WESBURY WINDOW

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Cruise the Danube River with Wesbury

Join us a for an eight day "Majestic Danube" river cruise through the heartland of Europe. From the pretty town of Passau in Germany, through Austria and Slovakia, to the magnificent Hungarian capital of Budapest, this is a truly outstanding scenic and memorable journey along the banks of the Danube River. On this adventure you will discover the delights of Vienna, historic Bratislava, the famous Melk Abbey and cobbled streets of Dürnstein as well as soak up the striking scenery of the Wachau Valley as you relax on your floating hotel.

The ship will make you feel at home from the second you step on board. With her beautiful lounge areas and roofed promenades, you will have no reason to not kick back and relax. The ship has so many things for you to enjoy, such as culinary delights at the on-board restaurant and the expansive sun deck. In the inviting spa area, treat yourself to the sauna, jacuzzi and comfortable loungers, or get a work out in with the state-of-the-art cardio machines. You will relish in the generously-sized, light and airy, French Balcony Twin Cabin. Your cabin will have two panoramic glass windows overlooking the French balcony inviting you to take pleasure in old world landscapes of the Danube.

The cost for this wonderful trip is $3,377.00 per person and includes round trip airfare from Pittsburgh to Munich, Germany and the 8-day Danube River Cruise. All of this is included in your cruise fair:

- Four shore excursions.
- Inclusive "All Day" beverage package.
- All on board gratuities.
- Delicious full board cuisine from accomplished chefs.
- Round trip transportation from Wesbury to Pittsburgh Airport.
- Entertainment including local folklore at selected ports.
- Port charges, taxes, fees, and transportation to ship.

A deposit of $500/person is due by November 15th with the remaining balance due 90 days prior to the trip. We will be departing from Pittsburgh on May 14th and return on May 22nd. For more information, call Melissa Grinnell at 814-332-9712.

See page 10 for Eight Day Cruise Itinerary

What Care Level is Right for You?

Are you or your loved one beginning to struggle with maintaining a home? Experiencing forgetfulness? Having difficulty with stairs or performing daily tasks? If you answered "yes," It may be time to explore a lifestyle change.

When older adults experience physical and mental changes, they often recall the nursing institutions of their parents, and fear making a move. Today, care options are very different from what was available to a previous generation.

Reviewing your choices and deciding what is best takes some time and research. Because Wesbury offers the full continuum of lifestyle options and care services, we can help you sort it out.

Continuing care means that there are a continuation of services including maintenance-free independent living, in-home care, personal care, memory support, rehabilitation and long-term care.

In-home care services will be your next step if you wish to remain in your home, but if you are ready for a change, here is a breakdown of the options:

Independent living is designed for those who do not require care. It is for those who are seeking a maintenance-free home and ways to stay active in a secure environment. Here, you will have your own private home without any of the maintenance or worries. There is a clubhouse and lots of on-campus amenities to enjoy, with opportunities to add more services over time as you might need them. This environment allows you to be active and independent longer than you typically can manage in your own home but requires that you are able to live alone unassisted. You must be at least 62 years of age with a spouse aged 59 or older.

Personal care environments bridge the gap between living independently and needing some assistance by providing private accommodations that include meals, housekeeping, laundry, socialization, and transportation to appointments. Additionally, help with bathing, dressing, grooming, reminders and monitoring medication can be added as needed. A person experiencing memory loss or physical decline can live in a personal care environment until they have fairly significant care needs. You must be able to get in and out of a bed or chair unassisted, be able to feed and toilet yourself, and have enough safety awareness to be alone for periods of time without supervision; nurses are available when needed. Here, people thrive with the combination of a private living space, the enjoyment of social activity, and support with daily tasks.

A Memory support neighborhood should be considered when memory loss creates a concern for individual safety or for the safety of those around them. This environment offers special programming allowing residents to be active yet secure. There are private accommodations, the ability to walk and wander without leaving a secure area, outdoor courtyards, and family style dining and living spaces. Here, residents are encouraged to engage in activities of daily living. The nursing staff have specialized training and are providing around-the-clock supervision and support.

Skilled nursing care is intended for residents who may have any combination of the following needs: They may have an illness or diagnosis that requires around-the-clock nursing attention. They may be unable to get in and out of their bed or chair or toilet themselves unassisted due to weakness or frequent falls. They may not be able to manage their incontinence issues. They may be unable to feed themselves. Significant

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Summer Fun!

