

Joining PPH Family Holiday Traditions

When you recall past holiday gatherings, you can still see Mom baking cookies and stirring pots in the kitchen, or kids bouncing out of bed and running into the living room at dawn on Christmas morning. Perhaps you cherish memories of decorating the Christmas tree or lighting the menorah as a family.

Whatever your family's tradition, it probably included food, gifts and relatives from near and far. However, now that you're older and living in a senior living community, celebrating the holidays as a family may not be as easy as it once was.

Rather than trying to replicate the past and add stress to yourself and loved ones, be flexible. Consider starting a new tradition or adding to your traditions here at PPH.

At PPH, during December, each day is busy with an activity or



Santa pictured with PPH staff member in December of 2017 during his annual visit to PPH.

event to celebrate the diverse backgrounds of residents, staff and volunteers. The holiday season kicks-off with a Thanksgiving Eve Service and is followed by the sights of holiday décor adorned throughout the community.

The Volunteer Tea, Resident and Staff Holiday Party, Rhawnhurst Elementary School

Holiday Concert, Christmas Caroling, PPH Choir, Pathways and Personal Care Shopping Mall, Christmas Eve Services, Shabbat Services, Door Decorating Contests, and the many meals and gatherings among one another, are all opportunities to spread joy and stay engaged while joining a PPH Family tradition. ■

In This Issue ...

- Perspective Final Farewell
- Honoring PPH Veterans
- 2018 Year End Review
- Why I moved to PPH
- Getting to know our partner Optum



The new wallpaper gives a brighter and more modern aesthetic to the PPH Chapel.

Pulse

Personal Care Dining Update

The Personal Care Dining Expansion is progressing on schedule. The window framing, plumbing and electrical roughing are scheduled for completion by the end of November and we look forward to more internal work completed during December.

While an enhanced dining experience is the primary focus of the Personal Care Dining Expansion, another major piece of PPH also is getting a facelift; the PPH Chapel. Two additional restrooms and a separate entrance will allow members of the community to visit the Chapel while maintaining safety, privacy and confidentiality in residential hallways.

Sadly, after celebrating 225 years of ministry in 2017, Immanuel Lutheran Church in Northeast Philadelphia, a long-time supporting congregation of PPH, will close its doors. The ministry has offered to donate the Steinway Baby Grand Piano to PPH. The Rev. Ken Smith, a PPH IL Resident and retired Senior Pastor of Immanuel Lutheran Church, has graciously offered to fund the transport of the grand piano. Pastor Ken also will fund the costs of the much-needed repairs to the organ, built in 1897, and used still today during services in the PPH Chapel.

With the renovations set to be complete in first quarter of next year, residents can look forward to an enhanced personal care dining and spiritual gathering experience. ■





New to Our Family:

Betty and Don Powell

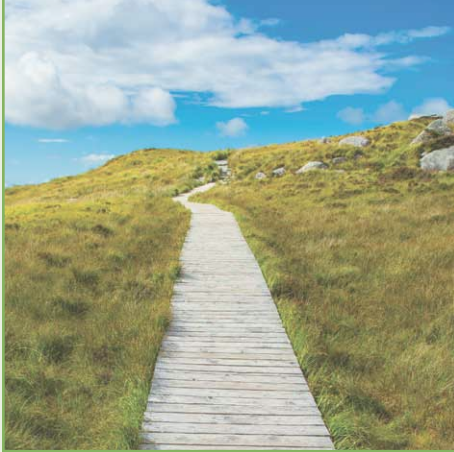
Betty and Don Powell, Alpha 1706, come to PPH from Northeast Philadelphia. They grew up in Kensington, friends since age 14, and have been married 68 years. Don worked in computer systems at Honeywell, Betty did office work. They have four children (one has special needs and now lives in a resident group home), 9 grandchildren, 5 great-grands, and 2 more expected in January. While Betty and Don have had individual hobbies, his being golf; her's, sewing and reading, they both love dancing. July 17, 2018, they were out dancing, and Betty's leg collapsed. She had no symptoms, but it was serious (blood clots), and her leg had to be amputated within days. Suddenly, their life was in a big transition! While Betty was in the hospital, Don looked around at continuing care retirement communities, and remembered PPH where he and Betty had gone to dances in the past. He sold their house of 59 years and moved into PPH last month. The PPH Family is happy to welcome both of you; your spirit is inspiring!

