WESBURY WINDOW

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Contributors Report

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Wesbury Achieves Sixth EAGLE Accreditation

2018 was an exciting year for Wesbury as we celebrated 100 years of service to the community with special parties, events, and sharing stories of our history. As the festivities wrapped up, notification was received that the United Methodist Association of Health and Welfare Ministries (UMA), a national network of health and welfare-related organizations, granted Wesbury EAGLE Accreditation for the sixth consecutive time. UMA consists of 400 health and human service organizations that provide its members with education, accreditation, networking, communication, and business services while keeping with the rich, historical, Wesleyan traditions and practices of the United Methodist denomination.

The Educational Assessment Guidelines Leading toward Excellence (EAGLE) accreditation is a quality enhancement program offered every five years to faith-based organizations providing care to older adults, children, youth and families. The intensive self-assessment and peer review process encourages and recognizes excellence in Christian mission and ministry. EAGLE accredited facilities are stringently reviewed based on business practices, social principles as well as their Christian mission. EAGLE peer reviewers focus on an organization's relationships within its local community, on the persons being served, as well as governance and management.

left to right: Brian Nageotte, Vicki Bradshaw, and Rev. Sam Marchetta received Wesbury's official recognition at the "Celebration of Excellence" during UMA's Annual Meeting held in Ft. Meyers, Florida in May.

"As a Christian organization with a focus on excellence in achieving our mission, EAGLE accreditation is a great fit for us. Although we do not strive for excellence because of EAGLE, it is a large part of our plan for trying to achieve excellence. Not only does EAGLE provide specific guidelines that continually push us to improve our processes and services, but it is also an unbiased assessment of the level of those services. One of my guiding principles in our organization is that we put monitors in place for all of our policies and procedures so we can determine if we are doing what we intended. EAGLE is our monitor for excellence. I would like to thank EAGLE, The Commission and all of the reviewers for pushing us to soar higher," notes Brian Nageotte, Wesbury President and CEO.

Thank You!

Brian S. Nageotte
Wesbury President/CEO

Rhonda K. Thomas
Wesbury Foundation V.P. of Stewardship & Development

One of the greatest joys of working at Wesbury is the gift of spending time with our residents and their families, many of whom we have known for years. Even the simple act of a friendly wave reconnects us to the essence of our mission – the people in our care, our residents. You, our donors, supporters and volunteers, are not far from our minds whenever we think about our residents. We are keenly aware that the generosity of hundreds of individuals and organizations is central to making Wesbury a wonderful community.

As you read through your copy of the 2018 Contributors Report, you can see just how blessed we are to have the compassion and support of those who genuinely believe in our Christian Mission and who truly care for those we care for.

We are most grateful to all of you for your kindness! On behalf of our residents, staff, and board of directors, thank you for everything you do for those we serve!

With much gratitude,

Brian S Nageotte

Rhonda K. Thomas

Please note:
To be more environmentally conscious and good stewards of the donations that are so graciously made to Wesbury, we continue to condense our annual report listings. For a complete listing of donors and sponsors please visit *www.wesbury.com*.

Thank you once again for your continuous support of Wesbury residents.

Travel with Wesbury to Historic Gettysburg

In July 1863, a battle raged through the small south-central Pennsylvania town of Gettysburg. Considered a turning point in the Civil War, the Union's victory ended General Robert E. Lee's second and most ambitious invasion of the North. Confederate and Union soldiers experienced monumental struggles and acts of great courage during the Civil War's bloodiest battle. This was also the inspiration for the immortal "Gettysburg Address" by President Abraham Lincoln at the dedication of the Soldiers' National Cemetery in Gettysburg on November 19, 1863, four and a half months after the Union armies defeated the Confederacy at the Battle of Gettysburg. Today, Gettysburg encourages visitors to walk the fields where these soldiers fought and died to find their own place in history. Every soldier, monument, exhibit, and landmark tells a different story that affects each visitor in a unique way and helped create our country's identity.

If Civil War history interests you, this is the trip for you. We will depart from Wesbury on Wednesday, September 25th via motor coach arriving at Gettysburg National Military Park in the early afternoon for a self-guided tour of the museum followed by a visit to the Jennie Wade House featuring guides in period attire. In the evening, we will have a dinner buffet at the historic Dobbin House complete with a presentation by General and Mrs. Robert E. Lee before checking into our hotel.

On Thursday, September 26th we will explore more of the historical sites including the Shriver House Museum and have lunch at the "Markets at Shrewsbury," as well as take a one-hour diesel train ride to "Glen Rock."

Before our return to Wesbury on Friday, September 27th, we will start the day with a guided tour of the Gettysburg Battlefield and a visit to Hollabaugh's Fruit Farm and Market for a tour of the farm complete with a delicious apple dumpling demonstration.

The cost for this three day and two-night trip is $618 based upon double occupancy. A deposit of $200 per person is due upon booking. The balance is due by August 5th. For information and reservations phone Melissa Grinnell at 814-332-9712.

Why We Chose Grace - A Resident's Perspective

How many times have you heard a loved one or a friend say "I want to go to a nursing home"? Probably a lot fewer times than we hear people say the opposite statement, and in most cases, it's one of the last places someone wants to "end up." When an individual finds themselves in a position where they need a short rehabilitation or long-term care stay, typically it's challenging to patients and their families to make the decision of where to go. Often they must decide within a couple hours' notice when already in a hospital setting. Going from the hospital to a "home" other than their own is certainly not a situation that most people imagine for themselves, but by doing some pre-planning, patients and their families can ease some of the stress of making that decision.

People come to Grace for a variety of reasons, some are for a short time to heal, others are to manage more chronic conditions that make life outside of a long-term care setting nearly impossible. At Wesbury, we are known for making as many accommodations and programs as we can to give residents the things they need to make life better. Here are the thoughts of a few Grace residents on why they chose Wesbury.

