WESBURY WINDOW

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I Promised Mom I'd Never Put Her in a Nursing Home

Ann Janiak (right) with Wesbury's Life Enrichment Coordinator Pam Schultz learning computer skills during a Senior Scholars class.

For Ann Janiak, living in a "nursing home" was never in the cards as far as she was concerned. She was in her nineties, and as she aged, she remained sharp as a tack and felt she knew what moving into a "home" really meant. When she began to have physical issues, she had two daughters living nearby, Judy and Barbara, who could take care of her in her home. There was no need for a change of environment in spite of Ann's growing isolation, loneliness, and lack of socialization. As the challenges and incidents became more frequent, and the need for someone to always be around to make sure Ann was safe, it was decided Barb should leave her home with her husband and move into her mom's house during the week and Judy would stay with her on the weekends.

Barb felt compelled to take care of her mom and had promised she would not put her in a "nursing home." It is a promise many adult children make to their parents, after all, most adult children know their parents very well and can take better care than a complete stranger. Sadly, what many don't consider is the amount of physical and emotional stress that can accompany taking on the role of primary caregiver of a senior parent. Barb found out over three years of being in that role, she became resentful and tired. One day in early November 2015, Ann's knees began to buckle, and she went down three times that day. The third time, Barb sat down on the floor with her and cried and said, "I'm sorry Mom; I just can't do it anymore."

Barb called an ambulance and Ann was admitted in the hospital. She was transferred to the hospital's Transitional Care Unit, but upon her discharge needed more therapy, so she was admitted to Wesbury for a short rehab stay at Grace. Not all of her days were good ones, especially early on. She had mobility as well as emotional issues and seeing how some other residents were progressing, left Ann feeling somewhat left out as her situation had plateaued and she was not going to be returning to her home. But things changed when Danielle from Town Square Life Enrichment made a point of including Ann in activities and eventually, her permanent move to Wesbury's Grace Rehabilitation and Health Center changed her.

For years, she wore only house coats or "dusters," and now, she preferred to get dressed up, put on a necklace or earrings when she was meeting with her fellow residents. Ann loved when someone would comment on how nice she looked and was happy when Barb brought in a new blouse to wear. Before moving to Wesbury, Ann got her hair done once or twice a year, but now she looked forward to her weekly visits with Amy at the Beauty Shop at Grace. She enjoyed when family came to visit from out of town, especially her son, grandchildren, and great-grandchildren and they would dine together in the Neighborhood Grill. Having been shut in at home for such a long time, Ann could only watch Mass on television. Living at Grace also gave her the opportunity to attend Mass weekly again; receiving Communion was a blessing to her. When Father Tito was no longer assisting with Mass,

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Wesbury Joins Sodexo in Supporting the Community

"Let's Fill the Cart" was the theme that inspired the Sodexo Stop Hunger annual food drive held at Wesbury last November. Barb Loiacona, Wesbury/Sodexo's General Manager of Food and Nutritional Services worked closely with Chris Clawson of Life Enrichment, with the idea of using his artistic vision to make a large, oversized shopping cart to hold items the Sodexo Team and Wesbury resident volunteers collected during the week long food drive.

Joe Pears, Barb Loiacona and Ed Biemer (l. to r.) of Sodexo/Wesbury at last year's "Let's Fill the Cart" food drive.

During the final two days, a "food drive store" was set up in the lobby at Grace to increase donations where people could purchase food items to contribute to the cause. On the final day, Meadville's local "Good Time Rock n' Roll" radio, COOL 101.7 broadcast live from Wesbury to bring in more traffic and get closer to the goal.

The result? Over 900 pounds of food was collected and distributed to the Meadville Salvation Army Food Pantry and the Meadville Women's Shelter.
"We remain committed to giving back to our local community," says Barb. "We are proud of our annual food drive and the support we have received from the community."

Would you like to help? The next annual Sodexo Stop Hunger "Let's Fill the Cart" Food Drive will be in conjunction with National Health Care Food Service Week, Monday, October 2nd through Friday, October 6th. During these days, stop by the lobby of Grace Rehabilitation and Health Center to donate non-perishable canned and dry food items throughout the week. On Wednesday, Thursday and Friday mornings from 8:00 a.m. – 10:00 a.m. canned food items will be sold on site for your convenience so you do not have to carry them in. Please make sure you check expiration dates! Let's all work together and support the local community!

