

Childhood Neighbors Reunited at Wesbury

Three childhood friends, who have not seen each other in over 60 years, recently reunited at Wesbury.

Glenn Rodgers made the move to Wesbury's Thoburn Village nine years ago. A retired pharmacist from Titusville, PA., Glenn grew up in nearby Oil City graduating from Oil City High School in 1945. Glenn is a staple of the Wesbury community, because he is involved in many different activities both on campus and off, it is no surprise when someone new to Thoburn Village approaches Glenn and introduces themselves.

At a dinner in 2007 when a new resident to the community came over to introduce herself things felt normal until she asked, "Do you recognize me?"

Glenn looked at her and thought to himself he had no idea who she was. She then said, "You used to sing under my window." Glenn is a Barbershopper, so singing anywhere is not a stretch, but under her window? Nope, still no clue. "I am Lois Redmond - now Green."

He was shocked. Lois was his next door neighbor growing up in Oil City. Glenn and Lois went to elementary school together at Hasson Heights School. After school Lois married and worked as bookkeeper for her husband's tool shop in Franklin, PA. for 40 years. The Greens made the decision to move to Thoburn Village after attending the Annual Chicken



*Shirley Phillips McHugh,
Glenn Rodgers and Lois
Redmond Green
reunited after 60 years!*



*Front row third from left
is Lois Redmond Green, Shirley
Phillips McHugh is beside her
and Glenn Rodgers is also in the
front row on the far right.*

BBQ and feeling that Wesbury is the place they should be for security in their senior years. Upon moving in and looking over the Thoburn Village telephone directory, she noticed Glenn's name and wondered if it could be the same person. After all, she had not seen him in over 60 years.

Another classmate, Shirley (Phillips) McHugh lived across the street from Lois and Glenn during their childhood. After graduating from Oil City High School in 1946 Shirley made a trip out west, settling in Long Beach, California. While there, Shirley obtained her Class A Driver's License and drove a semi-tractor trailer truck coast to coast with her husband for over 20 years. After a high school reunion, Lois obtained Shirley's contact information and they began to correspond with letters. When Shirley mentioned she was interested

in coming back to the area but needed some care Lois suggested she come to Wesbury's Grace Health Center.

Two weeks after Shirley's arrival at Grace, the three friends sat down together to reminisce of the time they spent together in elementary school, the people in their neighborhood and what they have been doing over the past 65 years. They laughed like any old friends would. Lois summed it up best when she beamed "Wesbury brought us all together".

Volunteering at Wesbury



In July 2010, Theresa Colantonio began a 16 week short term rehabilitative stay at Wesbury's Grace Health Center after fracturing her heel. While she thought to herself this was quite a predicament to be in, she wanted to make the best of the experience. She began attending Grace Resident Council meetings and formed relationships with other residents and staff alike.

Theresa moved to the Meadville area in 2004 to be close to her grandchildren after her son took a position at the Meadville Medical Center. She had lived in Brooklyn, NY her entire life and her personality certainly shows it as she is very outgoing, friendly and not afraid

to say what is on her mind. By the time she was released from Grace in October, Theresa had a hand in making recommendations for the short term rehabilitation accommodations as well as educating other residents about available meal options. Theresa describes her stay at Grace as nothing short of marvelous and decided as long as her health permits, she wants to come back to Wesbury and give her time to the residents at Grace. Theresa rides the bus 3 days a week to Wesbury where she may spend as many as 6 hours at a time playing games or just connecting with the residents. She even went to the Crawford County Fair as a companion, commenting that the

resident she was accompanying wanted to see all the animals so they went to all the barns. "The trip cost me \$59 dollars," Teresa adds, "I had to throw away the sneakers I was wearing because they got so dirty at the fairgrounds, no problem though, we had a great time." She also loves stopping by Wesbury's Farmer's Market when she is leaving for the day. "Where else can you get 3 peppers for a dollar?" she quips.

Volunteering is very important to Theresa, as she also gives of her time to Meadville's Active Aging. Theresa says, "It's important to try to get people going and build trust as well as make people happy." Wesbury is grateful to have the support of Theresa and many other people in the community who donate their time and talents to the residents at Wesbury by transporting residents to therapy, marking resident's clothing, working in the Sunset Auxiliary Gift Shoppe, assisting with activities or just sitting and listening for a while; it is all appreciated.

