

LAMP POST

MORAVIAN MANOR, INC.

FALL 2018

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Don't Wait too Long to Come Home

When our son was around five years of age, he announced that he was going to run away from home. I guess he found our home life stifling and needed a change! He was very earnest about this venture; as he selected a backpack, I assisted in helping to pick his clothes that he would need for his great escape. He had really thought the process through and asked some great questions as we packed together. "Who will help me cross the streets?" followed by "Will you pick me up for church on Sunday morning?"

About one year later, our two daughters (probably around 11 or 12 years of age) were frustrated with life at our home and announced that they "were going back to Bolivia" (both were adopted from Bolivia). They joined arms and marched out the front door in grandiose style with our son running behind them screaming, "Don't go back to Bolivia, don't go!"

These cute and humorous stories transitioned into more serious times of life during the teenage years. The challenges of parenthood resulted in sleepless nights and stressful times. That being said, up to this point in life, our children have always returned home. With all its imperfections, it is still a place of love and safety.

Recently, our pastor preached about the prodigal son and shared a story of an individual he was working with who had strayed for many years. The individual said, "tell the members of your congregation not to wait too long to return home."

Moravian Manor is home for almost 500 residents. By next year this time, we will be closer to 600 residents. As a Life Plan Community, home can mean many different things. Recently I have reflected on this point in conversation with a wide variety of residents. One resident was asking questions about what services were available for them to "age in place." With health issues to address and the desire to stay in their lovely home, this conversation is very important. Another

group of residents were discussing what types of things they would be interested in participating, with-in the Moravian Manor community. Ideas ranged from hiking the Appalachian Trail to a cruise. Another resident, who has lived here for some time, made the difficult transition from residential living to skilled nursing. And yet another, recently elected hospice services as he prepared for life's ultimate transition.

Moravian Manor's Vision Statement addresses the "changing lifestyles of the people we serve." While this often is interpreted as serving the changing generations, it also reflects the care and services we provide during the journey of life. My late mother used to describe these changes as "adjusting to the new normal of life."

One can say that, at Moravian Manor, "home" can look very different depending upon the individual and the stage of life. However, our goal is to provide a homelike atmosphere to the best of our ability, no matter the stage of life. Hopefully, we provide an environment of love and safety despite our imperfections.

As you read the various articles in this issue, think about the individual passions shared and how many lives are touched in numerous ways. These numerous gifts and passions are what makes Moravian Manor's community a vibrant home. The gifts and talents of our residents and staff never cease to amaze me. Truly we are blessed to be surrounded by so many fine people that make Moravian Manor a great place to live.



J. David Swartley

Manor Moments

There is something for everyone within the many Manor social groups, driven by varied interests that residents bring with them.

Check out a recent Manor Moments video on our Facebook page (www.moravianmanor.org/manor-moments-6-wood-carvers-and-ukelele-group/) featuring the resident-led Wood Carvers and Ukulele Club.

Wood Carvers



Ed Keihl, who has been carving for 12 years, displays one of the canes he's made...his family cane that has carved in it the names of his wife, two children and their families as well as his hobbies of reading, carving, camping and golf.



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 Nicole Michael 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.

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Hershey Bears' Fans Find Love in the Stands



JOHN AND CAROL BUMBAUGH are avid ice hockey fans, whose love story began at a Hershey Bears game years ago. They both attended the Bears' games and started noticing each other. It wasn't until several games later, that Carol spotted an empty seat beside John and asked if she could sit with him. A few more games later, John finally asked Carol out for coffee. The rest is history! They have been happily married for 32 years, despite their different favorite hockey teams. Carol roots for the Philadelphia Flyers, while John is a Washington Capitals fan.

John is a retired gourmet food salesman and Carol is a retired RN. After their former careers, they both served as drivers for approximately 70 Amish families. They enjoyed many years of attending Southern Gospel concerts, going out to eat, and of course, watching hockey.

In March 2017, John underwent knee replacement surgery

and was in rehab. Returning to their apartment was not an option. Carol spent many months looking for a Personal Care community that would welcome them both. "We just wanted to be together again." In September 2017, Moravian Manor was blessed to welcome Carol and John to our family.

This fun loving couple is very active in Manor West. Carol can be found leading morning exercise class, playing the piano for hymn sing, delivering mail, and setting up for movie nights. John helps Carol lead the exercise group, and he so humbly stated, "I like to help people. When I see someone is down, I like to make their day better." John certainly accomplishes this every day with his infectious smile and his sense of humor.

We are so thankful John and Carol chose Moravian Manor as their "together again" place. Our days are brighter because of their positive, smiling personalities.





RESIDENT SPOTLIGHT

MILT MACHALEK...
*Self-taught Mechanic
 Research Physicist,
 Guest of the Soviet State,
 US-Russian businessman
 and Metal Sculptor*



Milt Machalek has quite a life story. He was born into the Czech-Moravian Brethren Church and is 100% ethnic Moravian. Around 1900, his grandparents were part of a 100,000 migration of Czechs, Moravians, and Slovaks to Texas, so Milt grew up in a Czech community where they spoke the Moravian dialect of Czech in their home. At the age of five when his family moved to a 100-acre farm near Belton, 60 miles north of Austin, he was thrust into first grade and quickly needed to learn to speak English.

Milt spent the next 13 years growing up on the farm, disliking it. To pass the time, he took up tractor maintenance. In the ninth grade, Milt decided on his life's work. Interested in electricity and mechanical things, he was determined to be a research scientist...a physicist. Milt graduated first in his high school class in 1959 and went on to attend Harvard with a generous scholarship.