Family Focus

2018 YEAR IN REVIEW

- Named Best Nursing Homes by World News & Report for the 6th consecutive year.
- Presented Collins Family ShopRite with the PPH Community Leadership and Service Award for their visionary leadership and dedicated service to the community.
- Awarded June L. Wodowski The Bergdoll Society award in grateful recognition of her benevolence to PPH.
- Launched the Guardian Angel Program which honors a special PPH staff members or other caregiver who made a profound impact in your life or the life of your loved one through a tribute gift.
- Granted scholarships to four PPH employees through the Eberhard and Helen Schea Endowment Fund for Healthcare Education.
- Initiated the Chapel renovations and Personal Care Dining Enhancement Capital project with completion expected early 2019.
- Featured in news for success with the Wii Bowling Tournament including residents from PPH and Paul's Run.
- Selected as the Parade Grand Marshal for the Lawncrest 4th of July Parade.
- Funded a new wheelchair-accessible van through a generous grant from The Arcadia Foundation.
- Celebrated Pathways Skilled Nursing & Rehabilitation Center's 20th Anniversary – Great Then, Better Now themed event to recognize 20 years of excellence.
- Expanded parking lot off Magee Street to provide secure and private parking for members of the Wellness Center.
- Implemented Personal Care Music Therapy program through generous contributions from Anna T. Jeanes Foundation Community Grant Program and The Wasson Family.





PERSPECTIVE

Looking Forward

It's been so long, many of the details are a little sketchy, but all her memories are pure joy. IL resident and Director of Volunteer Services Carol Cherrington fondly recalls when she joined PPH in 1998, and one of her many new duties was to publish The Home News. "Before PPH had the Perspective newsletter, we had The Home News, she explains, "and before that, we had The Messenger."

The publication was a 12-page, black & white, 8 1/2 X 11-inch tabloid with very few photos. "This was before the Internet, so I clipped recipes, crossword puzzles and birthdays lists. We listed our upcoming events,

and recognized employee and volunteer of the month. And a few of the residents and local churches submitted inspirational articles. But my favorite part was writing the Getting to Know You column and meeting new residents," she says.

Then in 2003, Carol recalls, "Things began to evolve, and PPH created Perspective. We changed the name and design, broadened the editorial focus, eventually added some color and photos, increased distribution and began mailing to close friends and neighbors."

Perspective began the journey to capture the full picture of our senior living community and tell the whole story of the PPH Family. With its farewell issue now part of our archives, Perspective paved the way for our new community newsletter – REACH. Just like back in 2003, we're always evolving and improving communications to better serve our residents and their families, staff, volunteers, donors, future residents, visitors and the local community.

"It's important to look forward and move ahead," Carol adds. "The times change, and so must

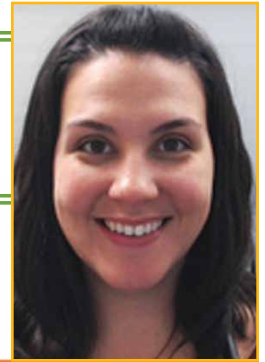
we. I like to roll with it and enjoy the ride!"

The current staff who produce and publish REACH pledge to continue to honor our traditions, highlight our Mission and Core Values, feature our people, and report on our accomplishments and growth. We seek to inform and entertain our readers with all the PPH news and happenings you need to know and do not want to miss. We hope the name REACH represents to you an exciting new stage in our journey together and serves as positive reminder that we all have the opportunity to achieve our highest possible quality of life while here at PPH.

