

LAMPPOST

MORAVIAN MANOR, INC.

FALL 2019

Sand Castle
Building 101...*page 3*

THE WOODS &
THE OWL'S NEST...*pages 12 & 18*



Photo by Nathan Cox

VISION

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 Michele Dombach 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.



Correction: The cover photo from the Spring 2019 LampPost showed Gordon and Gloria Ober with President David Swartley.

Cover: The Woods and Oaks Campus Center light up Warwick Woodlands, photo: Nathan Cox



A LETTER FROM *Our President* ■

Sand Castle Building 101

This past summer, our family vacationed in Rehoboth. It was a great week, albeit the atmosphere (or noise level) was louder with our one-year-old and three-year-old grandsons present as well. So much for reading a book after dinner!

As we arrived at the beach for our first outing, my son-in-law immediately grabbed a shovel and bucket and began digging a large hole in the sand. This activity appears to be an automatic response when one arrives at the beach with a toddler. His three-year-old engaged in the process and was very ready to "help."

However, this activity did not end well. My son-in-law became increasingly frustrated as he dug. While he was digging, his son stood nearby, collapsing the sand into the bottom of the hole. It looked like a construction team working against each other. There is beauty in being 57 years old, sitting in a chair and just enjoying the show!

This summer, our Board of Trustees has been working diligently on a new Strategic Plan for Moravian Manor. With the dichotomy of rapid growth in one area of the Manor and many headwinds in skilled nursing, the timing of our plan could not be more critical. My observation is that when there are many moving parts, it is quite easy to slip into a pattern where we end up working against each other. It is not helpful to have part of the organization diligently digging the trench and another part coming in behind collapsing their work. The Strategic Plan should assure that our tasks align with our mission, and all are working toward the same goal. Alignment is often easier said than done.

Our Board formed three Task Forces to delve into three areas over the summer months. The focus areas

are Skilled Nursing, One Community, and Evolve & Cultivate. The first area focused on the rapidly changing health care environment.

The second area explored our growth and the relationship between our two campuses. The last group focused on future growth opportunities. It has been fulfilling to be part of these discussions and absorb the wisdom of our participants...board members, residents, and staff members. I am confident by the end of the meetings we will have a Strategic Plan that offers a framework for our decision-making moving forward.

My time at the beach was not all sheer joy. One day the waves were very rough, and I felt like a little kid as I timed my jumps into the waves. It was a blast until I tried to exit the water. I do not move nearly as quickly as in the past, and a massive wave caught me and pulverized me into the sand. By the time the third wave pounded me into the sand, I just curled into a ball until it washed me ashore. When I finally was able to stand, I observed my entire family beside themselves with laughter. I did not do well navigating the rough water at all!

A well-designed and thought-out Strategic Plan is critical to navigate rough waters and keep our decision making on the same page moving forward. Thanks to all of you who make plans on paper into realities. Enjoy the beautiful fall season. ■



J. David Swartley

~ J. David Swartley, President & CEO

A Day in the Life of • MARTY •

Lancaster County native Martin "Marty" Kampen started his career in the construction field at the early age of 13, going to work with his dad every Saturday during the school year. Over the summers, he would work every day. He later moved into the HVAC field and has stayed in various stages of this discipline for the past 25 years.



Marty joined Moravian Manor's Maintenance department three years ago, a job he calls "by far one of the best jobs he's had in all the years of employment." Being part of the "team" and working with residents is very rewarding, and he names the people and residents as what makes coming to work every day worth it.

A typical day in the life of "Marty the maintenance man" can include any and all of the following...

- Starting the day at 6:30 a.m. by checking the main systems - the boilers, fuel tanks, water pumps, pressures, temperatures, water softeners, salt levels, and the three large generators. All this ensures the Manor is up and running smoothly for another day.

- Conducting preventative HVAC maintenance - Heating. Air Condition. Refrigeration. Ventilation. Making sure the systems run better before problems arise, trouble shoot electrical systems and make all repairs.
- Carpentry/construction jobs - Repairing any and all miscellaneous items including kitchen appliances, fans, beds, carts, toys (in The Children's Corner), walkers, wheelchairs, and ceiling tiles. You name it, he can fix it.
- Interacting with residents - Assisting with whatever needs they may have, fixing things, hanging pictures, helping with heat/cooling issues, and just making sure they have what they need.



- Tending to work orders (aka things that need attention now) - this may entail everything from heating/cooling systems, refrigeration, leaking pipes, and water heaters to clogged toilets, sinks/showers... anything that needs done in the Manor for the facilities or for the residents themselves.

Marty was also instrumental in creating pieces for The Children's Corner preschool playground, helping children connect to the real world of nature beyond their classroom walls. His creations added to the unique outdoor classrooms, offering interactive elements such as musical instruments made of natural materials, garden and pathway

areas, and natural materials for building and creating art. It is these components that successfully supported The Children's Corner in their quest for the Nature Explore Classroom designation, a distinction which only an elite group of fewer than 20 child care centers in PA holds.