"Truly, home is in your heart and your head," says Grace Rehabilitation and Health Center Admission Coordinator Gwen Smith. "We can play a big part in making that sentiment a reality when people can no longer remain in their home, or just need rehab, we become familiar to them when they work with us before a transition. This is a big step in making Grace become home."

Charles Sackett -

"A year and a half ago, I ended up in the Emergency Room at the hospital and was told that I need to go to a nursing home. I did do a short stay on Grace's Town Square neighborhood a while back, and it was a good thing we kicked it around and talked about it before because my wife was at home with dementia and I was taking care of her. When we called different places about whether we could stay together as a couple, we were told they often split up husbands and wives and wouldn't let them share a room. We chose Wesbury, because unlike those other places, we can be together in the same room. This has been a big help for my wife and me. We've been married for 59 years, and she depends on me because she doesn't remember things and being together here brings a sense of familiarity for her and peace of mind for me. I'm able to look out for her and have the support of the staff when it is needed."

James Vogan -

"Things changed for us about 15 years ago when I became the main caregiver for my wife as she was becoming more and more limited in what she could do. I did all of the housework, prepared the food, bought the food and did all the outside work. She actually came to Grace first as she was falling a lot and I would have to get neighbors to help me. It got to the point where I couldn't do it anymore, and she needed to be somewhere she could be safe. After a month of her being here and for me, at 94 being alone, it was more and more difficult to work around the house, go to the store, drive, and eventually because of my legs and hips not working like they used to, I fell and came close to doing some serious damage to myself. It was an intolerable position to be in. Now that I am living at Wesbury with my wife, it's nice that they provide a lot of activities, though it's also nice to have my personal time. Wesbury has made nice accommodations so we can stay together and the staff is helpful when we need them. I have no complaints, but I am a realist with a good attitude, so I have resigned myself that we are going to be here and make the best of our living arrangements. Home is where you feel safe and secure, and we have that here."

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Meet Ninja Grandma

When the Wesbury Woodshop had its recent Open House, the attendees were delighted with a martial arts demonstration from a fellow resident. Many of them had heard that Thoburn Village resident, Sandy Cupper has been taking Tae Kwon Do for several years, but this was the first time they saw it up close, and it was impressive. Her instructor at Flying Tigers Martial Arts Academy, Master Rich Anton, was there to assist Sandy. He explained to everyone what they were about to see, Sandy was going to break a few pieces of wood for them, with her fist. Master Anton took his stance with the wood, and Sandy prepared herself. She pulled her arm back and with a deep "HI-YA!" there was a cracking sound, and Master Rich was holding two pieces of wood. The audience clapped with enthusiasm in awe.

Breaking boards is a part of the promotion tests in Tae Kwon Do when students advance to their new belts. A student begins as a white belt and moves all the way through a black belt. Sandy just received her red-black belt, which is one belt below a black belt. Sandy is 75, and at Flying Tigers, she goes by the name, "Ninja Grandma."

Sandy is no stranger to being the proverbial fish out of water. When her husband, Bob, got a teaching position at Allegheny College, she decided to go back to school to finish her college degree at Allegheny graduating in her mid-40s. After graduation, she worked for 34 years as Crawford County's Tax Assessor, which entailed going out all over the county to assess all the properties which she says, "at times, I couldn't believe I was getting paid to do this job, it was so fun."

After Bob passed away, she found herself wanting to find things to do, especially in the evenings.

A co-worker at the courthouse said, "Have you thought about taking karate?" Sandy thought to herself, "no, not really, but why not?" She reached out to Master Anton about joining his class, who told her to come and check it out. She was 69-years old, and the only issues she could think of was that she had a double knee replacement and back surgery in the past. She went to her first class and has been committed since.

Sandy says, "Of course it is taking me a bit longer than the younger students because I need to modify some things because of my knees, my back, and now my hip, after a more recent surgery, but Master Anton tells me to do the things I am allowed to do, move forward." She also says it was a 14-year old black belt who encouraged her to succeed in Tae Kwon Do because it was "all up here," Sandy says pointing to her head.

"After nearly 6 years of the Korean Martial Arts of Tae Kwon Do and Hapkido at Flying Tigers, Sandy has stayed the course in her training...despite her age limitations and a few health setbacks. "She has set the bar high for all of our students demonstrating that one can accomplish great things through patience and perseverance. She inspires and encourages all around her - especially me!" says Master Anton.

She says she has no intention to rest with this accomplishment, but notes achieving black is going to be difficult, "you break bricks! And many of the kicks and flips are quite challenging." Sandy also encourages others to try martial arts training at any age as it is a great work out for the mind and body. She says it is quite literally, "blood, sweat and tears and worth every minute of it."

Thank You Donors - Hyatt M. Cribbs Society

The organization that would become Wesbury began in Conneautville, PA during 1918 when Hyatt M. Cribbs offered his farm home to the Erie Conference of the United Methodist Church as a place for those in need. The Ida M. Cribbs Methodist Home was officially born out of that gift which included 22.75 acres of farmland. Today, The Hyatt M. Cribbs Society is a family of distinguished individuals, groups, and organizations who are committed to continuing in Wesbury's benevolent tradition.

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* Deceased

Thank You Donors - Circuit Rider Society

In the early years of the United States, clergy in the Methodist Episcopal Church and related denominations were assigned to travel to specific geographic territories and minister to congregations. They were called "Circuit Riders". Wesbury maintains a strong relationship with churches throughout Western Pennsylvania as these connections are a cornerstone of Wesbury's foundation. Methodist churches and church groups listed in the "Circuit Rider Society" have contributed to Wesbury directly and through the Sunset Auxiliary.

