

LAMP POST

MORAVIAN MANOR, INC.

WINTER 2017

You may have noticed that the *LampPost* looks a little different this issue! Updates and slight changes have been made to include our newly opened sister community, Warwick Woodlands. We warmly welcome all our new Woodlands neighbors!

Welcome to the Family

Expanding upon our tradition of excellence, Moravian Manor, Inc. welcomes Warwick Woodlands to our family. It's hard to believe that after 10 years of thoughtful and deliberate planning, Warwick Woodlands has officially opened its doors...welcoming the first residents in November 2016. Fast forward, and the activity on site has rapidly increased as new residents have moved into the neighborhood on a weekly basis. Staff has taken great care to ensure our new arrivals feel welcome and are thoughtfully introduced to "campus life" at Warwick Woodlands, as well as at Moravian Manor. Resident integration is of the utmost importance to us, because it is both the relationships and the daily interactions among residents and staff that are the most meaningful and make life here so special.

To recap 2016, Phase I of the Carriage Homes and Townhomes was extremely successful with only a handful of homes remaining available. Interest remained strong through the year's end, as many prospects sought to take advantage of the lowest pricing and the Charter Member Club, which offered \$5,000 in perks, both of which came to a close on December 31. The Woods apartment home sales were slow yet steady as we closed out the year with a total of 19 reservations.

Charter members, priority depositors, project partners and friends of Warwick Woodlands helped us celebrate the holidays and the opening of our new on-site Sales Center/Model Home on December 18. It was a spectacular event and a wonderful way to say goodbye to 2016.

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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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J. David Swartley, MBA, NHA
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.



Gaining an Empathetic Perspective

Happy New Year! I trust you had a blessed Christmas, and that 2017 is off to a good start.

In a previous LampPost article, I shared my experience on the "other side of the desk," as our family walked through the final stages of life with my mother. This experience deepened my understanding for families going through similar experiences. As our experiences mold us into who we are, I realized during that time I gained compassion and empathy, while finding strength I never realized I had. Growth and change is a process that is ongoing.

The end of 2016 brought with it another life lesson. I found myself in the unexpected role of patient. On November 30, I underwent a double knee replacement. Not looking forward to the experience, I delayed the procedure as long as I could. To be perfectly candid, as my level of physical activity decreased by the month, I knew it was time to get this done. It was quite an experience, and I share some of my feelings and thoughts below.

I was not as ready as I thought I was for the trauma one's body experiences from significant surgery.

The process of verifying insurance coverage and pre-surgical visits made me angry. Nothing was simple or efficient. Interestingly, almost every provider I spoke with agreed with me; it is a hard system to change.

The pain medications did not agree with me so the recovery was at times more intense than what I expected.

I was not a "great" patient. I found myself easily irritated with some of the staff and at times "acted out of character." I was not a happy camper!

Most surgeons don't tell you, "I'm going to operate on you and you will wake up feeling horrible." I expected that, but if I had to answer the question, "What is your pain level between one and ten?" one more time, someone was going to get smacked.

I arrived home four days after surgery. Before going to the hospital, we set up our home to make my recovery and life as easy as possible upon my return. Our home was built in the 1930's; nothing in our home was designed for someone recovering from a double knee replacement. Using the toilet was a major challenge and led to much less privacy than I desired!

I don't like therapy. As necessary as therapy is to recover one's range of motion, it is painful, exhausting, and not much fun. I will forever have more empathy for our residents that I see enter our therapy gym.

Very easy tasks were exhausting. Even now, bathing and dressing push my limits.

Once you have knee replacement surgery, your surgeon will tell you when you can resume activities. I found myself "contemplative" as I received my list of future restrictions. My mother used to call it "adjusting to the new normal." For instance,



J. David Swartley

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Bringing Christmas to Our Troops

Our residents and staff certainly love an opportunity to help others. This past holiday season, Tina Snyder, a housekeeper in Manor West and also the mother-in-law of a recently deployed soldier, came to us with a plan to make gift boxes for soldiers in Afghanistan. The word was barely out when the donations started pouring in from employees as well as others! Our team of resident volunteers and staff spent an hour or so wrapping most of the things that overflowed the table. Snacks, hand warmers, socks, and many other tokens given with love and appreciation were wrapped and put into boxes to be mailed. Jennifer Shutt, our Development Director, personally donated shipping costs to assure us that the gifts would be received in time for Christmas. Angela Bomberger, CNA suggested baking cookies and sending them like she had done when her son served over there as well. So dozens of chocolate chip and peanut butter cookies were shipped off as well in a big tin to bring some tastes of home to our boys overseas. What better way to celebrate the season than to spread joy and goodwill to others...we are always grateful for an opportunity to share the love!



