

## Paddle, Ride, or Swing to Better Health

Spring 2017

Staying fit is a key component to lifelong health. At Pleasant View's Town Square Health Club, a wide range of exercise options are available to assist members in reaching their fitness goals. This spring, three exciting fitness opportunities will be available to provide new and unique ways to stay in shape and achieve personal health goals.

In the fall of 2016, Aqua Stand Up® was added to its list of extensive aquatic exercise programming coordinated by the Town Square Health Club. Inspired by stand up paddle boarding, Aqua Stand Up delivers a full body workout, incorporating balance and stabilization, cardiovascular training, muscle conditioning, yoga, Pilates and stretching in a 45-minute class set to music. Pleasant View's Town Square Health Club is the first retirement community in the nation and the first aquatic facility on the East Coast to extend this innovative program to its club members and the community.



Hydro Spinning will also make its way into the pool with the addition of HydroRider® aquatic fitness



bikes. The user-friendly system is perfect for any age or skill level because of the high caloric burn, lean muscle-building, increased circulation, and low joint impact. Those suffering from joint, muscle or bone pain can benefit from the natural buoyancy and hydrostatic



properties of exercising in the water. Hydro Spinning will "make a splash" in the Town Square Health Club pool beginning March 21.

For those looking for a way to play golf 365 days a year or to train like Jordan Spieth or Tiger Woods, the Town Square Health Club has the answer! Full Swing golf simulator is a system of hardware and software components that incorporate high-speed motion cameras and infrared light waves to track and measure ball movement. Through virtual reality technology, you'll be able to golf Torrey Pines, Bethpage Black or a variety of other championship golf courses from across the country. Look to begin scheduling "tee times" in March!

For more information on any of these new programs, contact the Town Square Health Club staff at 717-664-6305.



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## 2017

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## Reflections from the CEO



This past week I went to get my routine 4-week haircut. While waiting for a barber chair to open, I quickly distracted myself with my phone by researching my latest interest - rail trail bicycle trips. The gentleman sitting across from me, also browsing his interests on his phone, glanced and commented politely, "What did we do before we had our phones?"

Sheepishly we both put our phones down and engaged in conversation about the only overtime Super Bowl game in history.

I have found it increasingly difficult to navigate the distractions and busyness of life. With so many items competing for my attention - work, family, home, cell phones, news updates every few seconds, and overbooked calendars, there are days when it feels easier to put my head down and keep to myself. Unfortunately, you could move through a day without giving much thought to the needs of others.

The stress and burdens our neighbors carry can be outwardly visible and profound such as poverty, homelessness, and hunger. Or, the needs may be quiet and discreet such as loneliness or grief. Whatever the needs are, I am convinced they are all around us, we just need to take the time to look for them. You may find that they could be as close as the person sitting next to you at the barber shop.

After Moses led the exodus from Egypt, the Lord commanded the Israelites to place tassels on their clothes as a reminder to follow God's commands instead of our own self-interests (Numbers 15: 37-40). Even today, you can see observant Jews wearing Tzitzit, or knotted fringe, on their prayer shawls as a visible reminder of God's words. Sometimes, I feel like I could use a tangible symbol like a Tzitzit, to encourage me to break out of the daily routine and volunteer more in our community. What "tassels" do we carry in our own lives to remind us to serve and place others' interests ahead of our own?

In this issue of Town Square Life, you'll read just a few examples of members of the Pleasant View family who serve the community in invaluable ways, and can be a "tassel" for you that each and every one of us is capable of making a difference. Blessings and thanks to all of you as you listen, observe, and respond to the needs of others, within your family, neighborhoods, communities, and around the world.

Jonathan E. Hollinger,  
 President and Chief Executive Officer



# Saturday on the Square

Sample delicious food, sing, dance to the music, interact with street performers, and reconnect with friends and neighbors at Pleasant View's Saturday on the Square, held rain or shine on **Saturday, May 6, from 10 a.m. to 2 p.m.**

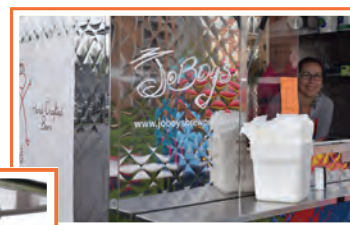
Bring your appetite, as food of all varieties will be available throughout the day. The Pleasant View Auxiliary will offer breakfast and lunch options, as well as plenty of baked goods to satisfy your sweet tooth. Food trucks will line the Town Square area offering a variety of menu options.

Staff and volunteers are enthusiastically planning a wonderful lineup of music, entertainment, and activities sure to delight the young and the young at heart.