Frances Asbury Circle ($2,500 +)
First U. M. Church, Titusville
Grace U. M. Church, Oil City
Wesbury Sunset Auxiliary

Thomas Coke Circle ($1,500 - $2,499)

Peter Cartwright Circle ($500 - $1,499)
Edinboro U. M. Church
Fallowfield U. M. Church
Oakland, Dempseytown U. M. Church
Rimersburg U. M. Church
Saegertown U. M. Church

Donors ($250 - $499)
Christ U. M. Church, Franklin
Lakewood U. M. Church
Troy Center U. M. Church
Wattsburg U. M. Church

Lifetime Giving

This extraordinary group of individuals and groups demonstrate their dedication to our residents with lifetime giving of more than $100,000. They are truly the cornerstones of our charitable care program.

Northwest Pharmacy Solutions
Grace U.M. Church, Oil City
Mr. & Mrs. Lance A. Johnson
First United Methodist Church, Warren, PA
Barco-Duratz Foundation
Dr. Richard L. Teubert*
Mr. & Mrs. Eric H. Sundback
Mr. & Mrs. Donald C. Burchfield
Mr. & Mrs. Rodney W. DeVore*
Western Pennsylvania Annual Conference of United Methodist Church
Sunset Auxiliary of Wesbury

* Deceased

In Kind Giving

Throughout the year, Wesbury is blessed to have the support of many organizations, businesses, and individuals who support us with their non-monetary in-kind donations. Last year, they not only supported us with items for our big events and rummage sales, but they also celebrated our 100th anniversary with raffle items drawn each month for Wesbury staff. Whether donated items and services were used on campus or sold at a fundraiser, we want to thank you for your support of Wesbury residents, staff, and volunteers.

You can see the full list of Wesbury's in-kind donations at *www.wesbury.com*.

Please note:
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A Look Back on Our 100th Year

In 2018, we had the great joy of celebrating 100 years of serving the community. What an impact it makes to recall how it all began, and realize the honor and great responsibility of moving the organization forward to continue to grow and serve. As we reflect on 2018, we are pleased to highlight some of the key accomplishments achieved and new initiatives implemented.

Wesbury Administration and The Wesbury Foundation

- In 2018, Wesbury employed 418 people and provided over $13,000,000 in wages.
- Volunteers provided 13,773.5 hours of services and support to Wesbury residents, programs, and events.
- 720 donors raised over $610,000 to support the Benevolent Care Fund.
- The Benevolent Care Fund assisted to offset the cost of $2,517,000.00 which Wesbury provided in uncompensated care at Grace Rehabilitation and Health Center and Cribbs Residential Center.
- The Sunset Auxiliary raised funds and purchased:
  - (2) 60" TVs for Memory Support Neighborhoods
  - A recliner chair
  - Items for Montessori Carts
  - A bingo set, card games and other activity items
  - A pop-up canopy for outdoor activities
  - Funding for the Mealtime with Mentors program
- A 15 passenger transportation bus was purchased. Our fleet now includes:
  - 15 passenger bus (2)
  - 10 passenger lift van
  - 5 passenger lift van
  - Transport van
  - Transport sedan

Pastoral Care

- Pastoral care volunteers provided over 1,000 hours of spiritual support to residents.
- Six Stephen Ministers were added to serve resident needs.
- An average of 115 residents attend Sunday morning services.
- A vespers service staffed by residents with readings, worship music and reflections was implemented.
- The Wesbury Choir increased to 29 members.

Independent Living at Thoburn Village

- The Woodshop was renovated with an efficient furnace, LED lights, new wiring, and two new electric saws with safety guards.
- The Mealtime with Mentors Program was implemented at Thoburn Village. Villa residents offered a mealtime mentoring program with at risk youths through the Juvenile Probation Office.

Personal Care at Cribbs Residential Center

- Cribbs Renovations included 1st and 2nd floor corridors, 1st floor sitting rooms, conference room, 2nd floor kitchen and new apartment signage.

Skilled Nursing Care at Grace Rehabilitation and Health Center

- 298 residents were admitted, of these 152 were discharged after completing therapy.
- Allegheny Health Network selected Grace as the Cardiac Center of Excellence for the region, provided training to staff and implemented the program in September.
- The Grace Dietary Department, managed by Sodexo, was one of only 11

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Congratulations Corey

Changes have come to Wesbury's Grace Rehabilitation and Health Center Dietary Department as Corey Wright has accepted the position of Sodexo/Wesbury Director of Food and Nutritional Services following the retirement of Barb Loiacona after her 20 years of service to Sodexo and Wesbury. Originally from Oil City, Corey is a graduate of the Pennsylvania Institute of Culinary Arts in Pittsburgh. Corey is no stranger to Wesbury as he has worked alongside Barb as Sodexo's Executive Chef/Assistant Director for over 14 years.

During his tenure at Wesbury, Corey has been awarded "Culinary Manager of the Year" from Sodexo for his impact on resident dining programs offered at Wesbury. This has included planning and preparation of the monthly "Theme Meals" as well as the "Candlelight Dinner" program where residents with special events (birthdays, anniversaries, etc.) occurring in any given month can attend the dinner with their family members on the first Tuesday evening of the month. Invitations are sent to the families and Corey would prepare a gourmet meal in a formal setting complete with music, linens, and candlelight. Corey also played an integral role in leading the team to achieve the "Sodexho Showcase Award" in 2018.

"Working at Wesbury has been a rewarding adventure," says Corey. "I am grateful for the programs and services we have built since I began working here, but also look forward to coming up with even more creative ways to give those who turn to Wesbury the best dining experience we can. Food is something people like to have a lot of control over. Whether it is choosing their own meals or planning to eat in the Neighborhood Grill or on the neighborhoods, we try to provide both nutritious and delicious meals."

