

# PARCR NEWSLETTER

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## **Quincy Village, Quincy, PA**

William Smith, the vice-president of the Quincy Village Resident's Council welcomed the group, and introduced Jean Pletcher, a Quincy resident, to lead the delegates and visitors in prayer. Wally Spears, Resident Council president then also greeted us as well as Hope Manning, the Assistant Director of Quincy Village.

PARCR president Elma Kreps thanked the Quincy representatives for their welcome and for the delicious baked goodies which had been provided to welcome us. After the minutes of the last meeting were approved and the treasurer's report was received, Elma asked Eunice Knowles of Normandy Ridge to call the roll.

Representatives from 20 communities answered the roll call. Eunice Knowles asked the delegates to limit their comments to three sentences, and to tell the favorite activities in the skilled nursing sections of their communities. Among the reports, not always kept to three sentences in length, were the following. Messiah Village reported that the monthly birthday celebration was a favorite activity. Their Day Care Center is proving to be very successful. Landis Homes installed Larry Zook as the 3<sup>rd</sup> President in the 43 year history of Landis Homes. He succeeded Edward Longenecker who retired after serving as President for 30 years. Ed Longenecker has been a good friend to PARCR. George Leaman, the first President of Landis Homes is a current resident and is in his 101<sup>st</sup> year of age. Homestead Village said that their village is now 99% full. Bingo is a favorite activity as well as bringing in outside musical groups to entertain. Garden Spot Village has completed the transition from the institutional model of nursing care to the new households with a home-like setting and giving the resident as much control over his/her life as possible. A new apartment building is planned to provide seventy-two new units, some with three bedrooms and over 1700 square feet of living space. As of April 11, forty-six (46) have been reserved. Commitments for 54 must be in place before construction begins. Luther Ridge now has a new bus. This is a small community with 86 cottages and 118 residents. Menno Haven operates three campuses. Menno Village and Penn Hall offer the full continuum of care. Northgate is under construction and should be completed by January 2008. They report that Bingo and a Cooking Session are both much appreciated activities. Homewood at Plum Creek will be the host for the July meeting of PARCR. This community is now sold out. The Men's Pub Party is a special program for men in the skilled nursing section making a real difference in the lives of these men. Woodcrest Villas holds a forum in each season of the year. Bethany Village is hosting a planning meeting of Asbury Corporation which operates 7 facilities of which Bethany Village is one. The meeting will take place April 16<sup>th</sup> and 17<sup>th</sup>... Their Spring Sale which provides funds for resident activities will be coming up soon. Brethren Home Community at Cross Keys is planning 56 new apartments and a wellness center. Sprenkle Village has a new food service agent and they are quite pleased. Green Ridge Village finds Bingo and a Cooking program with lunch for residents in wheel chairs are favorites. The death of Nillson Bassett was announced. He was one of those who attended the very first meetings of PARCR. Quincy Village is getting acquainted with PHI, (Presbyterian Homes, Inc.), with which it is now affiliated. They have a group program for women, the Juliet's, and another group for men, the Romeos, which stands for Retired Older Men Eating Out. Normandy Ridge also has its 3<sup>rd</sup> Director, Doug Flasher. The special activity for Normandy is the Rhythm Band. Foxdale Village has 250 residents. Their skilled nursing and assisted living units are connected to the community building so these residents can take part in the activities in that building. Masonic Village spoke of bowling and Bocce as popular activities. As more residents are seeking to remain in their homes and using "companion care" the Village is studying the question of liability and urging careful background study of such companions.

George Tjiattas, Program Chair, introduced our speaker, Steve Proctor, whom he had known as a neighbor in Dillsburg, and as member of the Board of Directors of PHI. Steve Proctor's topic was The Future of Long Term Care.

He began by saying that Eastern Pennsylvania has been called the Silicone Valley of CCRC's. There are more accredited CCRC's in Pennsylvania than any where else in the country. That means more competition and therefore communities on the cutting edge as each tries to move ahead of the competition. Of course, trying to be at the front of the pack means that communities must change from the familiar patterns to which people have become accustomed. Change is not often comfortable, but change will be a necessity. Changes can come because of inspiration or desperation!

