

PARCR NEWSLETTER

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Garden Spot Village, New Holland

October 10, 2007

Delegates, Associate Members and visitors were welcomed by Steve Lindsey, the CEO of Garden Spot Village, who also led us in prayer. He gave a brief history of Garden Spot and told us that the village at present has approximately 850 residents. The new style of skilled nursing center with households is something of which Garden Spot is justly proud. The Center for Health, a cooperative program between Garden Spot and Ephrata Community Hospital is adding additional services. The Center for Health offers services to all residents of eastern Lancaster County. Next the group was led in the pledge of Allegiance.

President George Tjiattas then began the business meeting. After the approval of the minutes, the secretary's report, and the treasurer's report, Carol Wendell gave the report of the Membership Committee. She has written to several communities in near by areas inviting them to become part of P ARCR. She introduced one visitor who was responding to that invitation. She also urged all the delegates and members to join in trying to get more members for P ARCR.

Because P ARCR currently does not have a legislative chair, President Tjiattas gave a legislative report. He had been in touch with the office of Senator Pat Vance, and reported that Senate Bill 811 which would create a central office for data on nursing homes, Assisted Living Homes and Personal Care Homes has passed in the Senate and is now under consideration in the House. Senate Bill 379 would allow Pennsylvania residents to get the same discounts on prescriptions which are available in other states. Some stores such as Wal-Mart, giving substantial discounts are prevented by present state law from giving discounts on certain prescriptions. Senate Bill 704 which defines and licenses Assisted Living Homes has passed both houses and was signed by the governor.

George Tjiattas next introduced Ronald Barth, President and CEO of PANPHA, who spoke about the Commission for the Future of Aging Services. We have a broken system, he said, and there is a need for a real plan. Among the questions to be considered is how seniors can obtain the services they need, and how to fund the services. Pennsylvania has one of the highest percentages of people over 85. The average retirement savings of people in the age group between 55 and 66 is currently \$65,000.

He asked if we knew how the retirement age happened to be set at 65. It goes back to Bismarck, the chancellor of Germany under Kaiser Wilhelm I. He set the retirement age for government officials at 65, knowing that at that time, 95% of them would die before that age, and 95% of those who were alive at 65 would be dead in three years. If a similar age was selected now, the resulting age would be 97 years!

As a result of the passage of Senate Bill 704, new regulations for Assisted Living Homes are being developed. It is important that these regulations require quality, but P ANPHA is concerned that they be not so strict as to blur the distinction between Assisted Living and Skilled Nursing.

Julia Hix, the Assistant Secretary, began the roll call. Bethany Village reported that construction is progressing on West Cottages with the first to move in will do so in February. Changes are taking place in the governing boards, as Wesley Affiliated Services expands. Asbury Atlantic is now the agency overseeing Bethany Village. Foxdale Village

is hosting a program for a group of CCRC's in Centre County with Russ McDaid of PANPHA as speaker on the subject "Government Issues Facing Senior Citizens Today." Garden Spot has a new apartment wing under construction with larger apartments having 2 or 3 bedrooms. Green Ridge Village reported on an excellent educational program featuring Dr. Katherine Pearson, Professor of Law at Dickinson Law School speaking about Elder Law in Pennsylvania. It was recommended that this be considered as a future program for PARCR. Homestead Village has completed 92 new units, The Mews, and all are occupied. The next project will be the Skilled Nursing Unit featuring households. Homewood at Plum Creek is now all built. They are currently planting trees around the campus. Jenners Pond just celebrated its 10th anniversary. Its campus is now complete. Landis Homes is working on a long term expansion study. Their Friendship Day was very successful, raising \$92,000 for the Benevolent Fund and toward the purchase of a new bus with wheelchair access. Masonic Village had 8000 guests at their Autumn Day with free food for all. They are currently finishing 126 new apartments, with move in scheduled for January. Menno Haven reported that the new Northgate section will open in January. November 14th will be Diabetes Awareness Day. The Church and Community group sponsors programs for the surrounding community. Normandy Ridge celebrates its 15th anniversary October 13th. \$15,000 is pledged toward a new van. Ground will be broken for a second apartment building in 2008. Since it was time for the program, the remainder of the roll call was postponed.