What did you do this summer? We had fun enjoying the great outdoors and going out to see many of the local sights. Here are some of the highlights of our summer. As you can see - Wesbury's personal care lifestyle offers more than you think!

Hillside ladies party on the patio

Enjoying cool watermelon on a hot summer day

Taking a walk on the Woodcock Dam

Spending time at the lake

Going on golf cart rides

Planting flowers

Having a picnic at Pymatuning State Park

Going on a pontoon boat ride

Protect Yourself, Help Us!

Choose to get your flu shot at Northwest Community Pharmacy and a portion of the proceeds of your vaccine will go to The Wesbury Foundation's Benevolent Care Fund. During this flu season, you can stay healthy, and help Wesbury residents at the same time. People 65 and older should not wait for flu season to start to get their annual flu shot. The flu vaccine is now available, and is an important part of taking care of your health, so come on out, get vaccinated, and support a great cause.

When you stop in at Northwest Community Pharmacy for your shot, simply check the box that says you want the proceeds to help Wesbury residents that need financial assistance and you are good to go! If you cannot stop in, you can schedule a representative from Northwest to come to you by calling 814-724-3107. Northwest Community Pharmacy is located on the Wesbury campus at 740 North Main Street Extension and is open Monday through Friday from 9:00 a.m. until 6:00 p.m., and Saturday from 9:00 a.m. until 1:00 p.m.

Saying Thanks to the Grounds Department

At the 2015 Sunset Auxiliary Key Person Luncheon held in May, the Auxiliary recognized Wesbury's very own grounds groomers for all their work and effort to make our campus beautiful. Auxiliary President, Phyllis Easley also presented the Wesbury Grounds Department with a coupon for a pizza lunch that they used during the summer.

The Wesbury Grounds Team (pictured above) does a great job taking care of the shoveling, plowing, and snow removal in the winter and the mowing, trimming and mulching in the summer so residents can get out, and enjoy their free time in beautiful surroundings.

60 Years in God's Service

2015 marks a big year for Father Rocco Tito as he is celebrating his 60th anniversary to the priesthood. At 88, Father Tito lives at Wesbury's Cribbs Residential Center where he remains active supporting Wesbury Chaplain, Rev. Sam Marchetta, by saying Mass and offering sacraments to other Catholic residents. Despite having difficulties with his sight, Father Tito celebrates Mass twice on Sunday, and once on Wednesday. Every Monday, he also makes a point to anoint the sick and/or offer an apostolic blessing to residents at Grace Health Center.

"I am so happy Father is here," says Cribbs resident Jean Schohn. "Not only do I have a connection to him as a friend and fellow resident, but he keeps me connected to God where I live. I am so grateful that I can attend Mass each week without having to leave and go into town, this way, even if I am feeling under the weather, I can make it to Mass, which is important to me."

Father Tito remembers his first inspiration to be a Catholic priest was while serving in the U.S. Army after World War II. As he and a fellow soldier attended daily Mass, he began to feel a call to permanently commit to the priesthood. During that period, he came to understand that it is impossible to share the love of Christ without personal intimacy with Christ yourself. Father Tito considers the Eucharist, care for the sick, and meditation among the most inspiring aspects of his life.

"I've always had an interest in caring for the sick. I've always thought it was one of the priorities of a priest," say Father Tito.

A native of St. Bernard Parish in Bradford, Father Tito was ordained on May 19, 1955 and immediately assigned as parochial vicar at St. Joseph Parish in Warren. Father Tito has served in various capacities throughout the region. In 1965, when he was appointed parochial vicar at St. Brigid Parish in Meadville, he also served as chaplain at Allegheny College and at Saint Vincent Hospital in Erie. Before retiring as senior associate at St. Brigid in 2010, Father Tito also served as pastor at St. Paul's in Erie and St. Walburga in Titusville. While at St. Walburga, he was presented the Titusville Area Health Center's Humanitarian Award for having a positive impact on health care services in the Titusville area.

Left to right: Wesbury Chaplain Sam Marchetta and Father Rocco Tito

"Father Tito has been invaluable to the spiritual care programming at Wesbury," says Wesbury Chaplain Rev. Sam Marchetta. "Father Tito provides opportunities for our Catholic residents to experience programming and services here at Wesbury. Not only is this convenient, but it also provides another minister on campus to meet the needs of residents. I am very grateful for all that he has done for us and I am grateful that his journey in ministry has led him here. He is a reminder to us all of a beautiful principle: though one can retire from their career we never stop serving wherever God places us."