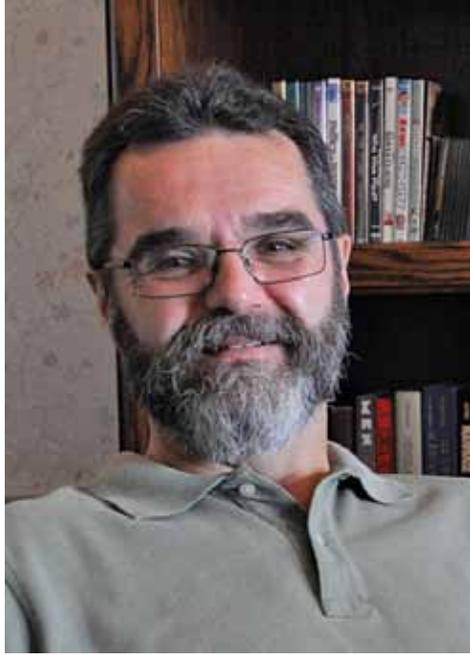
To find out more about the volunteer opportunities at Wesbury please phone Lori Killmeyer at (814) 332-9235.

Not Looking Forward to This? Spend Winter at Wesbury.

Does the thought of shoveling snow and icy sidewalks make you want to fly south? Well now you don't have to go that far. Wesbury is offering a winter escape. Spend your time enjoying all that Wesbury has to offer. Meet new friends and enjoy activities on and off the Wesbury campus. No matter the weather, you can be as active or relaxed as you please. Come for the winter or come to stay.

For more information call Melissa Porter at 814-332-9707 or visit our web site at www.wesbury.com.

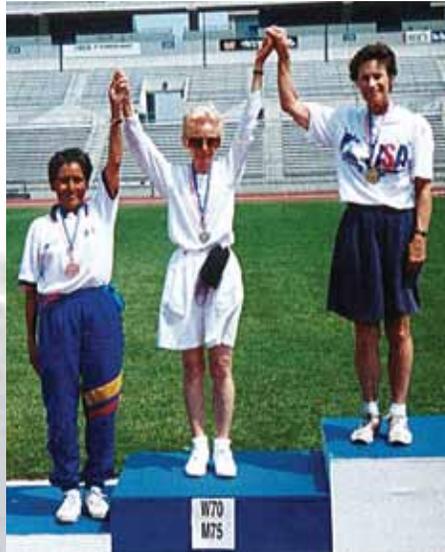




Welcome District Superintendent

Wesbury's Shryock House has become the home for the office of Western Pennsylvania Conference of the United Methodist Church Erie-Meadville District Superintendent Joseph Patterson. Ideally, the district office would be located in Edinboro, which is more centrally located, but after looking at a few locations the committee decided that Wesbury offered amenities and solutions that were ideal. Wesbury's Shryock House has plenty of office space for the Superintendent and Administrative Assistant, Wanda Jewell, while also housing Wesbury's guest accommodations. Wesbury is also a place that is familiar to both the clergy and lay people. According to Superintendent Patterson, "there is an immediate awareness in the local UM churches of where Wesbury is and what Wesbury does. The facilities at Wesbury offer large meeting spaces throughout the campus where visitors can get a deeper understanding of the Wesbury community while in the arms of the United Methodist connection." The Shryock House is located at 835 Dogwood Drive on the Wesbury campus and District Superintendent Patterson can be reached at (814) 332-4536.

Walking for Better Health



Margaret Walker on the far right proudly celebrates her win.

When Margaret Walker moved to Wesbury's Thoburn Village three years ago, her new neighbors had no idea they had a U.S. record breaking athlete in their midst. Margaret has always liked to walk for exercise. After retiring from Edinboro University where she worked as a dietician Margaret approached the Edinboro Athletic Department about training for "Race Walking".

"Race Walking" is a long-distance athletic event. Although it is a foot race, it is different from running in that one foot must appear to be in contact with the ground at all times. Stride length is reduced, to achieve competitive speeds, race walkers must attain cadence rates comparable to those achieved by Olympic 400-meter runners. Margaret trained for two years with a walking club, then joined the World Association of Veteran Athletes and competed nationally through a registered walking club in Pennsylvania. Competitions were

held all over the country including Texas, Nevada and Florida. In all those competitions she medaled in each event coming in third place only once, the rest were first and second place. At an international track and field event in Buffalo, Margaret took home a silver medal in the 10K race and took home a gold medal in the 5K race breaking the U.S. record!