With his calm presence, positive demeanor, and creative thinking, Corey hopes to lead Grace's Dietary Department into a future that continues to build upon the nationally recognized programs and services they have created for residents and their families as well as Wesbury staff, volunteers and visitors.

A Look Back on Our 100th Year *(continued from page 8)*

accounts in the nation chosen to receive the coveted Sodexo "Showcase Account Award" for the department's high level of innovation, quality and service. The award includes $5,000 to spend toward future dietary innovation.
- Grace achieved a 5 out of 5 Star Rating for Quality by the Center for Medicare and Medicaid Services.

Home and Community Based Services - Help at Home with Wesbury

- 75,863 Hours of In-home Care were provided in the region.
- 6,333 Home Delivered Meals were received.
- 2,062 Hours of In-home Skilled Nursing Care was provided.
- 2,329 Hours of Housekeeping Service were completed.
- 167 Hours of Pet Companion Service was received.
- 48 Personalized Emergency Response Systems were installed in area homes.
- Our 8th Care Cottage, a residential alternative for skilled nursing care, located at Azalea Street, was purchased and occupied.

The Doctor Is In - Making Wesbury Stand Out

"The fact that patients are coming in acutely ill and are discharged stable is a huge testimony to the outstanding quality of the healthcare team at Wesbury," says Dr. Bailey, "As Medical Director that makes me very proud."

Times have changed dramatically in the medical world. It used to be that if you became ill, you went to the hospital and you were not sent home until well. Today, hospital patients are discharged rapidly, even after strokes, heart attacks, surgery, and infections.

For most, the next step is a referral to a rehabilitation facility to regain strength and wellness. Some are part of a hospital system while others are rehabilitation neighborhoods located in nursing homes, such as Wesbury's Grace Rehabilitation and Health Center. Despite the fact patients arrive with complexities that would have warranted a longer hospital stay, most rehab facilities do not have a full-time doctor on staff requiring patients to go from the rotating Hospitalists (doctors) in the hospital to an attending physician in the nursing home that typically will not see them frequently.

The state mandates a nursing home patient be seen by a doctor within fourteen days of admission and generally every 60 days thereafter. All nursing homes have a Medical Director, but this role is designed to focus on quality and policy, not seeing patients. Some physicians will follow their patient in a nursing home, but many do not. In this case, the patient is provided with a list of physicians that will accept them in the home and typically see them infrequently. **This is where Wesbury is exceptional and unique.**

When past President Donald Clawson and Wesbury's Certified Medical Director, Dr. John H. Bailey III DO, CMD and Geriatric Specialist, saw the shift to post-acute care being provided in the nursing home, they knew having a fulltime Doctor would make a world of difference. At Wesbury, Dr. Bailey has his office on site, and Wesbury patients are his sole focus. He sees new admissions within 72 hours and at least twice a week thereafter. It provides great customer service and a huge comfort to families who are emotionally charged as they cope with their loved one's condition.

Dr. Bailey is passionate about what he does. After 25 years as Medical Director at Wesbury he has seen firsthand the impact that having a Doctor on site has for the residents. He knows his patients by name, how they look day to day and can see when there is a change, allowing him to address concerns right away. "Just familiarity with each patient is huge" notes Dr. Bailey, "they arrive ill, debilitated and on many medications. We can work with the patient and family, analyze progress, decide what medications are relevant and reduce those no longer necessary. The results are profound."

If the details don't impress you, the data will. The average "return to home" percentage of rehabilitation admissions to nursing homes and rehab facilities around the country is 52.8%. In 2018 65% of Grace Rehabilitation and Health Center admissions were short term, **and 79.5% of those that came for rehab went home!** Data also shows Wesbury patients experience less skin issues, emergency room visits, and hospital readmissions. "The fact that patients are coming in acutely ill and are discharged stable is a huge testimony to the outstanding quality of the healthcare team at Wesbury," says Dr. Bailey, "As Medical Director that makes me very proud."

Help at Home: A Companion's Story

For 25 years, Joetta Robison had an office job working in accounts payable. After she retired, she would frequently spend time visiting with her cousin, who was a nursing home resident. Joetta liked seeing her cousin and especially enjoyed talking with the other residents who would often perk up with just a simple, "Hello! How are you doing today?"

After retirement, Joetta felt the need to get out and do more with her days. It was a friend who was working for Help at Home with Wesbury who recommended to Joetta about taking on a few hours a week as a Companion for seniors living in their home. That was four years ago.

Since that time, Joetta's commitment to caring for seniors in their homes has only increased. "When I started working for Help at Home I was working eight hours a week, which equaled a couple of hours visiting with a couple different clients each week," remarks Joetta. "I liked that Help at Home was able to schedule my visits around my availability, and eventually, I started to add more of my time each week to clients, and today I work close to 25 hours per week, sometimes more, if I can."

"Joetta has been just wonderful," notes Barbara Green, Help at Home Companion Client. "Joetta comes for four hours per week. We like to laugh together, and she does anything I need. She helps me around my apartment with cleaning or laundry; we go shopping. She even helps out with working my cell phone! It doesn't feel like she has been working with me for three years because we have become such good friends. If I am down when she comes over, I am not when she leaves."

Joetta says she receives a sense of fulfillment in working with her clients and their families. "They are so thankful," she says, adding, "it is important to follow their lead in what they want to do with their time." If a client needs to go to a doctor's appointment or stop at the grocery store, Joetta can do that. If a client needs some help straightening up their house or apartment, she can do that too.

If you are interested in Help at Home with Wesbury Companion Services or would like to join our team of Companions who visit with clients in their homes, visit *www.wesbury.com*, stop in at the Help at Home with Wesbury office located at The Downtown Mall at 900 Water St., Suite 19 in Meadville, or by emailing helpathome@wesbury.com.