Changes Come to Help at Home

It has been a year of growth for Help at Home. In March, Help at Home with Wesbury announced a merger with Family to Family Home Healthcare, LLC. In addition to Help at Home's established menu of programs and services, Family to Family provided skilled nursing services to clients in Crawford, Erie, Mercer and Venango Counties. As a result of the merger, Help at Home with Wesbury will now provide skilled nursing services in the previously mentioned counties as well as companion services in Crawford, Erie, Forest and Venango Counties. Two care cottages were also acquired in the merger bringing the total to seven in the program. Now, there are four Wesbury Care Cottages in Meadville, two in Titusville, and one in Cochranton.

Wesbury Care Cottages are residential three bedroom homes that offer a maximum of three resident's twenty-four/seven, around-the-clock "Help at Home with Wesbury" services to meet their day-to-day needs. The Cottages are furnished, private homes that are beautifully decorated with plenty of room for the residents to visit with one another, with family, or to have their own privacy. The program is designed to provide safety and support to low-income residents who 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.

Additionally, we are pleased to announce that Kim Pavlek has assumed the duties of Vice President of Home and Community Based Services and Michelle Peters is the Care Cottage Coordinator. Kim is a graduate of Mercyhurst College and a Registered Nurse with ten years of experience in the healthcare field. She was also previous owner and administrator of Family to Family. Michelle, a graduate of Clarion University, has worked in a management position for close to a decade; two years were as Office Manager & Controller for Family to Family. Kim will oversee the day-to-day operations of Help at Home with Wesbury and Michelle is responsible for the coordination and monitoring of all Care Cottage environments for safety, comfort, and overall well-being of residents, staff, structures, grounds, and visitors.

Kim Pavlek (left) and Michelle Peters at the new location of Help at Home with Wesbury offices in the Meadville Downtown Mall.

The Help at Home with Wesbury offices are now located in the Meadville Downtown Mall. The new address is:

Help at Home with Wesbury
900 Water Street, Suite 19
Meadville, PA 16335

For more information and the complete menu of home healthcare programs and services, phone 814-332-9186 or visit *www.wesbury.com*.

Promoting Health and Longevity Through Nutrition

Amanda Cusick, Wesbury/Sodexo Registered Dietician and Clinical Nutritional Manager, discusses nutritional choices with Wesbury resident, Charlotte Wells.

When Amanda Cusick received a desperate call from a staff member concerning the dietary needs of her husband who had been recently diagnosed with cancer, Amanda, the Wesbury/Sodexo* Registered Dietician and Clinical Nutritional Manager, was ready to provide assistance. The cancer was causing severe digestive problems and weight loss, the staff member, an RN herself, was at a loss for what might help. Amanda conducted an analysis of his food intake and provided guidance for nutritional supplementation that would benefit and assist with lessening the side effects brought on by the cancer. After the analysis, Amanda also encouraged a change to his diet; to try a bland diet consisting of bananas, rice, applesauce, and toast, coupled with the addition of a daily multi-vitamin, gradually increasing his intake of fiber and additional fluids. Much to everyone's relief, Amanda was proven correct when the digestive ailments subsided and he began regaining weight and resuming his activities of daily living as he once had before his diagnosis.

"I am happy to be a resource to the Wesbury community and help provide guidance in eating better and ultimately feeling better," says Amanda. When it comes to nutrition at Wesbury, she uses a quote by Hippocrates, "Let food be thy medicine and let medicine be thy food." Amanda feels that dieticians are often underutilized. People are often

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The following are a few recommendations by Amanda that can support health and longevity:

Water: Tried and Still True
Drinking plenty of fluids promotes cleansing, flushes toxins, ensures hydration, and helps maintain healthy skin, as well as looking and feeling younger. Additionally, adequate water intake reduces constipation and stress on the kidneys. If you are a senior whose thirst mechanism may have declined, set up reminders to drink up and stay hydrated!