He met his future wife, Roberta, to whom he's been married to for 55 years, on a bus going from New York's Port Authority Bus Terminal to Boston. She was returning home to Framingham after having visited a friend in New Jersey. Serendipitously, he was returning for his junior year at Harvard after taking a detour of a day to visit a high school classmate at West Point.

"As we stood waiting to board the bus for Boston, the bus completely filled and we were the only two left standing there. We were advised a second bus would come and Roberta and I were the only two on it...for four plus hours to Boston. Now, Roberta remembers that I came and sat down beside her, but I remember it quite differently. This cute Yankee girl came and sat down beside this naive Texas farm boy, whom she plied with a pastrami sandwich," something he had never tasted before, Milt said with a chuckle. "After 55 years, we still disagree on the details of that trip. Nonetheless, she gave me her telephone number, we began to date, and then married at Harvard's Memorial Church two days after I graduated in June 1963."

It was his background in physics that protected him from the Vietnam War. "Many of my friends and former classmates either joined up or were drafted, and I was ready to face the reality. However, someone in the government decided I was more valuable doing nuclear physics research than carrying a gun in southeast Asia and so my deferment was extended."

While enrolled in the physics graduate program at the University of Texas, he joined the newly formed Center for Plasma Physics and Thermonuclear Research, whose aim was to find peaceful sources of nuclear energy. A rare opportunity, he made a discovery of the detailed physics mechanism that occurs in the earth's magnetic field to

deflect the sun's radioactive "solar wind" particles from reaching us here on the surface of the earth.

With a PhD in hand, Milt was immediately offered a position in plasma physics research at the Los Alamos Scientific Laboratory in New Mexico. Within days of this, they discovered Roberta was pregnant and with Los Alamos being at 8,000 feet, they didn't want to have her first pregnancy at that elevation. Instead, Milt asked for and received a post-doctoral research position in the Physics Department in Austin, while Los Alamos held his position for a year.

In April 1973, with their three-month-old son, Milt and Roberta headed to Los Alamos, whose mission was to harness the awesome power of the atom for the peaceful production of clean energy. *(side note: Los Alamos was the place in the 1940's where the first atomic bomb was developed in super secrecy. In the 1970s, half the laboratory was engaged in weapons and half in non-weapons scientific research.)*

Despite the Cold War between the West and the Soviet Union, both sides were trying to cooperate in the pursuit of Controlled Fusion Energy. Both sides had sent delegations of scientists back and forth for short exchanges. Unbeknownst to Milt, the US and USSR were devising a pioneering plan for a young, Russian-speaking plasma physicist and his family to travel to the Soviet Union for an extended stay. While at Harvard, Milt learned Russian, close in many ways to his native Czech. And with a young family, Milt was the perfect candidate. He received a two-week, VIP Tour of the Soviet Union and then a year later travelled back, with Roberta and his three-year-old son, to Leningrad. "Each of our visas said 'Guest of the Soviet State!'" he explained. For the next four months, they had an adventure of a lifetime.

After six years at Los Alamos, Roberta desired to move back East to be close to her aging parents in Massachusetts.

Coincidentally, Milt knew the director of the Office of Fusion Energy as they both were new PhD's doing post-doctoral assignments at the same time at Texas. A short yet fruitful call to her opened the door at Princeton University's Plasma Physics Laboratory, where they were constructing the latest and largest fusion energy research machine in the world.

With the fall of the USSR, the funding for fusion research was greatly curtailed. In 1991, Milt began a consulting contract with American Re-Insurance Company, working to make quiet inroads in Russia. He began traveling every few months to Russia, sometimes staying for weeks at a time, overtly looking for intellectual property that Am-Re might acquire and commercialize in the West.

During this time, Milt decided to create his own company, and in 1992, incorporated four companies in the US. He formed an agreement with a Russian physicist and together

they started exporting high purity niobium metal (used to make super conducting wire for MRI machines) from Kazakhstan to the US. Around 1995, the business partners turned things around and began shipping reflective building insulation into Russia. This too became a booming business, and in 1997 he and his family bought a ten-acre, historical farm in Conestoga Township, Lancaster County. However, a year later, value of the ruble collapsed, and within 30 days his company was out of business.

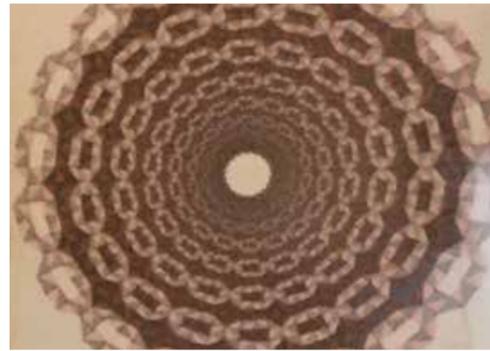
After the ruble crisis, Milt was at loose ends. During his "idle time," he turned to his self-taught mechanic ways working on his classic car collection, a 1935 Bentley, a 1961 Rolls-Royce and a 1965 Ferrari. He repaired just about every component of a car, and invested around 2,000 hours in restoring the Rolls-Royce engine in the '35 Bentley. He also began making sculptures, placing them around the farm property, as well as smaller pieces for inside.

In 2001, he joined the newly retired CEO and owner of Thermacore in forming a new company, STAR-H Corporation, based in State College, a tiny high-tech company designing and producing highly specialized radio communications antennas. He's served as CEO for the past 10 years and still holds this position today.

