

LAMP POST

MORAVIAN MANOR, INC.

SPRING 2018

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100% Deficiency-Free State Survey x 2

What is a deficiency-free survey you ask? Think of it like getting a *really* good report card.

Skilled nursing facilities are under increasing regulatory scrutiny with each passing year. The Pennsylvania Department of Health inspects nursing care facilities to make sure they comply with state and federal regulations. Surveyors arrive unannounced, and over several days they interview staff and residents, observe health care and

procedures, and check records for compliance to regulations on care, confidentiality, cleanliness, residents' rights, and quality of services.

Our team operates "survey ready at all times," under the highest level of quality all day, every day. And our recent state survey confirms it! For the second year in a row, we received an A+! Or rather, a 100% deficiency-free survey, which is the same thing. It shows that all services provided in the Health Center meet or exceed all state and federal standards.

An excellent state survey means that you or your loved one can expect the highest level of care in an optimum environment, which is important when choosing short-term rehabilitation or long-term care.

Moravian Manor strives to provide high quality care in a safe and clean environment, but we also bring compassion, purpose, and fun to our mission of caring for seniors, which our residents and families have come to expect. Congrats to our dedicated team...you do us proud!

Our Five-Star Facility

Moravian Manor recently was awarded five out of five stars for the Centers for Medicare and Medicaid Services. That means that our skilled care areas were rated "much above average" – the top rating.

The Five-Star Quality Rating System was created "to help consumers, their families, and caregivers compare nursing homes more easily and identify areas about which you may want to ask questions," according to the CMS website. Skilled nursing centers receive a rating of between one and five stars, with five stars being considered to have much-above-average quality. The rating takes into account three sources of information: health inspections based on outcomes from state inspections, staffing levels, and quality measures, which look at physical and clinical measures for residents.

Kudos to everyone at who supports skilled care. Achieving a five-star rating takes consistent focus among all team members to provide the highest-quality care and service.



2018

FIVE-STAR
FACILITY

RATED BY

Centers for Medicare & Medicaid Services

Moravian Manor, Inc.'s vision is to be a unique community within a community that excels at anticipating and accommodating the changing lifestyles, expectations, and needs of the people we serve.



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If you wish to have your name removed from the mailing list to receive future newsletters or fundraising materials supporting Moravian Manor, Inc.'s ministry, please send a written request to Nicole Michael at the address below.

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Admission to Moravian Manor or Warwick Woodlands is open to people regardless of race, gender, age, religion, national origin, handicap, or disability.

The official registration and financial information of Moravian Manor, Inc. may be obtained from the Pennsylvania Department of State's Bureau of Charitable Organizations by calling 1-800-732-0999 or visiting www.dos.state.pa.us/char/ site. Registration does not imply endorsement.



Manor Moments

Neighbors Helping Neighbors



In support of the Lititz Community Chest, Moravian Manor dining services held pop-up lunches throughout the year where they sold different food items and quick meals, mostly for \$5 or \$6 a piece. They also held two holiday bake sales, raising \$1,600 from the bake sales alone. In total, the Manor's dining services donated \$2,340 and 200 lbs. of food items to the food bank. Way to go!

Pictured are (l to r): Sharon Grager - General Manager of Dining Services; Beth Trachte and Pat Davis, volunteers at Lititz Community Chest; and Dawn Oltean, Operations Manager of Dining Services.

The Lititz Warwick Community Chest is the community's food bank that provides temporary assistance to neighbors in need within the boundaries of the Warwick School District. They are an all-volunteer, independent food bank; all resources available come from this community and go back into this community. In 2017, they provided food assistance to 232 area families in the form of 525 food deliveries distributing 62,000 pounds of nonperishable food items. For more information, visit www.lwcommunitychest.org or www.facebook.com/lititzwarwick/.

Chocolate Cheesecake Bomb!

The Lititz Chocolate Walk sure was tasty, thanks to Chef Lauren's tasty treat!



Take Care of Your Offensive Line

Congratulations to our team at Moravian Manor. In January, we made it through two of our “rather strenuous” annual surveys. Our Department of Health survey was deficiency free for the second year in a row! This survey delves into the operations of our skilled nursing center. While we have found the process to be at times a bit “erratic,” we are rejoicing in the accomplishment of our team.

After hearing the wonderful news, I reflected a bit on the multiple levels of “teams.” In 1979, I was in my last year of high school in northern New Jersey. While I did not play for our football team, many of my friends played and they were a tough team for a small school. One player even made it into Sports Illustrated in the “Faces in the Crowd” section. (Some would report that I saved my football skills for the basketball court, where I was prone to foul “rather frequently.”) One of my friends had a “rocket foot” and was an amazing kicker. He earned a Division I scholarship and also played briefly in the defunct USFL professional league. In gym class, he would kick field goals in excess of 60 yards with regularity. He was a superior athlete and “quite confident” ...if you know what I mean. Sometimes this rubbed his teammates the wrong way.

During one of the last games of his senior year, our team was getting thrashed by a great team from central Jersey. Our coach called on our kicker during the end of the game to give him a chance at a 61-yard field goal, which would have broken the New Jersey State record. The offensive line did a horrible job in protection and the kick never had a chance as it was blocked.

The following Monday, I was talking with another classmate who anchored the offensive line. He was a massive young man and extremely strong; no one EVER messed with Mr. Santini; I made sure he stayed my friend! I asked him what happened on the play and his response shocked me. “You don’t think as an offensive line that we were particularly interested in seeing him break the state record do you?” (*To this day I am not sure if he was really serious or not about his statement.*)

And the moral of the story is? Take care of the folks in the trenches that make your team or your place of business a

success on a daily basis. While senior management can tend to get the accolades for a wonderful survey, those providing the direct care, cleaning the rooms, fixing the HVAC systems, preparing the food, providing



J. David Swartley

activities, washing the laundry and much more are the ones who get the job done. Their success is our success. If we as management, board, and residents do not recognize the hard work and wonderful abilities of our team members, eventually the offensive line will cave. That my friends is not a pretty picture.

I have been challenged by our Board of Trustees over the years, as we review budgets and make plans for facilities, that we focus on our employees. Our board has been challenging our leadership team with better ideas to attract and retain wonderful employees.

At the time of this writing one of the best Super Bowl games ever was played. Both teams were awesome on offense and there were few dull moments. The focus for both teams was around the quarterbacks and receivers. Hmm. Interesting that both teams have fantastic offensive lines that protected the quarterback and opened holes for their running backs. I did not see any of the lineman interviewed after the game, but without their talent neither team would have been competing in the Super Bowl.

It is that kind of spirit behind the scenes that makes Moravian Manor a great place to work and live. I thank our Board members, residents, and employees for creating this kind of environment; it is indeed special. Our offensive line is strong thanks to our exceptional employees.

J. David Swartley, MBA, NHA
President/CEO



RESIDENT SPOTLIGHT

FRANK & MARY ROSE CHRISTOFFEL, III *on family, careers and Warwick Woodlands*

Warwick Woodlands' residents Frank and Mary Rose are like two peas in a pod. They both grew up in Lancaster and cite each other as the most influential person in their life.

Born in Hazelton, PA, Mary Rose and her brother moved with their parents to a German Ethnic neighborhood in Lancaster when she was eight years old. Frank's parents were originally from Baltimore, but moved to Lancaster when his father took a job at the Hamilton Watch Factory.

It was the first day of freshman year at Lancaster Catholic High School when Mary Rose first spotted Frank. She recalls really wanting to meet him. But it wasn't until a football game a few weeks later, when a classmate introduced them. The next day at school, Mary Rose was standing in the lunch line and allowed Frank to go ahead of her. The rest is matrimonial history!

After school, they married and resided in Washington, DC for Frank's job for a short time. They returned to Lancaster City prior to the birth of their son, Frank IV and have resided in Lancaster County ever since.

Frank started his career in personnel with RCA, and then joined his father and brother-in-law in opening a string of employment agencies in Lancaster, Reading, and Allentown. When his father passed away, they decided to close the business. One of the agency's clients was looking for an associate director of the Realtor Association and Frank applied for the job. He's been with the Realtor Association for the past 44 years.

For Frank, getting married had the biggest impact on his life. In addition, being a two-time cancer survivor has really changed his perspective on life. "I now have a greater appreciate for each day, and it's taught me not to sweat the small stuff," Frank shared.

For Mary Rose, becoming a mother had the biggest impact on her life. "Being married and raising my family was very important to me," she said.

When her son was grown and off at college, Mary Rose decided to further her education herself...she was 39 at the time. Frank encouraged and supported her in this decision. He even went to the library with her, citing it as the only time they got to see each other. He worked by day, Mary Rose attended school by evening. While in school, Mary Rose also worked at Watt & Shand as a Sales Associate.

One summer, both Mary Rose and her son attended the same class at Millersville University. Their professor exclaimed that he had all kinds of students taking courses who knew each other in some way, but never a mother and a son! "It was a totally different experience to share with my son," she revealed. Mary Rose varied her course load, but it was a class in social work that ultimately triggered her interest and spurred her new career path in motion.

She graduated with a Bachelor of Arts in Social Work and took a job at MHMR of Lancaster now known Behavioral Health Services. She spent the next 16 years working with young children and adolescents, helping them and their families. Mary Rose explained, "Starting a career later in my life, and having raised a family first, really brought a broader and deeper perspective to my work."