For updates on the day's entertainment lineup, follow Pleasant View on **Facebook**. We'll see you on the Square!



<https://www.facebook.com/PleasantViewRetirementCommunity/>



## Tee It Up for Cognitive Care



A wise golfer once said, "A bad day of golf beats a good day of work". So mark your calendars for **Wednesday, September 20**, to take the afternoon off and join us at Overlook Golf Course for a great day on the links to support Pleasant View's Cognitive Care Fund. This ever popular event has earned a reputation for a fun outing including golf, friendship, our signature pig roast dinner, and prizes.

The 2017 Masters Tournament opens Thursday, April 6. We'll kick off the unofficial opening of golf season with golf fitness expert, Pete Cunningham. On **Tuesday, April 18**, he will lead an interactive training session in the Town Square Health Club with tips on posture, stability, golf swing mechanics, and share exercises every golfer needs in their repertoire. We'll also try out the Health Club's new Full Swing Golf Simulator (details on page 1)!

For information about both events, visit [www.pleasantviewrc.org/events](http://www.pleasantviewrc.org/events)

# We Rise By Lifting Others

*“The best way to find yourself is to lose yourself in the service of others.”*

– Mahatma Gandhi

*“Everybody can be great because everybody can serve.”*

– Martin Luther King Jr.

*“Only a life lived in the service of others is worth living.”*

– Albert Einstein

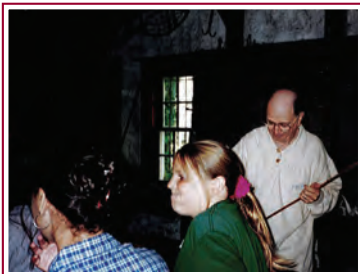
*“We make a living by what we get; we make a life by what we give.”*

– Winston Churchill

The impact of volunteering has been expressed by the world’s greatest thinkers. While their backgrounds are diverse, the sentiment is the same – there is tremendous value for both the giver and the receiver in the act of volunteering. Many of Pleasant View’s residents and staff share countless hours serving others on Pleasant View’s campus, so it’s amazing to hear the stories of those who also volunteer in the greater community as well.

Cottage resident Woody Hann calls himself a “professional volunteer”. As an accountant for RCA, Woody offered his expertise to various organizations serving those with mental and physical challenges. As the parent of a daughter with special needs, he always felt it was important to give back to the organizations that provided essential services to their family.

After retiring in 1995, Woody was looking for ways to “get out of his wife’s hair,” and decided to inquire about volunteering at Landis Valley Village & Farm Museum. He then began acting as an interpreter in the Museum’s Gun Shop exhibit, sharing tidbits of history and answering questions from visitors of all ages and nationalities. Woody continues to volunteer once a week at the Museum

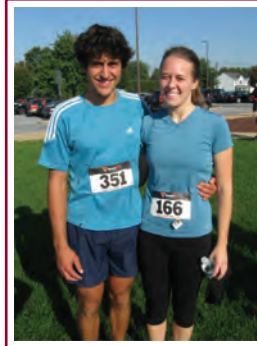


and his enthusiasm shines as he talks about his experience, “I get to meet lots of interesting people, and answer lots of crazy questions. Kids are still as curious as ever before, you just have to have

something interesting to say.”

You’ll typically find Amy Bomberger sitting at her desk as Pleasant View’s Care At Home Administrative Assistant, matching clients with caregivers and coordinating their busy schedules. In the evenings, you can most likely find her running – as she and her husband, Matthew,

coach for Warwick High School’s Cross Country and Track teams.



You’d think after participating in dozens of competitive running races, including the Garden Spot Half and Full Marathon, and the Boston Marathon, Matthew and Amy were born runners. Not the case. Matthew only started running while attending Thaddeus Stevens College in Lancaster, and Amy became interested in

running as a way to “hang out with her boyfriend.” They began competing in 5K races with a group of Pleasant View employees, and from then on, she and Matthew were hooked.

In 2012, Amy signed on as a volunteer coach for the Spring Track team. She then continued to volunteer throughout the year with Cross Country, and now Winter Track, coaching the girls’ teams every afternoon. “They keep me energized, keep me in shape, and keep my passion for running alive,” Amy shares.

C o a c h i n g certainly offers more than the opportunity to stay in shape. Being a role model for her girls is really at the heart of why

Amy coaches. “High school is rough, filled with body image issues and girl drama. It’s important to let them know that there are better things in store for them. I love helping the girls realize their potential and accomplish what we know they can.”

These are just a few stories of staff and residents exemplifying Dr. King’s words above, “Everybody can be great because everybody can serve.”