Milt and Roberta eventually began thinking about moving to a retirement community, realizing that they couldn't stay on the farm with all the constant maintenance it required. The process took about four years, but in March 2017, Milt and Robert moved into the Garden Court Apartments at Moravian Manor. But Milt had more than 20 pieces of outdoor sculptures on the farm that presented a dilemma. As an unknown artist, he attempted to sell the pieces to no avail. After discussions with David Swartley, the Manor's CEO and President, a deal was made to bring the pieces to reside on the Manor campus, to share with the community.

"I am deeply grateful for the good fortunes that have come my way, and continue to come my way, in my life," stated Milt. "Having traveled extensively in the world, particularly in parts of the former Soviet Union and India, I often think, 'What if I had been born there?' What if I had no chance whatever for an education, living in squalid poverty, struggling each day simply to find something to eat and dying before I reached even 40? I am deeply grateful and I hope in my several 'lives' so far, I have made some positive contributions to my fellow human beings, to all of whom I recognized I am connected."

Milt has a constant reminder about the preciousness of life and his existence. "On the back window of my truck, I have a sticker that says, in my native Moravian language, 'Nic Netrvá Věčně,' 'Nothing Lasts Forever.' The past is gone forever except in memory. The future exists only in imagination. Only the present moment exists in reality."



RESIDENT SPOTLIGHT

A Fresh Look at Legos Helps Establish Independence, Pride in Work

Tedd Bushnell has experienced many challenges... some were chosen, while others he had no control over. Growing up, Tedd was always creative and had a great aptitude for learning and an extremely sharp mind. After graduating from Manheim Township High School, he attended the University of Southern California, a prestigious university known for educating many well-known actors. (For example, one of Tedd's classmates was Ron Howard.) After Tedd graduated with a degree in Cinematography, he returned to his hometown and worked at Claire Brothers in Computer Design.

After a successful educational journey, and right in the middle of a successful career, Tedd experienced an unexpected change in health 19 years ago. It has not been an easy journey for him, but with courage and determination, he has found ways to continue to use his gifted mind and be creative.

Tedd enjoys watching politics and the History Channel, and spending time on his iPad. He's always enjoyed art, and several pieces of his artwork are displayed in his room in the Health Center, where he currently lives. He loves computer design too, and regularly make his own art creations on the computer. He also works with wood, creating unique and beautiful designs. His mother, Helen Bushnell, who lives

in an apartment here at Moravian Manor, has many more pieces of his art, and said he's made beautiful wooden boxes, which he gave to all his family members.

One day when Tedd was surfing the Internet, he happened to see amazing creations that people of all ages were making with Legos. It sparked an interest in him. He showed his brother, Todd, and asked Todd to bring him a set so he could try it out, not knowing how it would go. The result was amazing! Tedd (literally) single-handedly and independently put the first set together with ease. He commented that he likes the challenge Legos bring him. The next set was more complex—with a thick book of instructions to follow step-by-step. Again, Tedd thoroughly enjoyed the technical aspects of this challenge. It has been a wonderful outlet for his creative mind. As his mother Helen says, he is "like a new person." He is thrilled to show staff and family his progress on his newest project whenever they visit. Tedd even chooses his own Lego projects via internet and then purchases them. He hopes to develop his own Lego design soon, without following instructions. He even has a Lego banner displayed in his room, a visual reminder of the sense of independence it has provided for him. The biggest blessings sometimes come in small packages.

VOLUNTEER SPOTLIGHT A "Jewel" of a Volunteer

Lititz native Jewel Shaub is truly a gem here at Moravian Manor. She has volunteered for more than 34 years, performing a variety of tasks from filling water pitchers to transporting residents to their hair appointments and serving ice cream just to name a few. But her real love is visiting with people, listening to their stories, and merely enjoying their company.

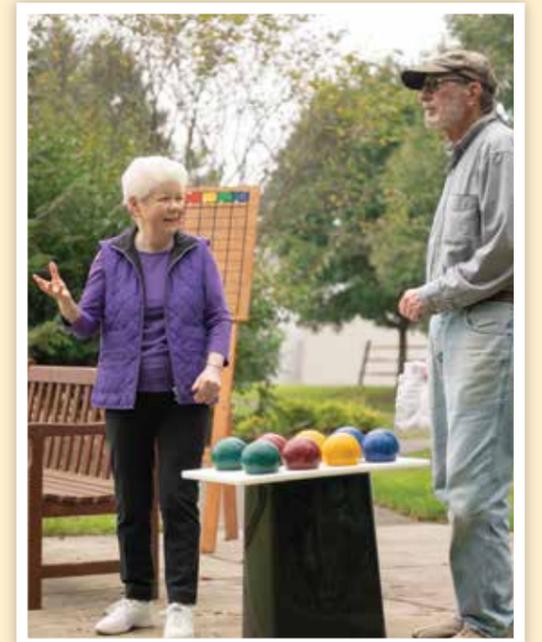
Jewel and her husband Tom have been married for 42 years and have two daughters: Laura, who lives in Paris, and Christine, who lives in Ephrata. She started volunteering when daughter Laura was just four years old. She wanted something for the two of them to do together and give back to her community. Once here, she says she fell in love with the place, the staff, and the people. Eventually, it became like a second home to her.

Jewel also helped start the Lamplighters, the Auxiliary for Moravian Manor that continued the work of the FOSTER program, which was formed by the Moravian Synod of 1976. She loves being involved in this group that is dedicated to raising funds to benefit residents. "I have met so many wonderful people here," she exclaimed, knowing that her time spent at Moravian Manor is rewarding. Her heart and charitable spirit make her not only a wonderful person, but a treasure to Moravian Manor.



Jewel Shaub is pictured on the right.