The couple first experienced Moravian Manor through Frank's mother, when she was admitted to personal care and later to Herrnhut. They were very impressed with

the staff and the care she received, as well as the longevity of the staff which speak volumes. They both had high expectations and were not disappointed. "It's the culture of the Manor – everyone works together as a team and supports one another," they stated. Frank was so impressed with the Manor that he volunteers, serving on various committees and the Board of Trustees. He currently serves as Chairman.

The Christoffel's moved to Warwick Woodlands in 2017. Both of them agree that it's the people they like the most about living in the community. "We love being part of the greater Moravian Manor community. And knowing that all our needs will be met, from home maintenance to access to health care, makes us feel safe and secure in our future."

Around the community, the couple is known as caring and fun-loving. "Frank's taught me how to look at life differently," Mary Rose revealed in addition to the fact that he's a wonderful dancer. "He can do any dance...just name it, the Cha-cha, the jitterbug...he even does the limbo," she said with a smile.

"And Mary Rose gave me my soul...I truly believe that," exclaimed Frank. "There were a lot of things I was good at, but having a soul was not one of them." He laughed, "She also taught me to be spontaneous. I was all for spontaneity, as long as it was planned."

Manor's Rehab Site Manager Honored for Exemplary Work

Annually, Flagship Rehabilitation seeks nominees for Site Manager of the Year. Flagship Rehab is Moravian Manor's partner and provider of rehabilitation services. This award honors exemplary work and those individuals who take initiative, work harder, are caring and thoughtful, and provide support to residents as well as their therapy team. The award this year was bestowed on the Nicole Bender, COTA/L Moravian Manor Site Manager at the Annual Site Manager's Meeting.

"This award recognizes Nicole for encouraging her team by creating a supportive environment and learning opportunities; for providing mentorship that promotes out-of-the-box thinking and professional development; for promoting enthusiasm and dedication to the residents, her team, and to her profession; and for sharing a sincere commitment to Flagship Rehabilitation," remarked Reagan Metzger, Regional Director.

Congratulations Nicole!



Chelsea Boyle Chief Operating Officer (Left) and Nicole Bender COTA/L (Right)

RESIDENT SPOTLIGHT

Siv Cacamis



Siv Cacamis, described as “the lady with the beautiful blue eyes,” has resided at Moravian Manor since 2013. When asked about her life here, she exuberantly remarked that it is “the best place I could be!”

Siv grew up in Karlstad, Sweden, raised by her grandmother. Karlstad is located in the central to southern part of the country on the Klarälven River; the area is known for neighboring Lake Vänern to the south. Reminiscing about her childhood, Siv depicted Sweden as “so clean and so beautiful.” And at Christmas time, they’d have real candles on their Christmas tree. Still today, Siv speaks fluent Swedish, but sadly commented that she has not met many people in the US who speak her native language.

At the dear age of 15 years old, Siv moved to the US to live with her aunt on 69th Street in New York City. Siv’s aunt was a dressmaker who made designer knock-offs. “I remember the limousines pulling up to the house and the drivers waiting outside. I loved the big stores in the city too; I loved

to shop!” she exclaimed. Siv attended school to become a child’s nurse, and then worked as a nanny until she met her husband.

“Thank goodness for blind dates, or I would have never met my husband,” Siv commented. “I’m very shy!” They married and had three daughters and one son. Her husband worked for Grumman Aircraft and Siv enjoyed being a home maker. Sadly, her husband passed away at the early age of 48. Siv never remarried, stating, “I would never be able to find anyone like my husband.”

Siv takes great joy in spending time with her six grandchildren and four great grandchildren. Ask her about them and you’re sure to see her beautiful blue eyes light-up with immense pride and love.



Manor Moments

Fire & Ice Festival

Visitors to the Fire & Ice Festival in February were totally nuts about Moravian Manor’s ice carving. We were too!

RESIDENT SPOTLIGHT

Gertrude Marks' Secret Behind Getting to 103



Anyone who has spent time with Gertrude Marks, a resident of Health Center West, will quickly tell you that to know Gertrude is to love her. Gertrude is a wonderful example of someone who did not have the easiest start to life, but overcame challenges and became a person who excelled at loving and serving others.

Gertrude was born on February 28, 1915, in Lancaster County. Her mother died in 1918 when she was just three years old. At that time, she and her siblings were separated and she was sent to an orphanage in Millersville. For a short period, she lived with an Amish family, and she recalls helping in the kitchen and peeling potatoes, even at three years old! However, they also had a young son, and when he and Gertrude began not to get along very well, they felt they could no longer care for her. Sadly, she returned to the orphanage. Gertrude recalls that when she was five years old, a woman came to the orphanage specifically looking for a five-year-old girl. After meeting Gertrude, the woman and her husband chose to adopt her. Gertrude described a happy childhood from then on, growing up in Willow Street.



Beams United Methodist Church in Willow Street was almost like a second home to Gertrude as a young person. She was baptized there, sang in the church choir, and

has been a member of the church for at least 80 years. When Gertrude's pastor visited a church in Harrisburg, he invited members of the congregation to come and visit Beams church. One week, a young man named Ralph from the Harrisburg church visited Beams, and he and Gertrude

met and began a relationship. She was about 18 years old at the time, and as they say, "the rest is history." It was fitting that they were married at Beams church. She still receives a weekly bulletin and regular visits from members and the pastor of the church.

After marriage, Gertrude continued to work at the Hamilton Watch Company until she and Ralph had their first son. She is very proud of her two sons, Ralph and Charles, who they raised in Lancaster. When the boys went to school, Gertrude enjoyed working at the well-known Watt & Shand Department Store in Lancaster City. She has always been a busy woman who loved to sew, and volunteered regularly at the Lancaster Senior Center. She enjoys listening to her favorite music such as the Andrews Sisters, and Kenny G, to name a few. She also loves hearing the old, beautiful hymns, attending the monthly birthday parties whenever she can, and going for outdoor strolls in warm weather. Most notable about Gertrude is that, as she stated, she truly loves people! She loves to have staff and visitors come and sit in her room and chat, or read her devotionals, and she regularly amazes those around her because even though she is legally blind, she easily recognizes people by their voice and asks them specific details about how things are in their lives.

Though her sons live out of state (Ralph now lives in South Carolina and Charles lives in Arizona), she is delighted every time she gets to see them or keep in touch via phone calls. She also has two grandchildren, six great grandchildren, plus countless friends who consider her family because of the close bond they share.

Gertrude celebrated her 103 birthday on February 28 and she was very excited to celebrate with her granddaughter, great grandchildren, and several friends. When asked what she feels is the secret to a long life, Gertrude's advice was this: "Live a clean life. No drinking and no smoking." However, it would seem that another motivation of Gertrude's would be that rather than focus solely on herself, she has always chosen to reach out to others and invest in their lives, simply because she cares.

VOLUNTEER SPOTLIGHT

Michael Byler

Volunteering...just one of his many passions and pursuits

Warwick Woodland resident Michael Byler has quite a story to share. Born the son of a preacher in Mishawaka, Indiana, he moved quite a bit in his early years making “stopovers,” as he calls them, in Tennessee and Kentucky until settling down in Hickory, North Carolina where he grew up. Moving south at the end of the Civil Rights movement, he was exposed to so many things he would not otherwise have imagined. He recalls memories of segregation and how odd that concept seemed to him.

His education was vast as well, having earned his degree in Chemistry at the University of North Carolina Chapel Hill, followed by his doctorate at Northwestern. He then taught at Chicago City College and then at Drexel University, where he did research as well. Once in Philadelphia, he also had the opportunity to teach at Temple University and take religion



classes. It was during this time that he had an opportunity to participate in the International Professional Exchange, housing 4-5 different traveling professionals who were staying in the area for a few months. He found it fascinating to learn about these guests and their cultures. He also worked for the USDA for 12 years at the Eastern Regional Research Center. Always the student, he added some pastoral classes for good measure.

In addition to his love of chemistry and research, Michael was always involved

in church and served in a variety of roles including Worship Leader at a nursing facility. His musical abilities served him well singing a number of church choirs

If the weather is agreeable, you’ll often find Michael riding his bike. He enjoys hiking, biking walking and traveling as well. He loves traveling with his wife Kathy Schmick, with whom he will celebrate 15 years of marriage this year. He spoke of them taking river cruises abroad including one from St. Petersburg to Moscow. Reading and photography interest him as well as his latest interest in Genealogy.

Volunteering is also a passion of his. Michael is a member of our No Resident Dies Alone ministry, which places volunteers to sit with those residents who are actively dying, as well as doing one-on-one visits with residents. We are so blessed to have a volunteer in Michael.

Chaplin Rich Celebrates 40th Ordination Anniversary

On February 11, 2018, Moravian Manor had the privilege to celebrate the 40th Anniversary of The Reverend Richard “Rich” Thierolf’s ordination.

Chaplain Rich joined Moravian Manor in official capacity in January 2009. Prior to that, he served as a trustee on the Moravian Manor Board for three years. He earned a degree in Sociology from East Stroudsburg University and his Masters of Divinity from Moravian Theological Seminary. Born and raised in the Lehigh Valley, he has served several congregations in Fargo, ND, Green Bay and Madison, WI, and Lebanon, PA.

Congratulations Chaplin Rich. We are so blessed to have you as part of the Moravian Manor family.



Board Welcomes New Members

Moravian Manor is so proud to welcome five new individuals to our Board of Trustees. Joining us for three-year terms are:



BERNADETTE TAYLOR: Bernadette is the Senior Executive Vice President/ Chief Human Resources Officer for Fulton Financial Corporation. She is a graduate of Fordham University and Stevens Institute of Technology. Bernadette has experience serving on non-profit Boards.



