



## Join us as we tour Biltmore Estate and Asheville, NC

As you make your plans for a new year, consider adding the 2011 Wesbury trip to your calendar. This year Wesbury partnered with J and J Travel Agency out of Erie to offer you a spectacular trip to Biltmore Estate and Asheville, North Carolina.

Building Biltmore was, at the time, one of the largest undertakings in the history of American residential architecture and the results were astounding. Over a six-year period, an entire community of craftsmen worked to build the country's premier home. The estate boasted its own brick factory, woodworking shop, and a three-mile railway spur for transporting materials to the site. George Vanderbilt officially opened

the home to friends and family on Christmas Eve in 1895 creating a country retreat where he could pursue his passion for art, literature, and horticulture.

We will be departing from Meadville on Sunday, May 1st returning Friday, May 6th via motor coach for a 6 day and 5 night tour to visit not only the Biltmore Estate but also a tour of Asheville that includes Grove Arcade, the famous Folk Art Center and magnificent St. Lawrence Basilica. We will also take a guided drive along the scenic Blue Ridge Parkway and visit the new Blue Ridge Parkway Visitor Center. Wesbury will provide a pre departure reception that will include hors d'oeuvres and refreshments. Here you will have an

opportunity to meet your traveling companions and hosts, hear details of the trip presented by J and J Travel, review your travel documents and departure details. The pickup will be right at Wesbury where free parking and continental breakfast will be included. The cost for this trip is \$539 per person, based on double occupancy. Add \$150 for single occupancy. The price includes transportation, lodging and 8 meals including 5 breakfasts and 3 dinners. \$75 is due upon signing and the final payment is due by Thursday, February 24th. For information and reservations phone Rhonda Thomas at (814) 332-9712. We hope you will join us!

# New Faces and Exciting New Places as We Kick Off 2011!

At Wesbury, we are always talking about lifestyle, the freedom to enjoy an active carefree life without the burdens of home ownership. You hear this time and again in our ads and articles. In 2011 we have big plans to take this to a whole new level as we add the Village Clubhouse to the already great activity program in Thoburn Village. In January, Wesbury welcomed Greg Brink to the position of Thoburn Village Activity Coordinator. Greg will be directing the activities program from the new Village Clubhouse, which is located in the heart of Wesbury's Thoburn Village. The Village Clubhouse will serve as a community center and will not only offer a social space for fun and activities, but will also include a fitness area with personal training and massage therapy, a cyber café and offer social and educational programs. Greg is a N.Y.S. licensed Massage Therapist, graduating from the New England Institute of Massage, and has a bachelor's degree in Business Education from the University of New York at Buffalo. He is also a certified Activity Director with the N.C.C.A.P. and has worked as a health educator as well as taught many seminars on health related issues and stress reduction, including Discover Relaxation for Highmark's Blue Cross and Blue Shield. Greg is a certified Group Fitness Instructor with the American Council on Exercise and a Personal Trainer. Greg is very enthusiastic and is brimming with ideas to add more choices to the already engaging calendar of events. While there will continue to be many off campus outings to local performances and points of interest, now there will be much more taking place on campus as well.

Cribbs Residential Center is also starting off with a bang, as a dynamic new activities team is now in place working together to provide more offerings to residents of Cribbs. Stacey Hoey comes to Wesbury after working almost 10 years at the municipal building at the Cochranon Borough as an assistant secretary. Stacey is also a veteran who served in the U.S. Air Force and is a member of her local American Legion. She has a variety of interests such as crafts, reading, shopping, movies, traveling, small game hunting and camping as well as spending time with her family. Pam Schultz worked in the Activities Department for over a year in the Memory Support Center and has transferred to Cribbs. Pam came to Wesbury after working for 4 years as an employment specialist, placing people with disabilities in competitive employment for United Community Independence Programs covering Crawford, Venango



*Greg Brink, Thoburn Village Activity Coordinator, sets up the fitness area in the Village Clubhouse.*

and Clarion counties. Her hobbies include crafting, and supporting her children's sports activities. Pam is the President of the Baseball Boosters in Saegertown. This Dynamic team has the residents busy from morning exercise to afternoon crafting class, games and films, they even hosts a weekly cooking class where the goodies are then donated to the area charities such as the Stone Church Soup Kitchen and Women's Services in Meadville.

If you are considering a move to Wesbury and are concerned that you won't know what to do with your newfound freedom once you no longer have a lawn to mow and snow to plow - worry no more! There is much to do at Wesbury in 2011!