Manor Moments



High-Schooler Dishes Up Kindness and Friendship with Part-Time Job

Since elementary school, Madison Leakway always knew she wanted to be a nurse when she grew up! As a Warwick High School student looking for a part-time job, it was only natural to investigate available opportunities at Moravian Manor. For the past 2-1/2 years, Madison has worked in our Dining Services department serving residents. This experience solidified her decision...and became an

experience that benefitted both Madison and the residents with whom she served and interacted.

In August 2018, Madison entered the BSRN at the PA College of Health Sciences, with her goal to become a NICU Nurse upon graduation.

Madison is a first-generation college student in her family. And, through the application process, she learned of a scholarship opportunity through the Lancaster Osteopathic Health Foundation. Each year, scholarships are awarded to deserving students who are beginning their nursing education, as well as students who are looking to advance their nursing careers or obtain specialized certificates.

We're so proud of Madison, who was awarded \$2,000/year (\$6000 total) toward her tuition costs. The scholarship was awarded from an essay that she penned and submitted, reprinted here.

"This is such a great testimony of 'employee life' at Moravian Manor from a wonderful young woman," stated Sharon Grager, Dining Services Manager.

Congratulations Madison!



Working as a dietary aide at Moravian Manor, a retirement home in Lititz, Pennsylvania, has been an incredible experience in my life and has helped me develop into a better person in many ways. I started my part-time career at Moravian Manor during my sophomore year in high school and have loved being a part of their staff ever since. Some of my responsibilities include setting up the dining room, taking orders from the residents, serving, and cleaning up.

When I am finished serving dinner, I am able to go socialize with the residents which is one of my favorite parts of my job. It makes me feel so good to be the one to make them smile, brighten their day, and sometimes even make their day. It is neat to hear their stories and advice. It can be helpful to listen and learn from some of their stories to help me make my own decisions in my life. Also, I have become very appreciative when they ask me "how is school going", "how is your family", "how is your sport's season going", and other personal questions because I know that they are interested in my life as well. This relationship I build with each resident is so important to me. By developing these relationships, I realize that relationships like this are so important and very beneficial in life.

Not only do the residents at Moravian Manor help me develop into a better person, but my coworkers do as well. While working with a handful of different coworkers, there are so many things to learn from each personality. I have learned that communication is very important in many ways. Communicating with others while working is the way that every task will get done correctly so the residents will be happy. One important way of communication is body language because you can read a lot by the way one acts. I have learned proper ways to function in a work area, but also in general, such as having good posture, controlling facial expressions, and having a good attitude. In addition to communication, I have learned that having good interpersonal skills is important in life. After working at Moravian Manor for over two years, I feel more confident answering phone calls and meeting new people. Aside from working directly with my dietary coworkers, I also come across a very wide range of people each shift, from CNAs to groundskeepers, and I find it easier to communicate with all people in general from challenging myself to get to know new people. Another important quality that is learned when working with a large group of people, is taking leadership roles. With a lot of residents and a time limit, it is important that every job gets done correctly in a timely fashion. To be able to follow through with each task, it is helpful when a leader is in charge for the evening so all tasks are completed, coworkers stay on task, and no one/thing is left behind. I am grateful to have learned this role of leadership at Moravian Manor because it has influenced my development and will carry me far in the work field. Lastly, I have learned that your physical presentation is important in life. It might be hard to believe, but simple things such as having a clean uniform or pulling your hair back can make a big difference. I have gained a responsibility to be sure that my uniform is clean for the days that I am scheduled. If it was not for my part-time job experience at Moravian Manor, I would not have learned, developed or have been influenced by these important qualities learned in a work field.

I was also able to learn time management while working part-time at Moravian Manor during my high school years. This concept is definitely not the first thing that is recognized, but it cannot go unnoticed because there is a lot of hard work and dedication put into school, sports, and relationships while working in high school. I was able to learn and practice how to handle my studies, sports and spending time with my family and friends while working part-time. Though sometimes it was a lot to handle, reflecting on this idea, makes me grateful I had this experience to practice for later years as to what a busy schedule might look like.

One final thought that has influenced me and helped me develop into a better person by working at Moravian Manor is learning how to handle grief when one of the residents passes. This is one of the very hardest dynamics that comes about with my job. I am so thankful that I haven't had the experience of losing a loved one in my family, but I have had a few experiences of losing a resident who I was close with. The news and reality is very sad; although they are taken from earth, I am grateful to look back and remember the times I was with them and that I was the one to make their last month's happier. It is a peaceful feeling to know they aren't in any more pain and that I was a positive influence on their life. This lifetime skill of dealing with death and grief has really helped me develop and mature.

All in all, my experience of having my part-time job at Moravian Manor and working with the residents has been nothing but an influential experience that has helped me develop in many ways. I am able to take away advice and the happiness the residents give me, along with the different lessons I learned from my coworkers.

EATING... *Heart Healthy Living*

Good eating habits and lifestyle changes can help us live a Heart Healthy life. Eating foods high in dietary cholesterol, trans fatty acids, and saturated fat raises cholesterol in the blood. A diet rich in whole grains, fruit, vegetables, and omega 3 fatty acids may help with weight loss, lower cholesterol, and decrease your risk of heart disease.

When reading labels, “heart-healthy” foods are allowed to carry this designation only when they contain three grams or less of fat and at least 0.6 gram of soluble fiber per serving. To be considered “heart healthy,” they must also be low in cholesterol, saturated fat, and sodium, and contain no trans fats. This label can lead you to foods that might be better choices for health, including that of your heart, but eating these foods won’t necessarily prevent heart disease.