KAREN MAILEN: Karen is the Executive Director for the Lititz recCenter and a graduate of Lebanon Valley College. Karen has extensive fundraising experience, non-profit Board experience, and is well connected to the Lititz community. As well, she is helpful with our Wellness Culture and Environment Strategic Priority.



TOM BENDER: Tom is President of the Moravian Manor Resident's Association. He and his wife Nancy moved to Garden Court Apartments in May 2011. Tom began his career with the US Navy in 1960 and retired from active naval service in 1985 with the rank of Captain, USN. Following his Naval career, he developed and taught computer application courses at the Lancaster Campus of Harrisburg Area Community College. He is very active in the life of Moravian Manor and the Lititz community.



BRIAN BLACK, ESQ.: Brian is a graduate of Franklin and Marshall College and Villanova University School of Law. He is a former Partner with Gibbel Kraybill and Hess, LLP. In addition, Brian served as Vice President of Resident Support and Resource Development at Brethren Village, where he focused on operational and strategic initiatives, management team development, and fundraising. Currently, he is a Partner and Senior Consultant with North Group Consultants and serves on the Board of Directors of Lititz Mutual Insurance. He has extensive experience on non-profit and church-related Boards.



RICK JACKSON: Rick is a Principal at ELA Group and member of the Lititz Moravian Church. He brings a construction/real estate skill set to our Board. Rick is an active volunteer in the community and county, and has a passion for affordable and sustainable housing. He previously served as President of the Building Industry Association of Lancaster County, Board President for the Lancaster Housing Opportunity Partnership and Chairman of the Coalition for Sustainable Housing. Rick is a graduate of Penn State University.

“Board members come from all backgrounds with different disciplines and strengths to proactively conduct long-range strategic planning for Moravian Manor,” said David Swartley, president and CEO. “We all share the common goal of anticipating the future and the ever-changing needs of those in search of retirement and health care.” He added, “We’re so grateful to the many talented individuals, past and present, for their dedicated service in support of our mission as well for the residents and families that benefit from the care and services we offer.”

Utilizing His Talents, Geovani Diaz Finds the Right Fit at the Manor

Born in the Dominican Republic, Geovani desired a better future for himself. His father, having moved to the US many years earlier, sponsored Geo and at just 21 years of age, he moved to New York to join him. His first job was working for a housing and development company. Although he returned to the DR for a few years after that, he moved back permanently to the US in 2003 to be near his sister and parents again in New York City. Looking back, he recalls that New York was cold, much colder than his native home!

Upon his return, he worked for Horn & Harder, a food services company in New York City. But the city life was not for Geo...it was too busy, with too much traffic. He moved to Lancaster, PA and found it suited him. He held several positions in housing and development and QVC. And despite being very handy with tools and possessing the skill to fix things, Geo never landed a maintenance team job that utilized his talents. That's when his cousin, Jose Diaz, told Geo about Moravian Manor. And the rest is history.

Now a maintenance technician at Moravian Manor for the past two years, Geo enjoys his work and the people. "The staff here really care about others — other coworkers and



especially the residents," he commented. Geo is always friendly and willing to help residents however possible. It's the perfect fit...for him and the Manor!

Outside of work, Geo loves tinkering on cars. Another passion of his is cooking and baking for his wife of 18 years, Romery, and their three children...17-year-old Geovanni, 15-year-old Yodalis, and 6-year-old Camila, who despite being the youngest likes to help him at times.

Welcoming Our New AL/PC Administrator



SUSAN BRENNAN joined the Moravian Manor team as Assisted Living and Personal Care Administrator in October 2017. In this role, she is responsible for oversight in our Manor West Assisted Living and Herrnhut Personal Care areas.

Susan comes to us with more than 37 years of nursing experience, most recently as the Clinical Coordinator for United Zion Retirement Community.

Susan is a graduate of the Lancaster County Career and Technology Center's Practical Nursing Program at the Health Science Campus in Willow Street. She began her career at Lancaster General Hospital as a Medical-Surgery Nurse. However, she spent most of her career in Rehabilitation and Trauma Nursing at the Keesler Institute for Rehabilitation and the Rehabilitation Hospital of York. Following the birth of her son, she steered her career toward long-term care nursing. She received her Personal Care Home Administrator license in 2002 and her Assisted Living Administrator license in 2017.

Susan lives with her husband, Chip, in Manheim Township. They are the parents of two children and have a delightful grandson. In her spare time, she enjoys flower gardening, antique shopping, spending time with her family, and going to the beach.

Young IT Whiz Makes Early Impact at the Manor

At just 16 years of age, Jonathan “Johnny” Sauder has already made a strong and visual impact at Moravian Manor. He’s also held at least two “positions” already in his short tenure.

Johnny was born and raised in Lititz, so he’s no stranger to our community. He started as an intern with the Manor before he was 16. Technically, he was recruited by Jon Sauder, IT Director for Moravian Manor, and Johnny’s older cousin, while at church. “Jon approached me to see if I was interested in helping out with some things in the IT department,” he commented. “I started out helping one day a week.” He also worked with the grounds team over the summer, stating, “IT and grounds was a nice mix of work.”

Once Johnny turned 16, he was officially hired and currently works two days a week while in school. His summer plans include working 3-4 days a week. Johnny attends a Cyber school at home and is taking some online courses. He’s also involved in a co-op with The Lancaster Evangelical Free Church, through which he takes classes and meets with his teachers on a weekly basis.

His interest in IT and computers began in part to his father’s job in the office furniture business. Johnny likes troubleshooting and fixing computers when they don’t work. “I like trying to figure things out and learn how they work. Ideally, I like to use IT to make something functional out of it, or figure out how computers can help.” His favorite aspect of computers is creating videos, something he does in his spare time. “I enjoy making short videos and then editing them. I also have done some computer networking and programming.” If you’ve watched one of our Manor Moments with Jennifer Shutt, then you’ve seen Johnny’s work. He’s also put together the “Engaging Community Dinner” video and has taken photographs for the Marketing & Sales department.

Since joining the IT team, Johnny’s work has been instrumental. He’s worked on the deployment of the new iphones for the nursing team, which will help assist with



alerts by offering better tracking and reporting. He also manages the community ipads, and installed the air watch software on them, which helps IT keep track of all the devices from a web interface and provides for confidential data in a secure environment.

He also assists with deploying updates on the devices so they stay current. “The IT department is pretty cool,” he exclaimed. He enjoys interacting with staff and the residents. “It’s nice to serve and help others with issues and solve problems,”

he smiled and continued, “and the food is good too!” Johnny loves the food events!

As far as continuing his education, Johnny plans to pursue A+ certification this summer, which is designed to certify the competency of entry-level PC computer service professionals in installing, maintaining, customizing, and operating personal computers. He also would like to work for Moravian Manor on a full-time basis. In his spare time, Johnny enjoys photography, videography, and landscaping.

The industriousness and caring Johnny shows is likely due to who he admires and deems to emulate. He cites both the IT department, and his youth leaders at church as role models. “They put a lot of time into their work and care about the youth they work with.”

Jon Sauder, IT Director provided some insight on Johnny’s tremendous contributions to the team. “Johnny works very well with everyone he interacts with, and has produced some high-quality video material for the Manor. He’s taken on some high-level tasks such as managing all the wireless devices and monitoring the nurse call system. Johnny’s always busy looking for things to do, although he does find time to pull pranks on us here in the office! I am so thankful for the talent and skills he brings to the IT team, and I’m excited to see him earn different IT certifications to further develop his skills.”

We’re so grateful to have Johnny’s enthusiasm, knowledge and skills around the campus!

Your Neighborhood Connection Names Executive Director

Your Neighborhood Connection is pleased to announce that Leanne Kiralfy has been named Executive Director of the organization. Jointly operated by Luthercare and Moravian Manor and launched in March 2016, Your Neighborhood Connection is an in-home services and licensed home care agency. Leanne brings to the partnership more than 20 years' experience working in long-term care. Most recently, she served as the Personal Care Home Administrator at Moravian Manor. Leanne has served as a board member of Your Neighborhood Connection and is looking forward to her new role.

Leanne, a Lititz native and Warwick High School graduate, began her career as a floor nurse, administering medications, completing daily treatments and was a member of the wound care team. She went on to work as a staff development nurse, providing education on mandated long-term care topics. Her experience led her to a position as an Admission Coordinator with a senior living community, in which she worked closely with families and residents in determining levels of care needed.



That experience steered her into an MDS Coordinator position where she became certified as a Resident Assessment Coordinator (RAC-CT) and is a member of The American Association of Nurse Assessment Coordinators. As a certified nurse assessment coordinator, Leanne is knowledgeable in Medicare/Medicaid billing and can navigate the ever-changing insurance systems. Leanne worked as a care manager for a home care agency and her own business consulting families and clients with long-range planning to prevent crises from occurring to assure the safety of her elderly clients.

Leanne earned her Personal Care Home Administrator Certification (PCHA) in 2012 and has worked as an administrator for the past three years at Moravian Manor. While working as a Personal Care Home Administrator, Leanne obtained her Assisted Living Administrator License (ALA) and is a member of the Pennsylvania Assisted Living



Association (PALA). Leanne worked closely with the Pennsylvania Department of Human Services and Licensing Board and was instrumental in developing policies and procedures for Moravian Manor in obtaining its Assisted Living Licensure.

During her career, Leanne has made it her goal to minimize the stress for her clients and family members by restoring the dignity and quality of life for those she serves. Leanne and her husband, Bob, reside in Manheim and have three grown children.