In our collaborative efforts to introduce a new best-in-class publication on the life and times of the PPH Family, we wish to thank the many residents who offered their time, input, creativity and encouragement throughout the process, which included focus groups, written surveys, one-on-one interviews and check-in sessions at important planning and development intervals. We hope you enjoy REACH and continue to look forward to reading each monthly issue! ■



PPH Partners with Optum to Give Pathways Residents An Extra Layer of Care



Care, comfort and peace of mind

The United Healthcare Nursing Home Plan with the Optum Clinical Model has been available for our Pathways residents for more than a decade. The Optum Nurse Practitioner, Stephanie Arif, provides an additional layer of care for the residents that enroll and is available Monday through Friday, 8am-5pm, and 24-7 on call. Family members and residents are provided with her cell phone number as well. To qualify for the program, residents in Pathways much have Medicare A and B and not enrolled in Medicare's End Stage Renal Disease program.

The Nurse Practitioner provides compassionate counsel and serves as a liaison between residents and their families, physicians and staff from acute care episodes to end-of-life comfort care. In addition, Optum offers in-service education to PPH staff on a range of healthcare treatments, including diabetes, wound care, congestive heart failure, chronic obstructive pulmonary disorder, rheumatoid arthritis and hospice care.

According to PPH Director of Nursing Kyle Ozimkiewicz, Optum is a first point of contact for resources and support for any healthcare concerns. Pathways nursing staff, dining and nutrition services, and social workers benefit from being able to no-

tify an Optum nurse practitioner at a moment's notice if a resident is either going to the hospital or returning to PPH for rehabilitation and recover, or if a resident is suffering a decline in overall health and possibly requires compassion and comfort to alleviate pain and provide for their end-of-life needs.

For example, if a PPH registered nurse or licensed nurse practitioner observes a Pathways resident having shortness of breath, Stephanie, our Optum nurse practitioner, immediately can contact a physician to order blood lab tests, IV fluids, prescription medications and diagnostic tests such as X-rays, which can be performed on-site by another PPH healthcare partner, Physicians Mobile X-Ray. The physician and nurse practitioner and PPH staff all collaborate to determine what options a family has – if the resident needs emergency medical services, transport for hospitalization or care in place.

"PPH and Optum work so well and so closely together; we truly are collaborative partners," Kyle says. "Optum really cares about the residents we

serve. Like PPH, their philosophy is to treat the whole person. And again like us, we treat them with respect and love them like our own family," says Kyle.

Optum also is a generous philanthropic organization that has been a long-time, loyal supporter of the Gala for Benevolent Care, most recently as a premier sponsor of the popular photo booth at *Lovin' Philly* in September.

"Our healthcare partnership with PPH is very important and special to us – and has stood the test of time over many years. We're proud to be associated with such an exceptional senior living community," says Marynell Benson, Optum Complex Care Management East Regional Vice President.

Optum's Mission is to help people live healthier lives and to help make the healthcare system work better for everyone. Optum delivers solutions to help modernize the health system and improve population health by combining technology, data, and expertise to improve health care delivery, quality and efficiency. ■

NEWS BRIEFS:

★ A new projector system was recently installed in our Social Hall, the main gathering space for large events at PPH. The new system, funded by PPH resident donor John Wozniak, provides improved sound, high definition picture quality, and added entertainment options. Special features include access to internet, cable connection and DVD/VHS/Blu-Ray discs.



Keepsake mugs from 2017's Founders' Day celebration.

★ Join us for Founders' Day at 3 p.m., Tuesday, **November 27** in the Social Hall. We'll be presenting the new CSI President's Award to an exceptional staff member; announcing Resident of the Year Awards for Independent Living; Personal Care; and Pathways; celebrating a new PPH vision statement and so much more. Don't miss this annual celebration.

★ Join us at 7 p.m., Wednesday, **November 21** in the Social Hall for a special Thanksgiving Eve service. The Salvation army band will be in the house with us to celebrate this special holiday.