Some of the factors which must be considered as we move ahead were given. There are going to be older people, both because of people living longer and because of the baby boomer generation beginning to reach retirement age. He noted that the average life expectancy is not getting older very fast although it is advancing slowly.

At any rate, the increasing number of older people means that we will have to change how resources are used. We cannot continue the present pattern because the resources will run out. It is also true that long term care agencies will face competition with other kinds of care. The so called 55 alive communities usually are serving people much older than 55. Also the growing provision for home care is another tendency to consider. As communities do planning they have to balance short term planning, 3-5 year ahead, with long term planning, up to 25 years ahead. What works in the short term may not survive in the long term, but also what looks good for the long term may not meet the immediate needs of the community.

There are some things which should not change. The core values underlying the foundation of not for profit communities must be kept always in mind. It is also important to make a careful assessment of the environment. There can be temporary changes to meet an immediate concern, and also permanent changes to move into the future in a differing manner. The long term care industry must be nimble. Both the steel industry and the automobile industry failed to be nimble enough to make the needed changes to meet the competition. It takes courage to change, leaving familiar ways and moving into new patterns.

Steve Proctor called attention to Northstar, PANPHA's vision of the future. Among the points noted in Northstar is the importance of providing consumer choices. Assisting consumers in knowing the kinds of services available and making smart choices to fit the individual needs is important. It is necessary that we redefine the continuum of care. Home medical care is becoming a much more important part. It is also important that the continuum be brought into the reach of those with more modest means. Consumers must assume more responsibility for their own health. There must be more investment in preventive health care so that we are not faced with great cost for curing what might have been more cheaply prevented. It is urgent that communities break down the barriers between retirement communities and the surrounding neighborhoods. Various steps in this regard include volunteer services to the wider community and the inclusion of outside and commercial activities within the retirement community itself.

New technology offers opportunities such as ways of providing home care for those with dementia, as well as concerns as new medical technologies cause communities to need changing work force and added expensive equipment. The projected short fall of about 10 million health care workers is a major concern. As immigration policy is being considered this workforce problem must enter in to the study.

Among other threats to CCRC's are the tax exempt status which is being looked at as counties and other governmental units look for ways to increase their incomes. It is urgent that those communities which do not have much charitable care emphasize their various other services to the wider community. It is also important that CCRC's have enough income to provide funds to reinvest so that needed improvements can be made.

Also, there is a need to restudy the expected turn over of residents. Many communities have found that in the healthy care giving environments, their residents are living longer than expected, and so the turn over with the resulting new funds is simply not happening as expected.

There were several questions asked. Someone wanted to know what happens to communities that do not change. In an environment where the competition is meeting the changing needs, those who do not change will inevitably lose out. It was also reported that there is shrinkage of nursing beds. Someone else asked about the future of nursing education. There is resurgence in applications for nursing education. The real crisis now is in the need for nurse educators. We cannot educate a larger group of nursing students without more well trained and skilled nurse educators. It was asked whether the younger people looking at retirement communities are asking for greater voice in governance. It is true that some want to be part of the governing boards, but other simply want better communication between communities and boards. Are the boards really listening and are they responding to the requests of the residents. If residents want to be on boards they must accept the full responsibilities of board members and not simply be representatives of the residents. Many residents say they do not want that kind of responsibility now that they are retired.

Elma Kreps thanked Steve Proctor for his informative address. Since it was time for lunch, the meeting recessed, but Elma reminded delegates that the meeting would resume for the rest of the business after lunch.

A generous and delicious lunch was served, after which Elma called the meeting back to order, and asked Carol Wendell, the interim chair of the Membership Committee, to give her report. A couple of communities nearer to Philadelphia had been visited. They had decided that they already were part of enough groups and did not care to join PARCR. The committee is now checking on retirement communities in the Berks County area. Any one who has contact with a community which is not now a member was asked to get in touch with Carol.