Gaining an Empathetic Perspective – continued from page 2

I loved to play basketball for many years. My years of competitive basketball are done, and I need to get over it.

While I was home recovering, my 12 year old son gave me his Christmas list, including store websites with the best prices. He thoughtfully typed the list on the computer and printed two copies. One copy was for my wife, Shelby. As he handed me mine, he announced to the family that he increased the font size for me, since I was getting old!

Friends, family, residents, and staff were incredibly kind. It was humbling to receive the many cards, prayers and well wishes. I learned the value and blessing of having folks around who care about your well-being.

Resolve to Lighten Up!

Well, we've rung in the New Year and are now starting to settle into the new groove of resolutions and hopes for the upcoming months. Losing weight always seems to be high on that list of things most people want to do. Mine usually lasts a month or two before settling in to something that resembles my old routines (old dogs and all). This year I'd like to suggest an alternative to losing weight in the traditional ways.

Nothing lightens a spirit like serving others. Nothing lightens a heart quite like bringing a smile to someone. Nothing lightens our cares like making a difference in someone else's life. Not only does it lighten your load, it is also very beneficial for your heart as well! There are so many opportunities to volunteer at Moravian Manor that are good for all of the above! So, if you or anyone you know would like to "lighten up" for the New Year, please contact Robin Work, Volunteer/Life Enrichment Coordinator at 625-6005 or robinw@moravianmanor.org.

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." During difficult times, a caring community is incredibly valuable. Over the years, I have received many personal visits, notes, phone calls, and emails from residents and family members; I can say that we often fulfill this vision. Our community physically, emotionally, environmentally, intellectually, and spiritually supports and accommodates those who are experiencing difficult times. Thank you for being an integral part of the Moravian Manor, Inc. community. You make a difference!

J. David Swartley, MBA, NHA
President/CEO

Matlin Captivates Engaging Community Audience with Humor and a Heartfelt Message

Marlee Matlin stepped into the spotlight when she accepted the 1986 Oscar for her performance in the film *Children of a Lesser God*. Never before had a deaf person made this kind of splash in Hollywood, and, to top it off, she was the youngest actress to ever receive the Oscar in that category. In addition to the Oscar, Marlee received the Golden Globe Award for Best Actress in a Drama. Since then, Marlee has gone on to have an incredible career as an award winning actress. She broke barriers once again when she starred on ABC's *Dancing with the Stars* in 2015. She's constantly raising the bar and breaking the stereotypes about persons who are deaf or hard of hearing.



In 2016, Matlin joined Lady Gaga to perform the National Anthem during the Super Bowl 50 pregame festivities. Her performance showcased the beauty of American Sign Language.

Wherever Marlee Matlin goes, her sign language interpreter Jack Jason is by her side. Both of them captivated an audience of close to 400 at Moravian Manor's annual Engaging Community Dinner on October 24, 2016, at the downtown Lancaster Marriott.

Marlee grew up in Morton Grove, a suburb of Chicago. Her parents learned of her hearing loss at the age of 18 months. With strong support from her family, her childhood world was unlimited. "My parents just opened the door every day and let me explore the world on my own. Admittedly it was 'different,' but my parents and family had answers for everything." If the other kids were curious about her hearing aids, Marlee's brother would tell them that she was wearing big globs of bubble gum and would offer them a taste. Whenever someone would question her speech, her other brother would explain that it was an exotic accent, the result of Marlee being born in a faraway country. A sense of humor carried the Matlin family a long way.

Marlee credits her parents for their encouragement. At the age of seven, she had her first taste of acting. She performed the part of Dorothy in the *Wizard of Oz* at a first-of-its-kind performing arts center, now known as the International Center for Deafness and the Arts. Here, deaf and hearing kids join together for after-school programs and recreation.