When not working, Marty enjoys, hunting, fishing, traveling and spending time with his family... his wife and three children. He gained the title of "grandpa" at the beginning of May this year. During extended weekends and summer vacations at his family home in West Virginia, Marty can be found running his sawmill, cutting trees into boards for customers, and working on his ever so many projects at home. He would say he was born 100 years too late. One of his dreams is to own a pair of Haflinger horses and log

the mountainsides of WV, then cut the trees into boards and sell them. But until such a time as that, Marty can be found with the well-oiled group of men that comprise the Manor's Maintenance department, keeping the place running smoothly. These behind-the-scenes, do-it-all guys are fortunate to have Marty as part of their team. ■

THE RICH REWARDS OF RESEARCH

Finding What's Best for Your Retirement Lifestyle

Look around today and you'll find many varied options for retirement living. But with the expanding choices, extensive research has become a necessary process to find what's best for you. Where will you be most comfortable? What will bring you the greatest happiness and fulfillment, with opportunities to explore, grow and thrive? Where will you feel the most secure? What option will instill the most confidence in you?

Cathy Lonas is grateful for the scrupulous research she conducted before moving into The Manor Greene Apartments on Moravian Manor's campus last year. Cathy looked at 25 communities before narrowing it down to ones she felt worthy of a visit, and then ultimately chose the Manor. "My poor mailman had quite a burden carrying all the brochures and financial reports I sent for," Cathy joked. "I visited about 18 places. I returned to some, while others were eliminated after 30 minutes."

Cathy commented that there is absolutely no such thing as a perfect retirement community, but thorough research will help take you to what is ideally suited for you. For her, it was Moravian Manor. "When I first walked across the threshold, I had a gut instinct that I was welcome and safe," she recalled. "I kept coming back over the next two years and every time I felt 'this is my tribe, these are my people...they will take care of me in the good times and those not so good.' And, they are. This is the best move I ever made."

Cathy did have a leg up on knowing about retirement communities though, which assisted in her search.



Formerly, she was the Marketing Director for a group of continuing care communities with campuses from the Mid-Atlantic region to Florida. In addition to being an expert gerontologist, she holds a degree in nursing from Johns Hopkins, and had a Maryland-based Advocate 360 Geriatric Care Management firm, which she is currently in the process of dissolving.

When looking around her new home, Cathy described it as simply spectacular. "I have a three-sided view and a patio where I gardened this summer. And I can look out and see a school bus one day and a horse and buggy the next. Everything is so beautiful and green." ■

Generosity is An **ATTITUDE**

By J. Alicia Miller

Generosity simply put is the most natural outward expression of an inner attitude of compassion. This viewpoint is caught, not taught, from the many influences and impressions on our lives during life's journey. For **Victor and Molly Baer**, attitudes of generosity formed early on in both their lives.



Grounded in the Lancaster County Mennonite faith, Victor's roots of generosity formed during his years with his farming family. He learned stewardship of the land, leadership in the community, mindfulness of less fortunate, strong faith, and devotion to God.

Early on, Molly learned the importance of education, attention to those less fortunate, giving back to the community, love of children, quality versus quantity, and the strong Love of God - creator of all things.

Following in the footsteps of loving parents, Victor and Molly chose colleges that would teach and lead them into fulfilling lives, enforcing the ideals learned in their formative years. Victor and Molly stayed true to their alma maters, Vassar and Princeton. "Do I contribute?" was never a question in their minds. Rather the question they pondered was, "What can I contribute for the betterment of these colleges and future generations of students?"

When this couple first met, Victor was a Presbyterian minister at Brick Presbyterian Church in New York City; Molly was director of the nursery school. Living in New York City presented opportunities to pursue their interest in the arts, expanding their lives and generosity to their beloved opera. They traveled extensively, leaving a trail of contributions to many causes...even the small places that were not well known.

In their later years, as the chapters of life drew to a close, Victor and Molly remained true to the attitude of generosity. They continued their giving and support to many more organizations, including Moravian Manor's Benevolent Care Fund, Lancaster Farmland Trust, Community Outreach, Lititz Library, Lititz Rotary, Children-Cleft Palate, Lancaster General Hospital, their Presbyterian Church, and their alma maters. They never forgot their heritage and ancestors, leaving behind their attitude of generosity and a legacy to the importance of generosity, so others may learn from the past and go into the future well-tended.

The memories of this unique couple, along with their attitude of generosity, will stay alive for generations to come within the newly renamed "Baer Center for Assisted Living." ■



Moravian Manor proudly announces the renaming of Manor West Assisted Living to the "Baer Center for Assisted Living."

SHORT-TERM REHABILITATION GUEST WILLIAM BRANDT

It Takes a Village for Care That's Really

“Above and Beyond”

William Brandt, and his wife Aileen, can attest first-hand to the care that goes above and beyond at Moravian Manor. William came to the Manor mid-summer as a short-term rehabilitation patient after having heart surgery to repair damage from three successive heart attacks within three-hours of each other and being in a medically induced coma for three weeks.

After his hospital stay, William was given the names of three rehabilitation centers and he chose Moravian Manor. “I was familiar with the Manor because I attend the men’s prayer breakfast that’s held the third Tuesday of each month,” William explained.