# Happy Anniversary, Care at Home!

October 2017 marks ten years since Care at Home's first client began services. Throughout the year, we'll celebrate Care at Home, its caregivers and the stories of clients and their family members who've been impacted by their compassionate care and companionship provided by the Care at Home team.

Just in 2016, Care at Home's 17 caregivers provided over 12,000 hours of personal care and companion services to Pleasant View's residents and community members in both Lancaster and Lebanon counties. But, those numbers certainly do not tell the whole story of the impact Care at Home has made. They enrich the lives of their clients by:

- Aiding in the recuperation process following a surgery and acting as an extra set of eyes and ears during a doctor's appointment,

- Giving clients the chance to stay connected with loved ones by accompanying them to a family picnic or a grandchild's wedding,
- Guiding a family through the progression of dementia as their family member resided at Pleasant View, and they lived out of state,
- Offering the care and support needed to allow a client to be surrounded by their family at the end of their life.

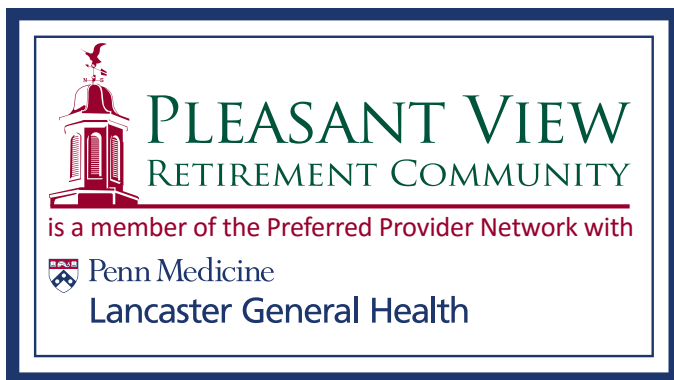
These are just a few examples of the stories we'll highlight throughout the year, and we hope you'll join us at various celebrations as we reflect on Care at Home's journey of service over the last ten years.



## Did You Know Pleasant View...

- ★ Has the highest return-to-home rate in Lancaster County and the highest rate of improvement for daily function for our patients receiving our Rehabilitation services?

- ★ Has one of the lowest re-hospitalization rates in Lancaster county - more than 10 percentage points lower than the state and national averages?



- ★ Has maintained a 5-star rating for overall quality from the Centers for Medicare and Medicaid Services (CMS) for the second consecutive year?

- ★ Is a proud member of Penn Medicine/Lancaster General Health's Preferred Provider Network?



- ★ Congratulations to all Pleasant View team members for their hard work and dedication to delivering the best care possible to all residents!

# Shedding Light on IRAs, RMDs, and the IRS

If you are approaching your 70th birthday, or are over age 70 ½, be sure to consider the following items as the April tax filing deadline draws near:

There is a required mandatory distribution (RMD) from your retirement accounts (IRA) that comes into play starting the year you turn 70 ½, and all following years. Your IRA custodian, retirement plan administrator or other financial planner can help you calculate the amount you are required to take without incurring tax penalties for the tax year. Any withdrawals are subject to taxation at your income tax rate. You can take more than is required, but there are stiff tax penalties for failing to withdraw any

distribution or for taking less than required by the deadline set by the government.

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A permanent tax provision is now in place for directing part or all of your RMD to qualified charities. You can transfer funds directly, up to a maximum of \$100,000 for the year. The direct transfer by your IRA trustee to a charitable organization, such as Pleasant View, avoids taxation of that amount as income for the year, plus you can claim the amount as a donation on your tax return.

Visit [www.irs.gov/retirement-plans](http://www.irs.gov/retirement-plans) or consult with your financial professional regarding your RMDs, IRAs and taxes.

## Celebrating the Extraordinary Give

November 18, 2016 was a wonderful day for all of Lancaster County. When the 24 hour event closed at midnight, Lancaster City's Griest Building was illuminated in celebration, and community members contributed \$7.1 million to local nonprofits. With the added incentive of a generous challenge made by Jim Devine and Devine Law Offices, LLC, Pleasant View received more than \$9,700 in online gifts during the Extraordinary Give! That gives us all thousands more reasons to celebrate the support to advance the mission of Pleasant View.