When she was 12 years old, Marlee Matlin met Henry Winkler (our Engaging Community speaker in 2015), one of the most recognized actors in the world. They instantly struck a special bond. She told Winkler that she wanted to be an actress just like him. Much later, she learned that some discouraged him from encouraging her, as they felt it would only lead her to disappointment because Hollywood did not embrace deaf actors. Instead of dissuading her, Winkler provided a defining moment of her early career. As Marlee remembers, "So there was Henry, politely listening and nodding to the well-meaning advice of theirs, and when they were done, Henry turned around and knelt down and looked me straight in the eye. In his coolest, most Fonzie-like voice he said, 'Marlee, sweetheart, you can be whatever you want to be. Just follow it here – in your heart – and your dreams will come true. Don't let anything stand in your way.'" A champion for children of all abilities, he mentored Matlin's subsequent breakout career from theater to film.

Mixing humor and heartfelt inspirational messages, Matlin told the audience, "I understand what my parents long ago figured out ... I am a person who just happens to be deaf. For me, life or work doesn't mean having to dwell on my deafness. I'm standing here as a working actress with an Oscar, a Golden Globe, and a couple of Emmy nominations to prove it."

All Hands Interpreting Services, provided American Sign Language interpretation for the evening.

Our Speaker Sponsor for the evening was EG Stoltzfus Construction and their partners in our Warwick Woodlands project. Gold Sponsors were Douglas C. Lane & Associates and Wohlsen Construction. Silver Sponsors were Core Source, Reinsel Kuntz Leshner, LLP, Sodexo Senior Services, and Stoudt Advisors. Bronze Sponsors were Phoebe Pharmacy and RGS Associates.

Engaging Community is a program hosted by Moravian Manor, Inc. that builds upon our community focus by offering a quality educational, inspirational, entertaining program to increase the awareness of our mission and role throughout Lancaster County and beyond. Proceeds from this program, over \$21,000, were raised to benefit our Senior Care Ministry.

Appreciation Shown for Our Veterans

Moravian Manor residents appreciate our veterans and have special recognitions each year during Veterans Day. For 2016, the Manor's residents conducted a flag raising ceremony on the green at the main entrance with coffee and donuts for all who attended. A Veterans buffet breakfast was held the day before in Steinman Hall, followed by a short program where residents listened attentively as Rick Belleveau, son of Manor Greene residents Ray and Sandy Belleveau, shared his experiences as a U.S. Naval officer onboard a nuclear submarine. We salute all the brave men and women who serve and protect our country.



Welcome to the Family – continued from page 1

What's in store for 2017? The New Year will include a focus on the sales and construction of the remaining Carriage Homes in Phase I, and the apartments. The Woods apartment building will include 54 spacious apartment homes, ranging in living space from 1,000 – 1,790 square feet, as well as the Owls Nest Restaurant & Sippery in addition to the newly announced Oaks Campus Center and other amenities such as the SmartFit Studio, Fireside Lounge, Tree Top Terrace and The Hall of Fame featuring the Big Ten Network! These exciting new amenities were designed to bring people together and enhance the daily experience of apartment living. Our focus is to reach our pre-sale goal by late spring of 2017, and begin construction shortly thereafter. Once construction commences on The Woods apartments, we are planning to start accepting reservations for Phase II of the Carriage Homes.

Visitors are welcome to stop by our new Sales Center/ Model Home at 544 W. Sixth Street in Lititz to learn more about the accommodations and lifestyle at Warwick Woodlands. Don't have time to stop by? Give us a call at 717-625-6000 for more information or visit our website at www.warwickwoodlands.org and be sure to check out our online construction cam to watch our community grow!

Nicole "Nicky" Michael
Corporate Director of Sales and Marketing



Tree Top Terrace



The Owl's Nest Restaurant and Sippery



Construction Cam

Moravian Manor Leads the Way

Strengthening Competency Utilizing a Powerful Training Tool

Simulation has a well-known history in the military, nuclear power, and aviation. It also has become more fully integrated into education for nurses and physicians in the past 20 years. A powerful training tool, simulation creates a dynamic learning environment that allows for customized controlled scenarios to address real life challenges, providing memorable hands-on learning training.



Moravian Manor is fortunate to have such an environment right here in Lancaster County. The Simulation Learning Center at the Pennsylvania College of Health Sciences is responsible for the development and delivery of immersive simulation-based learning experiences to nursing and health sciences students and many clinical employees at Lancaster General Health.