Although Margaret no longer competes in the race walking events she still makes the time to get out with her grandchildren and great-grandchildren in the Erie Runner's Club's Turkey Trot, which is held each year at Presque Isle and brings in over 2,000 walkers over Thanksgiving weekend.

Margaret stays active in a number of ways at Wesbury. She can be found at the Clubhouse at Thoburn Village on any given day socializing, taking an exercise class and working on jigsaw puzzles. Margaret also participates in the Wesbury Walk Now! Program. Since its inception in May the participants of the Wesbury Walk Now! program have logged in 2,050 miles, including Margaret's 83 miles.

Like Margaret, over 40% of the entire populous of Thoburn Village is enrolled in some kind of fitness program including Body Recall, tai chi and yoga. The great thing about these programs is that the personal outcomes are based on real results that lead to a stronger, more flexible and healthier individual.

Thank You for Your Support

As we reflect upon the year and the many ways in which Wesbury receives support, we are extremely grateful. While each day employees come to work ready to share their dedication and compassion, we are mindful that without the region's generosity, we would not be able to meet the needs of those who look to us for care and services. While all residents enjoy peace of mind and quality amenities, some are very much in need and have very limited resources. Unfortunately, it is commonly thought that Wesbury might be expensive, or that only those with a large income can live here. This is not the case. Wesbury's Grace Health Center accepts all payer sources including Medicaid and charges lower daily costs than any other nursing home

in the area. Unlike some for profit communities, in over 90 years Wesbury has never asked a resident to leave for lack of funds. As a not for profit organization, this is part of Wesbury's mission and as long as we are able to do so, this will be our practice. This is where the support of the greater community is so crucial. By responding to various appeals for donations, being an event sponsor, attending events, or volunteering time, services and other resources, you help us make this much needed care possible. Events include the Annual Chicken BBQ, the Senior and Friends Golf Outing and the Senior Tribute. Surprisingly, many who attend are unaware of the magnitude of what they are supporting and how funds raised are used. Whether you come

for the food, the camaraderie, or the entertainment, your involvement plays an integral role. Monies raised are used to support Wesbury in a number of ways, including the Benevolent Care Fund. This fund is used to assist residents who reside at Wesbury but do not have the resources to pay for the care or services they require. Additionally, funds raised are utilized to make improvements and renovations, and enhance the lives of residents. There are also special projects such as Haven Care, a Wesbury program designed to help ease end of life circumstances. This list goes on and on. The important message here is YOU. Thank you for all that you do to continue to make Wesbury's mission possible.

Christmas Luminaries

On December 9, 2011 Wesbury will place holiday luminaries around the campus to delight residents, employees, volunteers and guests. The annual circle of lights was founded by Rev. Herbert E. Boyd, a long-time resident of Wesbury, who started this wonderful display 26 years ago as a symbol of care and compassion. The tradition

grew prompting the Wesbury Foundation to initiate the luminary tribute program in 1999. For a charitable donation, a luminary candle is lit in memory or in honor of loved ones. Tribute luminary posters are hung in Grace Health Center and Cribbs Residential Center so residents and guests can enjoy the tribute messages the

entire Christmas season. Be a part of this Christmas tradition by making a gift to Wesbury's Benevolent Care Fund. This fund helps to support the residents who have outlived their financial resources and depend upon Wesbury for care.

If you wish to participate, please return the coupon with your tax-deductible, charitable contribution to The Wesbury Foundation, 31 N. Park Ave., Meadville, PA 16335. Donations will also be accepted at the reception areas of either Cribbs Residential Center or Grace Health Center.

Yes, I'd like to participate in Wesbury's Christmas Luminary Tradition.

\$1,000 \$500 \$250 \$100 \$50 \$25 Other _____

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Phone _____

Please light luminary: (please print)

In Honor of _____

In Memory of _____

Make checks payable to The Wesbury Foundation

Honoring Seniors

On October 20th, Wesbury will recognize the service efforts of nine community groups and individuals at the 3rd Annual Senior Tribute Banquet and Auction.