Totally Nuts
Researchers have found the consumption of nuts five to six times a week can lead to a longer than average life expectancy. This could be due to the protective fatty acid, excellent mineral content, wealth of phytonutrients, or the impressive overall profile of nuts as a part of a healthy diet. While many worry about weight gain with nuts because they are high in fat, they have not been shown to contribute to weight gain when eaten in moderation.

Mediterranean Diet & More Plant-based Meals
The Mediterranean Diet is not only about eating fish and olive oil. It focuses on vegetables, legumes (dried beans and peas), fruits, nuts (walnuts especially), and whole grains. Swapping burgers for fish and striving for selecting more fruits and vegetables and less frequently selecting fried food and white-refined breads, can really make a difference.

Spice It Up
Many recent studies have focused on the health protective qualities of herbs and spices. Sage, oregano, turmeric, cloves, and cinnamon have all been shown to lower fasting blood sugar levels in diabetics. Better blood sugar control means prolonged health and a lower risk of diabetes-related maladies.

**Sodexo provides Dietary Management to Wesbury's Grace Rehabilitation and Health Center.*

Wesbury Supports Relay for Life

Relay for Life is the American Cancer Society's annual fundraising event that is held in communities throughout the country. For the Meadville event, the Wesbury Warriors kicked off their fundraising in March with a cupcake sale. They continued through the spring with bake sales, eight casual Fridays where staff paid two dollars to dress down at work, a "Dollar-A-Drink" day at the Neighborhood Grill, hoagie sales, fill the Stanley Cup penny collection, raffles for a picnic basket filled with essential goodies and tickets to "Straight No Chaser" at the Crawford County Fair, as well as a selling hotdog lunches in the lobby at Grace Rehabilitation and Health Center.

"I found out first hand that Cancer doesn't pick or choose; it doesn't care about your social status or income and it means a lot to me and my son that the Wesbury Community – employees, residents and volunteers come together and are fighting this "battle" with us," says Theresa Nichols, Wesbury Warrior.

Members of the team and Wesbury employees manned the Wesbury Warriors decorated safari-themed tent for 24-hours during the Relay event held at the Crawford County Fairgrounds on June 24th and 25th. For 2017, the Wesbury Warriors Team raised more than previous years with a total amount raised of $2,324.74.

Thank you to the Wesbury Warrior leader team shown above, l. to r.: Theresa Nichols, Kim Ryan, Phyllis Easley, Kay Nageotte, Monica Daquilante, Lynn Kean, and Chris Clawson. Also on the team but unavailable for photo: Greg Brink. Special thanks to everyone who supported the Wesbury Warriors and Relay for Life 2017!

Congratulations 2017 Senior Tribute Honorees

For close to a decade, we have shared the stories of individuals and groups who make amazing contributions to their friends, neighbors, and communities at Wesbury's Annual Senior Tribute Banquet and Auction*. This annual fundraiser takes place on Thursday, October 12th at the Iroquois Club in Conneaut Lake, PA.

If you missed this year's deadline for nominations, you can always be a part of next year's event! The Wesbury Foundation accepts Senior Tribute nominations throughout the year. Nomination forms can be found at *www.wesbury.com* or they can simply be written on a sheet of paper and sent to The Wesbury Foundation, 31 N. Park Ave., Meadville, PA 16335. The deadline for next year is July 31, 2018.

If you would like to support the event by attending, donating a basket for auction, or providing funds for items that go into the various baskets or raffles, please call the Wesbury Foundation at 814-332-9264.

This year, the following remarkable individuals and groups will be honored:

Mr. James Patterson
Meadville, PA

Mrs. Susan Slautterback
Franklin, PA

Mrs. Jane Smith and Mrs. Jean Shanley
Meadville, PA

Mrs. Jean Weber
Meadville, PA

Ladies Home Mission, UMC Belleview Charge
Brookville, 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.*

