


LAMPPOST

MORAVIAN MANOR COMMUNITIES

FALL 2023

A photograph of a modern living area. The focal point is a fireplace with a wall of stacked stone. A white mantel holds a white cone-shaped object, a small potted plant, a box of white flowers, and a silver vase. In front of the fireplace is a round, light-colored ottoman on a dark wood base. Two patterned armchairs with brown leather seats are positioned around the ottoman. To the left, a wooden handrail and a metal railing are visible. A green 'EXIT' sign is mounted on the wall to the left of the fireplace. A framed sign with white text is mounted on the stone wall above the mantel.

Cheerful Living Meets
Exceptional Care at the
Baer Center for
Assisted Living ...

Page 4

VISION

Moravian Manor Communities' (MMC) 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.

CONTENTS:

- 3** A Letter from Our President
- 4** Spotlights
 - Community
 - Team
 - Dining Services
- 8** Community within a Community
- 12** Explore Retirement Living Open House



FALL 2023

Editor: Nicole Michael, nicolem@moravianmanor.org

Contributing Writers: KERRY DERING, Activities Director; ED KOPROWICZ, Executive Chef; NICOLE MICHAEL, Director of Sales & Marketing; BRIDGET STEUER, Executive Administrative Assistant; DAVID SWARTLEY, President/CEO; TERRY WILSON, Executive Chef

If you wish to have your name removed from the mailing list, please mail or email your request to:

**Moravian Manor Communities
Development Office**
300 W. Lemon Street
Lititz, PA 17543
717-626-0214
development@moravianmanor.org

Residential Living information is available through the Sales Center on the Warwick Woodlands Campus (544 W. 6th Street, Lititz) by phone 717-626-0214 or email info@moravianmanor.org. Open M-F, 8:00 AM - 4:30 PM

Assisted Living, Memory Care or Skilled Care information or admissions are available by phone 717-626-0214 or email admissions@moravianmanor.org.

Admission to Moravian Manor Communities is open to people regardless of race, gender, sexual orientation, age, religion, national origin, handicap, or disability.

The official registration and financial information of Moravian Manor Communities 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.



A LETTER FROM *Our President* ■

TOGETHER WE CAN!

In 2019, Simon Sinek penned the book, "The Infinite Game." In this book, Sinek makes the case that while we are finite beings, our cause should be infinite. He speaks from a business perspective but offers valuable insights that apply to everyday life.

Long-term strategies guide our decisions as a faith-based, not-for-profit organization. At Moravian Manor Communities (MMC), we don't have shareholders to whom we must pay quarterly dividends, so our Board of Trustees can focus on long-term initiatives. Most leaders in our space believe that small, stand-alone long term care facilities will struggle to survive. Thus, in 2019, the Strategic Plan called for exploring partnerships and affiliations.

In 2023, our plan to form an affiliation with Morningstar Living in Nazareth, Pennsylvania became a reality. This affiliation is the first step in our long-term strategy, which will most likely evolve to include more than just two facilities. In order to truly (and literally) represent the unity of the affiliated organizations, we established an umbrella corporation named Unitas Communities. (*learn more about Unitas on page 4*)

Some of my friends in college played for the women's volleyball team. Whenever they broke from a timeout, they would yell, "Together we can!" Working together for a joint cause captures my interest. MMC's leadership believes developing partnerships is a successful strategy. While our board meetings do not end with a "Together We Can" cheer, a similar thought process exists.

Our affiliation process with Morningstar Living is awaiting the final legal approvals. We have no concerns about gaining approval, as our affiliation is unlikely to be viewed as a harmful monopoly. On July 1, we began the process of working together, and I am spending the first 90 days learning about the respective cultures and personnel. The first fruits of the affiliation will be bringing together our Business Office functions, followed by Human Resources and Information Technology. It is truly an exciting time.

The similarities in challenges and people have been noteworthy. Many of the resident concerns in Lititz are the same as in Nazareth. The staff challenges offer different faces and names, but similar issues. We are all humans trying to make the world a better place. Through the complications, treating our fellow beings with respect is our core motivation. It is about the people.