Anyone impressed by an exceptional senior, senior group, or organization that contributes to seniors was asked to nominate these worthy supporters of the community. There are many in our own neighborhoods that deserve recognition for their selfless acts, creativity, hard work and community service. Our hope each year is to seek out these fine nominees and award them the accolades they so deserve. We offer our congratulations to all that were nominated and look forward to celebrating the finalists. Although each will receive distinct recognition, only one in each category will receive top honors. The finalists of the three categories are: Barbara McCartney of Cochranton, Nancy Sheridan of Meadville, and Jane Smith

of Meadville ; Active Aging/Donna Stimpson, Neason Hill Elementary Students and Pine Grove U.M. Women; Amazing Grays of Erie, Wesbury's Cribbs Kitchen Corner and Crawford County PEERS.

The event, which is supported by Founding Sponsors Allegheny College, UPMC Health Plan, Associated Contractors, Inc. Tony Petruso's Northwest Pharmacy Solutions, LLC and McKesson Medical-Surgical; Heritage Sponsor Hagan Business Machines of Meadville and Signature Sponsor The Bert Company, will be held at the Iroquois Club in Conneaut Lake. The evening will begin with a social hour, Chinese auction and Silent auction at 5:30 p.m. followed by dinner and the awards ceremony.

Local businesses and individuals have donated theme baskets for the Chinese Auction. The Silent



Auction includes items such as sports memorabilia, electronics, and household items. All proceeds from the event will directly benefit the residents of Wesbury, and everyone is invited to come and celebrate. The cost is \$35 per person. Reservations are required by October 13th. To RSVP, please contact The Wesbury Foundation at 814-332-9381.

Not ready yet? Get on the waitlist!

Every week many call or come in to discover the freedom of Wesbury's maintenance free lifestyle. They are usually curious about what is included and if anything is available. It is a pleasure to show off the campus with its diverse offerings of apartments and villas. Wesbury offers a warm and friendly neighborhood with many amenities and different floor plans to choose from. There is security for those who reside here knowing that if they need more service as they age, it is all available on the campus. Because of the value and popularity of the lifestyle, there is not always something available. Further, each person is seeking something different, one bath or two, two bedrooms or three, a certain size garage.... all have different needs and desires. So even when something is available,

it may not be the floor plan you are seeking. The important message is this. Educate yourself on your options so that when you are ready, you have your plan in place. Then, get on the waitlist so there is a better chance that what you want will be available when the time is right for you. This is free and there is no obligation. Remember, there is little worse than managing a life changing decision, such as downsizing and selling a house in the middle of a crisis or change in health. In order to get the most out of your retirement years, do not wait too long. Unfortunately those who keep putting off the idea, often find themselves in difficult situations. This is why having a plan is so important. For more information on current availability or about getting on the waitlist for the future, call 814-332-9707 today.



Options Designed to Meet Your Needs

As the demand for in home care increases, Wesbury is responding by providing in home services as well as caregiver education. More than ever, adults find themselves working full time, raising families and trying to juggle the needs of their aging parents and loved ones. It is a daunting challenge finding safe, effective and compassionate ways to manage. At Wesbury we are here to help through several options.

Recently, the Wesbury Institute was established to offer education and support for caregivers. Throughout the year a curriculum of speakers, classes and events are scheduled to cover a variety of topics. In home assessments can be arranged to help determine what changes might assist in a safer home environment, or what services might be added to meet a variety of needs. Watch the website and newsletter calendar of events for curriculum postings, or call 814-332-9186 to be added to the mailing list.

Wesbury Outreach services are designed to add support and safety to those who wish to remain in their

home but require assistance with daily tasks. Wesbury prepared meals can be delivered, housekeeping, laundry and companion services can be added and LifeAid emergency response system can be installed in the home. These services can be added temporarily or long term and are flexible to meet your needs. For more information contact Linda Brown at 814-332-9186.

Respite Care at Cribbs Residential Center is another avenue to consider. If you are a caregiver who plans to be unavailable or away for a period of time or simply need a break, consider a respite stay for your loved one. Similar to the Winter at Wesbury Program, this can be arranged for any length of time, any time of year. Respite guests can stay in a furnished



studio apartment with meals, housekeeping, laundry, utilities, transportation and activities included. Personal care such as assistance with medications, bathing or grooming can be added as well if needed. This is also a great way to experience a trial stay in an enhanced living and personal care community to see how one might benefit from the environment. More often than not respite guests are pleasantly surprised how enjoyable the lifestyle and increased socialization is and choose to stay. For more info call Melissa Porter 814-332-9238.