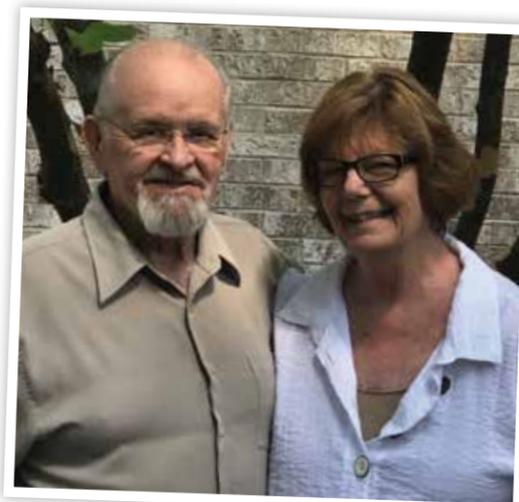
By mid-July, while William was healing nicely, a pressure ulcer he developed from his 10-hour cardiac surgery was not healing as well. He returned to the hospital for another surgery to remove the ulcer and once again came back to the Manor for another stay in the rehabilitation wing. William needed to relearn walking, balance and how to swallow again. For the initial 2-3 weeks, he was a full-time medical patient, so the team began with minor rehabilitative steps.

While William was in the care of Moravian Manor, he and Aileen had their 24th wedding anniversary. He mentioned this fact to Lucy Martin, RN Supervisor, who contacted Donna Dagen in Dining Services, and together they created a wonderful surprise for Aileen. The team created a private restaurant feel with a great meal, nonalcoholic wine, candles, flowers and Aileen’s favorite, chocolate covered strawberries.

When it was time for William to return home, he was unable to go on his scheduled day due to some flooding in Lititz. So, when he was released, he went home with another wound vac device. The very next day, Dustin Smales, LPN, went to their home to replace it with the correct wound vac.

Once at home, William had an issue with the special bed he was supposed to sleep in, and Virginia Boyle, Director of Social Services, worked with various companies to make sure he received the right bed. When the bed finally arrived, Dale Kachelries, Director of Facilities, went to their home to remove the wrong bed so the right one could be put in place.

William cannot say enough about the Manor and the wonderful care



he received from everyone. “The nursing care was excellent, the food was good, and the professionalism of the staff was amazing,” he stated. “I appreciate nurses because my mother was one. It took a whole village to take care of me!”

Aileen also agrees with how the Manor staff went above and beyond. One evening as she was leaving from a visit with William, it was pouring down rain. CNA, Yawosse Boko noticed this, grabbed an umbrella and walked Aileen to her car.

William and Aileen are so happy with Moravian Manor that they chose to place themselves on the wait list, ensuring the possibility of making it their future home. ■

Wish List



An Opportunity to Meet Tangible Needs and Bless Others

Residents at Moravian Manor have diverse interests and needs. Among them are arts, education, community involvement, and wellness. The items listed below will help add to their enjoyment in life. Designated contributions toward a wish list item may be donated in honor or in memory of a family member or friend. Please make checks payable to Moravian Manor, or you can donate on-line using Visa, MasterCard, American Express, or Discover.

- Bingo Candy or Prizes \$25
- iTunes Music for iPods for Health Center Residents for Music & Therapy Program \$25
- Craft Supplies for Activities \$40
- Annual News Current Events Program for Health Center Residents \$280
- Special Trips for Health Center Residents \$100-400
- Activity Connection for Health Center Residents \$160/yr
- Linked Senior Software for Health Center Residents \$4,000
- Kindle or E-readers for library usage (2 needed)..... \$130 ea
- Computers for Library (2 needed)..... \$600 ea
- Smart TV replacements for Health Center and Herrnhut South (6 needed)..... \$1,000 ea
- Geri Manikans used for nursing competences for an ongoing basis for skilled/PC/AL..... \$2,888
- Bladder Scanner for Health Center Residents (any donation is appreciated) \$7,000-10,000 ea
- Vital Signs Tower for Rehab Unit (take vitals and treat in place for very sick residents)..... \$5,000

Vital Signs Tower for Rehabilitation Department:

Vital Signs Tower for Rehab Residents is a useful tool to automatically take blood pressures, heart rate and oxygen readings at set intervals for residents that we need to treat in place due to their illness. Any amount is appreciated to help purchase this valuable instrument which is a helpful device to rehab residents. Cost of machine: \$5,000

Playground for The Children’s Corner childcare:

a new main playset with climber/swings/slide is needed for the preschool playground. Cost approx. \$2,000

Music & Memory Program for Health Center and Personal Care residents:

\$200/year for program; iPod Shuffles \$150-250 each; Headphones for iPod Shuffles \$30; Laptop \$500-600. This program helps those who suffer from a wide range of cognitive and physical challenges to find renewed meaning and connection in their lives through the gift of personalized music.

Towel Warmers for Health Center residents are great

for behaviors, anxiety, general body aches, and insomnia. Cost based on size \$3,000-5,000

Donations of \$50 to \$100 for resident outings and special programs for residents in the health center

who do not have the funds to participate are always welcome and gratefully appreciated.