A 30-year Christmas Tradition

Thirty years ago, Wesbury resident, Rev. Herbert E. Boyd lit the first candles in his garage that were placed around the Wesbury campus on the evening of the annual Resident/Family Christmas Reception. Rev. Boyd created the luminaries as a symbol of Wesbury's care and compassion. Each year the display grew larger which encouraged The Wesbury Foundation to begin the Luminary Tribute Program in 1999.

Be a part of this special holiday tradition by making a gift to Wesbury's Benevolent Care Fund. This fund helps to support the residents who have outlived their financial resources and depend upon Wesbury for care and financial support. For a charitable donation, a luminary candle will be lit in memory or in honor of friends and loved ones during the 2015 Resident/ Family Christmas Reception on Friday, December 11th. Additionally, Tribute luminary posters are exhibited in Grace Health Center and Cribbs Residential Center so residents and guests can enjoy the tribute messages throughout the entire Christmas season.

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

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

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

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Phone _____

Please light luminary: (please print)

❑ In Honor of _____

❑ In Memory of _____

Make checks payable to The Wesbury Foundation.

Congratulations 2015 Senior Tribute Honorees!

Please congratulate these individuals and groups who are being honored for making amazing contributions to their friends, neighbors and communities at Wesbury's 7th Annual Senior Tribute Banquet and Auction. From over the top volunteer time, shared artistic talents and supportive community programs these honorees deserve your accolades for their contributions to our region.

The event will take place, on Thursday, October 8th at the Iroquois Club in Conneaut Lake, PA. Proceeds from this event benefit Wesbury's Benevolent Care Fund, which supports our many residents who have outlived their financial resources and require charitable care. For more information, please call The Wesbury Foundation at 814-332-9264.

Ms. Eleanor A. Mead
Linesville, PA

Mrs. Beverly Nutter/Meadville Soup Kitchen
Meadville, PA

The Bark Park
Conneaut Lake, PA

His Work His Way, Inc.
Conneaut Lake, PA

Mr. Donald L. Thomas
Greenville, PA

Are You Looking to Spend Time Helping Others?

Do you have a couple hours a week or month you would like to spend volunteering? Wesbury's Cribbs Residential Center's Life Enrichment Department might be just what you are looking for! While we are always happy to welcome volunteers to all areas of the Wesbury community, we are in need of individuals who are willing to commit a few volunteer hours during the week, on weekends, or just for monthly visits. While we do have Life Enrichment staff on hand working with residents, it is nice to have others who generously give of their time and talents to help fill the gaps in areas of need.

Do you have a musical talent? Residents are always up for a sing-a-long or just to be entertained with piano or guitar. Do you like to play games? Residents always appreciate the time of those who come in to host or play along. Do you like to go out and explore the region? The more the merrier as far as we are concerned! When we go out there is always a need to assist residents to places such as Presque Isle Downs, field trips to Pymatuning Lake, or picnics on the beach at Presque Isle State Park in Erie.

It is not difficult to become a volunteer at Wesbury. The only requirements are that you must be at least 13 years of age and attend orientation/job training. Your time, talents, and energy are valuable to us, but more importantly to residents and their families. For more information about volunteering at Wesbury, please contact Melissa Swartwood, Director of Life Enrichment and Volunteer Services at 814-332-9235 or visit *www.wesbury.com*.

"The best way to find yourself is to lose yourself in the service of others." -Gandhi

Going Above and Beyond in Supportive Healing

Conneaut Lake resident, Lou Moyers had severe pain in his foot that he did not realize was actually a fracture in his ankle. This became clear only after he had a fall that brought him to the Emergency Room. Upon getting x-rayed, it was discovered that not only did Lou have a break in the one ankle, but his other ankle also fractured when he fell.

With two broken ankles, Lou was admitted to Grace Health Center's short-term rehabilitation neighborhood to heal and rebuild strength in his ankles. Each morning, he would go to the Rehab Center to work with the therapists, but found in the afternoon, he was really looking for something he enjoyed doing to keep himself busy.

Prior to his fall, Lou's hobby of 50 years was building and flying large model remote control airplanes. In fact, over the years, he has built 50 different remote control model airplanes as well as creating the flying field on Route 6 outside of downtown Conneaut Lake. Facing a three month stay, Lou wondered if he could spend his afternoons constructing his 51st airplane in his room at Grace. He approached Town Square Nurse Manager, Charlie Peirsel, about his plan, who in turn checked with Grace Administrator, Sheila Bundy, about Lou's request. Sheila's reply was, "If that will promote his healing and give him a positive experience at Wesbury, then let's get him a work space."