Wesbury Residents are Winners at Crawford County Fair



Pictured from left to right are Ann Gayetty and Barb Teasdale of Cribbs Garden Club displaying their 3rd place ribbon and prize long sweet yellow peppers. Doris Rose, a Cribbs Crafter, shows her 1st place ribbon and winning holiday craft.



Frances Werling proudly shows off the blue ribbon she won for her family recipe pumpkin bread. Frances is a member of the Cribbs Kitchen Corner.

Yes, I'd like to learn more about Wesbury.

Please send me information about:

- Thoburn Village - Independent Living
- Cribbs Residential Center - Enhanced Living and Personal Care
- Wesbury Hillside Home - Enhanced Living and Personal Care
- Grace Health Center - Skilled Nursing
- Outreach - In Home Services
- The Wesbury Institute
- The Wesbury Foundation

Please send all information via e-mail Please call me to schedule a tour

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Phone _____



Please clip out and mail this completed form to:

Wesbury - 31 N. Park Ave., Meadville, PA 16335 - Attn: Marketing Dept.

Employee Appreciation

Each year Wesbury celebrates the longevity and dedication of staff members with an Employee Appreciation Day. The day included a luncheon for every employee and a recognition program to acknowledge those employees reaching milestone years at Wesbury. This year 41 staff members were honored for their service to the residents at Wesbury, including 4 individuals that have been employed at Wesbury for 30 years!

Wesbury is fortunate to have employees that are committed to their workplace as well as their chosen occupations.

Pictured at right are several Wesbury employees honored for their years of service.

5 Years

Misty Phillips
Samuel Wagler
Kathleen Winans
Judy McKennon
Flora Strite
Autumn Murray
Cassie Bullis
Kathleen Freeman
Mary Milligan
Tiffany Hosick
Bradley Peterson
Daisy McHargue
Darlene Means
Brittany Cremonese
Heather Blaede

Sharon Severo

June Thomas
Anna Horner
Joseph DiFucci
Robert Weston

10 Years

Susanne Kelly
Betty Turner
Susan McCracken
Samantha Wasson
Mary Everitt
Diana Hill
Wayne Weikal
Karla Edwards
Patricia Loutzenhiser
Michelle Bickel

Ava Barber

Randy Starcher
Mary Wheeling
Karen Roxberry

15 Years

Vicki Bradshaw

20 Years

Dianne Ehr Gott
Theresa Worley

30 Years

Kathryn Wheeler
Tammy Jacobs
Sharon Marburger
Ella Mattocks



Wesbury United Methodist Community
31 N. Park Ave. · Meadville, PA 16335
814-332-9000 Toll Free 1-877-937-2879
www.wesbury.com

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Wesbury and Wesbury Institute Upcoming Events

Wesbury Institute Events:

Dr. Thomas Wilks, D.M.D. speaking to the Parkinson's Support Group on October 12th at 1:30 pm.

Dr. Tammy Kordes, PhD. presents "Stroke: Emotional Consequences" on October 19th at 5:30 - 7:00 pm.

Dr. Lisa May, PhD. presents "Coping with Life's Transitions" on January 18, 2012 at 5:30 - 7:00 pm.

For more information on Wesbury Institute events, call David Venanzi at 814-332-9705.

Parkinson's Support Group

Second Wednesday of each month
Campus Community Center.
Phone Linda Brown at 814-332-9186.

Seniors for Safe Driving

Class scheduled for November 9th.
Cribbs Residential Center.
Call 800-559-4880
for more information.

Senior Tribute Banquet & Auction

Thursday, October 20th at 5:30 p.m.
Iroquois Club - Conneaut Lake
Phone Rhonda Thomas at 814-332-9712.

Computer Classes

Scheduled for January & February 2012
at Wesbury's Computer Learning Center
Phone Vicki Bradshaw at 814-332-9535.

Body Recall Classes

Classes start January 2, 2012.
Phone Judy McElwain at 814-337-2579
for more information.

Country Crafters

Friday, November 4th 10 am - 6 pm,
Saturday, November 5th and Sunday,
November 6th 10 am - 4 pm. Wesbury
Cribbs Community Room.

Sunset Auxiliary Christmas Bazaar

November 9th and 10th
Phone The Foundation at 814-332-9381
for more information.

Wesbury Resident Family Christmas Reception

Friday, December 9th 6 - 8:30 pm.

