

Touring the scenic Hudson River Valley



Join Wesbury as we tour the scenic Hudson River Valley in Eastern New York State. Made up of a consortium of communities located on the banks of New York's majestic Hudson River, the Hudson Valley is a getaway destination offering spectacular mountain views as well as stunning, historic estates. **We will be leaving Meadville on Monday, June 4th and returning Friday, June 8th** via Anderson Motor Coach for a 5-day, 4-night tour of many of the Hudson Valley's notable sites including: The U.S. Military Academy at West Point, the Culinary Institute of America at Hyde Park, FDR Center at Val-Kill, Rockefeller Estate "Kykuit", Phillipsburg Manor, Vanderbilt Mansion National Historic Site and Olana, built by Hudson River School painter Frederic Church. Olana is one of the few intact artists' home, studio and estate-complexes in the United States.

We will visit historic villages like Sleepy Hollow, made famous by author Washington Irving's tale of Ichabod

Crane and his legendary encounter with the Headless Horseman. At Sleepy Hollow visitors can also see the historic 1883 Lighthouse and the Tappan Zee Bridge. A stop at Tarrytown offers the perfect blend of history and nature featuring districts showcasing 19th and 20th century architecture and the romantic landscapes of Washington Irving's home, Sunnyside, designed by Irving himself.

The cost for this trip starts at \$1024 per person, based on double occupancy. The price includes transportation, 4 nights lodging, admission to 10 attractions and 11 meals which include 4 breakfasts, 3 lunches and 4 dinners. A small portion of the cost of the trip is a donation to the Wesbury Foundation's Benevolent Care Fund. \$100 is due at booking and the final payment is due in April. For information and reservations phone The Wesbury Foundation at (814) 332-9712.

Some Good News About The Housing Market

Although we commonly hear negative stories about the housing market, it is important to be aware that most of these stories come from other parts of the country. No one can dispute that the housing market has experienced challenges across the nation, but we can show that Crawford County and the surrounding region are not suffering to the same extent. In this area the housing market has a tendency to remain stable. Because the region did not see the increase in home values that occurred some years back, we are not experiencing the same drop in values either.

The Greater Meadville Board of Realtors® collects annual data that reveals that the average home sold for \$116,134 within 6.7 months in 2011. There was a slight increase in the percentage of homes sold from 2010 to 2011 showing a slow but steady improvement in the market. Of homes shown in the Meadville area Multi Listing System, 544 properties sold this past year. Good news, properties are selling.

Each year a small number of villas or apartments become available at Wesbury's Thoburn Village drawing the interest of those seeking a maintenance-free retirement lifestyle. Most new residents sold their homes within six months or less; some within a month. There are many factors that play into what sells quickly, such as location, price, size and amenities. The lesson here is that there is a buyer for every situation and at all times of year. Recently, we spoke to a couple who has been house-hunting since last spring. They expected to have a plethora of choices and lots of time



to look before making an offer. They were shocked to learn that most of the houses that they looked at sold quickly and near the listing price.

If you no longer desire the large home and yard that you needed when raising your family, perhaps you want the freedom of something smaller or maintenance-free, don't let your fear of the housing market hold you back. Call a realtor today to get advice on what you might do to list your home, and how your prospects look. These professionals know what buyers are looking for and will guide you well, no matter where you live. For those who live outside of Pennsylvania, your local realtor can provide statistics on what to expect and what approach to take in your market. Realtors everywhere provide excellent advice on what to do to get your home ready to sell.

If you are considering the lifestyle at Wesbury the first step is to reserve an available villa or apartment while you sell your current home. Call Melissa Porter to learn how Wesbury will work with you through the



moving process. It is always a good idea to explore your options, and you will likely find that it is really not worth putting off your move another day!

Discover the Freedom to Explore Your Creativity

What do you dream of doing when you retire? Abundant outlets for personal creative expression are often revealed when you choose to call Wesbury home. Whether it is art, music or learning, it is not unusual to discover a talent you never knew you had, or rediscover an interest that you enjoyed in the past.

Wesbury Chaplain Rev. Ellen Rezek is a principle figure in producing creative opportunities. She started a weekly painting class at Cribbs Residential Center (open to all residents) that will celebrate 10 years in 2012. Recently, the growth and popularity of the class prompted the need to expand the art studio to a larger space. A background in art is not needed, as many participants have never painted before and find a love for it. Virginia Stevens recently moved to Cribbs Residential Center a novice to painting. Now you will find her in the art studio outside of class time, working on her next masterpiece.