## At A Glance

# Pleasant View Calendar of Events

For more details on each event, visit <http://www.pleasantviewrc.org/events/>

**Order Easter Flowers -**  
**Flowers displayed Easter week**  
**Now thru April 10**  
Main Reception Desk

**Food For Thought Series -**  
**Everyone Loves a Good Story**  
**Monday, March 13** at 7 p.m.  
Hoffer Auditorium

**Memory Loss Support Group**  
**Wednesday, March 15** at 7 p.m.  
Stiegel Dining Room

**Food For Thought Series -**  
**Living with Hip Arthritis**  
**Monday, March 20** at 4 p.m.  
Stiegel Dining Room

**Food For Thought Series -**  
**Your Will - Is it a Good Will?**  
**Monday, March 27** at 4 p.m.  
Stiegel Dining Room

**Food For Thought Series -**  
**Family Gifting Strategies**  
**Monday, April 3** at 4 p.m.  
Stiegel Dining Room

**Palm Sunday Worship Service**  
**Sunday, April 9** at 10 a.m.  
Hoffer Auditorium

**Good Friday Worship Service**  
**Friday, April 14** at 2 p.m.  
Hoffer Auditorium

**Easter Worship Service**  
**Sunday, April 16** at 10 a.m.  
Hoffer Auditorium

**Food For Thought Series -**  
**Spotting Those Birds**  
**Monday, April 17** at 4 p.m.  
Stiegel Dining Room

**Golf Fitness Training with**  
**Pete Cunningham**  
**Tuesday, April 18** at 4 & 6 p.m.  
Town Square Health Club

**Memory Loss Support Group**  
**Wednesday, April 19** at 7 p.m.  
Stiegel Dining Room

**Food For Thought Series -**  
**Adding Flavor to your Garden**  
**Monday, May 1** at 4 p.m.  
Stiegel Dining Room

**Saturday on the Square**  
**at Pleasant View**  
**Saturday, May 6** at 10 a.m. - 2 p.m.  
Town Square

**Food For Thought Series -**  
**Is your Portfolio Retirement Ready?**  
**Monday, May 15** at 4 p.m.  
Stiegel Dining Room

**Memory Loss Support Group**  
**Wednesday, May 17** at 7 p.m.  
Stiegel Dining Room

**Food For Thought Series -**  
**Online Buying and Selling**  
**Monday, May 22** at 4 p.m.  
Stiegel Dining Room

## Sharing a Lifetime of Stories

Local Newscaster Meredith Jorgensen Cooke loves telling stories. Join us **Monday, March 13 at 7 p.m. in Hoffer Auditorium** and hear how Meredith's own story as a journalist, a wife, and a cancer-survivor lead her to help others share their stories. Meredith is the co-owner of Life & Legacies, a new video storytelling company that helps to capture your stories and save them for generations. She will share her tips on telling your own story - what to talk about, and how to share meaningful memories with family and friends.

Meredith's talk kicks off Pleasant View's Food for Thought series for 2017, bringing professionals to our campus to share their expertise on a variety of topics. To attend, please RSVP to **Jean Bednarski at 717-664-6218 or [jbednarski@pleasantviewrc.org](mailto:jbednarski@pleasantviewrc.org)**.



Upcoming seminars will be held on **Mondays at 4 p.m. in the Stiegel Dining Room**. Speakers include:

March 20 – Gregory A. Tocks, D.O. of Orthopedic Associates of Lancaster: *Living with Hip Arthritis or Hip Pain*

March 27 – Patti Spencer, Esq.: *Your Will – Is it a Good Will?*

April 3 – Michael Helveston, CFP®, CRPC®, of Rogers and Associates: *Family Gifting Strategies and Guidelines*

April 17 – Mike Shull of the Lancaster County Bird Club: *Spotting Those Birds: Homegrown and Visitors*

May 1 – Susan Smith, Master Gardener: *Adding Flavor to your Garden: Growing Herbs*

May 15 – Patrick Carney of Rogers and Associates: *Is your Portfolio Retirement Ready?*

May 22 – Jeremy Reese of Reece & Reece Auction Services: *Online Buying and Selling*





# PLEASANT VIEW RETIREMENT COMMUNITY

544 NORTH PENRYN ROAD, MANHEIM, PA 17545  
717-665-2445 | [WWW.PLEASANTVIEWRC.ORG](http://WWW.PLEASANTVIEWRC.ORG)

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Pleasant View Town Square Life | Spring 2017

## SAVE *the* DATE!



Invitations will be mailed in April for Pleasant View's Benefit Auction & BBQ, set for **Friday, June 2**. Silent and live auctions, delicious food in a casual yet elegant setting under tent, and seating for 200 guests will make for an event not be missed. Our goal for this year's event is to raise \$30,000 for a worthwhile cause – Benevolent Care at Pleasant View.

Mark your calendar to invite friends, donate auction items, or volunteer. Contact **Kelly Lyons** at **717-664-6363** or [klyons@pleasantviewrc.org](mailto:klyons@pleasantviewrc.org) for ways you can make this a successful fundraising event!