Your Neighborhood Connection was launched as a joint venture between Luthercare and Moravian Manor, connecting seniors to the in-home services and solutions they need to remain safe and independent at home. The agency serves clients from Moravian Manor and Luthercare's two Lancaster County communities, Luther Acres and St. John's Herr Estate, as well as beyond the walls of senior living communities, into greater Lancaster County.

The many services offerings include: companionship, medication reminders, meal planning and preparation, light housekeeping, transportation, personal care services, Licensed Practice Nurse visits, and much more.

To learn more about Your Neighborhood Connection, visit www.YourNeighborhoodConnection.org or call 717-627-0072, and like us on Facebook to stay connected.

Bender Award Recipients Honored

Congratulations were extended to Dale Kachelries, Rob Pauline and Mark Hirschman, recipients of the 24th annual Mildred L. Bender Memorial Fund Awards. For those newer to our community, this fund was established by Mildred Bender's family and friends in 1995 as a tribute to the former Manor resident. The fund has a two-fold purpose – first to provide financial assistance to those in need, and second to annually honor a resident, volunteer, and employee who exemplify the mission and ministry of Moravian Manor. This year's honorees each received a certificate, cash award, and leaded glass Moravian star with an engraved holder to commemorate their award.

DALE KACHELRIES (EMPLOYEE RECIPIENT): Dale began his employment at Moravian Manor as Director of Maintenance in September 2002. His responsiveness, willingness to go the extra mile, ability to balance the demands and realities of a complex job with a customer-centered approach makes him a worthy recipient of this award.

For Dale, his work is more than a job – it is a calling – an attempt to make sure the people he serves are well served. It was noted that Dale sets a great tone for those he supervises...he is a quiet leader and role model to respect. Moravian Manor is blessed to have his kind spirit, outstanding work ethic, and dedication to our residents and staff.

ROB PAULINE (VOLUNTEER RECIPIENT): Rob has resided at Moravian Manor since May 2016. However, he has been a part of the Manor family since 2014 when his beloved Jane was admitted to our skilled memory support nursing unit. Manor staff was blessed to have served Jane during her progressive disease, and recollect Rob being by Jane's side 8 to 10 hours daily. Jane lost her battle with Alzheimer's Disease in December 2014.

You will often find Rob out for his morning walks, soaking up the sun, or out and about the facility volunteering with events, delivering mail and newspapers, packing for the Power Pack Project, welcoming new residents to the campus, and assisting anyone that comes through the front door. Rob greets everyone with his charming smile and distinct Boston accent.

Rob's personal objective in his remaining years is to be as positive as possible each and every day. Rob quotes, "On January 2, 1961, John F. Kennedy, in his inaugural address stated, "Ask not what your country can do for you. Ask what you can do for your country." Rob attempts to live each day



by this rule and encourages everyone to do the same. Live each day as follows, "Ask what you can do for your fellow Moravian Manor resident and your fellow Moravian Manor employee."

Moravian Manor is blessed to have this special person, with a servant's heart, among our family.

MARK HIRSCHMAN (RESIDENT RECIPIENT): In our Summer 2017 issue of the LampPost, Mark shared that he is most fulfilled in life when helping others. He spent his entire professional career in community behavioral health, always working for non-profit organizations. While beginning his career with a focus on helping women and teens with depression, Mark rounded out his career with a specialized focus in the treatment of heroin addicts using medication-assisted treatment.

Mark's love of creating and working with his hands, coupled with his passion for helping others, has led to his involvement in the community both on and off campus. On campus, he spends time pursuing new hobbies and connecting with others through wood carving, wood working, and even learning how to play the ukulele! Mark also continues to help others at Moravian Manor through his presentations to both staff and residents about bullying and aggressive behavior, Drugs 101, relaxation, and medication. Off campus, Mark volunteers his time and knowledge by actively participating with ASAP Lititz (Action for Substance Abuse Prevention), a local group of volunteers providing support, education, and awareness about substance abuse in our local area.

Moravian Manor and our local community are thankful for Mark's ongoing contributions and his continued passion for helping others.

"Tough" Network News Reporter Reveals Softer, Vulnerable Side at Engaging Community Dinner



ELIZABETH VARGAS

is revered as a tough world news reporter. She is co-host of ABC's newsmagazine 20/20 and ABC News specials, and former anchor of ABC's World News Tonight. However tough her exterior seems, she's got a softer, more vulnerable side, which she revealed to us as our 2017 Engaging Community keynote speaker.

Vargas penned the book, "Between Breaths: A Memoir of Panic and Addiction," in 2016 to share her lifelong struggle with anxiety and panic attacks, as well as the addiction to alcohol that she developed during adulthood.

You would never know it to look at her on the set. Vargas was at the top of the professional ladder. Live before the

so insecure and anxious and afraid I never, ever, in my life learned to reach out for help, ever," Vargas said.

Studies show that nearly 63 percent of women in trouble with alcohol say they are also fighting anxiety. But when she was starting out, Vargas said she didn't understand then that the disease of alcoholism could slowly take over and threaten her life.

Her drinking began after she got her first job and the news team would head out to the local bar after work. "It was like, 'I finally feel relaxed,'" Vargas said. "All my insecurities would sort of fade back."

For years, she says she drank socially, like anyone else, and was able to control it until she hit rock bottom. "When you're in the cycle of this disease though, it doesn't matter how much you have or how little you have, it didn't matter," she continued. "It leveled me. It knocked me flat on my butt. I lost sight of everything." Like millions of people, Vargas



nation, covering everything from 9/11 to the Iraq War, she was calm. Poised on the outside. Inside she was fighting back panic attacks. Pinching herself to stay focused.

She grew up in a military family and moved to 14 homes, nine Army bases and eight schools as a child. When she was little, she said she suffered from anxiety daily, even panic attacks, but she learned to hide them. "Because I am basically

said she didn't think she had a drinking problem because she didn't drink all the time, and she had no family history of alcoholism. As time went on, her glasses of wine at night became entire bottles and her husband noticed.

Vargas spoke honestly about her attempts to gain sobriety, mentioning, on average, an alcoholic will take three to four attempts to get sober for good. After each of her attempts, it was not long before she was drinking again. Her husband,

her parents, her sister and her brother all took time to try to help her. In 2014, Vargas was forced to go public with her alcoholism after it was leaked to the press. That same year, her husband came to her and said he wanted a divorce. ABC also put her on notice to stay sober or lose her job.

That summer, Vargas decided to take her two sons on a vacation and rented a beach house in California, taking someone to help with the kids full-time. I drank again and I ruined it," she said. Eventually, her bosses at ABC were alerted that she was drinking again, and she called her sister to say she was in trouble. Vargas thought it was all over, she was going to lose her boys; she was going to lose her job. Embarrassed, ashamed, and deeply humbled, she checked herself into rehab, again. ABC News agreed to give her unpaid time off to deal with the addiction and its underlying causes, and one more chance to prove she could stay sober. "Thank God they gave me one more chance," Vargas said. "Thank God, because, you know, many other employers wouldn't have."

"I feel I have let myself, my co-workers, and most importantly, my family down and for that I am ashamed and sorry. I am committed to battling and addressing this debilitating disease."

sorry I drank. I'm sorry I scared you. I'm sorry that I wasn't there for you. I'm sorry I fell asleep and missed your recital. I'm sorry. I'm sorry."

Vargas ended her speech by telling the audience "I am not an expert on alcoholism. I do not claim to know all the secrets to getting better. I have learned painful lessons about what is important. I just know what finally worked for me, and that my sobriety, while new, is hard won and my life is so much better for it."

Moravian Manor extends its appreciation to our 2017 Engaging Community Dinner sponsor:

- **Speaker Sponsor** – EG Stoltzfus Construction and their partners in our Warwick Woodlands project
- **Gold Sponsor** – Douglas C. Lane & Associates
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- **Bronze Sponsors** – Bomberger's, Cornerstone Design Architects, Medline, Phoebe Pharmacy, and RGS Associates



The hardest part was knowing that her alcoholism affected her two sons. "I don't know if I will ever forgive myself for hurting them with my drinking, ever," she said. She forced herself to confront what she had done to them and apologize for the pain she caused them. "You can't just say, 'I'm sorry I hurt you,' and then, you know, leave it at that," she said. "I'm

Engaging Community is a program hosted by Moravian Manor that builds upon our community focus by offering a quality educational, inspirational, entertaining program to increase the awareness of Moravian Manor's mission and role throughout Lancaster County and beyond. Proceeds from this program, exceeding \$28,500, were raised to benefit our Senior Care Benevolence Ministry.

Sapphire, Diamond, Emerald, Amber, Ruby, Pearl ...

A Positive Approach to Brain Change

Your Neighborhood Connection is pleased to present a unique educational opportunity coming in November 2018 to Moravian Manor residents and those on our waiting list.

Using Skills that Make a Difference: A Two-Part Dementia Training Program

Date: Tuesday, November 7 & 14
Time: 2-3 pm
Location: Steinman Hall
Presenter: Beth Tesfay, Certified Positive Approach Trainer and Coach at Unforgettable Gems



The workshop offers an overview of Teepa Snow's GEMS® dementia classification model, which recognizes the dynamic nature of the human brain and its abilities and compares different states of being and ability to the characteristics of precious jewels. Unlike other cognitive models, it acknowledges that everyone's abilities can change in a moment. Modifying environments, situations, interactions, and expectations will create either supportive positive opportunities or result in distress and a sense of failure. Rather than focusing on a person's loss when there is brain change, seeing individuals as precious, unique, and capable encourages a care partnership and is the core of this model. This dignified metaphor defines normal aging as well as the many appearances,

behavioral changes, skill sets, and needs of those living with the effects of neurocognitive failure (dementia) or other brain changes.