## Hillside Home, Wesbury's Charming Alternative

Did you know that Wesbury offers choice in Personal Care environments? Many are familiar with Cribbs Residential Center, and Hillside Home too, but I find that few are aware that the two are sister properties sharing the same strong Wesbury mission and priority access to care. Located on Williamson Road in Meadville, Hillside Home has served the region since 1906. In 1908 the original building was erected at a cost of \$21,000. It housed both children and elderly women. Over the years the building endured many changes and improvements until in 1967 extensive remodeling was done so that personal care could be provided. At this time, the care of children was eliminated. In 1998 Hillside Home partnered with Wesbury United Methodist Retirement Community bringing two longstanding community service providers together under one common goal. Today those seeking enhanced living services such as included meals, housekeeping, laundry, activities and transportation or personalized care including help with bathing or medications, can choose from Wesbury's Cribbs Residential Center or Wesbury Hillside Home. At either Wesbury location, residents enjoy the security of a continuing

care retirement community and priority access to anything they may need within Wesbury's range of services.

Wesbury Hillside Home is a charming building with the look and feel of a stately Victorian era home. Offering comfortable dining and activities areas and 37 apartments, this option appeals to those who are seeking the warmth of a small neighborly environment. The dedicated staff is like an extended family to the residents of Hillside, and include professional nurses and certified nurse's aides that are on site 24 hours a day. They are excellent caregivers, many of them having worked there for 15 years or more. Additionally, each resident has a emergency call pendant that is worn to notify staff immediately if a resident has a need. Residents of Hillside enjoy stimulating daily activities and social outings such as cards, games, arts & crafts, exercise classes, shopping



outings, and annual Holiday celebrations. The atmosphere is nurturing and paced to allow time for needed rest and personal time between activities and Hillside's excellent home prepared meals. If you or a loved one are seeking enhanced living or personal care, be sure to call Wesbury Hillside Home for a tour and information. Respite stays can be arranged for those seeking temporary assistance and long term options are available as well. There are a variety of room sizes and amenities to choose from and residents may use furnishings available to them from Wesbury if needed. For more information contact Cathi Hanson at 814-724-3117 or visit our website at [www.wesbury.com](http://www.wesbury.com) and click on personal care to connect to the Hillside link.

## Wesbury/Allegheny CNA Program

Over the years Wesbury and Allegheny College have joined together on many partnership endeavors benefiting both Wesbury residents and Allegheny students. Wesbury and Allegheny recently embarked on a new collaboration that will provide students with hands on experience, income and fulfill the 2,000 hours of direct care time required for their post graduate education. Allegheny College students who are planning for a career in healthcare now have the opportunity to become trained Certified Nursing Assistants and in turn get a jump start on their future professions by working at Wesbury. "This program benefits not only the Allegheny College students with

real world healthcare experiences, but will also help Wesbury with shift coverage, reduce overtime and provide additional manpower at some of the busiest times of the day," says Rick York, Wesbury's Vice President of Human Resources.

Adding, "This program also increases the quality of care residents and their families have come to expect at Grace Health Center". The first Allegheny CNA group completed



their class in November and a second that began their training in January, has double the participants as the first group.

# Giving Passionately Through Major Gifts

Donating to Wesbury is like passionately advocating for something or some issue that you feel strongly toward. Major donors to Wesbury, those who become members of the Founder's Circle of the Hyatt M. Cribbs Society, are all passionate about the mission of Wesbury.

Major gifts are intended to be multiple-year donations at the Society's Founder's Circle level (at least \$1,000 given every year over several years). You will receive, if you so desire, a leaf on our giving tree that is located in the lobby of Grace Health Center. As a major donor, you are able to provide a unique funding stream for a special project that may not have been a budgeted item. For example, last year, several major donors stepped forward to provide the gift of repaving Wesbury's nature trail. This project cost nearly \$25,000 and was not considered one of the priorities for 2010. Despite that fact, four



*Major donors, Nina M. Bell and Brian Nageotte look for his leaf on the Giving Tree located in the lobby of Grace Health Center.*

major donors stepped up to make sure that Wesbury's residents had a safe and beautiful place to walk.

As you might already know, major gifts can be applied toward any project, including the general Benevolent Care Fund. They can also be given for special programming, such as entertainment for monthly activities, special events or Wesbury's spiritual life program. Contributions could also be applied toward the projects

established under the Sunset Auxiliary, a group of volunteers dedicated toward providing extra amenities for all residents at Wesbury.

The beauty of major gift giving is the fact that you can personally become involved with the donation through your own passion for those that reside at Wesbury.