Harriet Withstandley, the Chief Counsel of the Pennsylvania Department of Aging was introduced. Her topic was "*Understanding the Role of the Pennsylvania Department of Aging*." She began by telling us that the governor is currently traveling to promote his health care program, part of which has been adopted, but the most urgent parts are still being discussed.

The Department of Aging is more than 25 years old. It began its service as part of the Department of Welfare, but is now a separate department. Although it is one of the smaller departments with just about 100 current employees, it has a large budget. Part of its concern is how to balance individual, state, and federal responsibilities for aging services. Prescription assistance programs for seniors with limited incomes are a special concern. Pennsylvania is fortunate that Medicare Part D and the Pace program can work together.

Speaking about demographics, Ms Withstandley noted that in 2006, the first baby boomers became seniors. By 2020 there will be more Pennsylvania residents over 65 than under 15. That is a reason for the Pennsylvania 2020 Vision Program.

Other issues that were mentioned included the effort of the Department of Public Welfare to obtain waivers to allow some Medicaid funding for certain Assisted Living Residents; and Nursing Home transition - how to relocate patients who are able to leave nursing homes. A grant has been given to study and provide legal advocacy services and enhance access to legal services among seniors.

The importance of facing end of life questions was emphasized. We want to make decisions for ourselves. In 2006 an act was passed further defining living wills. A living will should be written, signed, dated and witnessed by two persons. Also a Health Care Power of Attorney should be signed, dated and witnessed.

A question was asked about the response of hospitals to living wills. Hospitals and doctors recognize living wills. In the case of an automobile accident or similar emergency, EMT's probably will start resuscitation procedures. Another question asked about having family members as witnesses on Living Wills. Since family members should be aware of the wishes of the person making such a living will, it is legal and wise to have them as witnesses. A question was asked about the department and Independent Living residents. The Department is more concerned with policy for Assisted Living and Skilled Nursing.

George Tjiattas thanked Ms Withstandley for her informative talk. The next item on the agenda was a presentation on security by Andrew Dietzel, Information Technology Chief and John Farber, chief operating Officer at Garden Spot Village. They presented a power point program concerning the installation of a Wireless Campus Network. This network will provide internet wireless access and improved security communications. There are presently some cameras monitoring entrances, but more cameras are to be installed. In addition, the system will make

possible the location of a resident pressing a nurse call pendant any where on the campus. Additional cameras will give nurses views of areas in households obstructed from direct view of the nurses. Also, all public areas, parking lots, and campus entrances will be covered. All employee and resident telephones are part of a secure network. Residents can dial 3000 from any internal phone to reach security immediately, and on Verizon Wireless cell phones, dialing 717-800-6000 will reach security.

Julia Hix resumed the roll call. Pleasant View has a home care program which is much appreciated. Quincy Village has established a "Cafe". Their By-laws are being revised, and the recent yard sale raised \$4000. Sprenkle Village spoke of a recent meeting of the presidents of the various communities under Lutheran Social Services. Sprenkle on Sept. 11 th hosted a gathering of local police, firemen and EMT's. Ware Presbyterian Village's Senior Fit Program will be free beginning in 2008. Plans are under way for a 50 unit apartment building. Woodcrest Villas has 10 vacancies at present. A recent program by the League of Women's Voters was helpful. Brethren Village of Lancaster is now over 100 years old. They will break ground soon for a 110 million dollar expansion.

It was announced that the January 2008 meeting will be held at Bethany Village, Mechanicsburg; the April 2008 meeting will be held at Woodcrest Villa, Lancaster; the July meeting will be held at Quincy Village, and the October meeting will be held at Sprenkle Village in York.

More News from our Communities

Bethany Village

Phase One of the Garden Train was completed in late July and dedicated on August 10th. Arrangements may be made by residents for special occasions.

In the Third Annual Bethany Village games, residents who participated went full steam ahead. It was a very hot week and everyone had to keep cool. This year, there were the same number of participants from independent living residents, 49, as last year. There were 16 events this year: Croquet, Shuffle Board, Softball Toss, Football Toss and Soccer Ball Kick, Basketball Free Throw, Walking, Bocce, Billiards, Cycling, Horseshoes, Ping Pong, Badminton, Swimming and Disk Golf.