About the Presenter



Beth Tesfay has a unique passion for people. She has worked in health and personal care serving patients from childbirth to the aged, in various levels of need from basic to complex for more than 25 years. Twenty of these years have been dedicated to serving those living with dementia and their families. She uses her foundational knowledge and basic care partnering skills including Positive Physical Approach™ (PPA) and Hand-

under-Hand™ (HuH), to train and coach experiential and interactive courses to those caring for people living with dementia.

In addition to being a Positive Approach trainer and mentor, she works at a local CCRC Personal Care Memory Care Household, is a facilitator for the Virtual Dementia Tour through Second Wind Dreams, and is in a work group for Dementia Action Alliance. Beth's awareness and knowledge of dementia, her heart for people, professional experiences and training make her uniquely qualified to empower you, the care partner. Add tools to your toolbox!

To learn more about the GEMS® Brain Change Model, visit <http://teepasnow.com/events/teepas-gems>.

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Power Pack Projects Helps Local School Children and Families Rethink Eating Habits

Last summer, Moravian Manor learned of the need for volunteers to provide weekly Power Packs to children in two elementary schools in the Warwick School District. And so, a plan was launched to coordinate staff and resident volunteers to make weekly distributions to John Beck Elementary School and Kissel Hill Elementary School.

The Power Packs Project recognizes the vital role that nutrition plays in children's ability to learn at school. According to the Center on Hunger and Poverty, "Hungry children have a hard time learning in school, have short attention spans, and suffer more absence due to illness." The Power Packs Project empowers the participating families to better use their food dollars and assure their children are well-fed and ready to learn at school. In lieu of highly processed, highly sugared and expensive pre-packaged foods, each week a recipe for a low-cost meal, and the ingredients to make it, is provided in addition to staples like peanut butter and cereal.

The Power Packs Project is a non-profit 501(c)(3) that aims to improve the mental and physical health of children in the program. The goal is to help their parents provide nutritious meals over weekends when the school breakfast and lunch programs are unavailable to them. In accordance with the Lancaster Osteopathic Health Foundation guidelines, the

Power Packs Project enhances "child mental resilience, physical health and health habits" while "strengthening parenting as a way to promote the healthy mental and behavioral development of children."

If you think of the saying "give a man a fish and he eats for a day, teach a man to fish and he eats for a lifetime," you will understand this program's unique aspect. The educational component of Power Packs is vital to the goal of "changed behavior" among the participating families.

Moravian Manor is privileged to provide volunteers to support this effort. It's nothing short of inspirational! Each week they help ensure that the participating parents have the groceries and the tools to provide complete meals to their families over the weekends. And the feedback from families who are now sitting down to have complete and nutritious meals over the weekends is gratifying to the project volunteers.

Over 300,000 meals in 24,000 packs were distributed throughout Lancaster County this school year. In Warwick School District, we average 30 packs, helping 118 family members. We are so privileged to serve our community!

To learn more about the Power Packs Project, please visit <https://www.youtube.com/watch?v=TXudfA9b2SQ>



An Extra-Generous Community

THANK YOU MORAVIAN MANOR FAMILY! YOU ARE EXTRAORDINARY GIVERS!

During the November 17, 2017 Extraordinary Give, you helped us raise \$35,235. It means so much to us when you support Moravian Manor's mission and ministry to provide charitable health care for those who can no longer pay for their medical services. One hundred percent (100%) of the proceeds from these donations go toward Benevolent Care.

We also extend our gratitude to the Lancaster County Community Foundation and their sponsors for championing giving and generosity... and for celebrating many great organizations in our community.

Mark your calendars for the 2018 Extraordinary Give on November 16.



Assisted Living License Added to Service Offerings

On the first of the year, Moravian Manor received its Assisted Living License. Assisted living bridges the gap in care between personal care and skilled nursing care. All of the services previously available to residents in Manor West are still available. In addition, supplemental health care services are available now in Manor West, if needed, to allow individuals to age in place longer.

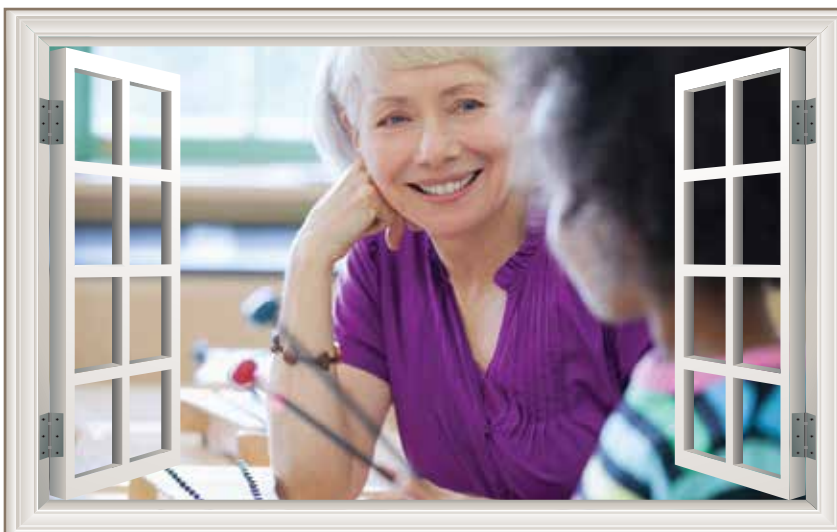
In the past, if residents in Manor West Personal Care required the services of health care, they would discharge to our Health Center. Now, they can receive supplemental services in the comfort of their suite.

We are very pleased that our community now offers residents a full range of care services: Residential Living, Personal Care, Assisted Living, Health Care and Memory Care, in addition to short-term rehabilitation.

Manor Moments

Biscuit, Our Robotic Dog Gets Friends!

Remember Biscuit? He joined us back in 2015 as a way to use technology to improve the resident experience. Since then, he's brought joy to so many in the Health Center and Herrnhut community through so many interactions. It was only fitting that we get our pooch some "friends" of his own.



I open to the day...
the prospect of being engaged in life and connected with community! With maintenance-free living and Lititz beckoning, the opportunities are boundless.

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Residential Living 717-625-6000 ■ Continuing Care 717-626-0214 ■ www.moravianmanor.org



Children's Corner Receives National "Nature Explore Classroom" Distinction

In October last year, The Children's Corner earned national recognition as a Certified Nature Explore Classroom from the Nature Explore program, a collaboration of Dimensions Educational Research Foundation and the Arbor Day Foundation. The Children's Corner joins an elite group of less than 20 child care centers in Pennsylvania, and nearly 400 like-minded spaces nationwide, that hold this distinction.

These Certified Nature Explore Classrooms foster highly effective, nature-based outdoor learning. "The Children's Corner's commitment to providing research-based and nature-rich learning offers a wonderful example to programs and educators throughout the country," stated Heather Fox, director of communications and outreach for the Nature Explore program. "These spaces inspire hands-on activity, creativity, play and plenty of time exploring the natural world."

These unique outdoor classrooms—which are springing up like wildflowers across the country—offer interactive elements such as musical instruments made of natural materials, garden or pathway areas, and natural materials for building and creating art. Research consistently shows that children who learn and grow in Nature Explore Classrooms exhibit enhanced concentration, develop creativity and

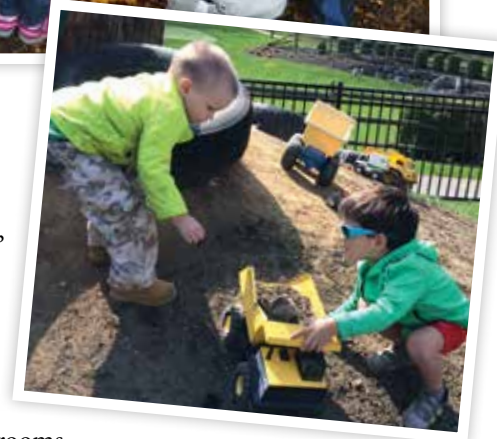
problem solving techniques, manage stress in healthy ways, and develop skills across the spectrum of academic and creative learning.

Nature Explore Classrooms

were developed by a team of master educators, landscape architects and researchers in response to the documented growing disconnect between children and nature. The classrooms help fill this void by integrating research-based outdoor learning opportunities into children's daily lives.

Mary Jane Hudock, program director at The Children's Corner, sees the benefit of outdoor play, connecting children to the real world of nature beyond their classroom walls. "Children gain an understanding of the lifecycles and the seasons, and it provides the perfect environment for them to strengthen and enrich their skills," she described.

To learn more about The Children's Corner and our Nature Explore Classroom, visit www.moravianmanor.org/childrens-corner.