## Nature Trail Dedication

Wesbury's nature trail repaving is complete, and the new trail will be dedicated as soon as the weather breaks. The trail was widened and repaved in the fall thanks to gifts from the Sunset Auxiliary, Ron Harned, ACI Contractors, and Tony Petruso's Northwest Pharmacy Solutions. Honorarium stones have been placed at the trailhead recognizing the two largest donors, and an arbor will be erected for the other major contributors as well as those who donate toward its future upkeep and maintenance.

More details will be forthcoming as soon as the snow melts and a dedication date can be determined.

# Thank You For Your Generosity

Thanks to all of the tremendous support that we received over the past year, The Wesbury Foundation exceeded its 2010 Annual Campaign goal by 30%. While more details will come forth in our Annual Contributors Report, which will be published later this year, our Annual Fund raised more than \$131,600.00. This amount represents gifts to our Benevolent Care Fund, Campus Beautification Fund, Spiritual Life Fund, and restricted gifts such as those given for the activities department or the nature trail project.

We are both humbled and honored by your generosity and hope that we can continue serving your family, friends, and neighbors by providing the best possible senior living environment in our area. We will be recognizing our major donors through our Annual Donor Recognition Event, scheduled for April. Invitations will be mailed in the spring.



Moving forward, plans are in the works to kick off the Foundation's 2011 Annual Fund Campaign at the Donor Recognition Luncheon with the introduction of our campaign chair and special opportunities to make a pledge to propel Wesbury into the future in a variety of ways. As a leadership giver, our campaign chair(s) will become the voice of Wesbury for the year, providing personal insights as to the benefits of becoming a lead giver to Wesbury. Giving opportunities for the

annual campaign will include monthly pledges and stock gifts as well as cash donations.

All proceeds from the Annual Campaign are used to benefit the residents of Wesbury. This includes everyone residing at Grace Health Center, Cribbs Residential Center, and Thoburn Village. For more details on partnering with Wesbury, please contact Nina Bell, CFRE, Vice President of the Wesbury Foundation at 814-332-9264.

## Sandy Petruso Memorial Gardens



*(l. to r.) Phil Passilla, Nina M. Bell of the Wesbury Foundation, and Tony Petruso display the plaque that will be placed in the memorial gardens.*

Thanks to the generous donations from the families of Sandy Petruso, Wesbury's Cribbs Residential Center will have a beautiful garden blooming around the front portion of the building.

A special celebration of the garden donation was held last fall in anticipation of the groundbreaking this spring. The actual garden will contain several flowering bushes and plants along with unique landscaping to set it apart. A plaque will be placed within the garden to memorialize the following people: Sandy B. Petruso, Philip R. and Rose Marie Passilla, Domenic J. and Lena F. Petruso, Charles and Mildred Cooper, and William D. and Fay W. Schruers.

Wesbury extends a special thank you to those who contributed toward this memorial garden. All Wesbury residents and visitors will be able to enjoy the beauty it will bring for years to come.

# Thinking Green for Earth Conservation

Wesbury continues to look at different ways to create more environmental and sustainability awareness community wide. For example, each day at Grace Health Center, hundreds of residents, staff and visitors produce large amounts of recyclable refuse. To address this situation Wesbury will be placing new recycling bins in the high traffic areas like the front entrance of Grace Health Center, Sunset Auxiliary Sunset Gift Shoppe and Starbucks' Café, the downstairs break room and cafeteria. Grace Dietary and Wesbury's Starbucks' Café has already taken the lead in many environmentally friendly programs and procedures such as:

- Stocking recycled hot and cold coffee cups, hot cup protectors, and napkins made from recycled materials in Wesbury's Coffee Shop.
- In the café area we are now providing large and small "to go" containers. Just tell the server what size box you need when ordering.
- Break down and recycle our cardboard boxes to a designated cardboard dumpster daily each shift.
- Crush all cans and recycle them to a designated can dumpster daily each shift.
- Changed the department's chemical program to Eco Labs "new greener" chemical line that eliminates large plastic chemical containers to a new environmental friendly wrapped chemical block system. This line of chemicals has been developed to be more environmentally friendly in composition as well as in packaging.
- Reduce paper waste by eliminating the printing of 65 two page copies of the Cafeteria/ Coffee Shop menu by placing them in all mailboxes and we are now e-mailing the menu for reference on line.
- Purchase our deli meats in bulk and slice them to help eliminate waste.
- Recycle our used cooking oil from our deep fryer. The deep fryer gets emptied and cleaned each Monday and the used oil goes into a barrel that gets picked up by an individual that uses it for bio diesel fuel.
- Recycle our office manila file folders in the clinical area and reuse them.
- Recent tray line elimination has dramatically reduced the amount of disposable lids we use as food items now are dished up in the dining areas.
- Have the HACCP Manual (food safety), Safety Manual, and Financial Manuals available on line versus having to reorder them annually when updated.
- Currently trialing in one neighborhood, a new "menu chalk board" to try to better inform residents on choices and reduce multiple menus & copies.
- Continue to work with Wesbury's Green Team to evaluate what other areas we can improve on in our quest to be as "Green" as possible!!