- Avoid foods containing high amounts of saturated fats. Examples would be: red meats, butter, full fat dairy products.
- Be sure to read food labels and stay away from foods containing trans fatty acids. Examples of these types of food would be: stick margarine, shortening, high fat prepackaged baked goods.
- Do consume whole wheat bread products, brown rice, and whole grain cereals to add fiber and antioxidants to your diet.
- Fatty fish, such as salmon, tuna, mackerel and sardines, consumed in moderation, provide your body with heart healthy omega 3 fatty acids.
- Limit sodium intake by not adding salt during cooking or at the table. Watch the amounts of high sodium foods such as bacon, ham, processed proteins, and condiments such as ketchup, barbecue sauce, steak sauce, and soy sauce.
- Eliminating processed and convenience foods is very helpful to your body.
- You don’t need to change your diet to Vegetarian, but try taking one day of the week and make it a veggie day.

Living - Healthy No-Brainers

Give your body a big boost with these five small, simple everyday tricks.

You already know two big ways to improve your health are eating right and staying active. But there’s many little things you can do each day to boost your overall wellness. Give these five small (but powerful) healthy tricks a try.

1. Combine your carbs and protein

Sure, a banana’s good for you, but it’s even better if you combine it with peanut butter. You’ll hold off cravings by taking in some protein with your carbs, says Nancy Clark, a Boston-based registered dietitian and the author of Nancy Clark’s Sports Nutrition Guidebook. “Your meal will be more satisfying, you won’t be getting hungry, and it can help curb sweet cravings down the line,” she says. Other power combos: crackers with almond butter or hummus, and oatmeal with nuts.

2. Catch a few more z’s

Erica Sara Reese, a jewelry designer in Macungue, Pennsylvania, assumed she didn’t need that much sleep and was often up past midnight. But after she got married, when her husband wanted to clock out at 9 p.m., she followed suit. “I’m not as cranky. I can also run my business more efficiently, making wiser decisions because I can think more clearly,” she says. Just one extra hour of sleep makes a health difference too. One study found that an hour more of sleep a night can not only help you be more active, it can even help lower your risk of cancer and diabetes.

3. Stand up

Prolonged periods of inactivity (like sitting at your desk) have been linked to greater risk of heart disease and diabetes. But combating that is easy: stand up. OK, so maybe you can’t stand the whole day, but try getting out of your chair as much as you can—even if it’s for a minute or two each hour. If you have a desk-bound job, try standing while you’re on the phone or make of habit of getting up to refill your water bottle throughout the day.

4. Stretch it out

A period of light stretching, say 5 to 10 minutes, before you go to bed and right when you wake up can help lull you to sleep and get you ready for the day ahead, says Jacque Ratliff, an exercise physiologist at the American Council on Exercise. A stretch like the spinal twist can be done in bed. Lie on your back, bring your right knee to your chest, and cross it over to the left side of your body. Turn your head to the right and extend your right arm in a T-shape to your body (with your palm facing the bed), then rest your left hand on your right leg. Hold for 30 seconds, then repeat on the opposite side. You can also try morning and evening meditation, which Ratliff says helps get you ready to start your day and relieves stress before bed. If you’re new to meditation, start small, with just three to five minutes a day. Focus on your breathing, taking slow, deep breaths. If your mind drifts, that’s OK. Simply refocus.

5. Soak up a little sun

Getting a few minutes of sun exposure a day can give your body the dose of vitamin D it needs (about 1,000 IUs) to keep bones healthy. That means heading outside without sunscreen for a quick walk around the neighborhood or an outdoor lunch break. (The amount of time you’ll need to shun sunscreen to produce vitamin D depends on your skin coloring and where you live, but a good rule of thumb is about 10 minutes. For obvious reasons you’ll also need to bare as much skin as possible—think short sleeves, shorts, and no hat.) Some research has even shown that vitamin D may help protect against cancer. As always, ask your family physician if this practice is conducive to your health and well-being.

Spinach Salad with Roasted Grapes and Butternut Squash

Baby spinach tossed in a maple Dijon vinaigrette, topped with roasted butternut squash, grapes and toasted pepitas. A great and tasty way to welcome Autumn.

Prep Time: 10 min

Cook Time: 30 min

Yield: 4 salads

Serving: 4

Ingredients

12 ounces butternut squash, peeled, cubed 1/2 inch
2 teaspoon extra virgin olive oil
1 tablespoon pure maple syrup
1/4 teaspoon kosher salt
8 ounces red seedless grapes
2 tablespoon pumpkin seeds (pepitas), shelled, toasted
8 ounces baby spinach
2 tablespoons tarragon leaves

Roasted Squash and Grapes:

In a bowl, toss squash, and grapes, olive oil, maple syrup and salt until evenly coated. Place on sheet pan in a single layer. Do not overcrowd. Bake in a 350 degree oven until squash and grapes are lightly brown, but still retain their shapes.

For Service:

In a bowl place 2 cups spinach and 1 1/2 teaspoon tarragon leaves. Add 2 tablespoons vinaigrette, toss to evenly coat. Evenly top with 1/3 cup roasted squash and 1 ounce roasted grapes and 1 1/2 teaspoons toasted pumpkin seeds.

Nutrition Facts:

CALORIES: 290 CARBS: 34g PROTEIN: 3g FAT: 18g
SAT. FAT: 2g CHOLESTEROL: 0mg SODIUM: 390mg
FIBER: 5g



Maple Dijon Vinaigrette Ingredients

3 tablespoons extra virgin olive oil
2 tablespoons apple cider vinegar
1 tablespoon Dijon mustard
1/8 teaspoon ground black pepper
1/4 kosher salt

Instructions

Maple Dijon Vinaigrette:
In a bowl, add all ingredients and whisk until well blended.