Contributions of any amount are appreciated and may be donated toward any item on our wish list. Contact the Development Office at 717-626-0214 or development@moravianmanor.org with questions or ideas of alternative giving opportunities that have meaning to you.

Gifts to the Manor are tax deductible according to IRS regulations.

KPETS SMILES & CANINE AFFECTION AT THE MANOR



Sonny



KPETS, the Keystone Pet Enhanced Therapy Services, is a non-profit organization established to promote animal assisted therapy all around the Southeastern portion of PA. These visits provide healing and rehabilitating benefits by bringing together humans and animals to enhance quality of life. All volunteers are trained and registered by the organization and can be found visiting all over the community in health-related centers, social agencies, special-needs programs, schools, libraries, hospices, or wherever the need exists.



A Tribute to Sonny

Pet visits are always popular at Moravian Manor and we have been so fortunate to have Sonny, a beautiful red Australian Shepherd, and his owner George Swartz, grace the Manor halls every Thursday afternoon for so many years, greeting residents and treating them to some canine affection. Sonny and George are volunteers with KPETS. After years of service, Sonny has retired from pet therapy work after having a stroke. We were tremendously blessed to have George and Sonny become part of our family with their weekly visits, and both of them will be greatly missed by residents and our staff alike.

Military Service K-9 Now Therapy Dog

Brenda Macbeth and Bentley, who is quite a mix of shepherd, Rottweiler and hound, also are volunteers with KPETS and have been coming to the Manor for more than four years. They visit regularly and are always welcomed with open arms. Bentley has an interesting back story; he was trained to be a service animal for a military man, and when his service was over, this Southern K-9 gentleman, rescued in Virginia, had nowhere else to go that needed his specific training. We are so grateful that he found his way here! And we are grateful for KPETS, providing yet another wonderful facet of our resident-centered care and culture here at the Manor. ■

Resident Council Announces BOARD MEMBERS

We'd like to formally introduce our 2019-2021 Resident Council Board members:

- Mark Hirschman - President
- Bob Newell - Vice President
- David Fair - Treasurer
- Lucy Meinsler - Secretary

Tom Bender is our outgoing president, and we are so grateful for his leadership and efforts over the past term. Thank you for your service! ■



Left to Right: David Fair, Bob Newell, Mark Hirschman and Lucy Meinsler

THANK YOU *Tom Bender!*

Captain Bender has served as trustee for two years as the President of the Resident's Association. Capt. Bender has been a true pleasure to work with and handled what can be a tricky role as resident and board member with much wisdom.

Our President/CEO, David Swartley, shares a couple of observations about Capt. Bender.

Perhaps it is his military training, but I have never seen him late to a meeting.

I have never seen him unprepared for a meeting.

When he commits to something, one never has to wonder if it will actually get completed...always completed and all bases covered.

Moravian Manor is incredibly blessed to have you and your wife as residents at our community. You truly make us a better place.

Thank you for your quality service to Moravian Manor. ■



NEW OWL'S NEST RESTAURANT & SIPPERY

Serves Up Locally Sourced Sustainable Farm and Sea to Table Menu



In early June, The Owl's Nest Restaurant & Sippery, on the Warwick Woodlands campus, opened its doors with an array of daily fresh, local farm/sea to table comfort food "with a twist."

"In planning the menu for The Owl's Nest, we wanted to utilize locally sourced and sustainably produced ingredients to help elevate the menu and set it apart," explained Bill Kehler, General Manager of Dining Services at Moravian Manor. "A majority of our menu proteins will be sourced from Indian Ridge Provisions, based in Telford, out in Bucks/Montgomery County, PA. We'll also be featuring ice cream from Fox Meadows Creamery and soft pretzel products from Dutch County Pretzels, both located in our neighboring town of Ephrata. And our coffee is sourced from Whiff Roasters, based right here in Lititz."

"The saying 'Know Your Farmer, Know Your Food' really comes to life at The Owl's Nest," stated Nicole Michael, Corporate Director of Sales and Marketing of Moravian Manor and Warwick Woodlands. "We know people have shifted their focus to food sourcing information, and want to know where the food came from that's on their plate. That's possible at The Owl's Nest, all while supporting the local farming and sustainable seafood economy."

The Owls' Nest locally sourced and sustainably produced food partners include:

- **Royal Tide Salmon Co.** - providing premium farm-raised Atlantic Salmon off the coast of northeastern Canada, where natural tidal exchanges serve to circulate the water to ensure healthy fish and minimal environmental impact. We receive the healthier and better tasting salmon from the ocean to kitchen in less than 48 hours.
- **Freebird** - produces antibiotic free poultry raised on family-owned farms here in Pennsylvania, delivering a moist and tender eating experience on a consistent basis.
- **Pennsylvania Proud** - Indian Ridge's exclusive trademark label that encompasses all beef, pork, poultry, artisanal cheese, and other products made in Pennsylvania and surrounding areas. All proteins can be source-verified.
- **Fox Meadows Creamery** - Started in the 1950s, this dairy farm is a leader in Lancaster

County in milk quality. Great ice cream starts with farm-fresh milk, and the creamery will provide The Owl's Nest with their signature and creative flavors.