Seeking Nominations for Senior Tribute

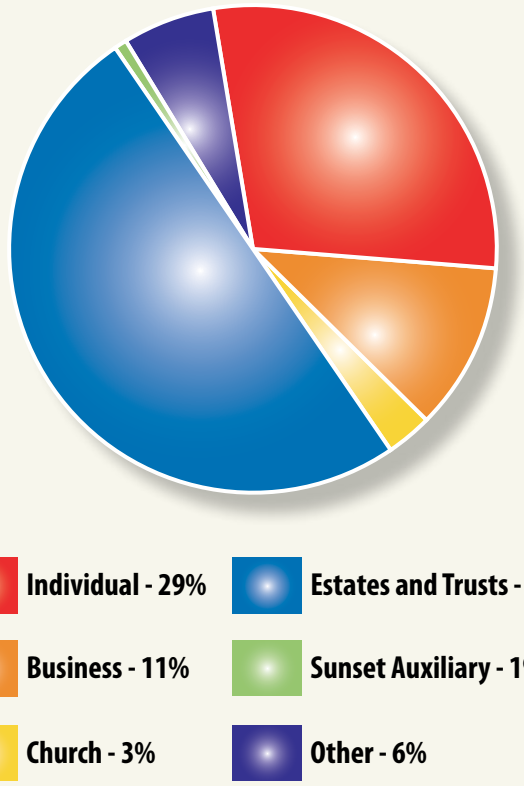
Wesbury is asking for nominations of area people or groups who amaze us with their talent, generosity, and selflessness. They may be a friend, a neighbor, a relative, or group from your workplace or church. The only criteria for nominations are that the extraordinary individuals be 65 or older, or be a group or organization that is doing things for seniors. The nominees are honored by allowing us to share their stories and recognize their contributions to their community at the Annual Senior Tribute. This event is truly inspiring and not only spotlights these unsung heroes but also serves as a fundraiser for Wesbury's Benevolent Care Fund, which helps support Wesbury residents who have outlived their financial resources and require charitable care.

The Wesbury Foundation is now accepting nominations for the 2019 Senior Tribute Banquet and Auction. The deadline for submitting nominations is July 31, 2019. The nomination forms can be found at *www.wesbury.com*, you can email your nomination to foundation@wesbury.com, or simply write your nomination information on a sheet of paper and mail it to The Wesbury Foundation, 31 North Park Ave., Meadville, PA. 16335.

2018 Financials

Wesbury donations are allocated to support benevolent care.

The Wesbury Foundation Sources of Funds



As you can see, a large share of our gifts come from thoughtful people who have named The Wesbury Foundation in either their Will or as a beneficiary of a trust. Please consider leaving a legacy of compassionate care for people in need by including Wesbury in your estate plans. For more information, please contact The Wesbury Foundation at 814-332-9264.

The Wesbury Foundation Promise

The Wesbury Foundation promises to use your gift carefully and wisely, never to ask for money that is not needed, and to abide by all generally accepted accounting practices.

The Wesbury Foundation Mission

The Wesbury Foundation is dedicated to advancing the Christian mission of Wesbury United Methodist Community through promoting the needs of seniors, encouraging charitable contributions, and prudently managing philanthropic donations to and assets of the corporation.

The sponsors listed below partnered with Wesbury for all 2018 fundraising events. We would like to take this opportunity to thank them all for their very generous support of Wesbury!

Leadership Partners

THE JOHNSON TRUST

Wilkinson Excavating, Inc.

Community Partners

Northwest

Wilson Building Supplies, Inc.

Neighborhood Partners

First National Bank

UPMC Health Plan

Supporting Partners

PNC

REJohnson Electric

sodexo

"A Creative Life…" is Available!

On Thursday, March 21st in Wesbury's Campus Community Center, Wesbury residents celebrated the release of an anthology book where all of the content was provided by residents from throughout Wesbury's continuum of care.

During the fall of 2017, residents were asked if they would like to participate in a book that highlighted the unique artistic talents found abundantly across the Wesbury community. Photos and biographies of all participants and their works were submitted and compiled for ***"A Creative Life…Showcasing the Talents of Wesbury Residents".***

The artistic abilities of those living in retirement communities are often overlooked, and opportunities for older adults to be viewed as creators and gifted artists are few and far between. Residents of Wesbury have proven that the obstacles can be overcome for artists who are trying to recapture their passion or for those who have found their calling later in life.

"A Creative Life…Showcasing the Talents of Wesbury Residents" from Christian Faith Publishing is a strikingly beautiful photographic exhibit of the exquisite and inspired handiwork of Wesbury residents: from handmade jewelry and oil and watercolor paintings, to needlework, patchwork quilting, and knitting, and even handcrafted musical instruments, performance art, literature, and animal pelts.

Marie Carroll shows off her copy of "A Creative Life...". Marie is one of the Wesbury residents featured in the book.

"A Creative Life…" can be found online at *Amazon.com*, Apple iTunes store, or *Barnes and Noble.com.* Proceeds from the sales of this book go to Wesbury's Benevolent Care Fund and supports those residents who have outlived their financial resources ensuring that they will always be cared for and will always have a place to call home.

Why We Chose Grace... *(continued from page 4)*

Howard Ridgeway -

"I grew up in Stone United Methodist Church, and my family lived in the apartment at the church, so I always knew about the Methodist Home (Wesbury). In fact, I figured there would be a point when I would live here, and at 96, I have now lived at Grace for about four years, and I like it fine. I choose to be here because of a couple of reasons: all the positive things I have heard in the community about Wesbury caring for people and because I get along with others, especially the staff. It's nice because most of them will do whatever they can to help me and the other residents out. We have things we want to do, and if we aren't feeling like participating in some activities, that's okay. We can sit one out and maybe join in tomorrow. Being around so many people and having some of my belongings here, really makes Wesbury home for me."