★ All volunteers are invited to the annual Volunteer Tea on Thursday, **December 6** in the Social Hall. PPH volunteers keep the PPH train running



*Carrie Gabryelewicz, Maureen Solomon, and Sheleana Perez enjoy the festivities at 2017's holiday staff party. This year's holiday party is on **December 13th**.*

smoothly on its tracks every day and we truly appreciate all your hard work and efforts throughout the year. If you volunteer at PPH and have not received an invitation, please contact Carol Cherrington at 215-697-8027.

- ★ Get out your holiday-décor! All buildings and all floors are invited to participate in the annual Resident Door-Decorating Contest. Bring your holiday spirit, your creativity and of course, your competitive edge. IL resident winners announced at 3:00 p.m. on **December 19** at the Cocktail Party. PC resident winners announced at 2:00 p.m. on **December 21** on each floor. Join the fun and win great prizes, too.
- ★ Staff Wreath-Decorating Contest! Decorated wreaths displayed in the Esplanade

beginning on December 3. Winner is selected on Wednesday, **December 12** and announced during the Staff Holiday Party.

- ★ Did you know PPH has a Christmas Choir for residents and staff? To join, just come to our first rehearsal at 1:30 p.m., Tuesday, **December 4th**, in the Chapel. If you can carry a tune, (or can't), we hope you join!
- ★ Our community Christmas Eve Service will take place at 3 p.m., Monday, **December 24**, in our Social Hall. Led by Director of Pastoral Ministries, Dr. Jack Price, the Christmas Eve Service is a wonderful opportunity for families to attend with residents and fellowship with the greater Lawncrest community. We hope to see you there. ■



Residents gathered in Social Hall last month during the game day tailgate party in support of our precious birds.

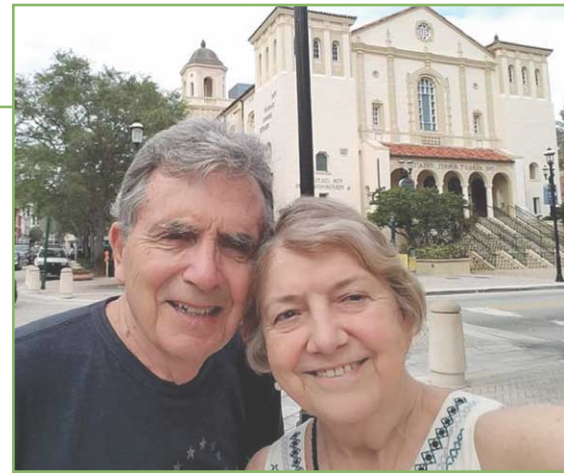
Why I moved to PPH

Let's be honest. Moving to a senior living community is not easy. Our residents each have a different reason why they moved but all came to the same place. At PPH we thrive on ensuring that our residents, who come from all walks of life, have the experience of their dreams. For the Sextons, who joined our PPH Family in 2017, it's about the future. At a Resident Panel session we held earlier this year for individuals interested in moving to PPH in the future, Marge Sexton said, "I'd rather be here 10 years early than 10 minutes too late." She and her husband Tom went on to discuss how they were initially planning to wait until a

bigger unit became available. Tom was in no rush to make the move, Marge felt that they should move while they are both in good health and can get acclimated to the community.

Marge and Tom are really enjoying their new home, the great food and most importantly, the day-to-day feeling of community. "It's great to feel like you're part of a neighborhood."

These sentiments are shared by many other residents who live here at PPH. While Personal Care and Skilled Nursing residents have more healthcare needs, the preference for PPH is undeniable. With such a variety of Life Enrichment



Tom and Marge Sexton

activities including block parties, cocktail hours and pop-up malls, getting much needed quality nursing care while enjoying life as much as possible is most ideal. ■

If you want to learn more about our Family lifestyle here at PPH visit, our website at PPHFamily.org.