- **Dutch County Soft Pretzels** - For more than 25 years, their original and unique recipe has been a favorite of Lancaster County, where quality, fresh and natural ingredients and homemade goodness go hand-in-hand.
- **Whiff Roasters** - This specialty roaster has the highest-grade Arabica beans acquired from estates all over the world. All coffees are freshly roasted, made to order in small, custom batches, which carries over from the bean to your cup.

The restaurant, located at 600 W. 6th Street, is open to the public and no reservations are required. But while The Sippery maintains a liquor license, it is a "club license," which means we can only serve residents and guests of residents of Moravian Manor and Warwick Woodlands. Visit www.moravianmanor.org/dining-lancaster-pa/ for our menus. ■

Breakfast: 7:30 - 10:30AM
 Lunch: 11:00AM - 4:30PM
 Dinner: 4:30 - 8:00PM
 (9:00PM on FRI & SAT)
 Sunday hours: 11:00AM - 3:00PM



AN ATTITUDE OF PERSEVERANCE: *Chef Hannah Graduates from Warwick High School* *“Against the Odds”*



Warwick Woodlands chef **Hannah Bates** didn't have the easiest teenage years. Yet despite all the endured hardships, she persevered and crossed the graduation stage to receive her diploma on June 11.

Just two years ago, as a result of her parent's divorce and a landlord's decision to evict her and her mom out of their Lititz home, Hannah found herself homeless at age 16. Fortunately for her two brothers, they had made the decision to move to Oregon with their father prior to this, but she had no such option when her mother accepted an invitation to move in with a boyfriend. Hannah fortuitously found some friends to move in with, and started her road to independence, paying rent all on her own. "That really taught me a lot of responsibility, and that was right when I turned 17," Hannah explained. "I really focused on school, because that was the one thing that took my mind off of all the craziness that was going on."

Hannah further took charge of her future by getting into culinary classes to build her career. Growing up working in the kitchen with her grandmother was always a favorite pastime and she loved doing it. Hannah took a job at Moravian Manor as a dietary aide and then moved up to be a server. When The

Owl's Nest opened this summer, she was offered the position to become a "Garde Manger" cook (pronounced **gard** man-ZHAY). "I was super excited to get this job because I was just turning 18," she exclaimed. "It's a big family here, they really look after me and have the best interest for me, which I didn't get a lot through family, so when I come here...I love being here, and that's very rare for some people with jobs. It doesn't feel like a job for me."

"Hannah began working with us through the Intern program at Warwick High School," explained Bill Kehler, General Manager of Dining Services at Moravian Manor. "Hannah did such an amazing job and has such a great work ethic that we hired her as one of our cooks at our new restaurant, The Owl's Nest Restaurant and Sippery."

We're so proud to have Hannah as part of our Moravian Manor family. Congrats Hannah on your graduation! ■

SEARED ORANGE SALMON WITH PECAN SAUCE AND BRUSSELS SPROUTS



Prep Time: 5 to 10 minutes
 Cook Time: 30 to 35 minutes
 Yield: 4 Servings
 Recipe by: Christian Eggerling, Sodexo Signature Chef

Ingredients:
 Ruby Wild Blend
 3/4 cup low sodium vegetable stock
 1/2 cup ruby wild blend rice or wild & brown rice blend

Roasted Brussels Sprouts:
 16 oz. Brussels sprout
 2 1/2 Tablespoons canola oil
 1/8 teaspoon True Lemon crystals
 1/2 teaspoon red pepper flakes
 1/2 teaspoon Kosher salt

Pecan Sauce:
 1/3 cup unsalted butter, divided
 1/3 cup pecan pieces
 1/4 cup white wine
 1/2 cup fresh orange juice
 1/4 teaspoon Kosher salt
 2 1/2 teaspoons water
 1 Tablespoon cornstarch

Pan Seared Orange Salmon:
 1 cup panko
 1/4 cup orange zest
 3 Tablespoons orange marmalade
 4 (4 ounce) fillets or 1 pound wild salmon cut into 4 equal size pieces
 1/4 cup canola oil

Directions:

To Prepare Ruby Wild Blend: Bring stock to a boil. Stir in rice. Reduce to a simmer and cook covered for 30-35 minutes or until tender and water is absorbed. Serve hot.

To Prepare Roasted Brussels Sprout: Cut Brussels sprouts in half lengthwise. Combine sprouts, oil, true lemon crystals, red pepper flakes and salt. Toss to evenly coat. Coat a sheet pan with cooking spray. Place sprouts on sheet pans in a single layer. Do not overcrowd. Roast in a preheated 400 degree F. convection (450 degree F. standard) oven for 10 minutes or until softened and light golden. Serve hot.

To Prepare Pecan Sauce: Heat pot over medium heat. Add 1 1/2 teaspoons butter and stir until melted. Add pecan pieces and sauté for 1 to 2 minutes or until golden brown. Turn heat to medium-high. Add white wine and orange juice. Stir to combine. Bring to a boil and reduce by half. Add remaining butter and salt. Stir well. Combine water and cornstarch until smooth. Add to pot. Whisk until thickened to medium consistency. Serve hot.

