



Foxdale Village
Therapy Pool Campaign

A Worthy Goal
To make the healing
waters of a therapy
pool available to
residents,
staff, and
elders from the
broader community.

In this edition. . .

- ⇒ Healing Waters:
The CDC Speaks
- ⇒ Benefits of a
Therapy Pool
- ⇒ National Estate
Planning Awareness
Week
- ⇒ 25th Anniversary
Countdown Begins
- ⇒ From the Vision of
the Founders
- ⇒ Seeking Foxdale
Tales

You'll Learn About Healing Waters

Why so blue? Water, warm, soothing, healing water. That's what we hope to bring to Foxdale in the form of an on-campus therapy pool.

In this edition you'll learn about the life-enhancing benefits of therapy pools. We think you'll agree that a therapy pool may be the next best thing to a fountain of youth!

Aquatic therapy benefits individuals living with arthritis, Parkinson's, after effects from a stroke, depression, scoliosis, diabetes, and memory issues. Aquatic therapy helps stave off chronic diseases such as rheumatoid arthritis and fibromyalgia and is best accomplished in a specially designed pool, a therapy pool. (CDC)

A Message for You from Dr. Sepich

"The therapy pool would be helpful for our residents with chronic musculoskeletal diseases and injuries and allow them to exercise in a way they cannot with land-based exercise programs."



Dr. Rodney Sepich
Foxdale Medical Director
Honorary Campaign Chair

You Can Change a Life!

"An on-site therapy pool would enable ALL residents who are able to do so to participate in and benefit from aquatic exercise."



Herman Richey
Foxdale Resident
Campaign Committee Member

“There simply is no land-based equivalent to aquatic therapy!”



Danielle DuVall,
Certified Exercise Specialist

Therapy Pool Features

Varying depths to support different exercise and therapy routines.

Ramps for smooth entry and exit.

Jets to stimulate circulation.

Leisure lap lane.

Guide bar around perimeter to support exercise and increased safety.

***You Ask — What are Benefits of a Therapy Pool?
Less stress, less strain, less pain. . .
Ahhhhhhhhh!***

Do you know about the benefits of aquatic therapy?

- ◆ Heat enables muscles to relax and *move better*, promoting *increased range of motion*.
- ◆ Hydrostatic pressure and jets promote circulation resulting in decreased swelling in extremities and *less muscle soreness from exercise*.
- ◆ Viscosity enables joints to experience resistance thus providing *strength gains* that promote muscular balance and reduce the chance of injury.
- ◆ Buoyancy *reduces stress placed on the joints and connective tissue*.



Architectural rendering of the Foxdale Village Healing Waters Therapy Pool.
Details are subject to change.



Collecting Your Stories!
Your Foxdale Tales will be compiled and shared during our 25th Anniversary
See page 4 for more information.

You Ask — Why a Therapy Pool? Why Now?

Why a therapy pool?

There simply is no land-based equivalent to aquatic therapy, none.

As well, aquatic therapy has tremendous benefits for *people that are unable to participate in land-based exercise.*

Why now?

Given the many benefits of aquatic therapy we hope you'll agree that providing an on-campus therapy pool is something that should be done as soon as possible.

Outreach

Foxdale will be able to further its mission to care for elders by enabling elders from the broad community to access the therapy pool.

Visit the Giving Pages on our website and

Learn more by viewing the Healing Waters video at:

www.foxdalevillage.org/home/giving/healingwaters/video

National Estate Planning Awareness Week

**“If you don't know where you are going,
you'll end up someplace else.”**

— Yogi Berra

Yogi Berra's statement is particularly true when it comes to estate planning. It's important to develop an estate plan, but also to SHARE your plan with important people.

Select the assets and identify the stories you wish to pass on to

Heirs, friends, and/or charities.

Assign assets via legal documents and share stories in your ethical will/spiritual biography.

Rely on legal, financial, spiritual, and other

Experts to walk with or guide you through the process.

Our Mission

Foxdale Village is a not-for-profit Quaker-directed continuing care retirement community.

Through community services and programs, Foxdale provides for the social, spiritual, nutritional, residential, wellness, and health care needs of older people at a reasonable cost while providing a supportive working environment for employees.

Our community is based on Quaker values and Quaker conviction that all people are to be treated with dignity and loving respect.



**Foxdale
Village**

*A Quaker-Directed Continuing
Care Retirement Community*

25th Anniversary Countdown Begins From the *Vision of the Founders* *Raymond Ayoub and Paul Bixby*

Foxdale's Founders set out to create
*A community in which people would
care for one another.*

We hope you'll join us in 2015 as we celebrate
25 years of being a caring community!
More news about events coming soon.

Seeking 25th Anniversary Foxdale Tales

SEND YOUR STORIES!

About a family member,
a staff member or
friend.



SEND YOUR PHOTOS!

We will share them with others during
the course of our celebration.

Send your Foxdale Tale and/or photos to:
Sophie Penney, spenney@foxdalevillage.org

You can help . . .

Celebrate Foxdale's 25th anniversary and
Change lives by helping to make the healing waters
of a therapy pool available to residents, staff,
and elders from the broader community.

More information coming your way soon!



Sophie Penney

Director of Development

500 E. Marylyn Avenue

State College, PA 16801

(814) 272-2150

(800)253-4951

spenney@foxdalevillage.org

Online Giving Page

www.foxdalevillage.org

Click on the Giving link

Foxdale Village doesn't share or sell any mailing lists. However, should you wish to have your name removed from the fundraising mailing list you may opt out by contacting Sophie Penney.

The official registration and financial information of Foxdale Village may be obtained from the PA Dept. of State by calling toll free within PA, 1-800-732-0999. Registration does not imply endorsement.