Not everyone makes the choice for themselves to come to Grace Rehabilitation and Health Center. It is important for people to have some level of control in their lives even in the face of a transition to a care environment. By having a plan in place, they have already begun taking control. For more information or to schedule a visit, contact Gwen at admissions@wesbury.com or by phoning 814-332-9233.

Volunteers - The Essence of OHANA

In 2018, 251 Wesbury volunteers provided 13,773.5 hours of service to residents at Wesbury, and we cannot thank our army of volunteers enough. Some donate their time every day, a couple times a week, a few times a month, or just here or there. No matter the length of time, they all shine their light and help others in need.

At this year's Hawaiian-themed Volunteer Luncheon, Melissa Swartwood, Wesbury's Director of Life Enrichment and Volunteer Services Coordinator, spoke about OHANA. OHANA is a word in Hawaiian culture that means family, and it is the idea that family and friends are bound together. It also means that everyone must work together and not forget each other or leave anyone behind. OHANA speaks to the concept of a larger family that is not necessarily connected by blood. A person's OHANA can include their best friends, neighbors, or an army of volunteers who have a special place in their life.

The time volunteers spend with residents is meaningful and builds long-lasting relationships. For some, it may be the only meaningful one-on-one interaction they receive on any given day. The harsh reality is that we have people all over Wesbury wanting, waiting, asking, and hoping for someone to help them in some way or just spend time with them. We all have the power to be that someone…Someone who provides a sense family for those who may be missing their loved ones and someone who provides a sense of community for those who feel as though they don't belong, and who may be having a hard time adjusting to their circumstances and lifestyle transitions. Wesbury volunteers come from many different backgrounds and life experiences. Some are older, some are younger. Some live in the greater community, some live in the Wesbury community, yet, all have at least one thing in common, a willingness to give their time and talent to support others and create a sense of family.

Melissa says she is humbled when volunteers say to her, "I just stuff envelopes, I just work in the gift shop or the sewing room, I just help with the bake sale, my dog just visits a few times a month, or I just help with the Stephen ministry program." In reality, all of those "I just do" tasks add up to something BIG…AMAZING… and POWERFUL!

Volunteers have blessed lives, developed friendships, lifted spirits, and made life at Wesbury better for hundreds of people in need. Everything they do contribute to this concept of "OHANA".

There are areas of need throughout the Wesbury campus. Do you have an interest in sharing your time and talents? Whether it's assisting residents at meal times, on outings in the community, weekend visitations or helping with activities for Cribbs and Grace, we would love for you to join our army of volunteers. To learn more about volunteering at Wesbury, visit *www.wesbury.com*, fill out an application in person, or phone Melissa Swartwood at 814-332-9235.

Because of Wesbury volunteers:

- We can reach thousands in the community with Wesbury's Annual Chicken BBQ.
- Grace residents went on over 30 outings last year.
- A resident was able to buy a gift for a loved one in the Sunset Auxiliary Gift Shoppe.
- That simple little bake sale, generated enough funds to purchase blanket warmers for residents who have trouble keeping warm.
- In the sewing room, a resident's family heirloom was mended and returned back to them.
- Stuffing 1400 envelopes, a staff member was freed up to sit with a resident's family in their time of need.
- Bringing your dog in, a resident that had to give up his dog gets to feel unconditional love again.
- Serving as part of the Stephen's ministry, a resident who just received not so great news, now has a friend to sit and pray with them.

Wesbury Gives Back

Wesbury residents, staff, and volunteers generously give back to the community in which they work and live. For example, in March of 2019, 209.5 hours of service was provided through various public engagement-community involvement opportunities. We thank them all for the time and service they give to our local communities. They include:

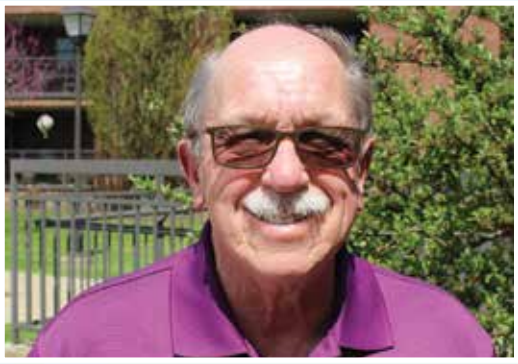
- Residents baked desserts for Cochranton American Legion, clipped coupons for our troops, and participated in the Mealtime with Mentor program.
- Wesbury staff participated in Leadership Meadville, Junior Achievement, served on MMC (hospital) Board and committees, CCYSA (Soccer) Board, CATA (transportation) Board, Meadville Public Library Board, Meadville Ministerial Association, Meadville Area Recreation Complex (MARC), Crawford County ARC Board and Business and Professional Women.
- Wesbury staff and villa residents sponsor and raise funds for the American Cancer Society's annual Relay for Life. Staff also participates in Judith's Jig which benefits Women's Services, CASA, and the Pancreatic Action Network and helps serve community dinners benefiting the Townville Volunteer Fire Department.
- The French Creek Community Theatre has a Wesbury staff person on their board as well as family members of staff participating in theatre performances.
- Wesbury staff hosts Estate Planning events, Healthy Living Speaker series, and a Crawford County History Lecture series all open to members of the community.
- Wesbury's facilities are used for several community group meetings including Rotary and Rotary Board, Golden Kiwanis, Lions Club, Roundtable, Yesterday's Sound Barbershop Chorus, Eastern Star, and public fitness programs like Body Recall and Zumba.
- A local knitting group made up of both residents and guests meets once a week at Wesbury to participate in knitting projects for the community and abroad.
- Throughout the month, whenever there is leftover food from our Grace dietary kitchen, those food items are gathered and donated to St. James Haven, local men's shelter.
- Wesbury staff are Sunday School teachers, church monitors, worship team members, Cantors, Toastmasters, Scout leaders, and borough auditors. They teach first aid classes, visit with hospital and hospice patients, conduct funerals, and help with community events.