On Wednesdays, my wife oversees our three grandsons (ages 7, 5, and 2). By the time I get home, she's usually fatigued. One day, I arrived home and was amused to hear her recap of the day. She told me that Everett (age 5) wanted to play school. At the beginning of their fictitious school day, he was pleased to announce the RULES TO FOLLOW IN SCHOOL. He very seriously stated four rules: "Do not cough on people. Do not sneeze on people. Do not hit people. Do not call people a b*tch." Well now! We both got a good chuckle from the last rule (which did not come from me). However, at the core of Everett's advice is a theme we should all abide by: Respect for one another. As the affiliation unfolds, there will likely be some rocky paths to maneuver. One of our core values at MMC is "People First." If, at the core of our being, we remain respectful of others on the journey, we will succeed.

In one of Sinek's chapters, he discusses Trusting Teams and recounts the story of teambuilding with a Shell Oil deep-sea rig crew. He concluded that under the oil workers' hard exteriors, like all people, they had fears, doubts, and insecurities. No matter what ethnicity, creed, or family history, we all have similar vulnerabilities. When we recognize what we have in common and work together with compassion and understanding, we grow from a collection of individuals into a strong and functional team. While working with diversified groups of people can be challenging, the fruit of our labor is worth the effort.

As MMC and Morningstar Living take the first steps of working together, I am convinced that we will succeed if we treat each other with respect and dignity, unite in unity, and remember that **"TOGETHER WE CAN!"**

Cheerful Living Meets Exceptional Care at the Baer Center for Assisted Living



Located on our Founders Campus, the Baer Center is a vibrant neighborhood designed to support and enhance the independence of MMC residents. We have a qualified team of caring staff, including Denise, our Assisted Living Administrator and Karen, our Clinical Coordinator, who are committed to providing the highest level of care and support.

At the Baer Center, we understand that personal care and assistance with daily activities are essential for a comfortable and fulfilling lifestyle. We are here to ensure that you receive the care you need while maintaining a homelike environment.

When Carol moved to MMC along with her husband John, her reason was simple. "I wanted to be closer to my husband who was going into nursing at MMC. The Baer Center was the perfect solution for me and provided me with the added safety and security I was looking for." From helping with daily tasks to providing specialized care, Carol is grateful for the

staff who are dedicated to making her stay at MMC as comfortable and enjoyable as possible.

Engagement and socialization are vital components of a happy and fulfilling life, and we take pride in offering a wide range of social programs and activities. Amy Clelan, the Activity Coordinator for the Baer Center, keeps residents active with arts and crafts sessions, exercise classes, cooking workshops, gardening opportunities, and much more. MMC offers these activities to not only provide entertainment, but also promote mental and physical stimulation, fostering a sense of community and connectivity among residents. "I like to stay active by going to the library and participating in Bible study, cooking demos, and bingo," shared Millie, "but I also enjoy the quiet time in my beautiful suite to read and do what I want."

In addition to our wonderful staff and engaging programs, the Baer Center offers various accommodations to suit your preferences. Whether

Continued on page 5

Baer Center (continued from page 4)

you prefer the privacy of a cozy private room or the spaciousness of a two-room suite, we have you covered. The Maple View Dining Room and Gallery Café provide delightful culinary experiences, ensuring that every meal is a satisfying and enjoyable one.

When you choose the Baer Center for Assisted Living, not only will you benefit from our positive energy and great staff, but your loved ones also will find peace of mind knowing that you are in good hands. "I didn't have to move too far," said Carol. "I lived across the street from MMC and knew that's where I wanted to go when I needed additional support. While I enjoy the music programs and playing bingo, it's the peace

of mind that I cherish more than anything ... for myself and my family." Residents know that when they move to the Baer Center, our commitment extends beyond the assisted living program, as we provide access to higher levels of care should their needs change over time.

If you or a loved one are looking for supportive care, whether for a long-term stay or respite care, we invite you to come and experience the warmth and care of the Baer Center. For more information, please contact our Admissions Coordinator, Marci Hoover, at 717-625-6108 or by emailing marcih@moravianmanor.org.

A SYMBOL OF LOVE AND WELL WISHES

At MMC, it's not just a place for residents to receive care; it's a community where bonds are formed and support is extended in times of need. Recently, our organization witnessed a heartwarming display of compassion as residents came together to rally around a beloved staff member facing significant health challenges. In an incredible show of empathy and solidarity, they created a beautiful prayer blanket for her, symbolizing the collective love and well wishes.