To Prepare Pan Seared Orange Salmon and Pecan Sauce: In a stainless-steel bowl, combine panko and orange zest. Mix well. In a pan, melt marmalade over low heat. Place salmon fillet on a sheet pan, skin side up. Brush melted marmalade on salmon. Press bread crumbs on top of marmalade. Heat oil in a sauté pan on medium-high heat. Add salmon, breaded side down. Sear for 3 minutes. Flip fillet over and sauté for an additional 2 minutes. Spray a sheet pan with cooking spray. Place salmon, breaded side up on sheet pan. Place sheet pan in a preheated 350 degree F oven. Roast for 5 to 7 minutes or cooked through. Evenly divide rice and roasted sprouts onto 4 serving plates. Place 1 piece of salmon. Pour 1/4 cup sauce over each salmon. Enjoy. ■

DOG (AND PET)-FRIENDLY *Days of Summer*



As a pet friendly community, both our campuses—Moravian Manor and Warwick Woodlands—welcome pets, from cats and dogs to fish and birds. We believe that pets help us live “in the moment” and have the innate ability to enrich our lives physically and emotionally.

In residential living, pets are welcome to live in all residences, and visit areas of skilled care, personal care and assisted living. Our pet policy does not have a weight/size limit in the cottages, carriage homes or townhomes, but dogs must be 50 pounds or less to reside in apartments and only the first-floor as well. One dog per home is permitted or two cats, or a combination of one dog and cat, and we reserve the right to restrict certain breeds of dogs that are perceived as being aggressive per insurance guidelines. We also offer pet-friendly finishes that can be chosen as upgrades in residential living homes.

While a dog park is designated in future expansion plans on the Warwick Woodlands campus, an interconnected sidewalk system keeps residents and their pets connected to our community. We also are connected to downtown Lititz, where residents and their pets can enjoy a casual stroll downtown.

To celebrate our four-legged, furry friends, we’ve even held regular “Yappy Hours.” The next one is scheduled for October 18 from 4-5 p.m. ■

Navigating the Aging Process



November 7, 2019

4:30 PM - 6:30 PM

Moravian Manor Steinman Hall

Wine & Cheese reception

RSVP: 11/4/2019

717 627 0072 or email leanne@yourneighborhoodconnection.org

As we age, we start thinking about how and where we are going to spend our “Golden Years.” This is a topic that most do not like to discuss or put off too long.

I heard a saying one time that has resonated with me through the years.
“When you fail to make a decision, a decision will be made for you.”

Come and learn more about navigating the aging process. Educate yourself about services that are available to you, and be part of the decision-making process.

Your Neighborhood Connection, along with Moravian Manor, Luthercare, Caring Hospice, and Moravian Adult Day Care will provide you with knowledge on the following topics:

“Why Move into a Retirement Community”

–Vanessa Clayton & Jennifer Shutt

“What you need to know about In-Home Care Services and Community Resources”

–Leanne Kiralfy

“10 Myths of Hospice”

–Karen Darrenkamp

“What is provided at an Adult Day Program”

Group discussion sponsored by Moravian Adult Day

Warwick Woodlands Opens The Woods & Oaks Campus Center, Starts Phase II Construction



This past spring and summer, residents moved into The Woods apartments and settled into their new homes as the rest of the campus center was completed and opened in early June.

Campus amenities now include the addition of:

- Tree Top Terrace with a gas grill and firepit
- The Owl’s Nest Restaurant & Sippery
- The Hall of Fame room with The Big 10 Network (BTN)
- The Fireside Lounge
- SmartFit Studio
- Underground parking garage

If you haven’t watched the progress on Facebook, be sure to check out our construction video updates featuring Bob Coates, from EG Stoltzfus, as he walks us through the various steps of construction and reports on the progress along the way.

Phase II has been underway for several months with land prep, which included the crushing of 5,000 cubic yards of limestone that was sourced on the job site and was repurposed as the stone base for the street. Utilities and curbs were installed in early September, and the first carriage home construction began mid-September. The first move-in dates for Phase II are projected for early 2020.

As of early September, only 7 homes are available in Phase II, the last phase to include carriage homes and townhomes. For more information, visit the sales center and model home located on our Warwick Woodlands campus, or call 717-625-6000. ■



Photos on pages 18-19 by Nathan Cox



Join Michele Dombach, Director of Development for an ExtraTREAT as we celebrate Moravian Manor’s Benevolent Care Fund and the Extra Ordinary Give on Friday, November 22, 2019.

LOCATION: MANOR CAFÉ

TIME: 9 A.M. TO 11 A.M.

FRIENDS AND FAMILY - THANK YOU TREATS!

On the Menu: Bailey’s Irish Cream and Coffee, and The Manor’s Famous Cinnamon Buns.

Plan to join the Party... and support Moravian Manor’s 44-year promise!

FRIDAY, NOVEMBER 22, 2019

Or to donate on-line: Please go to www.extragive.org and choose Moravian Manor as your charity of choice.