While Wesbury relishes in the support of those who help to provide for our mission, we are also proud and honored that so many of our own give back to the places they call home.

Why We Give...In Our Own Words

Each year, Wesbury receives the support of many generous individuals, organizations, and businesses who believe in our mission of providing quality healthcare, independence, dignity, and life enrichment in a Christian environment to those who call Wesbury home. We asked Wesbury supporters to give us a bit of insight into why they choose to make Wesbury a part of their charitable giving in their own words…

John Guenther *(Former Wesbury Employee)*



A primary reason I support Wesbury is because they supported me. I was 64 years old and was recovering from cancer. I needed a job, and I knew Wesbury was looking for a driver. They hired me and provided me with six and a half years of income that I wouldn't have had. It has been five years since I retired and I just feel that I would like to continue to give back to show my appreciation for what they did for me. Those years were very substantial for me and helped me do a lot of things I may not have been able to do otherwise. Wesbury is near and dear to me, and down the road, Wesbury may have to help my wife or me again sometime. We may get to the point where we need care and need to go someplace. I tell people about Wesbury, and even though I no longer work there, I still know people that live there, I miss seeing them, and I know that their need for support to continue to provide care doesn't end.

Debbie Price *(Wesbury Employee)*

Paying it forward is very important to me. I have instilled it in my son to give back to the world. You can do it with money. You can do it with your time. At Wesbury, you can even do it with donated items for garage sales. So, when someone says they really can't give, there are more ways to support than just money. You can help The Wesbury Foundation in many different ways, and I believe as employees we should remember that. Wesbury does a lot for us. Whether its holiday gift cards or days off when you need it…I mean, I worked for myself for 25 years. I had no paid vacations, I didn't have insurance. People sometimes don't realize what those things are worth. I think it brings more meaning to your life to give to other people and try to make a difference. If we all did a little bit, then the world would be a better place.

Ardelle Johnson *(Wesbury Traveler)*

The way I was brought up, if you see someone in need, you share with them what you can. In other words, give what you can and help other people. Like when you are a child and have a toy, you share it with someone who doesn't have one to play with it. There are several reasons I choose to support Wesbury, a big one being that I am a Methodist. Their United Methodist roots are extremely important to me. I have also had friends who lived at Wesbury and feel that every little bit that I can donate can help some of the residents who are in need. I have traveled with Wesbury on a few of their trips. My first was the cruise up the New England coast, and I am going to Alaska with Wesbury this summer. These trips have been great. Our fellow travelers are good people, and we have a fun time. It is also nice to know that while we are experiencing an exciting vacation, others will benefit from our trip through Wesbury's Benevolent Care Fund.

Ardelle Johnson (left) with Rhonda Thomas, VP of Stewardship & Development for The Wesbury Foundation

continued on page 17

Why We Give...In Our Own Words *(continued from page 16)*

Sam Strangis *(Wesbury Resident)*
Giving back is important to me, and my family. I give the credit to my wife, Kathleen, who ingrained the concept of helping others in our six daughters, who have raised their own families with that same charitable philosophy. My family members support the Wesbury Foundation because they are so happy I chose to move here when I did. I had been living alone for five years on our family's land, a place they all loved so much, and I decided it was time to go somewhere where I would not be alone, enjoy the community while I could, and have the support I need around me when I need it. None of them live nearby, so they were worried. With me living at Wesbury, they are so happy and don't have to worry. They are so impressed that no matter what happens to me, I am going to be taken care of. If I need to transition to another area, I have that here, and so do so many of my friends and neighbors. My family wants to make sure that this mission continues. They also like to come to visit and support the bigger Wesbury events like the Christmas Party and Chicken BBQ. It means the world to have my family make the trip here to walk in the Chicken Run with me knowing it helps other residents.

Sam Strangis (left) with members of his family at Wesbury's 5K Chicken Run.

Gary DeSantis *(Meadville Business Owner)*

DeSantis Janitor Supply and its successor DeSantis Solutions supports Wesbury because it has been a powerful and important factor in the lives of our community members. We have seen what Wesbury has done in its impressive past, and we are convinced that there is much more Wesbury will continue to do in the lives of all residents who call the Wesbury community home. Additionally, Wesbury makes a tremendous contribution to the economic welfare of our city, county, and region in payroll and operating purchases and expenses. We have benefitted by Wesbury's generous support, and plan to continue our support of this community treasure and pray for its continued success.

If you would like more information about you can support Wesbury's mission, phone The Wesbury Foundation at 814-332-9264 or email foundation@wesbury.com.

Thank You To Our Board Members

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Mrs. Shirley Minnis
Mr. Brian S. Nageotte
Mr. Mark Weindorf
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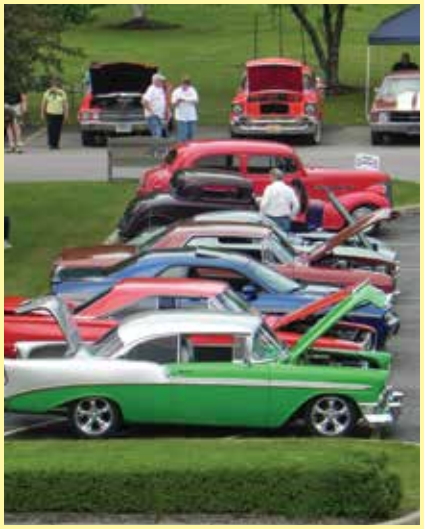
Mrs. Audrey S. Lasher
Mrs. Lois Rockwell

Join Us for Our 30th Annual Chicken BBQ!