It is moments like these that truly showcase the strength of our community. Residents who have come to MMC seeking care are not only recipients of kindness, but they are also eager to reciprocate and offer support. They recognize that the staff members who dedicate themselves to ensuring their well-being are an essential part of their extended family. The creation of the prayer blanket for their caregiver is just one example of how love and care circulate

within our community, creating an atmosphere of warmth and unity.

As an organization, we are immensely proud of the benevolence and generosity displayed by our residents. However, their support is not the only form of assistance that has been provided to the staff member and her family. Her peers and fellow staff members also have taken steps to ensure that she and her family receive the necessary support they need during this challenging time. Team members have offered a variety of resources and services to alleviate any burdens they may be facing, emphasizing that we stand with our staff members as a united family.

At MMC, we firmly believe that compassion is at the core of what we do. The bond between residents and staff transcends the typical caregiver-patient relationship, evolving into a genuine sense of community. The events surrounding the making



of the prayer blanket and the subsequent support extended are a testament to the love and care that permeate every inch of our organization. Together, we navigate both the joys and challenges of life, knowing that in the end, we are family.

NEW EXECUTIVE DIRECTOR NAMED AT MMC

MORAVIAN MANOR COMMUNITIES (MMC) is pleased to announce the well-deserved promotion of **CYNTHIA "CINDY" MEIER** to the role of Executive Director. With her exceptional leadership skills and extensive experience in senior living, Cindy will undoubtedly bring a fresh perspective to the organization as she takes on this new and exciting challenge.

As a leading woman in business and a rising star within the retirement living sector, Cindy has consistently demonstrated her commitment to excellence and innovative thinking throughout her tenure at MMC. Having joined the organization in 1997 as Staff Accountant, she quickly garnered a reputation for her exceptional work ethic, strategic vision, and ability to build strong relationships with both residents and staff.

During her time at MMC, Cindy has played an integral role in implementing numerous successful initiatives aimed at enhancing the quality of care and service offerings. She has worked diligently to ensure that the organization remains at the forefront of the rapidly evolving senior living industry, consistently striving to exceed expectations and provide an exceptional experience for all who call Moravian Manor Communities home.

With her promotion to Executive Director, Cindy will now have the opportunity to further shape the future of MMC and continue to lead the organization towards new heights of success. Her passion for improving the lives of seniors, combined with her exceptional business acumen, make her the ideal candidate for this prestigious role.

"We are thrilled to announce Cindy's promotion to Executive Director," said David Swartley, President/CEO of Moravian Manor Communities. "Her leadership qualities, depth of industry knowledge, and compassionate approach to senior care make her the perfect fit for this position. We have complete confidence in her ability to further enhance the exceptional care and programs that MMC offers."

As Executive Director, Cindy will be responsible for overseeing all aspects of MMC's operations, including strategic planning, financial management, and ensuring the delivery of high-quality care and services. With her proven track record of success and her unwavering dedication to the well-being of residents, she is poised to excel in this new role.

Moravian Manor Communities congratulates Cindy on this well-deserved promotion and looks forward to a bright and prosperous future under her guidance.



CYNTHIA "CINDY" MEIER

Unitas Communities is the new parent company for the affiliation between Moravian Manor Communities and Morningstar Living. The company will serve as the umbrella under which shared services and any future endeavors would be developed. At this time, Unitas will hold no assets or liabilities, but simply serve as the legal structure for sharing resources in order to produce economic benefits for both organizations.



The name Unitas Communities was proudly derived from the emphasis placed by the Moravian Church on living its motto: **"In essentials, unity, in non-essentials liberty, and in all things love."** The word "Unitas" is a Latin word meaning "the state of being one or undivided." Unitas holds special meaning in the Moravian faith tradition, as the Unitas Fratrum is the title of the Moravian Worldwide Church.

Autumn Inspired Comfort Food Dishes

With cooler temps on the way, MMC chefs have shared two ultimate seasonal comfort food recipes sure to warm your soul on a chilly autumn night.