Be a Part of Christmas at Wesbury

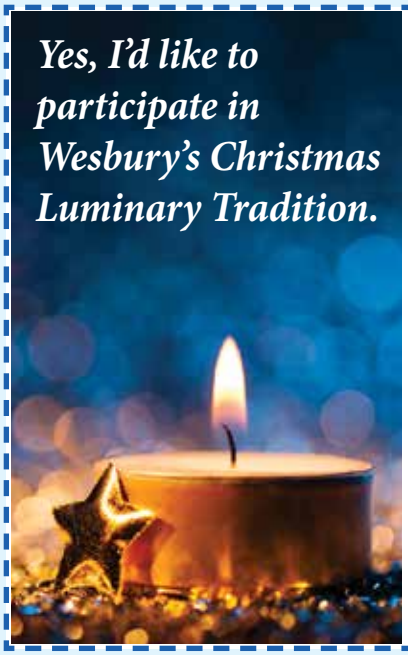
For over thirty years, luminaries placed around Wesbury's campus on the evening of the annual Resident/Family Christmas Reception have been a symbol of Wesbury's care and compassion. For a charitable donation, a luminary candle is lit in memory or in honor of friends and loved ones. Throughout the years, many have made this charitable gift a part of their holiday giving traditions.

"Over the years, I have given to the luminary fund in honor and in memory of my parents, in-laws, residents and family of staff members because Christmas is always a time to think of family which then leads us to remember those no longer with us. It just always seemed to be an appropriate time and way to shine a light in their honor," says Wesbury employee, Vicki Bradshaw.

By making a gift to Wesbury's Benevolent Care Fund, you are helping to support the residents who have outlived their financial resources and depend upon Wesbury for care and financial support throughout the year. For a charitable donation, a luminary candle can be lit in memory or in honor of friends and loved ones during the 2017 Resident/Family Christmas Reception on Friday, December 8th. Additionally, Tribute luminary posters are exhibited in Grace Rehabilitation and Health Center and Cribbs Residential Center so residents and guests can enjoy the tribute messages throughout the entire Christmas season.

"I consider the Wesbury Foundation's Luminary Project to be a worthwhile endeavor; says Thoburn Village Resident, Bill Rhodes, "the monies received go directly to Wesbury residents in need of financial aid and it is a nice way to honor and remember friends and loved ones during the holiday season."

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



❑ $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.

Giving Back to the Community

As part of their donation to upgrade the Wesbury Nature Trail, Rev. James and Betty Hammerlee (pictured) decided to have a water fountain put in at the trailhead. The granite plaque was recently installed in memory of their parents.

"So many residents and people from throughout the neighboring community use the nature trail for a variety of reasons; it is nice to be able to quench their thirst after a workout or a nice leisurely stroll," says Jim.

Biggest. BBQ. Ever.

The summer kicked off with a wonderful honor as Director of Life Enrichment and Volunteer Services, Melissa Swartwood, accepted the "Best Practices" award on behalf of Wesbury and the Wesbury Foundation for Wesbury's Chicken BBQ and Craft Fair from the NCCAP (National Certification Council of Activity Professionals) at their Symposium in Buffalo, NY. The NCCAP recognized Wesbury's Chicken BBQ and Craft Fair for its approach to making the fundraising (and "friend raising") event a success each year.

When the third weekend in July hit, the heat and copious amount of sunshine did not stop the over 3,000 attendees from coming to Wesbury's campus to enjoy the 28th Annual Chicken BBQ and Craft Fair. The event featured the delicious flavors of BBQ chicken and ribs as well as a full helping of live entertainment from Double Vision, Jay Bird and Haley Bee, Terry Farlik and the Watson Run Praise Band. Guests toured the Wesbury campus, hunted for treasures at the Granny's Attic rummage and used book sale and gobbled up all of the homemade goodies from the Sunset Auxiliary bake sale tent. Numerous crafters, area service providers, the Family Friendly Fun Zone and the Classic Iron Car Cruise-In provided something for everyone who attended this year's event.

Wesbury staff and volunteers sold more meals than ever before serving approximately 2,660 chicken and rib dinners in just six hours! It was truly amazing. Wesbury's Sunset Auxiliary sponsors the annual event along with The Johnson Trust, Wilkinson Excavating, Inc., and DeSantis Solutions; and the Food Sponsor: UPMC Health Plan; proceeds directly benefit Wesbury residents through the Sunset Auxiliary and its Christian mission of service to older adults. Thank you to all of our sponsors, volunteers, staff and guests who truly make this event a summer tradition!