When “Building” is in the Blood



Steve Edris, a Myerstown, Lebanon County native, is no stranger to the building industry. Founding a business in 1983, he grew his one-of-a-kind custom homes and renovation company from one employee to eventually employ up to 14 people. However, the competitive bidding process knocked the enjoyment out of the work, and it became hard to compete in the market.

Steve also wasn't a stranger to senior living. He previously served on the board of Brethren Village for 11 years, and on their vision and strategy committee for multiple years. In addition to running his company during this time, Steve also served as the Senior Life director of the state and national home builders association, and was recognized in 1992 nationally for business excellence. From 1994-1995, Steve also held the position of president of the Lancaster Home Builders Association.

After 32 years of a good run with his construction company, Steve started looking for other opportunities. Fortunately, he knew Gary Gaissert, VP of Operations at the Manor. Because of his solid work ethic and strong background, a Project Manager position was tailored around Steve's skill set to oversee renovation and building projects and he joined Moravian Manor in February 2016. Steve saw this as an opportunity to semi-retire.

“I still love what I do,” Steve stated. “But now I get to enjoy a new family that I never had before...the staff and residents

here at Moravian Manor.” Steve truly enjoys and appreciates all the skills and personalities on campus, particularly the leadership team, as they take the time to listen and make decisions based on what's in the best interest of the residents and the staff. And he loves the food...he's so appreciative for all the treats and thank you's in the form of food at the Manor!

Steve and Marilyn, his wife of 41 years, live near Mt. Gretna on 15 acres of land with all kinds of wildlife and streams. They have four children (2 girls and 2 boys) ages 21 to 39, each of whom worked in his business at one time or another. And they have six grandchildren, which whom he adores spending time with.

When Steve isn't building something, he enjoys the woods and hunting, and golfing. He's also making a difference all over the east coast and as far as Mexico through missions' trips, which he's done since the 1980s. He serves with Christian Endeavor, a faith-based organization near Philadelphia, that caters to high school youth programs, as well as projects that focus on rehabbing poverty projects and disaster relief projects. What you might not expect about Steve is that he was the runner-up state champ in slow pitch softball!

Steve commented that he is enjoying this stage in his life. “It's very rewarding and I get to do what I truly love to do every day!”

Maintaining a Healthy Team with ROCK Medical

Starting this year, Moravian Manor partnered with LGH/Eliance Health Solutions for our medical benefits. In addition, as a value-added service to employees, we also partnered with Rock Medical.

Rock Medical is a membership-based primary care and wellness service designed to help our team stay in the best possible health. The Rock Medical health clinic, located on the Rock Lititz campus, offers convenient, on-site/near-site access to experienced health care professionals—a family medicine-trained physician assistant and certified medical assistants—who staff Rock Medical 40 hours per week. Rock Medical assists with managing the health of the employees, addresses illnesses and chronic conditions, and develops personalized plans to meet the employees' wellness goals.

With a focus on wellness, many serious conditions like high blood pressure, heart disease, and diabetes may be treated early or prevented entirely. All care is overseen by a physician and backed by Lancaster General Health--one of Lancaster County's largest and most experienced health systems--bringing the best of Lancaster General Health care right to your workplace. To learn more about our community partner ROCK Medical, visit www.rockmedical.com

WELLNESS VISIT

Annual 60-minute wellness consultation includes a physical exam, a review of medical history and lab results, and wellness goal setting.

EXTENDED SICK VISITS

Unlimited 30-minute visits when ill, virtually or in the office, beginning promptly; generally the same or next day.

24/7 ACCESS TO A HEALTH CARE PROFESSIONAL

Connect with us via office, home, or virtual visits.

ADVANCED INTEGRATED TECHNOLOGY

Access to electronic health records, MyLGHealth online patient portal, direct-scheduling to select outpatient services, and wellness monitoring apps like Twine.

MEDICAL TREATMENT AND EXPERT ADVICE

Treatment of chronic and acute conditions, pediatric care, and guidance to keep you well. Quick referrals to specialists.

BASIC LAB TESTING

Cholesterol, glucose, urine, glycohemoglobin A1C (diabetes), strep, electrocardiograms, and lab draws

OFFICE PROCEDURES

Suturing, joint injections, skins biopsies.

COMMONLY PRESCRIBED MEDICATIONS AND ANNUAL FLU SHOTS

On-site common medications for acute injuries and illnesses.

EDUCATION AND COUNSELING

Health risk assessments and biometric screenings, weight-loss and hypertension education, tobacco cessation program, diabetes counseling.

This new concept in healthcare is designed to keep the employees healthy. They receive unlimited access to primary care and preventive health services with no co-pays. They enjoy the convenience of same-day appointments and commonly prescribed medications. Employees are able to visit the Rock Medical staff virtually, if they so desire, using the latest technology. All of the services mentioned are sponsored by Moravian Manor at no cost to the employees.

Rock Med removes the barriers so the employees can get the care they need — when they need it!

For more information about Rock Medical, visit www.rockmedical.com

THE EXTRA ORDINARY GIVE



Friday, November 16, is the EXTRAORDINARY Give. Please support Moravian Manor as one of your favorite community charities! Consider sharing your blessings to meet your neighbor's needs. There are so many ways you can help us continue to nurture our benevolent ministry and offer our residents the blessing of security for tomorrow.

Creating Synergistic Relationships with our Community

Moravian Manor is a Community within a Community™. As such, we integrate this community focus into everything we do by fostering and growing relationships with our vendors, local businesses, the Borough, and the Township. It's all about creating synergies that provide opportunities for everyone.