Hugh Fitzgerald reported on legislative concerns. The House of Representatives has passed HR4EH – a bill to authorize Medicare to negotiate with drug manufacturers to get better prices for Medicare D plans. The bill is now being considered by the Senate. Residents should write to their Senators and express their opinions.

The program for our next meeting will be on the Psychology of Aging. George Tjiattas, program chair, announced that Governor Rendell has been asked to speak at the October meeting, but we will not have an answer until his schedule has been settled.

The secretary, Evert Fuller, told us that PANPHA had given PARCR a grant of \$2000.00 for computer equipment, so a lap top computer and some other needed equipment will be purchased.

George Tjiattas and Evert Fuller attended a meeting with PANPHA and George gave a report of that meeting. PANPHA is urging communities to have a staff person assigned responsibility for contact with legislators. A Senior Care and Planning Commission is being proposed. Among its responsibilities will be a survey of population trends for the next 25 years. The legislature is considering licensing Assisted Living Agencies, and there is a need to develop proper licensing procedures. Other concerns discussed were evaluation of nursing facilities and getting new legislators acquainted with the retirement communities in the area they represent.

Ray Vaughan attended the spring meeting of NaCCRA, the national organization of retirement community residents. While he was disappointed in the attendance at the meeting, he felt that NaCCRA is trying to be very supportive of state groups like PARCR, and is worth being a part of. Legislative matters discussed at the meeting included sales tax increases with some wanting to have a tax on the food served at CCRC's, and also there is consideration of increasing the bed tax to a level which could seriously handicap CCRC's. It will be important to keep in touch with NaCCRA and PANPHA to keep us well informed about such proposals so we can write informed letters to our representatives.

Elma announced that once again PARCR will have a booth at the PANPHA Convention in Hershey, June 27<sup>th</sup> and 28<sup>th</sup>. Volunteers to maintain the booth are needed.

Our next meeting will be at Homewood at Plum Creek in Hanover, July 11<sup>th</sup>.

### **More News from Our Communities**

#### **Bethany Village**

The 14<sup>th</sup> Annual AI Tomb Concert is to present world class tenor Paul Pitts. The concert which is scheduled for Sunday, April 22<sup>nd</sup>, will include numbers from Broadway, Classical, Spirituals and Sacred Music. Dr. Pitts has now sung over 5,000 performances world wide.

When Helen Isensee, a Master Gardener, was getting ready to move to Bethany Village, she brought 19 of her roses from Maryland. In addition, some others from Bethany Village have been added. She says "All I ask is that people let me care for these roses and then I leave them for others to enjoy."

The Bethany Village Model Railroad Club is looking forward to beginning construction of a garden train in the new garden built in the fall of last year. They are grateful to Virginia Eaton who gave her late husband's garden train, track, and many accessories.

#### **Cross Keys Village**

The First Annual Senior Snow Festival was held in February at Ski Roundtop's Cannonball Run. Activities included snow tubing, dominoes, card games, brain aerobics, trivia contests, snowman building contests and a winterized version of disc golf.

The Recreation Committee is planning a trip to ANNSFIELD, in Mifflintown. This home was built in 1896 as a summer home for Washington, D.C. financier, Mr. Larner. The original building was added to at least twice and currently have more than 6,000 square feet of living space.

#### **Garden Spot Village**

"At-Home" services are now available to help independent residents remain in their own homes longer. These services include home laundry, light housecleaning, meal preparation, grocery shopping, and local transportation to appointments, etc. The services are also being offered, in a modest way, to the surrounding community. A total of eighty persons are currently being served, on and off campus.

#### **Green Ridge Village**

A recent first time event was a book signing by Green Ridge Village's own published author, Dr. Madalene Barnett. Dr. Barnett, Emeritus Professor of Communication Disorders, Baylor University, has been a resident of Green Ridge Village for over twenty years. In addition to various volunteer jobs, she decided she needed to keep her brain active and started writing stories for children. Her Green Ridge friends have been greatly enjoying her book, *Jake, Jackie, Rocco and Dawg*.