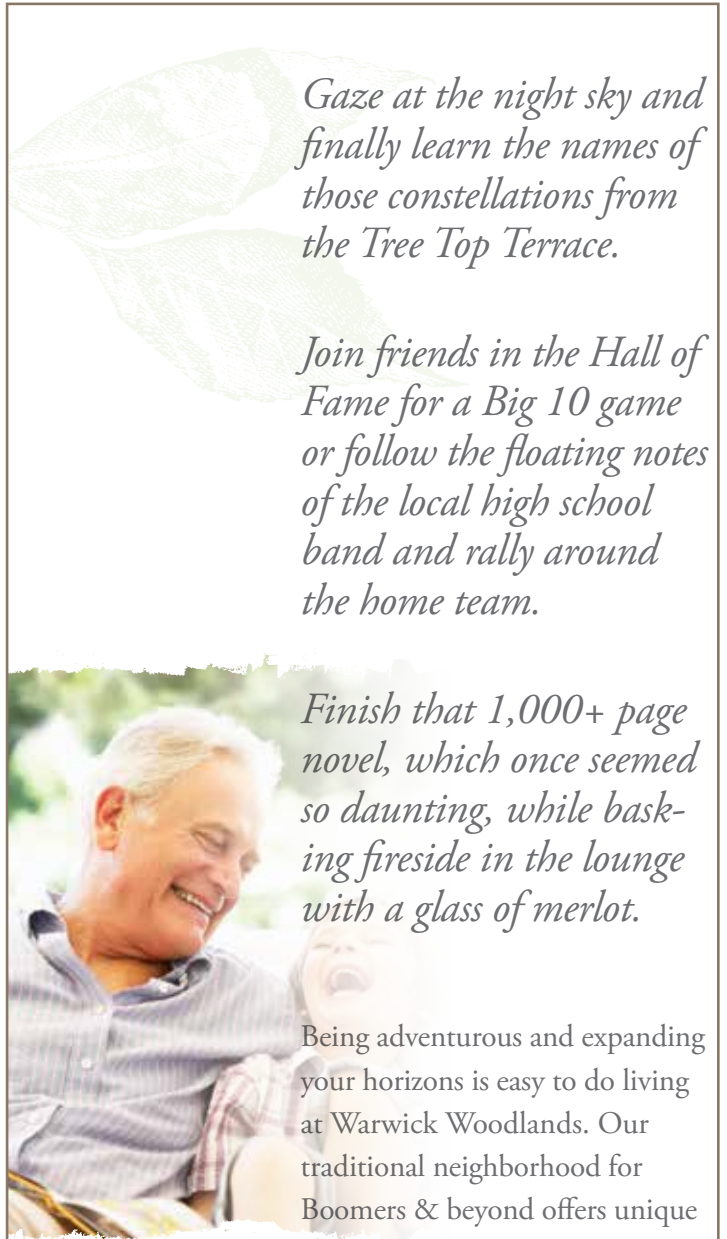
John Ratzenberger Announced as 2018 Engaging Community Speaker



Mark your calendars for October 22 later this year, as multi-E Emmy-nominated actor and accomplished screenwriter, director, producer and author, John Ratzenberger joins us for our 2018 Engaging Community dinner: "Made in America: Educating, Motivating and Empowering Americans to Expand Skills and Entrepreneurship."

He may be best known for playing mail carrier Cliff Clavin on the long-running NBC sitcom "Cheers." Prior to creating his character on Cheers, John lived overseas for 10 years and has worked as a carpenter, archery instructor, and deck hand on a fishing boat. He produced and starred in the Travel Channel series "Made in America," which highlighted U.S.-made goods and workers. He is passionate about how important it is for this country to recognize the need for, and to provide the training to produce skilled laborers.

Stay tuned to our website and Facebook for future details about our 2018 Engaging Community dinner. Tickets will go on sale in early fall.



Gaze at the night sky and finally learn the names of those constellations from the Tree Top Terrace.

Join friends in the Hall of Fame for a Big 10 game or follow the floating notes of the local high school band and rally around the home team.

Finish that 1,000+ page novel, which once seemed so daunting, while basking fireside in the lounge with a glass of merlot.

Being adventurous and expanding your horizons is easy to do living at Warwick Woodlands. Our traditional neighborhood for Boomers & beyond offers unique campus spaces to fuel your passions and entice you to try new things. Our community is enhanced with downtown Lititz mere steps away plus the availability of continuing care for future needs. *Now that's the good life!*



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During the upcoming months, Holly Began, our Director of Community Services, has a variety of recreational, educational, cultural and wellness programs planned. Check them out!

April:

3rd – Flagship Therapies presents, “What Exactly is Speech Therapy Anyway?” in Steinman Hall, 2 PM

10th – Celebrating Moravian Manor’s Centurions Luncheon in the Garden Court Dining Room at 11:30 AM

10th - The Education Committee presents, “911 & the Heroes of Flight 93” with Mal Fuller in Steinman Hall at 2:00 PM

24th – Elite Coach Trip “The Road to Independence.” Enjoy a guided driving tour of the many beautiful murals throughout Center City Philadelphia. The guide will share information about the murals and the story behind each one. Enjoy a delicious Italian lunch followed by a visit to the brand new “Museum of the American Revolution.” The museum tells the story of our nation’s founding through immiscible gallery experiences, object theaters, and recreated historic scenes. \$

26th – Bon-Worth Fashions Trunk Show in Steinman Hall, 10 AM – 2 PM

28th – The Art Committee will be having an “Art Auction” featuring pieces by Myrtle Trembly, Pauline Good, and many others. The Silent Auction will begin at 9 AM and the live auction at 10 AM.

May:

1st – Flagship Therapies presents, “Adaptive Equipment for the Kitchen” in Steinman Hall, 2 PM

8th - The Education Committee presents the “History of Lititz” with Don Campbell in Steinman Hall at 2 PM

15th – The Art Committee presents the “Lancaster Art Gallery Tour” with a guided tour at the Demuth Gallery and then walking tour of other local galleries on your own. \$

17th – “Used Jewelry Sale” in Zinzendorf Room, 10 AM – 3:30 PM

June:

1st – Lawn Concert with “JCM Band”, 6:30 PM

5th – Flagship Therapies presents, “Understanding How Diathermy, Ultrasound and Electrical Stimulation Can Reduce Pain” in Steinman Hall, 2 PM

24-28th – Elite Coach Trip “1000 Islands, Alexandria Bay Tour” Explore the beautiful 1000 Islands region with us! We will sail down the St. Lawrence River to visit Boldt Castle and the lovely Singer Castle. We’ll visit the Frederic Remington Art Museum, Antique Boat Museum and dine at some of the finest restaurants in the area. We’ll be lodging at the extraordinary 1000 Island Harbor Hotel.

August:

1st: Elite Coach trip “American Treasures, Oaks, PA.” Take a step back into yesteryear as you cruise through the massive collection of Americana from antiques to kitsch to pop culture by way of the tram. The mechanical music display explores hundreds of machines, such as nickelodeons, band organs, and music boxes. There is so much more from floor to ceiling! Enjoy a tasty buffet lunch in the “Theatre Room” before heading off to yet another treasure. We’ll visit the charming Pottsgrove Manor, where a guide will talk to the group about the estate. We wrap up the day with a ride on the second oldest Carousel in the US. Enjoy a few moments of childhood pleasure on this beautifully restored treasure!

September:

11-13th: Elite Coach “Autumn Days in Cape May, NJ.” Join us for beauty and relaxation at this historic Victorian seaside gem, the oldest resort and one of the most beautiful spots in the country. Whale watch cruise, trolley ride, and fine dining are just a few of the things you will enjoy while in Cape May. Before returning home we’ll make a stop at Smithville Village for browsing, shopping, or a snack or two!

MINDFUL EATING

Feed Your Body of Knowledge

Sip on This

Have you ever thought to yourself, "I don't drink enough water?" If so, you're not alone. Many of us feel like we can do a better job hydrating our bodies. And since water makes up about 60% of our total body weight, it is an important consideration. Water helps to keep our internal temperature stable and helps transport oxygen throughout the body. However, hydration needs differ based on several factors – age, gender, activity level, environmental temperature, and humidity levels. As a general rule of thumb, men need about 13 cups (104 oz.) of fluids daily and women need about 9 cups (72 oz.).

What counts as "fluids"?

The good news is that we can consume these fluids in our beverages and foods. Many foods, especially fruits and vegetables like watermelon, strawberries, cucumber, and lettuce, can contain up to 90% water. Our food intake typically accounts for about 20% of our daily water intake. Additionally, although caffeinated beverages should not make up a major portion, they can contribute toward your fluid goals.

Is it possible to drink too much water?

Yes, it is possible to drink too much water. This throws off our bodies' electrolyte balance and can be very dangerous. However, this is very uncommon and is usually only a concern for extreme athletes, like marathoners, who are frequently drinking large amounts of water. For the average American, this is not a concern. As we mature, we often times find ourselves trying to consume our needs.

How do I know if I'm hydrated?

As a general rule of thumb, if you're drinking enough water so that you rarely feel thirsty throughout the day, and your urine is consistently a pale yellow color, you're likely hydrated well. If your urine is dark yellow or apple juice-colored, reach for that glass of water! Other warning signs of dehydration can include irritability, fatigue, and even hunger (our bodies sometimes mistake dehydration for hunger). When our bodies are lacking in fluid intake, some results can be impaired cognition or acute confusion, higher risk of falls, and constipation. UTI's are also a very common problem in conjunction with dehydration. We need these fluids to maintain our bodily functions, keep our organs healthy, and have good skin integrity.

Here are some tips to stay hydrated all day:

- Start your day with a glass of water with breakfast.
- Keep a reusable water bottle with you throughout the day. This will encourage you to drink all day long, even if you don't feel thirsty. As you refill your bottle, keep track of the ounces you consume.
- Yes, you know that drinking water is essential to staying hydrated. But who can deny that a glass of water can be, well, sort of drab. Before reaching for another glass of ho-hum H₂O, try some of the infused water ideas below (with fruits, vegetables, and herbs), or add a splash of 100% fruit juice to your flat or sparkling water.