THANK YOU!

AS CIRCLE OF FRIENDS GROWS, CHANGES MADE



Since Moravian Manor opened its doors in 1975, our Circle of Friends in support of our ministry has continually grown to help us meet current and anticipated needs of those calling Moravian Manor home.

The Manor’s Circle of Friends gift program was created as a way to say thank you for partnering in our ministry. The Circle of Friends program is comprised of three circles: Investors Circle, Heritage Circle and Living Legacy Circle. To accommodate our many more generous friends, we have had to make a few changes to the Circle of Friends program. Of note:

Investors Circle members who have given \$500 or more per year will be invited to a special breakfast to thank you for your faithfulness.

Donors of \$1,000 or more per year will be invited to a special breakfast and our annual Christmas Reception.

The Heritage Circle Dinner, held in April, will be for friends who have reached cumulative levels of giving of \$10,000 or more through annual or planned gifts or a yearly gift of \$5,000 or more.

Named endowments may be established now for \$25,000 or more.

We are so thankful to each of you and your commitment to the ministry of Moravian Manor by helping those in need. If you have any questions regarding any of these changes, please feel free to contact Michele Dombach at micheled@moravianmanor.org or 717-625-6152.

Thank you for your continued support of Moravian Manor. ■

~ MICHELE DOMBACH,
DIRECTOR OF DEVELOPMENT

CAMPUS LIFE at Moravian Manor

UPCOMING EVENTS

OCTOBER & NOVEMBER:

The Phillips Museum of Art at Franklin & Marshall College exhibit reexamines textiles crafted by women from the 19th through 20th Centuries.

October 3: Gallery Talk, “Cloth is my Field, Needle is my Plow: Pennsylvania German Women’s Work.”

November 6: Private Tour of the Exhibit with Lunch at Gypsy Kitchen.

November 21: Gallery Talk, “I am: A Shared American Story,” by Joan Gather who is a documentary story quilter.

October 5: Fall Foliage Train Trip to Jim Thorpe: Sit back and relax as we ride the rails in vintage 1920’s-era train coaches. Gaze out the open window coach and feel the autumn breeze as we journey through scenic mountains and valleys painted with vibrant colors of the seasons on our way to Jim Thorpe.

October 18: Friday Night at the Movies: *Lincoln*, 7 pm in Steinman Hall.

October 22: Field Trip to the National Civil War Museum, departing Moravian Manor at 8:45 am. Enjoy a self-guided tour from 10am - 1 pm, then enjoy lunch at The Appalachian Brewing Company in Harrisburg. ■

Life at Moravian Manor is enriching and rewarding. You can catch up with our latest happening through “Manor Moments” on Facebook.

We also invite you to join us for dynamic events, including educational lectures, entertaining concerts and enrichment opportunities. Reservations are required for each event. For more information and/or to RSVP to Marcie Berhaupt at marcieb@moravianmanor.org or 717-625-6000.

Making a Difference to Lives that Follow through Legacy Gifts

Our ministry is blessed daily by generous donors. In June, we honored our Living Legacy Circle of friends at an annual luncheon, recognizing provisions they’ve made in their estate plan to benefit Moravian Manor. Currently, there are more than 50 members in this circle of friends, whose kindness and compassionate support will extend beyond their lifetime by including Moravian Manor in their will, naming the Manor beneficiary of a life insurance policy or IRA, or through a charitable gift annuity or charitable trust. All members receive a custom tile created by local artist Steve de Perrot to acknowledge them for entering into a long-term relationship with us and by investing in the future of Moravian Manor. ■

New Legacy Honorees
(left to right):
Mr. Bruce Hirte, Donna
Wetzel and Jim Wetzel.
Missing from photo:
Mr. and Mrs. Joseph
Carroccio, Dr. Lynn
and Harold Swisher,
and the estate of
Yvonne B. Bomberger.



■ *“Community within a Community”*

CONSIDER SPECIAL TAX-FREE IRA GIFTS

IF YOU HAVE AN IRA, ARE 70 ½ OR OLDER, AND ARE PLANNING TO MAKE CHARITABLE CONTRIBUTIONS BEFORE DECEMBER 31, 2019

For those aged 70 ½ or older, it is once again possible to make tax-advantaged charitable gifts from traditional IRA accounts. This is a great tax benefit to charitable people when you authorize the IRA roll-over, also known as Qualified Charitable Distributions (QCD) which makes this provision permanent for future years. **A total of up to \$100,000 can be transferred directly from traditional IRAs to one or more qualified charities, such as Moravian Manor, your church or favorite charity, free from federal income tax each year.**

Amounts given in this way count toward required IRA Required Minimum Distributions (RMD) for the year of the gift. The benefit of the QCD is the QCD shelters income from your tax return in the amount of the QCD.

To make such gifts, it is important to not withdraw funds prior to a gift but that you have the gift amount

distributed directly from an IRA to one or more qualified charities. For those with check writing privileges on their accounts, this is the only way to make gifts directly from an IRA.