One such synergistic partnership is with the Lititz recCenter for fitness and wellness programming. All Residential Living residents enjoy free membership to the Lititz recCenter, and it's common to see residents enjoying a brisk morning swim, challenging friends to a game of Pickleball, building power, strength, flexibility, and speed in a Rock Steady Boxing Class, or utilizing strength training and cardiovascular exercise equipment to achieve their desired fitness goals.

Residents also can register for an 8-week exercise class in Steinman Hall on our campus. Instruction is provided by a member of the Lititz recCenter staff. This 45-minute class is geared for active older adults to improve their balance, agility, and strength with body weight exercises, medicine balls, stability balls, and weights.

Living an active life is important not only for residents – but also for our staff. With our Lititz recCenter Corporate Membership, staff receive a 20% discount on their annual membership and the joiner fee is waived. Membership includes:

- Free childcare in our kidZone while you workout
- Free recZone youth activities
- Free unlimited group, aquatic, and spin fitness classes!
- Free Starting Up Program! (*fitness training for new members*)
- Lap and rec swimming times – aquatic exercise incentives!
- Early program registration with reduced fees

We're grateful to the Lititz recCenter and all our community partners!



Native Plant Project Takes Bloom



Recently, Moravian Manor resident Mark Hirschman read an article in the Lancaster Newspaper about two Lancaster County Conservancy projects. Intrigued, he passed it on to Ron Deifenthaler, Moravian Manor Grounds Supervisor. Equally intrigued and curious, Ron reached out to The Conservancy and invited them to visit our campus. His initial idea was to discuss creating a forest garden in the Manor's wooded area.

On a beautiful day in April 2018, representatives from the Manor and The Conservancy sat in the Café Courtyard to discuss opportunities. However, as the group looked around their immediate surroundings, they commented and agreed that this courtyard would be perfect for a Native Plant Garden. And suddenly there were two new gardening projects, with the forest garden as a second project.

Ron felt strongly about getting resident involvement for the two projects. And he knew exactly who he wanted to ask... Elaine Bell and Fran Hirschman. According to Ron, "they (Elaine and Fran) speak the same language ... Latin plant names!" He happily turned the project over to them, exclaiming, "I make decisions all day long! I enjoy watching them plan and make all the decisions!"

Together with Lancaster County Conservancy Plant Stewards Elsie Jurgan and Alison Zechman (interestingly enough both daughters

of Moravian pastors), the plan and design were put in place for the native plant garden. Up to 16 kinds of flowers will give beauty to the garden each season and be pleasing to all creatures, including two-legged (humans) and those with wings.

Elaine, was really pleased she was invited to be involved in the project. She commented that when she moved to Moravian Manor, she "thought gardening was something she had given up and never dreamed she would be involved in again."

Planting is scheduled for October 6. It's so wonderful when ideas take shape and bloom.

Special all around!

The many benefits of native plants

LOW MAINTENANCE: Once established, native plants generally require little maintenance.

BEAUTY: Many native plants offer beautiful showy flowers, produce abundant colorful fruits and seeds, and brilliant seasonal changes in colors from the pale, thin greens of early spring, to the vibrant yellows and reds of autumn.

HEALTHY PLACES FOR PEOPLE:

Lawns and the ubiquitous bark-mulched landscapes are notorious for requiring profuse amounts of artificial fertilizers and synthetic

chemical pesticides and herbicides. The traditional suburban lawn, on average, has 10x more chemical pesticides per acre than farmland. By choosing native plants for your landscaping, you are not only helping wildlife, but you are creating a healthier place for yourself, your family, and your community.

HELPING THE CLIMATE:

Landscaping with native plants can combat climate change. In addition to the reduced noise and carbon pollution from lawn mower exhaust, many native plants, especially long-living trees like oaks and maples, are effective at storing the greenhouse gas carbon dioxide.

CONSERVING WATER: Because native plants are adapted to local environmental conditions, they require far less water, saving time, money, and perhaps the most valuable natural resource, water.

WILDLIFE: In addition to providing a vital habitat for birds, many other species of wildlife benefit as well. The colorful array of butterflies and moths, including the iconic monarch, the swallowtails, tortoiseshells, and beautiful blues, are all dependent on very specific native plant species. Native plants provide nectar for pollinators including hummingbirds, native bees, butterflies, moths, and bats. They provide protective shelter for many mammals. The native nuts, seeds, and fruits produced by these plants offer essential foods for all forms of wildlife.

Moravian Manor Proudly Presents: AN ENGAGING COMMUNITY PROGRAM

John Ratzenberger

"Made in America: Educating, Motivating and Empowering Americans to Expand Skills & Entrepreneurship"

"My mother used to give me old radios and toasters, with the cords cut off. She told us to take them apart. Growing up, everyone we knew could make something, and knew how to fix things. We are losing that and we need to get it back. Kids today are not making things. There are plenty of jobs out there. We just need to teach kids the skills."

Sometimes people find their life's passions in the oddest of ways. Before his "where everybody knows your name" fame, John Ratzenberger lived overseas for 10 years working as a carpenter, archery instructor, and deck hand on a fishing boat. Then he found TV fame playing the beloved postal worker Cliff Clavin on *Cheers*. After that, John went on to produce and star in the Travel Channel series *Made in America*, which highlighted U.S.-made goods and workers. This hit paved the path for a new series of *Dirty Jobs*, *Deadliest Catch* and *Ice Road Truckers* to celebrate the work ethic that built America.