The increased interest in the art provided a springboard into lecture topics. Recently, Rev. Ellen presented a series titled “The Creator in

Art”, where residents from throughout the Wesbury community studied representations of God in different artistic media. The summer’s Adult Bible School’s topic “Sketches in the Sand” was also based in artistic expression.

Painting is not your only conduit to the fine arts at Wesbury. Drawing classes, woodworking at a fully-equipped workshop and an intergenerational arts and crafts program are available to anyone who wishes to participate.

Copious amounts of music also echo throughout the corridors at Wesbury. Opportunities such as learning to play piano, singing in the Choir or beating rhythms with the Kitchen Band or group drumming present themselves throughout the week from music director Amy Learn. There are also many local musicians and artisans who entertain and teach residents throughout the year.

No matter the interests, those who call Wesbury “home” enjoy the



“Painting exercises my mind and keeps me sharp; I really need to concentrate to make things look the way I want” says Virginia, adding “I never knew how much I enjoyed painting because I never tried painting for fun.”

freedom to spend time exploring interests and developing new ones. These creative outlets are well attended, providing opportunities to meet new neighbors and share common interest. “I dabbled in water color painting over 50 years ago and was excited for the opportunity to try my hand at oil painting.” says Dick Murray, a resident of Thoburn Village. He has completed 5 paintings so far and is giving one of them to each of his sons. When Dick looks around the studio he is impressed by the talent in the room and adds, “I am really enjoying getting to know new people and learning from them.”





Rhonda Thomas Director of Development

Wesbury is pleased to announce that Rhonda Thomas has accepted the position of Director of Development for the Wesbury Foundation. Rhonda served as the Wesbury Foundation Event Coordinator for the past three years. Prior to this, she worked as Wesbury's Director of Activities and Volunteer Services for ten years then took a few years off to raise her family.

Before beginning her career at Wesbury, Rhonda worked at Horizon Hospital System as the Manager of Development and Volunteer Services. She graduated from Slippery Rock University with a BA Degree in Communications/Public Relations and a minor in Business Administration. Rhonda currently resides outside of Cambridge Springs with her husband Ross and their 3 children.

Rhonda is a long time supporter of Wesbury, greatly valuing its service and mission. She is excited to be serving in this position, which is effective immediately. Rhonda can be reached at (814) 332-9264 or at rthomas@wesbury.com.

Campaign Update

Robert and Janet Waid, chairs of the Wesbury Foundation's Annual Fund Campaign for 2011, are pleased to announce the campaign goal of \$150,000 was met and exceeded. The majority of the campaign benefited the Benevolent Care Fund which helps support residents who have outlived their financial resources and require charitable care.

Sharing Our Mission

Wesbury's Sunset Auxiliary was founded in 1954 by Mrs. Florence Braun to create a network of individuals within the Western Conference of the United Methodist Church to make friends and raise funds for the residents at Wesbury. Each year through annual membership drives within the local churches and by holding special fundraising events such as the Chicken BBQ and Craft Fair and Christmas Bazaar, the Sunset Auxiliary donates items to Wesbury that can be used for the betterment of residents.

In 2011 the Sunset Auxiliary raised just under \$5,000 to purchase items for Wesbury residents that included 100 footrest storage bags for resident wheelchairs at Grace Health Center. They also used these funds to purchase a Pedigo blanket warmer for Wesbury's Wound Care Team; the blanket warmer warms robes that are used by new residents during their initial orientation and admis-

sion to Grace Health Center. The Sunset Auxiliary also provided funds to The Clubhouse at Thoburn Village to purchase items that are needed to enhance resident activities. Residents at Wesbury are extremely grateful to the Sunset Auxiliary and the network of churches who have lent their support with many necessities over the years.

Wesbury's Sunset Auxiliary would like to offer your church a 5-minute presentation during worship service on their mission and the opportunity to support Wesbury residents. Ladies of the Auxiliary will visit your church for what is known as "Mission Moments". Sunset Auxiliary volunteers are available most Sundays. To schedule a visit, please call Sue at the Wesbury Foundation at (814) 332-9381. Be sure to let her know if you need membership envelopes and brochures as well. Thank you for your continued support of Wesbury and the Sunset Auxiliary.