Split Pea Soup

Recipe from Chef Ed Koprowicz

Ingredients:

- 2 ½ cups green split peas
- 3 ½ diced Applewood bacon
- 1 cup diced Vidalia onion
- 1 cup diced leeks
- 1 cup diced carrots
- 2 qt. chicken stock
- 2 oz. thyme
- 6 bay leaves

Directions:

- Soak peas overnight in water.
- Saute Applewood bacon at low heat until rendered down. Add carrot, onions, leeks and cook until tender.
- Add chicken stock, thyme, bay leaves and peas.
- Simmer at low heat till peas are soft, approximately 45 minutes.

OWL'S NEST RESTAURANT NOW CLOSED ALL WEEKEND

Since mid-August, the Owl's Nest Restaurant is closed on Saturdays until further notice. It will remain closed on Sundays as well.

"Sweet & Heat" Fall Chicken Breast

Recipe from Chef Terry Wilson

Ingredients:

- 2 Tbsp. olive oil, separated
- 1 ½ Tbsp. yellow onion, diced
- 1 large Asian pear or honeycrisp apple, peeled, cored, and diced ¼"
- 3 Tbsp. brown sugar
- 2 Tbsp. apple cider vinegar
- 1 ½ Tbsp. chopped pecans
- 1/8 tsp. Cayenne pepper
(can be adjusted to suit your tastes)
- ¼ tsp. kosher salt
- Freshly ground black pepper, to taste
- 2 boneless, skinless chicken breasts

Directions:

- In a medium saucepan, heat 1 Tbsp. of olive oil over medium heat. Saute the yellow onion until soft, but do not brown. Once soft, add the Asian pear or apple, the brown sugar, and the vinegar. Bring to a boil, and reduce the heat to simmer for 4-5 minutes. Then, add the chopped pecans and simmer for another 1-2 minutes.
- Set the mixture to the side. It can be held hot, or allow to cool to room temperature while you prepare the chicken.
- Preheat oven to 350 Degrees F.
- Season the chicken breasts with the Cayenne pepper, kosher salt, and black pepper.
- In a medium-large non-stick sauté pan, heat 1 Tbsp. of olive oil over medium-high heat. When hot, gently place the chicken breasts in the pan. Sear the chicken on both sides.
- Once the chicken has been seared, place in a small baking pan and place in the oven until the chicken reaches at least 165 F internal temperature.
- To serve, place 1 chicken breast on a serving plate, and top with the Asian pear/apple & pecan chutney. I recommend serving it with sautéed spinach and rice pilaf.

ABC News Veteran to Keynote 11th Annual Engaging Community Reception

**EVENT FEATURES NEW FORMAT, VENUE,
CATERER AND COMMUNITY FOCUS**

We are thrilled to announce that Moravian Manor Communities is hosting John Quiñones, ABC News Veteran, creator and host of “What Would You Do” at our 11th Annual Engaging Community Reception. The event will be held later than usual in the fall, on November 1, and will feature a new venue, format, and caterer, allowing us to establish a renewed connection with our community.

Known as the area’s premier performing arts center located on Lancaster’s famous Gallery Row, The Ware Center will be our host venue for the evening. To encourage greater connection and conversation, we’ve changed the format to include a simultaneous VIP and general cocktail hour followed by a dinner buffet, served in the Ware Center’s glass-topped atrium and salon.

Adding to the excitement is our selected caterer, Upohar World Kitchen, a minority woman-owned business with a social mission to alleviate poverty. They strive to give local immigrant-owned micro food businesses the opportunity to thrive. Upohar’s exciting cuisine includes authentic, made-from-scratch, global flavors prepared by partner chefs who specialize in their culinary traditions. The menu will include ample gluten-free and vegan options.

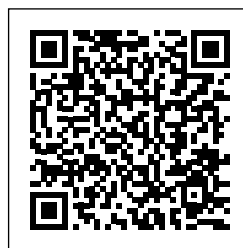
The highlight of the evening will be John Quiñones’ keynote speech, “From the Barrio to Network Television,” in which Quiñones combines a moving life story, an exceptional career, incomparable insights, and a powerful presence, making this a dialogue you won’t want to miss.

Be sure to mark your calendars and get your tickets, which are on sale now! We invite all supporters, local



businesses, and members of the community to join us for the evening and a good cause, as all proceeds benefit Moravian Manor Communities’ Benevolent Care Fund. Sponsorship opportunities also are still available...contact Bridget Steuer at 717-625-6104 for more information.