# Enhanced Living at Cribbs

When choosing a community that offers services and even care for yourself or a loved one, the terminology can be confusing. Senior communities use a variety of different terms to describe services and amenities offered on their campus. At Wesbury, we are a continuing care retirement community, meaning that we offer senior living options ranging from independent living choices to 24 hour nursing care on the campus. The most difficult level of service to describe is the assisted living care. Generally, the term "assisted living" has referred to an environment that includes meals, housekeeping and laundry services, transportation and activities. Typically "personal care" can be added at this level, which means assistance can be added with daily personal tasks such as taking medications or help with bathing and dressing. Cribbs Residential Center provides such care on the Wesbury campus. Recently, The State of Pennsylvania has implemented new regulations for "Assisted Living" that went into effect in January of 2011. Until now, Wesbury's Cribbs Residential Center was referred to as offering "assisted living" as well as offering "personal care" as described above. Under the new regulations Wesbury has chosen to remain licensed under Pennsylvania's Personal Care regulations. For this reason Wesbury will no longer refer to Cribbs services including meals housekeeping, laundry, activities and transportation as "Assisted Living" but rather as "Enhanced Living", and we will continue to offer additional "Personal Care" for those requiring help with personal tasks as we have in the past. In short, Cribbs Residential Center will continue to offer all of the same great services and programs that we always have, but will not be using the term "Assisted Living" in any of our marketing materials or discussions to describe the program. For more information please contact Melissa Porter, VP of Sales and Marketing at 814-332-9238.

# Christmas Wrap-up

Throughout the Christmas season Wesbury comes alive with light, color and festivities. It all begins with the Wesbury Hillside Home Christmas Open House where residents enjoy visiting with family and friends while being able to shop for holiday items and homemade treats. The revelry continues with Wesbury's Resident Family Reception and annual Rev. Herbert E. Boyd outdoor luminary display around campus. Inside, guests not only take pleasure in the delicious hor d'oeuvres and desserts Wesbury's dietary departments have to offer but they also get a first hand look at how many people support Wesbury residents by donating a luminary in honor or in memory of loved ones at the luminary display in both Cribbs Residential Center and Grace Health Center. The Resident Christmas Party, visiting caroling groups and a New Year's Eve celebration round out the holiday season.

It takes a lot of work by dedicated individuals to make the holidays so special at Wesbury. During this special season of reflection and appreciation we thank you for being a part of the Wesbury community and all of your support throughout the year. We look forward to an exciting 2011 filled with happiness and good health.



## *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 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.**

**Wesbury United Methodist Community**  
31 N. Park Ave. · Meadville, PA 16335  
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www.wesbury.com

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## Upcoming Events

### **Parkinson's Support Group**

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

### **Lupus Support Group**

Second Thursday of each month  
Cribbs Residential Center  
Community Room.  
Phone Jane Lippencott  
at 866-292-1472.

### **Computer Classes**

Computer classes are scheduled to  
start February 15, 2011 at Wesbury's  
Computer Learning Center. Phone  
Vicki Bradshaw at 814-332-9535.

### **Body Recall Classes**

Classes start Monday March 7, 2011.  
Phone Judy McElwain at  
814-337-2579 for more information.

### **Seniors for Safe Driving**

Class scheduled for May 18, 2011.  
Cribbs Residential Center. Call  
800-559-4880 for more information.

### **Wesbury Activities Department Garage Sale**

May 5th & 6th 2011. Wesbury's  
Picnic Shelter.

### **Biltmore and Asheville, NC Trip**

May 1- 6, 2011. See front page for  
more information.

### **Wesbury's Senior & Friends Golf Scramble**

Thursday, June 16th, 10 a.m. shot-  
gun start. Continental breakfast,  
boxed lunch and picnic buffet dinner  
included. Phone Rhonda Thomas at  
814-332-9712.

### **Wesbury's 22nd Annual Chicken BBQ & Craft Fair**

Sunday, July 17th, 11 a.m. to 5 p.m.  
on Wesbury's campus. On-campus  
parking is being reinstated for this  
event. Phone Rhonda Thomas at  
814-332-9712.