2011 Sunset Auxiliary Board Members: In front, from left: Anna Mary Fox, Carol Wright, Audrey Lasher, Doris Deater, Phyllis Easley and Jean VanGiesen. Back row, from left: Jolene Tubbs, Judy Stewart, Joyce Jacobs, Sheryl Martucci, Nancy Dickey, Elaine Shreve, Nancy Yates and Margot Stoll. Absent from the picture: Glendora Adsit, Sally Bickerstaff, Joann Clute, Ruth Kellogg, Trudie King, Bessie Kohler, Nancy Larko, Lois Rockwell and Nancy Snyder.

Giving Today Cares for Tomorrow



Bob and Sally Bickerstaff

Many residents throughout the Wesbury community receive philanthropic support in one form or another. More than 60% of the residents at Wesbury's Grace Health Center, 20% of the residents at Cribbs Residential Center, 33% of the residents at Wesbury-Hillside Home and several Thoburn Village residents receive subsidized care. Wesbury's Benevolent Care Fund helps ensure that Wesbury has never had to ask anyone to leave, regardless of their ability to pay for care.

Wesbury White Dove Award recipients Reverend Robert Bickerstaff and his wife, Sally, of Brookville, PA., experienced the support of Wesbury's Benevolent Care firsthand with Bob's mother, Hazel. Hazel Bickerstaff moved to

Wesbury's Cribb Residential Center in 1999 with a sufficient amount of money to live for a number of years. As Hazel's health went into decline she moved to Grace Health Center with enough funds to cover the cost of her care, but the funds depleted rapidly. With her resources almost spent, the family sought the help of Wesbury's financial advisors and the Commonwealth's Medicare office. Hazel began to pay for care with the help of Wesbury's Benevolent Care Fund. The Bickerstaffs proudly say that they saw no change in care when Hazel went from private pay to Benevolent Care and Medicaid. They credit this as an indication of Wesbury's commitment to the quality of care for all residents at Wesbury. They also consider it a high point of their relationship with Wesbury; a relationship that continues to this day as the Bickerstaffs believe it is a responsibility to "pay it forward" for future residents by giving to the Benevolent Care Fund and through Sally's service on the Wesbury Sunset Auxiliary Board.

The Wesbury Foundation welcomes gifts of any amount for the Benevolent Care Fund. To find out how you can help phone The Wesbury Foundation at (814) 332-9264 or make a contribution on-line at <http://www.wesbury.com/make-a-contribution.php>.



The True Spirit of Christmas is Alive and Well

Holidays can be a difficult time for those in a nursing home. Often family members and friends have passed away or no longer live in the area. Imagine Christmas with no joyous celebration or gifts shared. But in the weeks leading up to the holidays many contributions pour into Wesbury to make sure every resident at Grace Health Center receives a gift for Christmas. One hundred and fifty of these gifts came from Wesbury employees who label their offering as "Gifts From Santa" and deliver them to residents Christmas morning.

There are also many other individuals and organizations who also provide gifts for residents during Christmas that the Wesbury Foundation would like to recognize. A very special thanks to the following: Erie Asbury United Methodist Women and their gift of nine hooded towels and 24 wheel chair bags filled with Kleenex, lotions and soap; Meadville Credit Union who donated \$500 to purchase and wrap 30 gifts; Allegheny College student Gina Santonastaso, who along with other Allegheny students made 200 gift bags and Christmas cards for the residents' enjoyment; the Salvation Army who gave a present to each resident at Grace; and several anonymous donors who also dropped off gifts and goodies. Your generosity makes the Christmas season special for all residents at Grace Health Center and is a beautiful reminder of the true spirit of Christmas!

Train Raffle

Congratulations to Geovanni Giles (in photo at right) and Tony and Ramona Vuksan. They are the winners of two train sets that were given away at a drawing on December 15th. The ready-to-run Lionel Train sets were donated by Tony Petruso's Northwest Pharmacy Solutions and all proceeds directly benefit Wesbury's Benevolent Care Fund.



Award Winning Wound Care

Often new residents arrive with a need for specialized skin care. In order to streamline the protocol to care for different skin conditions, Wesbury assigned a nurse to be responsible for all of the residents' skin health needs in 2004. It soon became clear that one person could not do this alone, and the "Wound Team" was created. In order to produce the best outcomes, the Wound Team manager became Wound Care Certified by the National Alliance of Wound Care, and Doppler laser scanning equipment was purchased to better check circulation in lower extremities. Wounds are usually compounded by poor circulation from either diabetes, arterial or venous involvement. In wound care they say "the closer to the heart, the easier to heal", making feet the most challenging. Foot structure changes throughout our lives and proper foot care cannot be underestimated. To ensure optimal resident health and proactive care, the Wound Team coordinates and assists visits from a local podiatrist who comes to Wesbury every Friday.