To purchase tickets or learn more about the event, visit our website at www.moravianmanorcommunities.org/engaging-community-reception or scan the QR code to link to our event page.



The beautiful setting, coupled with delectable cuisine and an inspiring story promises to create an unforgettable night!



RECOGNIZING EXCELLENCE IN CUSTOMER CARE

Moravian Manor Communities takes pride in maintaining a strong set of standards and ethics, delivering superior services that make a difference in the daily lives of residents. Through the Excellence in Customer Care recognition program, MMC’s leadership and management team nominate and acknowledge the contributions made by team members who rise to challenges and go above and beyond the call of duty. Congratulations to all our recent nominees! Nominees are also featured on our website each month at www.moravianmanorcommunities.org/blog.

April 2023 - Kate Souder, Sales & Marketing



“I am consistently amazed by Kate’s work ethic and boundless energy. Her caring attitude toward prospective residents, current residents, and staff is admirable. Going above and beyond is the norm

for Kate. From making ‘house calls’ to clients who are homebound to baking treats as a ‘thank you’ for co-workers who go out of their way to assist her...she is the quintessential employee!” Kate truly exemplifies MMC’s core values (People First, Accountability, Communication, and Transformation). Her commitment to every task and attention to detail is commendable and appreciated.”

May 2023 - Madison Haldeman, Dining Services



Resident family members Albert and Diane Bindie nominated May’s award recipient. “Our nomination is based on our observations over a long period of time of Madison’s devotion to the residents of MMC. She is

always pleasant, helpful, and attentive to the needs

of the residents and their visitors. We are totally impressed with her fine character. In the many years that we have been coming to MMC, we rank her as one of the most pleasant and devoted members of your staff. On Valentine’s Day this year, in addition to a flower, which she made for each resident, in every card she wrote a personal message and explained the meaning of the colors of the flowers. Our entire family was deeply touched by her thoughtfulness. We cannot find enough kind words to say about her.”

June 2023 - Rachel Precise, CNA, Nursing



Rachel’s passionate and caring attitude shines through in all that she does,” shared Lori Mateyak, RN, Director of Nursing. “The residents on Health Center North request her by name and family members frequently comment about the quality of care she provides. Staying true to one of MMC’s core values, PEOPLE FIRST, Rachel is known to pick up extra shifts so her co-workers do not have to work short-staffed and goes above and beyond when providing resident care. She is an asset to MMC and truly appreciated.”

Continued on page 10

Excellence in Customer Care (continued from page 9)

July 2023 - Yohannes Tegegne, Maintenance



“Yohannes works second shift on our maintenance team, which is a difficult shift as there is not much backup support. Yohannes is always cheerful and willing to ‘dive in’ to whatever needs to be done. He even helped me push my Jeep so I could ‘kick start it’ when the starter failed!” shared CEO & President David Swartley. “He has assisted in transporting residents between two campuses and following up on numerous types of calls during his shift. He is positive, energetic, and I am proud that he is part of our team!”

August 2023 - Marci Hoover, Admissions Coordinator



“Marci is a person with integrity and embodies the Core Values of Moravian Manor Communities in all she does,” shared Virginia Boyle, Director of Social Services. “She is a great communicator and goes above and beyond when working with residents, resident family members, fellow staff members, and the outside community. She always has a smile on her face and is willing to help anyone in their time of need.”

SUPPORT OUR MISSION OF CARING

Moravian Manor Communities is dedicated to the care of seniors. Our **Benevolent Care Fund** is an assurance that each day, residents who need our help will continue to receive the exceptional care they deserve in a community they love.

Your donations enable us to continue our mission by providing the same high-quality care to residents who have outlived their resources, through no fault of their own. For residents and family members, this promise of security is a great comfort and provides peace of mind.

To support our legacy of **Benevolent Care**, visit www.moravianmanorcommunities.org/donate-now, use your phone’s camera to scan the QR code, or mail a check to our **Development Office at 300 W Lemon St, Lititz, PA 17543**.



Thank you for your generosity. Each gift we receive, regardless of size, makes a profound impact on the lives of the people who call Moravian Manor Communities their home.