Today John sees a crisis at hand. A skilled labor shortage is reaching a critical point in the U.S. High-paying trade jobs sit empty, while high school graduates' line up for college. As John addressed the audience on October 22, his message was the importance for this country to recognize the need for and provide the training to produce skilled laborers.



Eddowes Joins Board



Please join us in welcoming Geoff Eddowes to our Board of Trustees. This elected group governs Moravian Manor's operation, and is proactively involved in long-range strategic planning/development to position us for the future.

Geoff is the Sr. Vice President, Senior Operating Officer for Women and Babies Hospital. Prior to joining Lancaster General Health, he was past President and CEO of Luthercare. He also served as the Vice President of Operations for the American Retirement Corporation and Vice President of Operations for Willow Valley Retirement Community. He holds a bachelor's degree in business administration from Temple University.

"All the windows of my heart I open to the day."
~ John Greenleaf Whittier



I open to the day... the reassurance that my needs can be met!

When you or a loved one requires some additional support during the day, Moravian Manor Personal Care offers a lifestyle of comfort, choice and security. Choose from a traditional room or a two-room suite, and custom tailor the services you desire from a variety of daily activities to support your personal independence.

Open to this day the opportunity to be taken care of should your needs change, without having to move away. Moravian Manor offers an integrated spectrum of care that also includes memory care, health care and short-term rehabilitation. Call 717-626-0214 for a personal tour today.

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a community within a community™

Residential Living ■ Assisted Living ■ Personal Care ■ Memory Care ■ Health Care & Rehab

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TRIBUTE GIFTS

March 1 to August 31, 2018

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.

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Al and Sally Forsht Honor of their 50th Wedding Anniversary

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"In Loving Memory"

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

Vera B. Shirk November 15, 2017

Judith K. Mitchell March 18, 2018

Guy R. Zohn April 9, 2018

Jeanne M. Concannon April 19, 2018

Carl L. Ewing April 22, 2018

Bernadette K. Falco April 27, 2018

Evelyn S. Heitshu April 28, 2018

Pearl A. Culbert May 16, 2018

John B. Mitchell May 27, 2018

Louise D. Hoffmann June 12, 2018

Valerie A. Hoffman July 17, 2018

Loretta M. Smith July 19, 2018

Ralph W. Sauders July 31, 2018

Frances G. Duval August 14, 2018

Priscilla P. Pilon August 20, 2018

We are deeply grateful that their families have designated Moravian Manor as the recipient of memorial gifts in lieu of flowers.

2018 MOTHER'S & FATHER'S DAY TRIBUTES

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Mr. and Mrs. Mark Galway
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Mrs. Christina Sittler Leed

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in Memory of:*

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Mrs. Lois M. Vollmer

Mr. Alvan Alley
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Mr. and Mrs. Rodney Moseman

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Mr. and Mrs. Frederick Packard
Mr. and Mrs. Edward Spencer
Mr. and Mrs. Leroy J. Wiesner

Parents
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Mr. Michael J. Perezous
Mrs. Dolores Perezous

Mr. Robert E. Reed
Mrs. Ellen Reed

Mr. Ralph Renninger
Mr. and Mrs. John Strogus

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Mrs. Susan Gleason

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Dr. Doris Schattschneider

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Ms. Shirley Starr

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Mr. and Mrs. R. William Spacht

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Mrs. Helen L. Becker

Mr. Robert Strickler
Dr. Timothy Strickler

Mr. Edwin L. Toomey
Mr. and Mrs. Edwin Toomey, II

Mr. Fred E. Wagner
Ms. Connie Lawrence

Mr. Levi Weaver
Mr. and Mrs. Rodney Moseman

Mr. Walter G. Zaleskie, Sr.
Ms. Ellen Daulerio
Mrs. Teresa A. Hartma



*Gifts for
floral Designs*

March 20, 2018 to September 18, 2018

Happy 60th Anniversary to
John and Dixie Smith

Happy 91st birthday (May 13) and
Happy Mother's Day to Jane Kreider
With love from: Kent, Karen, Kay,
Kurt and Karl

To honor the memory of my mother,
Kathryn Eger, on the occasion of her
Birthday – May 19, 1919
Given by her son: Donald Eager

In celebration of Sally and Al Forsht's
50th Wedding Anniversary – June 22, 2018

In loving memory of Ruby Hess
Given by: Bob, Laurie and Debbie

On the 1st Anniversary remembering
Ann O. Jones – with love and peace
Stephanie Wallis and Carol Doyle
and Families

In celebration of Janet and David Birch
on the occasion of their
65th Wedding Anniversary –
September 3, 2018.

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.

*Host a dinner party
starring your famous pork
tenderloin or throw some
shrimp on the barbie for
an informal get-together
on the Tree Top Terrace.*

*Grab a neighborly nightcap
at the Owl's Nest Sippery
after an evening concert
in the park.*



*Join in the community fun
by judging the Fire & Ice
Chili Cook-off or taste-
testing tantalizing treats
at the Chocolate Walk.*

Pairing good company with good times is easy to do living at Warwick Woodlands. Whatever your cup of tea, opportunities abound for Boomers & beyond to make meaningful connections here and mere steps away in downtown Lititz. You also can set aside your concerns for future needs with access to continuing care too. *Now that's the good life!*

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■ Manor Moments ■

Ukelele Club

Isabele Weidman started the Ukelele Club. She was inspired when her great-granddaughter was taking lessons and one day was playing and singing and said “Here, grandma try this! And she was so surprised and thrilled when I played.” Isabele kept the surprise that she had been practicing and formed a new club here at Moravian Manor. Ukelele Club meets every Thursday at 11:15 a.m. in the Gathering Place. They also perform at special Manor events.