Moravian Manor will lead the way as the first Continuing Care Retirement Community in Lancaster County to utilize their Simulation Center for our Nurses and lead nursing staff to complete Skill Competency Training. This will begin in February 2017, with our first class of 16 nurses.

These lab spaces are equipped with two-way mirrors for unobtrusive observation, three cameras for observation, and digital recording for debriefing. Adjacent classrooms round out the simulation center designed for experiential learning. The simulated learning experience will not only enhance professional staff's assessment skills, but also build essential critical thinking skills when conditions vary from the typical textbook example, as so often happens. The goal is for staff to be prepared and confident in knowing next steps needed to provide best resident care.



In July 2016, Moravian Manor entered into a preferred provider agreement with Lancaster General Health to provide post-acute services as a member of the Lancaster General Health Community Care Collaborative. Through this affiliation, the facility monitors performance measures, one of which is preventing re-admission to the hospital. This training will sharpen assessment skills key to early identification with high acuity residents, provide quick care intervention, and result in a reduction in readmission to the hospital.

Clinical Pathways, developed by Lancaster General Health, and Moravian Manor will be observed to design several scenarios for use in the Simulation Training. Upon completion, our staff will be prepared to handle various levels of acuity of care and avert potential emergencies, resulting in positive outcomes through our excellence in resident care and further strengthening our solid reputation for preeminent care for residents with recuperative or long-term needs.

To support educational opportunities for our staff, please contact Jennifer Shutt, Director of Development at 717-625-6106 or email at jennifers@moravianmanor.org.

Big Changes are Happening to Manor West!

The long anticipated Manor West Personal Care renovations have finally begun! The various pieces of the project have been broken into four phases, with the second phase being the most involved. The estimated start date for Phase 2 is expected to begin the end of January, with project completion tentatively set for this coming summer.

The renovations include everything from a new dedicated main entrance for Manor West, larger fitness area, improved Wellness Center, and a new dining room. With the new dedicated entrance, family members and visitors will now be able to come into Manor West directly. The entrance will feature a porch complete with seating to fully enjoy the weather and happenings on campus. The larger fitness area will offer therapy services closer to residents' homes in personal care and residential living. This convenient new location will also encourage residents to pursue their own personal fitness goals. The larger and improved Wellness Center will feature a new physician's examination room along with a private area for residents to confidentially meet with staff regarding medical needs. The dining room, which is well underway, will provide

a casual and contemporary atmosphere, enhancing our residents' dining experience.

When the project is completed, our Manor West community will support 40 individuals residing in the renovated accommodations. Each private living quarter will be renovated with a European bathroom, allowing for easy accessibility. Residents will have the option to bathe in their European shower or soak in the jetted whirlpool in the newly added spa room. As well, enlarged and open spacious lounges will encourage residents and their guests to relax and enjoy their visit, whether they choose to sit peacefully by the fireplace or enjoy a cup of coffee or tea from the refreshment bar.

I would like to thank our residents, staff, and family members for their flexibility during these renovations. The word "flexibility" was coined early on during the renovation by our project manager, Steve Edris. I think we can proudly say that we are flexible, and looking forward to the wonderful changes that are taking place in Manor West!

Leanne Kiralfy
Personal Care Administrator



Your Neighborhood Connection Offers Community Educational Program

Alzheimer's Disease and Related Dementias: Why It's a Family Affair

Dementia and Alzheimer's disease do not just affect the individuals living with the disorder. It impacts the entire family unit, and at times this can be so extensive that primary caregivers are sometimes called "the second victims of Alzheimer's" and families are referred to as "the invisible patients."

Join us for our April community educational program, sponsored by Your Neighborhood Connection. Our guest speaker Janet Brian Mills, MS, CDP, CDCM will address challenges you and your family members may face. She'll provide insights and strategies to help you better connect with and communicate with your loved one, as well as offer tools and tips for the caregiver in identifying common stressors as well as coping strategies. Her presentation will focus on three primary concerns...