Left to right: Town Square Nurse Manager Charlie Peirsel, Lou Moyers, and Maintenance Supervisor Keith Peterson

Housekeeping brought a table into his room, and he began his routine of rehab in the morning and construction in the afternoon. Model remote control airplanes can be quite large with wingspans and lengths of more than four feet, so as the days went by and Lou's plane became closer and closer to completion, he needed a larger space to paint it. Wesbury Maintenance Supervisor, Keith Peterson was quick to step in and construct a painting area in the Maintenance Shop for Lou to use.

After 72 days, Lou began putting the decals on his completed airplane and prepared for his return home. He says he is grateful to the Wesbury staff for going above and beyond to make his stay personalized to his interests. Now back at home, Lou says, "Across the board they took care of my mind, my body and my spirit. They allowed me to continue to pursue my passion and alleviate any sort of downtime by letting me stay busy the way I want."

If you or a loved one are planning a surgery or are in need of a supportive rehabilitation program, consider Wesbury's Town Square Short Stay Neighborhood. For more information, contact Grace Health Center Admissions Coordinator, Gwen Smith at 814-332-9233.

Wesbury Announces Care Cottage

Wesbury is always looking for opportunities to increase the programs and services offered to families of the greater Meadville community. To meet the growing demands of area seniors, Wesbury is offering a new approach to senior living, the Wesbury Care Cottage. Opened in September, the Care Cottage is a residential three bedroom home that offers a maximum of three residents around-the-clock "Help at Home with Wesbury" services to meet their day to day needs. The Care Cottage is designed to provide safety and support to low income residents that qualify for the PA Waiver Program or to those that can pay privately who prefer to reside in a homelike setting as an alternative to a nursing home. Under the umbrella of Help at Home with Wesbury, there are plans to expand the Care Cottage program around the community. If you would like more information about Wesbury's Care Cottage, contact Monica Daquilante at 814-332-9705.

Help at Home Adds Exciting New Services

The staff of "Help at Home with Wesbury" receives many requests for additional services from clients and their family members. In response, "Help at Home" added four new programs to their menu of services and have plans for future support selections that will best serve their clientele.

Pet Care:
If a client needs their dog walked, cat taken to a veterinary appointment, or fish tank cleaned, "Help at Home's Pet Companion Services" are now available to meet those tasks and more.

Handyman:
Requests have been made for help with interior and exterior general maintenance of a client's home. "Help at Home's Handyman Services" are available to take care of home maintenance tasks such as fixing a railing, hanging a picture, washing the car, mowing the lawn or tending the garden.

On Campus Clubhouse Membership:
Independent "Help at Home" clients may join resident activities at Wesbury by purchasing guest passes to the Thoburn Village Clubhouse. This includes access to social gatherings, exercise classes, field trips, support groups and educational sessions that are offered at the Clubhouse.

Medication Management:
An exciting new partnership with Northwest Community Pharmacy now allows "Help at Home" clients the opportunity to have a licensed pharmacist come to their home to discuss medications and more. The pharmacist will review the current medications and schedule weekly deliveries and personalized packaging to clients free of charge.

Coming Soon:
Future "Help at Home with Wesbury" services are in the planning stages. Expected to start soon, Beautician Services will offer a licensed beautician who will come to you for a cut, color or perm.

To find out about all of the programs and services offered to the region, phone "Help at Home with Wesbury" at 814-332-9186 or visit *www.wesbury.com*.

Eight Day Danube River Cruise Itinerary

DAY 1 | Passau, Germany

Board the elegant MS Belvedere, grab a free drink, and enjoy the views of Old Town Passau and her patrician houses as you set sail along the Danube.

DAY 2 | Dürnstein, Austria

Explore Dürnstein, which has kept much of her historic character and is often regarded as possibly the most romantic place in the Wachau Valley - known for exceptional wine as well.

DAY 3 | Vienna, Austria

Discover the Austrian capital of Vienna and her baroque architecture, picturesque courtyards, and world-famous Opera House. Enjoy your free time with some Viennese Coffee and shopping too.

DAY 4-5 | Budapest, Hungary

With two days in bustling Budapest, you'll have the opportunity to explore this illuminating city by yourself or on one of our guided tours. Truly one of the best stops on the Danube.