Mix each of the combinations below in a pitcher with six to eight cups of water. (Remember to rinse all of the ingredients before adding them to the pitcher.) You'll also need a long wooden spoon to gently mash some of the ingredients. The finished refreshers can be served immediately, but for more flavor let them sit for a few hours (or longer) to infuse. Cheers!

Raspberry-Basil: Add 1 pint raspberries along with 10 basil leaves to a pitcher. Mash the ingredients together and add water.

Berry-Vanilla: Mix together 1/2 cup each blueberries, blackberries, and chopped strawberries in a pitcher. Mash the berries and stir in the water. Split 1 vanilla bean lengthwise and scrape out the seeds with a small knife; add the seeds and pod to the pitcher. (Remove the pod before serving.) If you don't have a vanilla bean, stir in a small drop of vanilla extract for a similar taste.

Pineapple-Ginger: Add 2 cups chopped pineapple, a thinly sliced 2-inch piece of fresh ginger, and water to a pitcher. (Remove the ginger prior to serving.)

Watermelon with Chile-Salt: Add 2 cups chopped seedless watermelon to a pitcher; crush the fruit and add water. To serve, mix equal parts chile powder and sea salt on a plate; wet the rim of a glass with water and turn the rim in the chile-salt combo. Add the watermelon water to the glass and serve.

Blueberry-Lavender: Add 1 pint blueberries to a pitcher, along with 2 teaspoons culinary lavender buds (find them online or at specialty grocery stores). Mash the berries and lavender and stir to combine.

Cucumber-Mint: Add 12 mint leaves to a pitcher and mash. Stir in 1 thinly sliced English cucumber and water.



With strawberry season right around the corner, we thought this Mindful Salad recipe would be a good one to share. The vinaigrette sounds very interesting and yummy!

Visit us next year at The Owl's Nest where you will find Mindful Salads like this and more!

Strawberry Salad & Dark Chocolate Vinaigrette

Portions: 4

Ingredients

½ cup uncooked red quinoa

Dark Chocolate Vinaigrette (*recipe follows*)

1 package (12 oz.) spring lettuce mix or greens of your choice

1 pint fresh strawberries, quartered

½ cup sliced blanched almonds, toasted

½ cup julienned red onion

4 tsp. chopped fresh mint leaves

Instructions

1. Cook red quinoa according to package directions. Prepare Dark Chocolate Vinaigrette. Refrigerate both until ready to serve.
2. For the salad, toss lettuce and cooked quinoa to gently mix. Divide among 4 serving plates. Sprinkle each with ½ cup strawberries, 2 tablespoons each red onion and almonds, and 1 teaspoon mint.
3. Drizzle each salad with 2 tablespoons vinaigrette. Serve immediately.

Dark Chocolate Vinaigrette

Mix ¼ cup balsamic vinegar,

3 Tbsp. orange juice,

2 tsp. olive oil,

2 tsp. granulated sugar and

¾ tsp. Dijon mustard until sugar is dissolved.

Whisk in 2 Tbsp. unsweetened cocoa until well-blended.

Refrigerate until ready to serve.

Nutrition Facts -

Recipe as Written:

Calories 360 Carbs 54g

Protein 12g Fat 13g

Sat. Fat 1.5g Sodium 60mg

Fiber 10g

Add a protein of your choice for a light, spring/summer entrée selection!

TRIBUTE GIFTS

July 15, 2017 to February 28, 2018

We are grateful to the following people who have chosen to honor or remember someone special in their lives. Their gifts make it possible for us to provide nursing care to residents who can no longer pay the full cost of their health care.

In Honor of:

Mrs. Jacqueline Adams
Mr. and Mrs. John Adams

Mr. Robert Adams
Mr. and Mrs. John Adams

Mrs. Helen L. Becker
Mr. and Mrs. Donald G. Becker

Mrs. Yvonne B. Bomberger
Ms. Minerva B. Saine

Mrs. Siv E. Cacamis
Mr. and Mrs. Lawrence A. Bodony

Mrs. Pearl A. Culbert
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Mrs. Mary B. Staebler
Mrs. Martha A. Habecker

In Memory of:

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Mr. Robert J. Alden
Mrs. Lois M. Vollmer

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Mr. H. Sid Long
Mr. and Mrs. James A. Maddox
Ms. Karen Malleus
Mr. and Mrs. Walter H. Offermann
Mr. and Mrs. Richard B. Posey
Mr. William B. Ringer
Mr. and Mrs. Dale E. Shelley
Mr. and Mrs. Robert Simons
Mr. and Mrs. John H. Smith
Mrs. Marian E. Spalding
Mrs. Nancy K. Spencer
Mr. Clifford J. Wengert
Mr. Rich Wengert

Miss Magdalene H. Brosius
Mr. and Mrs. William Brosius, Jr.

Mrs. Margaret P. Brubaker
Mr. and Mrs. Henry P. Brubaker
Mr. and Mrs. Josh Brubaker
Mr. and Mrs. Patrick Brubaker

Mr. James E. Buckwalter
Mr. and Mrs. David R. Buckwalter

Mrs. Lucille Buckwalter
Mr. and Mrs. Raymond E. Belliveau
Mr. and Mrs. David R. Buckwalter
Mrs. Isabelle Weidman

Mr. Collins E. Bushnell, Jr.
Mrs. Helen M. Bushnell

Mr. Arthur M. Cholmeley-Jones
Mr. and Mrs. Jeffrey E. Marshall

Mr. W. Eugene Clair
Mrs. Gina Zeamer

Mrs. Rosalie W. Clark
Ms. Karen Beierle
Mr. and Mrs. David C. Gerrity

Mrs. Ann Cochran
Deann L. Buffington

Mrs. Eleanor B. Davis
Ms. Rebecca Davis

Mr. Glenn H. Davis
Ms. Rebecca Davis

Mr. Clyde R. Dengler
Mrs. Leslie Elicker

Mrs. Ellen M. Donohue
Mrs. Mary Anne Harvey

Mr. John Dorozowski
Mrs. Audrey Dorozowski

Mrs. Anna B. Dracoules
Ms. Kathleen F. Weidner

Mr. Joseph J. Dyer
Ms. Anne Marie Dyer

Mr. Bruce Earhart
Mrs. Dorothy V. Earhart

Mr. Alfred A. Eopechino
Mrs. Aimee Taylor

Mr. Augustus N. Faig, Sr.
Mr. Augustus N. Faig, Jr.

Mrs. Ethel M. Faig
Mr. Augustus N. Faig, Jr.
Mr. and Mrs. Warren C. Faig

Mrs. Mary Elizabeth Fidler
Mr. Kenneth H. Fidler

Mrs. Joan E. Florich
Mr. and Mrs. Robert Kunzelman

Mr. Benjamin G. Forrest
Mr. and Mrs. Larry Zimmerman

Mrs. Dorothy Ware Forrest
Mr. and Mrs. Larry Zimmerman

Mrs. Betty J. Fraunfelter
Mrs. Isabelle Weidman

Mrs. Leslie "Kit" J. Frederick
Mr. and Mrs. R. William Spacht

Mrs. Solveig Ganss
Mr. Edward R. Ganss

Mr. Ned D. Gardner
Mrs. Sheila Gardner

Mrs. Dorothy M. Garrett
Mrs. Helen M. Bushnell

Mrs. Doris C. Heck
Mrs. Lucy A. Kingcaid
Lamplighters Assn. of Moravian Manor
Mr. and Mrs. Walter H. Offermann
Mr. and Mrs. Carl B. Witwer, Sr.

Mr. Robert H. Gibble
Mr. and Mrs. Steven J. Alger
Mrs. Lois J. Kaufman

Dr. Richardson B. Glidden
Mr. and Mrs. Raymond E. Belliveau

Mrs. Mary A. Gorton
The Gorton Family

Mrs. Mary Graef
Mr. and Mrs. G. Thomas Leedle

Mr. Myron L. Graef
Mr. and Mrs. G. Thomas Leedle

Mr. Harry J. Hagan
Ms. Kate M. Ritter

Mrs. Marianna Hagan
Ms. Kate M. Ritter

Mrs. Elisabeth "Lisette" I. Hausmann
Mr. Max Hausmann

Mrs. Theresa Hausmann
Mr. Max Hausmann

Mr. David D. Heck
Mrs. Doris C. Heck

Mrs. Ruby A. Hess
Miss Laurie J. Hess

Mrs. Dorothy T. Hessler
Mr. and Mrs. J. Robert Hess
Mrs. Marian E. Spalding
Mrs. Audrey M. Zercher

Mr. Melvin A. Hessler
Mr. and Mrs. Richard B. Griswold
Mr. and Mrs. J. Robert Hess
Mr. Thomas Nicholas
Mr. and Mrs. R. William Spacht
Mrs. Marian E. Spalding
Mr. William C. Winger, Jr.
Mrs. Audrey M. Zercher

Mrs. Ellen L. Hoppe
Mr. Paul Hoppe

Mr. Thomas W. Ishler
Mrs. Marjorie Ishler

Mrs. Ann O. Jones
Mrs. Betty Bulleit
Mr. and Mrs. Michael Conway

Ms. Joan M. Doyle
Ms. Maureen Doyle
Mr. Greg Haun
Mr. and Mrs. J. Robert Hess
Mr. and Mrs. James Hoynoski
Ms. Kathlene Knox
Mr. and Mrs. Frank Mollenhauer
Mrs. Marian E. Spalding