Employees Give Something to Cluck About

In 2014, Assistant Director of Nursing, Autumn Ferringer, was discussing a weight loss challenge with a few fellow employees to support each other's wellness and health. The group decided to take it further and collect money with each weigh-in; the winner at the end won $700.00.

As word spread through the staff, a second challenge was started that raised $1,200.00 in three months for the winner. They thought if they could do this – what if they could do something similar for a bigger cause like supporting Wesbury residents, which could bring the campus together, boost morale, and promote health and wellness for the whole Wesbury community? After a few conversations, a committee of 20 employee volunteers was formed and it was decided that they would hold a 5K run/walk during the summer.

They called a meeting with the Wesbury Foundation, and the group committee decided piggybacking on Wesbury's Chicken BBQ could draw in more participants and add a theme to the event. With that, the idea for the first annual Wesbury Chicken Run 5K was hatched last year with 75 participants.

For 2017, they wanted only to grow the event; and grow it they did. This year, 123 runners and walkers, made up of staff, residents, family members, volunteers, and members of the community, crossed the finish line raising $7,205.00 for the Benevolent Care Fund providing support for Wesbury residents who have outlasted their resources.

Thank you to our Co-Sponsor: Northwest Pharmacy Solutions, LLC and Start to Finish Sponsors: Diagnostic X-Ray Service, Inc., Dick Allen's Auto Repair, Medline Industries, SCA/TENA, and Shafer Law Firm.

We hope to see you at next year's Chicken Run!

I Promised Mom *(continued from page 1)*

Ann began attending weekly services with Wesbury Chaplain, Rev. Sam Marchetta. While hesitant at first, as she had never attended any other denomination service outside of Catholic, she looked forward to Rev. Sam's services after her first attendance and appreciated the one-on-one spiritual sessions that he offered her and her fellow residents.

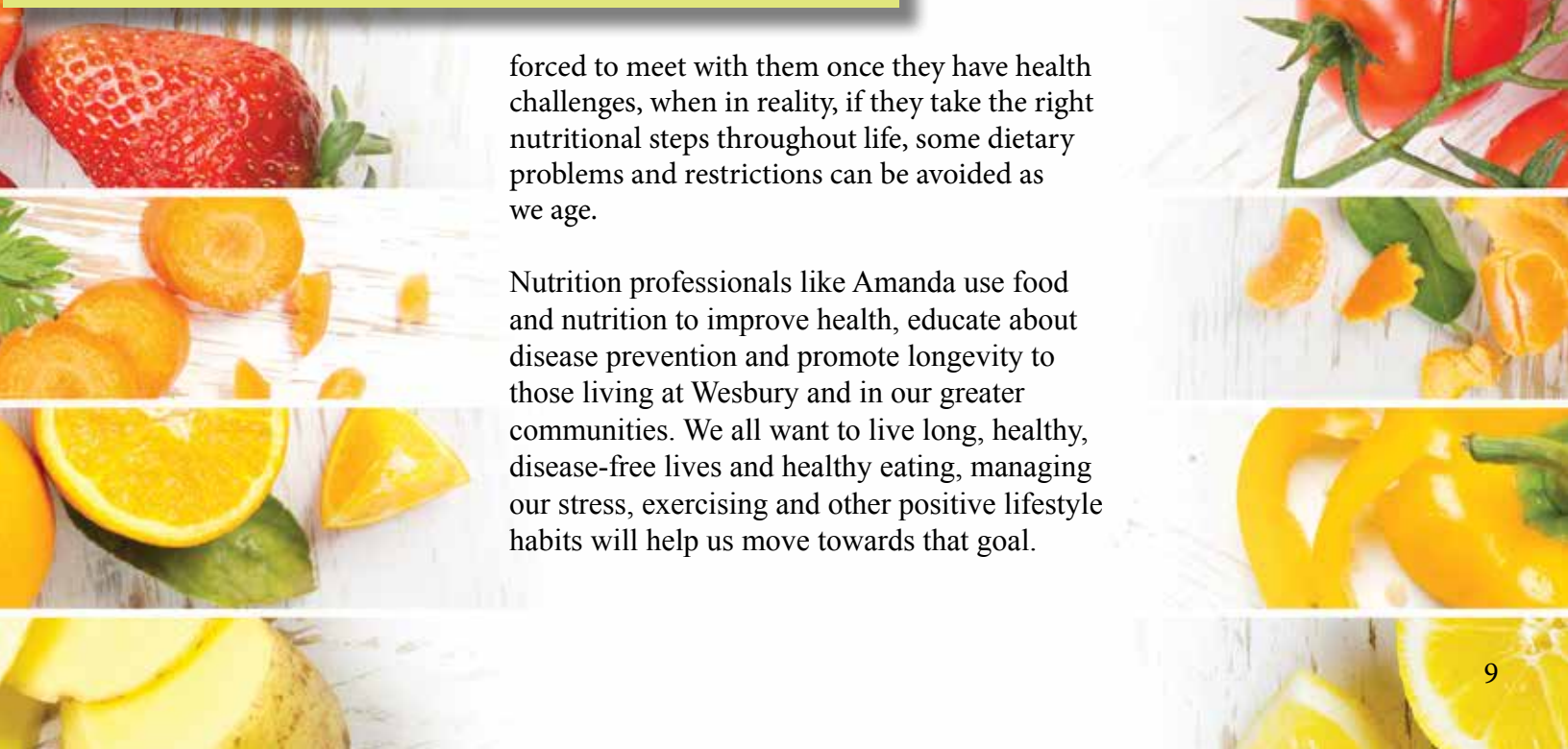
Ann loved to check out who the Resident of the Month was and bragged a bit when it was a friend of hers. That's why she was thrilled to receive the honor last May, which was also the month of Mother's Day.
"It was comical to go outside for a 'walk' (pushing her around in her wheelchair) because she had a fear of 'missing out' on what was happening inside with the other residents," says Barb, who visited with her Mom practically every day. "She would never admit it, but Wesbury really brought Mom out of her shell and helped her to blossom."