Communication & Dementia

- Types of Communication
- Communication Challenges
- Communication Barriers
- Stages of Dementia
- Communication Connectors
- Communication Do's and Don'ts

Caring for the Caregiver

- Identifying Caregiver Stress
- Common Signs
- Alleviating Caregiver Challenges

Families & Dementia

- Understanding Reactions & Responses
- Decisions & Resources
- Care for the Caregiver
- Guidelines for Interacting with Family

To RSVP for the free education program, please call Your Neighborhood Connection at 717-627-0072 or email Karen@yourneighborhoodconnection.org by March 28. Please note, space is limited so reserve your seat early. Refreshments will be served prior to the prompt start of the program.



Your Neighborhood Connection, with offices in downtown Lititz, offers a comprehensive range of reliable, flexible and affordable companion and personal care service. The not-for-profit

organization is a collaborative venture between Moravian Manor, Inc. and Luthercare and backed by more than 100 years of collective experience serving older adults with superior quality care. For more information or a free in-home consultation, call us at 717-627-0072 or visit us online at www.yourneighborhoodconnection.org.

Alzheimer's Disease and Related Dementias: Why It's a Family Affair

April 4, 2017

5:30-7:30 pm in Steinman Hall

*(This program is also being offered on
April 3 in the morning from
10 am - Noon at Luther Acres,
600 E Main Street, Lititz
in their Community Room)*

About the Speaker



Janet Brian Mills,
MS, CDP, CDCM,
Owner and CEO of
Geriatric & Dementia
Care Consulting, LLC,
in Lititz, works with
families, individuals
and professionals
to assist them with

understanding age-related challenges, those resulting from Alzheimer's disease and related dementias, and to jointly explore viable solutions. She has earned certifications from the National Council of Dementia Care Practitioners as a Certified Dementia Practitioner and as a Certified Dementia Care Manager. She has a BA in Psychology and an MS in Social Service Administration.

Jan has 20 years of experience working with seniors in the long term care field and an additional 20 years of experience in social service positions. These experiences include: director of an adult day services program, director/administrator of secure dementia facilities, plus 11 years as a volunteer facilitator for an Alzheimer's Association's caregivers' support group. Her work in other social service settings includes directing a volunteer-staffed helpline program. She is passionate about helping others understand the challenges of aging in a caring, compassionate, and committed manner.

TRIBUTE GIFTS

September 23, 2016 to January 12, 2017

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:

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Mr. Thomas Nicholas
Ms. Betty Shenenberger
Mr. and Mrs. R. William Spacht
Mrs. Lorraine P. Wagaman
Mr. and Mrs. James Watts

Mrs. Norma A. Wike
Mr. and Mrs. R. William Spacht

Mrs. Robbye A. Winger
Mrs. Pamela Carpenter
Mr. Timothy Winger

"In Loving Memory"

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

Ellen M. Wagaman
October 14, 2016

Catharine "Kitty" Nestel
October 30, 2016

Evelyn M. Sauder
November 30, 2016

Romaine S. Davidson
December 9, 2016

Elizabeth L. Sheaffer
December 20, 2016

Victor D. Sauter
December 29, 2016

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*
October 4 to
November 29, 2016

**In celebration of Ellen Wagaman's
100th birthday on October 14, 2016**
Happy Birthday Mom – I love you, Karen

**In celebration of Nancy Bender's
birthday on October 22**
With love from her family

**In loving and cherished
memory of Don Jones**
Much love from:
Ann, Stephanie and Carol

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

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.



Music, Skits and the Nativity Set the Stage for Annual “Celebrating Christmas” Program

Our Moravian Manor family celebrated the 2016 Christmas season together with our annual “Celebrating Christmas” program on Thursday afternoon, December 22 with a full house. More than 65 residents, staff, and children participated in presenting music, skits and the Nativity.

Santa and the children quickly got everyone in the spirit as they opened the program walking down the aisle and greeting everyone to the song, “*Santa Claus is Coming to Town.*” Special music by the choir, two humorous and meaningful skits directed by Dale Shelley, residential living resident, and a duet by Robin Work, Volunteer / Life Enrichment Coordinator, and residential living resident Mike Riordan.

A special highlight during the Nativity was a solo by Jeff Gemmell, Director of Music at the Lititz Moravian Church, singing “*O Holy Night.*” A candle lighting service and the singing of a favorite Moravian hymn, “*Halleluiah, Praise the Lord!*” concluded the special celebration.