STAFF NEWS



Don't let the holidays weigh you down! Join the 2018 "Maintain, DON'T Gain!" Holiday Challenge to keep you eating healthy, staying fit, and maintaining – not gaining – weight during the hectic holiday season.

Contact the PPH Wellness Center at 215-697-8006 to learn more.

▶▶▶ REMINDERS ▶▶▶

- ▶ Scholarship applications for the Eberhard and Helen Schea Endowment Fund for Healthcare Education are due **December 31, 2018**. Please pick up hard copies of the application in the Human Resources office, and submit completed applications to Daphne Floyd, Vice President, Human Resources on or before this date.
- ▶ The PPH 2019 Employee Giving Program is underway. Help make a difference in the lives of the residents we serve every day. The program enables you to contribute through automatic payroll deduction to support the PPH Mission. Please see your manager for hard-copy materials regarding the program or contact the Development Department at 215-697-8586. Deadline for enrollment is **December 31, 2018**.

DECEMBER AT PPH

December 4 – Tuesday

IL and PC Resident
Christmas Party given by
PPH Auxiliary
2:00 p.m. – Social Hall

December 7 – Friday

Pearl Harbor Remembrance
Day Flag Raising Ceremony
10:00 a.m. – GManor Flagpole

December 8 – Saturday

Prayer Breakfast
9:00 a.m. – Social Hall
Purchase tickets in the
Business Office

December 10 – Monday

Rhawnhurst Elementary
School Holiday Concert
9:30 a.m. – Social Hall

December 21 – Friday

Shabbat Service 10:00 a.m. –
Fellowship Meeting Room

December 21 – Friday

What's It Worth
Appraisal Show
9:30 a.m. – Fountain Room

December 24 - Monday

Christmas Eve Service
3:00 p.m. – Social Hall

December 31 – Monday

New Year's Eve Party
7:00 p.m. – Social Hall

Reflections



The Honor Flight Network – Honoring our Vets

The Honor Flight Network was cofounded by Earl Morse, the son of a Korean and Vietnam War veteran, and Jeff Miller, a small business owner and son of a WWII veteran to help WW II veterans travel to Washington DC to visit their memorial.

Morse, himself a pilot, offered to fly with two veterans to Washington. In January of 2005, he pitched the idea to about 300 private pilots at his local Air Force aeroclub. He proposed the pilots would pay for the flights and personally escort veterans around the city. Eleven additional pilots volunteered. By January 2005, a board was formed, funds were raised, and other volunteers had joined. On May 21, 2005, six small planes flew 12 veterans to Washington, DC for the first Honor Flight. A combination of small planes and commercial flights were used to transport a total of 126 WWII veterans that first year.

Miller formed HonorAir and began flying great numbers of WWII veterans from the Asheville Regional Airport using enormous chartered jets. By the end of 2006, HonorAir had flown more than 300

WWII veterans to their memorial. His actions revolutionized the mass movement of these senior heroes to Washington D.C.

In February of 2007, Morse and Miller met in Washington, DC at the first "Summit" and merged Honor Flight and HonorAir into what is now known as the Honor Flight Network. Now, HFN is escorting WWII, Korean War, and Vietnam War veterans to see their memorials in DC.

On September 24, 2018 four PPH Veterans; Thomas Dawson, Richard Graber, Shirley Morgan and Walter Dec had the privilege to experience the Honor Flight Network Philadelphia and travel with a police escort to Washington DC to view the memorials dedicated to the service and sacrifice of the Veterans of our great nation. A Hero's Welcome Home and dinner at Flourtown Country Club culminated the special experience.

Show your appreciation to Veterans at PPH by joining us at 10:00 a.m. on Friday, December 7 in front of Gateway Manor for a flag-raising ceremony in observance of National Pearl Harbor Remembrance Day.

We're Family.

THE PPH MISSION

Guided by Christian values, the mission of The Philadelphia Protestant Home is to provide a caring senior living community that affords its residents the opportunity to achieve their highest possible quality of life.

Integrity • Friendly • Quality Care • Compassionate • Respect • Comfortable