DAY 6 | Bratislava, Slovakia

Now considered one of the most beautiful cities in Europe, Bratislava is a city you should explore. From the medieval alleyways to the Renaissance period houses, enjoy every step as you leisurely stroll through time.

DAY 7 | Melk, Austria

Visit the famous Melk Abbey - the largest Austrian Baroque cloister site and see the world-famous library with over 80,000 volumes and stunning ceiling frescoes.

DAY 8 | Passau, Germany

Enjoy breakfast and the morning views on-board as you return to our home port of Passau for disembarkation.

Care Level continued from page 2

memory impairment requires they need help with every aspect of daily living and no longer benefit from the stimulating environment of the memory support center. These needs require a long term nursing care setting with twenty-four hour nursing support.

Explore your options and learn that today's senior communities offer far more privacy, independence, choice and person-centered care than the institutions of the past. At Wesbury, all residents enjoy personal hobbies, making new friends, and reconnecting emotionally and spiritually at all care levels. If you or a loved one would like more information, please call 814-332-9009 and let us help you develop a plan that is right for you.

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

Please send me information about:

- ❑ Independent Living
- ❑ Enhanced Living & Personal Care
- ❑ Skilled Nursing
- ❑ Help at Home with Wesbury
- ❑ The Wesbury Institute
- ❑ The Wesbury Foundation/Making a Donation
- ❑ Future Edinboro Community

❑ Send me the New Wesbury DVD

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

Name _____

Address _____

City _____ State _____ Zip _____

2015 FW

E-Mail _____

Phone _____

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

Wesbury Employees Reach Milestone Years

Each year Wesbury celebrates the commitment, compassion and dedication of staff members with an Employee Appreciation Day. The day included a luncheon for every employee and a recognition program to acknowledge those employees reaching milestone years at Wesbury. This year 41 staff members were honored for their service to the residents at Wesbury, including eight individuals who have been employed at Wesbury for 20 or more years!

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

5 Years
Brenda Greenawald, Jessica Williams, Paula DeMaison, Louise Plummer, Walter Peterson, Kimberley Pruitt, T. Lee Kunselman, Ashley Fontanez, Alexis Bump, Tina Fout, Colleen Viscusi, Stacy Edwards, Tony Szyplik, Stacey Hoey, Marianne Nulph, Michael Kaputa, and Greg Brink

10 Years
Peggy Penfield, David Venanzi, Gwen Smith, Kathleen Palmer, Tamara Heimbrook, Joe Pears, Mary Jo Lohrer, Shannon Perry, Ken Stewart, and Joe Palmiero

15 Years
Charlie Peirsel, Cheryl Mantzell, Jeff Longstreth, Paul Smith, Sharon Stang, and Jeanette Osborne

20 Years
Cathy Kiser

25 Years
Sherry Petergol
Pam Williams

30 Years
Jean Mumford
Gena Collins

35 Years
Mary Sopher
Debbie Conrad

40 Years
Diane Burchill

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

Wesbury Institute
Parkinson's Support Group
2nd Wednesday of every month
Campus Community Center

October 2015 - "Caring for the Caregiver"

For more details on specific dates and times for upcoming Wesbury Institute events, call David Venanzi at 814-332-9399.

Hospice of Crawford Co. Symposium
November 4, 2015 at 1:00 p.m. - 5:00 p.m.
New Beginnings Church of God
Meadville, PA
Call 814-333-5403 to register
$10/person

Seniors for Safe Driving
Classes scheduled for
Nov. 18, 2015 at 5:30 p.m. - 9:30 p.m.
Dec. 9, 2015 at 9:00 a.m. - 1:00 p.m.
at Cribbs Residential Center. Call 800-559-4880 for more information.

Sunset Auxiliary Holiday Sale
Thursday, November 12th from 1:00 p.m. to 5:00 p.m. & Friday, November 13th from 10:00 a.m. to Noon
Wesbury's Campus Community Center
Phone The Wesbury Foundation at 814-332-9381 for more information.

Hillside Luminary Night
Friday, December 4th
6:00 p.m. - 8:30 p.m.
Wesbury Hillside Home

Wesbury Resident Family Christmas Reception
Friday, December 11th
6:00 p.m. - 8:30 p.m.
Cribbs Residential Center, Grace Health Center and Memory Support

Wesbury's Trip
8-Day Danube River Cruise
May 14 - 22, 2016
Call The Wesbury Foundation at 814-332-9712.

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 -