Mark your calendars to attend Wesbury's 30th Annual Chicken BBQ and Craft Fair on Sunday, July 21st. from 11 a.m. until 5 p.m. Here is a sneak peek at what is happening at the BBQ:

BBQ Chicken & Ribs: Everyone loves the delicious flavors of BBQ chicken and ribs served with several side dishes. Top your meal off with a piece of home baked pie or cake donated by one of many churches in our area who support Wesbury's Mission.



Classic Car Cruise In: Classic Iron Car Club is bringing between 50 and 100 unique vehicles that are exhibited throughout the event. Cool 101.7 FM (the Oldies Radio Station based in Meadville) is sponsoring the show and will be broadcasting live from Wesbury.

Entertainment: This year's entertainment schedule features the ***Watson Run Church of God Praise Band***, the country sounds of ***Double Vision***, and ***50 Miles to Empty*** performing a variety of popular music on the outdoor main stage. Other bands and musical acts will be performing at Grace Rehabilitation and Health Center and Cribbs Residential Center.

Family Fun Zone: Children will be drawn to the family friendly Kid's Zone featuring:
Magic Show & Balloon Art:
The Real Magic Steve will be making balloon creations and presenting a magic show at 1:30.
Train Rides: Children will have the opportunity to travel through the woods of Wesbury's nature trail.
Bouncy House: The Marble Rush Bouncy House Castle with basketball hoop where kids can bounce, climb, slide, and play.
Games: Festival games will be available to play with prizes given at every game station.

Sunset Auxiliary Rummage, Used Books & Bake Sale: In keeping with our traditions, the Sunset Auxiliary will hold the annual Granny's Attic rummage and used book sale as well as a bake sale during the BBQ. And, of course, you can't leave the BBQ without a homemade pie or other dessert!

Crafters & Vendors: From handmade silver jewelry and wooden toys to many unique and amazing items that are available to shoppers from the numerous crafters and vendors invited to the Chicken BBQ.

Tours: Opportunities to tour a villa at Thoburn Village, an apartment at Cribbs Residential Center and Grace Rehabilitation and Health Center will be offered every hour on the hour.

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

Please send me information about:

- ❑ Independent Living
- ❑ Enhanced Living & Personal Care
- ❑ Skilled Nursing
- ❑ Short-term Rehabilitation
- ❑ Help at Home with Wesbury
- ❑ Care Cottages
- ❑ The Wesbury Foundation/Making a Donation
- ❑ Other Areas of Interest

_____

- ❑ Send me the Wesbury DVD
- ❑ Send all information via e-mail
- ❑ Call me to schedule a tour

Name _____

Address _____

City _____ State _____ Zip _____

2019 SW

E-Mail _____

Phone _____

Please clip out and mail this completed form to:
Wesbury - 31 N. Park Ave., Meadville, PA 16335 - Attn: Marketing Dept.

Run with the Chicken!

Looking for a great way to get some exercise, while raising money to support Wesbury residents? Join us for the Chicken Run on Saturday, July 20th. It is a 5K Run/Walk & 1 Mile Walk on the Wesbury campus. Registration is at 8:15 a.m. and the race begins at 9:00 a.m. Cost is $20 per person pre-registration or $25 per person the day of the event. Put together a team of your own and run, or walk, in this fun race.

A t-shirt is included with pre-registration. The event is co-sponsored by Northwest Pharmacy Solutions, LLC. with proceeds benefiting Wesbury's Benevolent Care Fund.

For more information visit *www.wesbury.com/news-events/chicken run/*

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

Upcoming Events

Parkinson's Support Group
2nd Tuesday of every month at 1:00 p.m. in Wesbury's Thoburn Village Clubhouse. Call 814-332-9794 for more information.

Parkinson's Delay the Disease Classes
Classes are located in the Thoburn Village Clubhouse on Mon., Wed. and Fri. at 10:30 a.m. Call 814-332-9794 for more information.

Seniors for Safe Driving
Standard course (2-day class) scheduled for Sept. 18 & 25, 2019 at 5:30 p.m.-9:00 p.m. Refresher course (1-day class) scheduled for August 7th, 9:00 a.m.-1:00 p.m., October 16th, 9:00 a.m.-1:00 p.m., and Nov. 20th, 5:30 p.m.-9:30 p.m. All classes at Cribbs Residential Center. Call 800-559-4880 for more information.

Wesbury's 19th Annual Senior & Friends Golf Scramble
Thursday, June 13, 2019
10:00 a.m. shotgun start. Continental breakfast, boxed lunch and picnic buffet dinner included. Call The Wesbury Foundation at 814-332-9712.

Wesbury's 4th Annual Chicken Run
5K Run/Walk and 1 Mile Walk
Saturday, July 20, 2019
Registration begins at 8:15 a.m.
Runners start at 9:00 a.m. Walkers start at 9:05 a.m. Located on Wesbury's campus.
Call 814-332-9022 for more information.

Wesbury's 30th Annual Chicken BBQ & Craft Fair
Sunday, July 21, 2019 at 11 a.m. to 5:00 p.m. on Wesbury's campus.
Call The Wesbury Foundation at 814-332-9712.

Wesbury's Senior Tribute Dinner & Auction
Thursday, October 10, 2019 at 5:30 p.m.
Iroquois Club - Conneaut Lake. Call The Wesbury Foundation at 814-332-9712.

Bridges Caregiver Support Group
Free dementia caregiver education.
Learn tactics. Share ideas.
3rd Wednesday of the month
2:30 p.m. - 4:00 p.m.
Wesbury Campus Community Center
Call 814-332-9238 for more information.
RSVP not required.

Wesbury provides individualized proactive health care and life enrichment services to assist mature adults in maintaining their independence, dignity and spiritual wholeness in a secure, Christian environment.
- Mission Statement -