Prior to 2004 there was a reactive approach to treating skin wounds. Today, as a proactive measure, the



Wesbury's Wound Care Team with a short term rehab resident

Wound Team ensures every resident is checked for skin concerns upon admission to Grace Health Center. Needs such as pressure ulcer treatment and prevention can be challenging to deal with yet through improved treatment techniques, education and equipment the Wound Team is up to the challenges. Current data shows that Wesbury's acquired pressure ulcer rate is 0.5% – the best it has ever been. The Team and the supporting staff involved strive to meet the goal of zero pressure ulcers, starting with basic skin care and working through to more complex areas.

The Wound Team was recognized nationally in 2006 with a Cherokee Inspired Comfort Award. They also presented their program protocols

at the 2007 American Medical Directors Association Conference in Miami, Florida and were published for best practices in the DermaSaver case study collection.

Wesbury's Wound Team has been privileged to coordinate care with several hospitals and Wound Centers from Erie to Pittsburgh and the Cleveland Clinic. People travel to these areas for health care, but they want to come home to heal. That is where Wesbury can help by ensuring the best care and most up-to-date practices are available. If you or a loved one requires these specialties, Wesbury can meet the need whether it is for preventative care, a rehabilitative stay or long term care.

There IS such a thing as a free lunch....

As you look at the year ahead, consider bringing your group to Wesbury for a free lunch and tour. Each year we offer church groups and other organizations the opportunity to come in to learn more about Wesbury and enjoy lunch on us. Although the tour can be catered to your request, we typically start at about 10:45 a.m. by touring Cribbs Residential Center. We then board the Wesbury bus to tour several villas in Thoburn Village and the Clubhouse at Thoburn Village. From here we stop for a tour of Grace Health Center including the Gift Shoppe and café. Finally, we enjoy a wonderful home-cooked meal in the Lingo Dining room at noon. This is a nice outing for your group and an educational opportunity as well. For more information or to schedule a tour, please call Melissa Porter VP of Sales and Marketing at 814-322-9238.



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.



Residents of Wesbury Hillside Home have joined the cause to help others in the Meadville community by making hats, blankets and teddy bears for the “Warm Hearts Project” at the Meadville Women, Infants and Children’s (WIC) office.

The original concept began with a lady at the Cambridge Springs Rehabilitation and Nursing Center who loves to crochet baby blankets. She asked the Activities Director if she knew of anyone who could use them. This prompted a call to the Director of the WIC program. The project was named “Warm Hearts Project”, because it warms the hearts of the crafters, the folks providing supplies, the WIC staff that offer the blankets to the

Hillside supports the “Warm Hearts Project”

families, and certainly the hearts of the families who receive the items so lovingly made.

WIC offers blankets and hats to families with newborn babies up to six months old. The Ladies at Hillside decided to make teddy bears too! With the wonderful addition of the teddy bears, older children, especially the siblings of the infant receiving a blanket and/or hat, can enjoy something special as well. Each item includes a stamped and addressed thank you card so the family can thank the crafter.

To date WIC has received more than 120 blankets, 30 hats, and 25 teddy bears from area crafters.

WIC is always in need of additional crafters and supplies. To find out how you can help, contact Laurie Darcangelo, Meadville area WIC Director, at (814) 333-7080.

Wesbury United Methodist Community
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www.wesbury.com

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Wesbury and Wesbury Institute Upcoming Events

Wesbury Institute Events:

Dr. Lisa May, PhD. presents
“Life’s Transitions” on
February 29, 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.

Body Recall Classes

Classes start Monday March 1, 2012.
Phone Judy McElwain
at 814-337-2579 for more information.

Seniors for Safe Driving

Classes scheduled for May, June,
September, October & November 2012
at Cribbs Residential Center. Call
800-559-4880 for more information.

Wesbury Activities Dept. Garage Sale

May 3rd & 4th, 2012. Wesbury’s
Picnic Shelter.

Hudson Valley, NY Trip

June 2012. See front page for more
information.

Wesbury’s Senior & Friends Golf Scramble

Thursday, June 21, 2012
10 a.m. shotgun start. Continental
breakfast, boxed lunch and picnic buffet
dinner included. Phone Rhonda Thomas
at 814-332-9264.

Wesbury’s 23rd Annual Chicken BBQ & Craft Fair

Sunday, July 15, 2012
11 a.m. to 5 p.m. on Wesbury’s campus.
Phone Rhonda Thomas at 814-332-9264.