Last, with the new tax laws, there are other avenues of charitable giving (like a donor advised fund) that may also have income tax savings. We suggest you talk all of these options over with your financial planner or CPA.

For more information about this option, please contact:

Michele Dombach, Development Office
717-625-6152 or micheled@moravianmanor.org

As with any decision involving your financial or estate plans, we urge you to seek the advice of professional counsel when considering a gift to Moravian Manor.

A copy of our official registration and financial information may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. ■

TICKETS NOW ON SALE

An Evening with Kim Campbell,
wife of Country Legend Glen Campbell

My Family's Journey with Alzheimer's

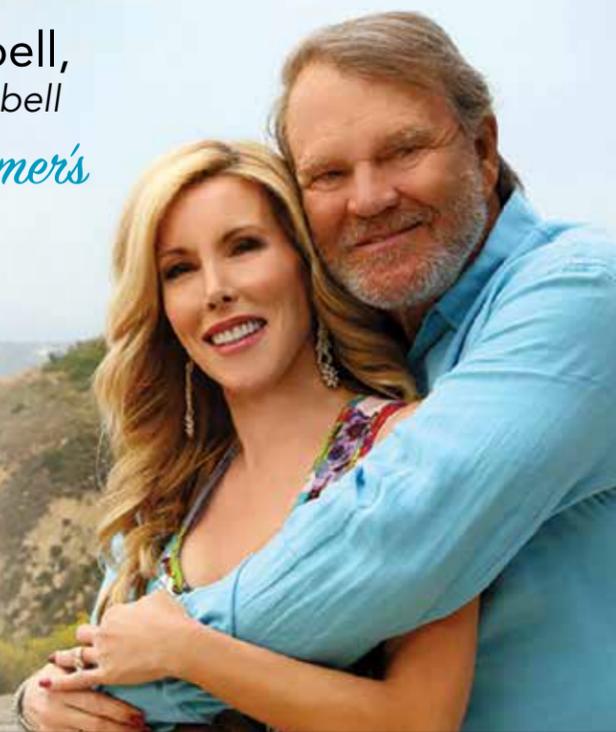
Monday, October 14

Lancaster Marriott at Penn Square

Private VIP Reception: 5:45pm • Dinner 7 p.m.
Standard ticket \$100 | VIP ticket \$175

Ticket sales at www.MoravianManor.org

Benefits Moravian Manor's Benevolent Fund



PLACES TO GO, PEOPLE TO SEE *in Lititz* COOLEST SMALL TOWN



Saturday, October 12
Annual Lititz Kiwanis Club Chocolate Walk

10 am - 4 pm
Enjoy chocolate samples in 32 locations in downtown Lititz.
LititzChocolateWalk.com

Saturday, October 19
Grand Opening: The Woods Apartments & Oaks Campus Center at Warwick Woodlands

Explore Retirement Living at Moravian Manor and Warwick Woodlands
Both events 10 am - 4 pm

Monday, October 28
Lititz Lions' Annual Halloween Parade

6:30 pm - 8:00 pm
Parade route on East Main Street, starts at 7pm.
LititzLions.org

Friday & Saturday, November 15 - 16, All Day
Lititz Art Association Annual Holiday Gift Show

Lititz Brethren Church
LititzArtAssociation.com

Friday, December 6
Christmas in the Park

6:30 pm - 7:30 pm
Annual tree lighting in Lititz Springs Park. Carol Singing and lighting of the Community Christmas Tree.
LititzSpringsPark.org

Saturday, December 7
Lititz Hometown Christmas

10 am - 3 pm
Downtown Lititz, rain or shine. Geared for children aged 10 and under. Free event.

Friday, December 13
Christmas Candlelight Tour

5:00 pm - 8:30 pm
Tour of 1792 Johannes Mueller House by candle light and learn how Christmas was celebrated centuries ago.
LititzHistoricalFoundation.com

EXPERIENCE THE

Fresh, Local Difference!

600 W. 6th Street, Lititz
717-626-3559

Breakfast: 7:30 - 10:30AM
Lunch: 11:00AM - 4:30PM
Dinner: 4:30 - 8:00PM
(9:00PM on FRI & SAT)
Sunday hours: 11:00AM - 3:00PM



Locally Sourced and Sustainable
Farm & Sea to Table
Comfort Food "with a Twist"

Land & Sea | Oven Fired Pizzas | Burgers | Salads | Homestyle Favorites

www.moravianmanor.org/dining-lancaster-pa/

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Lititz, PA 17543

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SAVE THE DATE

2 Great Events, Same Day!

SATURDAY, OCTOBER 19 • 10AM - 4PM

Grand Opening
THE WOODS
APARTMENTS & OAKS
CAMPUS CENTER

EXPLORE
RETIREMENT
LIVING

Between Moravian Manor and Warwick Woodlands, our two campuses feature the widest array of home styles available in a Life Plan community. On Saturday, October 19, 10 am - 4 pm, come for a tour and discover the many benefits of establishing a plan for your future.



Warwick Woodlands, The Woods Apartments



Moravian Manor Cottage



Moravian Manor Apartments



Moravian Manor Hendricks Place



Warwick Woodlands Carriage House