Cross Keys Village

The Puttin' recreational activity has been growing since its inception approximately 9 years ago. It began with 12 putters on one evening and has grown to 45 putters on four evenings each week. On September 26th the putters traveled to the Penn National Golf Center to enjoy a game of miniature golf and a lunch buffet. The day was enjoyed by 29 putters.

The Wellness Committee will host a 1.5 mile walk along the La Ho trail in Codorus Park in October. This shady trail hugs the lake shore and is mostly flat. After the hike, the group will board the bus for a short ride to a scenic area overlooking Lake Marburg before returning.

Apple Butter Boilin' Time has arrived. Set up begins at 5:30 a.m. and boilin' isn't over until approximately 3 :00 p.m. This is what our ancestors had to do to produce their apple butter for the winter.

Garden Spot Village

The Fantastic Fall Festival and Benefit Auction are set for Saturday, October 20. "Unique" is the word people used to describe the Benefit Auction. That's because the beautifully handcrafted wood items made by gifted craftsmen, wood carvings by award-winning artisans and artists, plus quilts by seasoned quilters, set this event apart. The Festival Food Court will serve up chicken com soup, chili, hot dogs, chili dogs, pulled pork sandwiches and beverages. Of

course, the festival favorite - apples dumplings, made by the renowned Apple Dumpling Gang II- will be sold. Ground breaking for the new Village Square Apartments took place on Tuesday, September 18th. Completion is scheduled for November 2008.

Landis Homes

A group of volunteers from Landis Homes received statewide recognition for their service to the residents of the retirement community. The group that formed in April 2006 called Star Comforters received the PANPHA award as Volunteer Group of the Year for 2007. According to the PANPHA Distinguished Service Award booklet, "the Landis Homes Star Comforters program, consisting of resident and staff volunteers specially screened and trained to serve, affords terminally ill residents a calming and supportive presence in their transition from life to death. Volunteers serve as a companion and honor the wishes of the dying resident."

Luther Ridge

When John Schilling and his wife Nancy moved to Luther Ridge one year ago, they asked for a campus map. Learning that there was none available at that time, John took on the project of creating one. He went to National Geographic Map Machine on the internet and found a wonderful satellite view of Luther Ridge. He then created a hand drawing of the entire community and drove around to confirm addresses. The detailed map is currently being printed and will be available for current and potential residents, staff and interested parties.

Masonic Village

On Saturday, September 15th, at Autumn Day, the Masonic Village honored all veterans, past and present, during the dedication of the new Veterans Grove. In addition to this significant event, Autumn Day also featured delicious food, farm market stands, tours, entertainment, children's games and plenty of fellowship opportunities.

The Village at Kelly Drive

When Millie Shaul and her husband moved into a cottage at The Village at Kelly Drive eight years ago, it was important to Millie that she be able to continue her passion, gardening. Residents and friends made it a point to stop and view the many colorful flowers she had planted surrounding her cottage. After Millie's husband passed away and she found it more difficult to take care of the cottage, she moved into an apartment. Fortunately, Millie's apartment sits on the ground floor of the Manor. "I asked Joe Sabold, Director of Building and Grounds if I could bring some flowers and plant them outside my apartment window." Joe prepared an area for Millie and for weeks she went back and forth to the cottage to transplant flowers. Her flowers continue to bloom to the enjoyment of her friends and fellow residents.

Sprenkle Village

The Sprenkle Garden, operated by residents of The Village at Sprenkle Drive, is back in production. Using a plot of ground on the campus, 8 to 10 residents raise a variety of crops including strawberries, pumpkins, tomatoes, lettuce and many other items. These crops are sold at the garden stand. Residents Edna and Bob Moul distribute the weekly harvest for a donation, used to buy supplies for the garden.

"If you plan it... we will come." That is the motto of the Sprenkle Village "*apartment ladies*." Nine residents of the apartment building located on the campus attend almost every activity that is scheduled. Bev Shellenberger, Recreation Coordinator, publishes a monthly activities calendar. After the calendar is published, the group meets at Gladys List's apartment to schedule their month. They also rearrange any appointments they may have that will interfere with an upcoming activity. Bev commented, "I can always count on this group for any program I schedule and they always have fun."

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