pull out spice rack, roll out island drawers
- Comfort-height bathroom vanity with recessed medicine cabinet
- Open concept living areas
- Electric fireplace in sunroom
- Walk-in closet in bedroom (Includes deluxe organizer in Signature)
- COREtec flooring
- Ceiling fans

Exclusive to the Standard:

- Formica countertops including an island with table-height seating
- Recessed lighting, light fixture above island, under-cabinet lighting
- White appliances
- Fiberglass shower
- Premium ceiling tiles

Exclusive to the Signature:

- Granite countertops including an island with table-height seating
- Tile backsplash
- Recessed lighting and fixture above island
- Designer lighting above and below upgraded cabinetry
- Lit corner glass cabinet
- Upgraded cabinetry (available in four color selections)
- Slate appliances
- Tile shower with glass door

How about a personal tour? Contact your residency counselor at (215) 257-2510 or (888) 870-ROCK (toll-free) to make an appointment.

An Eagle Has Landed at Rockhill (Again)

For the second year in a row, an Eagle Scout candidate—one who is working toward achieving one of the highest ranks in Boy Scouting—chose to do his service project on Rockhill’s campus.

Max Haughin, Life Scout from Troop 187 based in Dublin, Pennsylvania, built a recreational size bocce court and accompanying horseshoe pits for his Eagle Project on the campus of the Community at Rockhill this past May.

In Spring of 2015, Eagle Scout Stephen Mehlbaum created a nature trail dotted with over 30 birdhouses for his project.

Eagle Scout Requirement 5, the Service Project, is one of the more significant tasks on the long checklist one must complete in order to become an Eagle Scout. It involves a Scout planning, developing, and leading a service project helpful to any religious institution, school, or to the community in general.

“We’re thrilled and honored that Max has chosen our campus for his project,” said Karen Lehman, CEO of Rockhill. “We have a long history of both serving our outside community, and receiving as well. This is a gift that will surely coincide with our residents’ active lifestyles.”

Prior to construction, Max and his family (mother Jody is Rockhill’s massage therapist) hosted a yard sale to raise funds for the purchase of bocce balls and a horseshoe set. “I’m excited about reaching this goal,” said Max, “and am glad to be doing it at a place that means so much to me.” Beyond the fact that his mother is Rockhill’s massage therapist, Max has been a volunteer at Rockhill since the age of six, helping with Health Care residents. “Doing this for the Community at Rockhill means everyone wins.”

His project a success, Max will formally be named an Eagle Scout in late October.



ROCKHILL PHOTO GALLERY

1. Our culinary experts were recently put to the test on skills such as braising, sautéing, preparing soups and stocks, and presenting meals. For their hard work and dedication, they were given certificates and engraved knives.

2. Our annual celebration of Senior Health and Fitness Day included a dedication of new horseshoe pits.

3. Josué Hirschler, visiting from France, returned to the Rockhill convenience store he built in 1982. Josey’s Store is still keeping our residents well stocked after all these years.

4. Residents Arlene Landis and Peg Morrow ping-ponged their way to a combined four medals at the Bucks County Senior Games—each in both singles and doubles.

5. Senior Health and Fitness Day not only kept Rockhill residents moving, but also relaxing. Rockhill massage therapist Jody Haughin was happy to provide her expert touch the entire day.

6. Over the summer months, we were thrilled to feature the works of artist Louisa Wismer in our gallery. Check in with us often to see the latest artist we’re exhibiting!

7. Residents were challenged to be artistic and “green” for a recent in-house art exhibit titled, “Recycled Art”, which featured soda bottles, egg cartons, paint brushes, and clothes pins.



THE COMMUNITY AT
ROCKHILL

▶ LIVING INSPIRED BY MENNONITE VALUES ◀

The Community at Rockhill
3250 State Road
Sellersville, PA 18960-1624
(215) 257-2751

communityatrockhill.org

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WHAT DOES **INSPIRED LIVING** LOOK LIKE?



IT CAN BE

ACTIVE

ENGAGED

CAREFREE

Enjoy Good Company • Never Stop Learning

Serve it Up at Water Volleyball • Challenge Your Mind (and Friends) on Game Night

Discover why so many individuals and families trust the Community at Rockhill.

To learn more or to schedule a tour, call (215) 257-2510 or email info@communityatrockhill.org