#### **Landis Homes**

In an attempt to determine what must happen in the next 5, 10, or 20 years to prepare for people who are retiring, Landis Homes hired RGS Associates Land Development firm and RLPS Architects to develop a Campus Master Plan for the 114 acre Landis Homes property. The Board of Directors, the Administration, and the current and perspective residents are carefully reviewing the Plans.

Landis At Home is a service offered to community persons living in their private homes who cannot afford buying into a Retirement Community and to residents in cottages and apartments on our campus. The service offers such services as light house keeping, medical management, transportation and personal care. Landis At Home began serving its first client on February 17<sup>th</sup> of this year. Currently 40 clients on campus and 7 off campus are being served.

Adult Day Services Centers are providing services to families who have need for care of a family member during week days. Our two centers are providing care for 110 persons who come in for one, two or up to five days a week. One of our Centers is the only Adult Day Care Center in Lancaster County providing services exclusively for persons with dementia.

In February, an art reception featuring Ephrata artist Helena Dueck was held. After growing up in Paraguay, and moving first to Canada and then to the United States, she not only continues pursuing her own art interests, but also has given instruction in drawing and painting, including classes at Landis Homes. The works will continue to be on display through April.

### **Masonic Village**

In 2006, Bros. Joseph M. Dougherty and Daniel L. Weller each contributed \$250,000 to the Masonic Children's Home Endowment Fund, enabling each of them to name a cottage in his honor. Virginia "Ginny" Migrala, Director of Children's Services and a member of the Advisory Committee wanted to do something special, and the Advisory Committee decided to have artists on campus create something for the donors. Ray Tierney, Chief Operating Officer, Retirement Living Services, put her in touch with Jody Darrow and Helen Werner. Jody was asked to create a composite drawing of the entire Masonic Children's Home area and Helen was asked to paint the Dougherty and Weller cottages. Ginny and the rest of the Advisory Committee were very pleased with the finished pieces.

Masonic Village Farm was national recognized for grazing land conservation efforts. Frank Stoltzfus, Supervisor of Agriculture Production of the farm at the Masonic Village at Elizabethtown, was one of 40 presenters at the recent National Conference on Grazing Lands. He spoke before a crowd of more than 100 representatives of agricultural, conservation, scientific and environmental organizations from across the country. The Masonic Village Farm was one of the first farms in Lancaster County to practice cropland to grassland conversion conservation, beginning six years ago.

### **Menno Haven Retirement Communities**

Menno Haven is hosting the Older Americans' Month Art exhibit at the Menno Village campus beginning May 1<sup>st</sup>. Featuring artwork created by Franklin County residents aged 55+; the exhibit will run throughout the month of May. This is the nineteenth year that Menno Haven has hosted this event.

Northgate at Menno Haven, the newest endeavor for the communities, is well under construction. Fifty-three apartments are currently under construction, while the Commons, which is to be the center of the Northgate complex, will feature the community center complete with body salon, large swimming pool, restaurant, bistro café, creative arts center, club room with billiards and library.

Recently Dr. David Shenk, a global mission's leader, visited Menno Haven to discuss Christina Witness to Muslims. Dr. Shenk, best known for his work with Muslim and Christian groups in more than 100 countries, spoke to a crowd of 75 in the Menno Village Chapel. The crowd included Menno Haven residents, community members and homes schooled children.

Menno Haven residents, staff and volunteers are involved in many facets of Greater Chambersburg Community life. Some of the notable interactions in the past few months are the American Heart Walk, 2006; the Hub City Model A Club Car Show; the Diabetes Awareness Fair; the Path Valley Parade; and the Festival of Trees.

### **Normandy Ridge**

Normandy Ridge is a part of Albright Care Services. Under the leadership of President and CEO, Seneca Foote, the position of Vice president of Service Excellence has been created. Normandy Ridge's Executive Director (for twelve years), Carol McKinley, has been chosen to fill this roll. She began her new duties in mid January, 2007. The search for someone to fill her spot has brought Doug Flasher who has twelve years experience as Executive Director with Continuing Care Retirement Communities.

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