Mr. George A. Kandra
Mrs. Faye E. Kandra

Mr. David Keating
Ms. Pat Jamison

Mr. George L. Keehn
Mr. and Mrs. G. Thomas Keehn

Mrs. Julia Z. Keehn
Mr. and Mrs. G. Thomas Keehn

Mrs. Ethel I. Keller
Dr. and Mrs. David P. Birch
Mrs. Isabelle Weidman

Mr. Jerome A. Kiralfy
Mr. Todd Myers

Mrs. Janet B. Kisor
Mr. and Mrs. Joe Carroccio

Mr. Ted W. Kisor
Mr. and Mrs. Joe Carroccio

Mrs. Martha S. Koelbl
Mrs. Sherry L. Alleman
Mr. Dennis Petticoffer
Mrs. Janis E. Snavelly
Ms. M. Joanne Snavelly

Mrs. Ann H. LaClair
Mr. John F. LaClair

Mrs. Katherine D. Lohr
Mr. and Mrs. Brian C. Jones

Mrs. Dorothy K. Loump
Mr. and Mrs. John Abernethy
Mrs. Jane Hartin
Mr. and Mrs. Lloyd Jacobson

Mr. Thomas F. McGuinness
Arrow Systems Integration
Ms. Theresa Cianciaruso
Mr. and Mrs. David Clauss
Mr. David Karr
Mr. and Mrs. Gene Kurtz
Christine and Scott Leonescu

Mrs. Mary S. Miller
Mr. and Mrs. James Miller

■ Tributes

Dr. Howard B. Minnich

Ms. M. Brooke Minnich and
Mr. Peter J. Parsil
Mr. Richard A. Minnich

Mrs. Margaret Minnich

Ms. M. Brooke Minnich and
Mr. Peter J. Parsil
Mr. Richard A. Minnich

Rev. John Morman

Mrs. Marie S. Morman

Mr. John W. Nameck

Mrs. Nancy McCleary

Mrs. Catharine E. Nestel

Charles F. Snyder Jr. Funeral Home
and Chapel, Inc.

Mr. J. Paul Nolt

Mr. and Mrs. Joseph P. Nolt

Mrs. Mary K. Nolt

Mr. and Mrs. Joseph P. Nolt

Mrs. Adriana Oehme

Miss Anne M. Swan

Mr. J. Herbert Oehme

Miss Anne M. Swan

Mrs. Nancy H. O'Hara

Mrs. Helen Y. Heron
Mr. and Mrs. Charles Podlesny
Ms. M. Joanne Snavelly
Mr. and Mrs. R. William Spacht

Mrs. Jean E. Packard

Mr. and Mrs. Edward Spencer
Mr. and Mrs. Leroy J. Wiesner

Mr. Richard A. Packard

Mr. and Mrs. Edward Spencer
Mr. and Mrs. Leroy J. Wiesner

Memory of Parents

Mr. and Mrs. James Galway
Mr. and Mrs. Richard G. Stauffer

Mrs. Jane A. Pauline

Mr. Robert J. Pauline

Mrs. Emma M. Pelger

Mrs. Mary Fry
Ms. Kathleen F. Weidner

Mr. Michael J. Perezous

Mrs. Dolores Perezous

Mrs. Nancy F. Pfautz

Mr. and Mrs. R. William Spacht

Mr. Robert E. Reed

Mrs. Betty Bulleit
Mrs. Marian E. Spalding
Mr. William C. Winger, Jr.
Mrs. Audrey M. Zercher

Mrs. Margaret Reynold

Mrs. Susan Gleason

Mr. Raymond Reynold

Mrs. Susan Gleason

Mr. Robert B. Risser

Mr. and Mrs. Paul Harclerode

Bishop Edwin A. Sawyer

Rev. and Mrs. Norman E. Prochnau

Mrs. Elizabeth S. Sawyer

Rev. and Mrs. Norman E. Prochnau

Mr. Stanley Schoenberger

Mrs. Judith Schoenberger

Mr. Edwin R. Seace, Sr.

Ms. Lesley Jo Brouse
Ms. Linda Freisher
Mr. Gregory Swartz

Mrs. Elizabeth L. Sheaffer

Ms. Joan L. Riehl

Mrs. Vera B. Shirk

Mr. and Mrs. Frederick W. Berko
Mr. and Mrs. John R. Gibble
Mr. Thomas Nicholas
Mr. and Mrs. Charles Niemi
Mr. and Mrs. John Schuster
Mr. and Ms. Nick Selch
Mr. and Mrs. Lee D. Shirk
Mr. Roy Shirk
Mrs. Judy Silverblatt
Mrs. Audrey M. Zercher

Mrs. Ellen J. Shue

Mr. and Mrs. Carl Martin

Ms. Linnea Silcox

Mrs. Faith J. Meier

Mrs. Margaret P. Simmons

Mr. and Mrs. William Simmons

Mrs. Mary B. Staebler

Mr. and Mrs. Ted Castle
Mr. and Mrs. J. Robert Hess
Dr. and Mrs. Arthur J. Holder
Mrs. L. Joan McCormick
Mr. and Mrs. Rodney Moseman
Mr. and Mrs. Christopher E. Needham
Mr. Thomas Nicholas
Mr. and Mrs. Walter H. Offermann
Mr. and Mrs. Henry J. Roux
Mr. and Mrs. Thomas M. Shaub
Mrs. Marian E. Spalding
Mr. William C. Winger, Jr.
Mr. Craig Winter
Mr. and Mrs. Carl B. Witwer, Sr.
Mrs. Audrey M. Zercher
Ms. Linda Ziffrin

Mr. Henry S. Starr

Mrs. Margaret Starr

■ Manor Moments ■

It was a Groundbreaking Event!

The Woods Apartments formally broke ground in early November. Check out our blog at www.warwickwoodlands.org for video updates, or the construction cam on our home page to watch the live feed from our site. And like our Warwick Woodlands Facebook page so you don't miss the latest news!



Mrs. Carol L. Stout

Charles F. Snyder Jr. Funeral Home
and Chapel, Inc.
Mr. Kristopher E. Stout

Mr. Roy E. Suter

Mr. and Mrs. Louis Suter

Mr. Edwin L. Toomey

Mr. and Mrs. Edwin Toomey, II
Mr. and Mrs. Edwin Toomey, III

Mrs. Mildred B. Toomey

Mr. and Mrs. Edwin Toomey, II

Mrs. Alma B. Troutman

Mrs. Judith Schoenberger

Mrs. Robbye A. Winger

Mr. William C. Winger, Jr.

Mrs. Marion E. Yunginger

Ms. Melissa Hess

"In Loving Memory"

We extend our sincere condolence
to the families and friends of ...

Thomas F. McGuinness

July 30, 2017

Ann O. Jones

August 24, 2017

Martha S. Koelbl

September 26, 2017

Elizabeth J. Bachman

September 22, 2017

Mary B. Staebler

November 15, 2017

Nancy H. O'Hara

December 13, 2017

Edwin R. Seace, Sr.

December 19, 2017

Melvin A. Hessler

January 3, 2018

Yvonne B. Bomberger

January 26, 2018

Leslie "Kit" Jo Frederick

February 14, 2018

We are deeply grateful that their families
have designated Moravian Manor as the
recipient of memorial gifts in lieu of flowers.



Gifts for Floral Designs

June 27, 2017 to March 13, 2018

In loving memory of Ruby Hess on the occasion of her birthday
Given by Bob Hess

In loving memory of our dear Bud
Given by Jane, Leslie, Thom and Kim

In loving memory of Geraldine Reinert
Love from her husband and surviving four generations.

To Honor the memory of my mother, Ellen Wagaman
on the occasion of her birthday, October 7, 1916.
Given by her daughter, Karen Hampton

In loving memory of my husband, Dr. Richard B. Glidden
Given by Jean Glidden

In loving memory of Lee and Bill Mitchell
Given by their daughter, Susan

"With grateful hearts and loving memories of Donald Jones"
with Thanksgiving –
Given by: Stephanie Wallis, Carol Doyle and Families

Wishing all residents in Garden Court Apartments
a very Merry Christmas and a happy and healthy New Year!
Warmly, Alice Cooney

Celebrating 15 years of extraordinary living at the Manor.
Given by Tom Nicholas

To Honor the memory of my father, George Eager, Jr.
on the occasion of his birthday, March 16, 1919.
Given by Donald Eager

If you would like to honor or memorialize someone in this manner,
please send a check for \$75.00 payable to Moravian Manor. The
resident Floral Committee will arrange and place more than thirty
floral bouquets throughout the Manor. Cards are placed with each
arrangement listing the donor and his or her tribute.

■ Manor Moments ■

24 New Little Detectives



The Lititz Borough Police Department stopped by the Children's Corner in October to talk about Police Officers, allowing the kids to climb in the cruiser and ask questions. The

kids, ages of two and four, stood at attention, arms at their sides, completely still, and completely silent for the better part of an entire two minutes while the "pinning" of the badge sticker to their shirts took place. Thanks Detective Miller!

Super Bowl Fun



Staff did their part to cheer on the Eagles!



○ Tannenbaum, ○ Tannenbaum



LampLighters

The Lamplighters held their annual bake sale again with lots of tempting desserts. A new fundraiser added to the schedule this year was a holiday gift wrapping service. The Lamplighters Association supports the residents of Moravian Manor in a variety of ways. Residents' needs and interests are communicated to participating congregations and volunteerism is promoted. Fundraising events are coordinated to help finance specific projects and to encourage more people to join in our mission.