Pursuits Community Lifestyle Magazine Wins National Award

Starting in January this year, we rolled out a new magazine to our community... *Pursuits*! Residential living residents enthusiastically welcomed this monthly resource to learn about all the things they could pursue to do, learn and share at Moravian Manor Communities. Jennifer Shutt, Director of Community Life, serves as the editor and driving force for its production and our long-term partner Stratega Marketing creates the design.

Unbeknownst to us, this spring, Stratega Marketing secretly submitted *Pursuits* to the *National Mature Media Awards*® program. Aside from being proud of the design, Stratega felt it was a strong publication that demonstrates the quality lifestyle available at our life plan community. Just last month, we learned that *Pursuits* won a Bronze award in the Magazine category. What an honor to have

Pursuits recognized alongside projects produced by industry experts, including local community Tel Hai, AARP and others!

The *National Mature Media Awards*® is the nation’s largest awards program of its kind, annually recognizing the nation’s best marketing, communications, educational materials and programs produced for adults 50 and older. The winners are selected by a distinguished panel of judges from across the United States, which represent years of expertise working in the mature market. Using a rating scale of 1 to 100, judges rank the entries based on format, content, creativity, relevance and overall quality.

This recognition further demonstrates MMC’s commitment to creating an engaging, stimulating, and enriching environment for residents. Our Community Life team continuously strives to create



meaningful programs and activities for residents to enjoy, and *Pursuits* is an integral part of their work. We are especially appreciative of the support that Stratega Marketing provides in producing the magazine. Congratulations to all involved for their hard work and dedication in making *Pursuits* such a success!

If you haven’t seen the magazine yet, be sure to check it out! The current issue and several back issues are available to peruse at www.moravianmanorcommunities.org/publications.

Wish List

An Opportunity to Meet Tangible Needs and Bless Others

- Bingo Candy or Prizes\$25+**
- Craft Supplies for Activities \$40+**
- Pizza Party \$50**
- Live Music for Care Units:\$100**
- Art Program with Instructor:\$200 per program**
- Blanket Warmer for Herrnhut South \$3,600**

Gifts to MMC are tax deductible according to IRS regulations

Volunteer Opportunities

There are many ways you can help support the work of the Lamplighters. Donations of your time, talent, or treasures not only bless you, but bless the residents of MMC.

If you are interested in volunteering with the Lamplighters Association, please contact Kathleen Gray at kavg@comcast.net

MMC is fortunate to have the Lamplighters’ Auxiliary and is appreciative for their ongoing fundraising efforts. Funds raised are used to purchase items on the “Wish List” or applied to the Benevolent Care Fund - both of which benefit residents of Moravian Manor Communities. Many thanks for their most recent donation of \$10,000 to the Benevolent Care Fund.

11TH ANNUAL EXPLORE RETIREMENT LIVING OPEN HOUSE



YOU'RE INVITED! Join us for the Annual Explore Retirement Living Open House happening on Saturday, October 21, 2023. This exciting event brings together 17 remarkable communities, including Moravian Manor Communities (MMC), for a collaborative open house that you won't want to miss.

When visiting MMC, you'll have the opportunity to explore our community through self-guided tours of our two beautiful campuses. From apartments and carriage homes to cozy cottages, you'll get a sneak peek into the various living options we offer. As you wander around, don't hesitate to strike up conversations with our friendly residents, who will be more than happy to share their experiences with you. And don't forget about the amazing refreshments that will be available for you to enjoy throughout the day!

To make the most of your visit, here are some helpful tips:

- Make sure to wear comfortable walking shoes. You'll be doing quite a bit of walking to explore the different models and amenities on tour.
- Bring along your family and friends. This open house is an excellent opportunity to involve those closest to you in this important decision. Their feedback and support can be invaluable.
- Before you head out, decide which communities you'd like to visit. Allocating 1-2 hours at each site should give you ample time to soak in the atmosphere and get a good sense of what each community has to offer.
- Come prepared with any questions you may have. Nicole Michael, our Director of Sales and Marketing, and Kate Souder, our Residency Counselor, will be onsite and will do their best to connect with you and provide you with all the information you need. And if you still want to find out more after the open house, Nicky and Kate will be happy to schedule a follow-up appointment or phone call.

We can't wait to welcome you here and get to know you. It's going to be a fantastic day filled with discovering new possibilities ... and envisioning your ideal retirement lifestyle. **See you on Saturday, October 21 from 10 AM to 4 PM!**