More recently, Ann became a part of the newly formed Senior Scholars program started by Melissa Swartwood, Director of Life Enrichment at Grace. She enjoyed the monthly topics from the various instructors, the projects, the field trips, and even the homework. It gave her an opportunity to exercise her mind. As graduation neared in June, Ann's health began to decline, and she

Ann Janiak (left) with Life Enrichment Coordinator Pam Schultz (center) and some of her fellow classmates during a Senior Scholars class.

passed away two days before graduation. As Barb and Judy were making arrangements for their Mom, they decided to switch locations of her funeral from Linesville to Wesbury to be surrounded by her friends and family. At her calling hours, Melissa brought Ann the diploma and tassel she would have received. The family found the gesture to be both touching and emotional as they placed them with her. Originally, the decision to move Mom to a nursing home had left them feeling guilt ridden and defeated, and they never dreamed their Mom would blossom there. But, she did. She had really made a home for herself at Grace.

Promoting Health *(continued from page 4)*



forced to meet with them once they have health challenges, when in reality, if they take the right nutritional steps throughout life, some dietary problems and restrictions can be avoided as we age.

Nutrition professionals like Amanda use food and nutrition to improve health, educate about disease prevention and promote longevity to those living at Wesbury and in our greater communities. We all want to live long, healthy, disease-free lives and healthy eating, managing our stress, exercising and other positive lifestyle habits will help us move towards that goal.

Abundant Life at Wesbury

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 _____

2017 FW

E-Mail _____

Phone _____

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

Share Your Wesbury Memories!

In 2018, Wesbury will be celebrating 100 years of providing the full continuum of aging lifestyle services and compassionate care programs to Northwest Pennsylvania. Do you remember visiting the original Cribbs Home on the farm in Conneatville, or working at the Methodist Home in the 1950's or 1960's? Did you have a hand in working on the various expansion projects around the Wesbury campus? Is there a good story or fond memory of visiting a loved one, attending a Chicken BBQ or other event? Maybe you served on a board, visited with a church, or volunteered at Wesbury. There are so many great stories that paint the picture of who we are and where we come from as an organization. We are looking to you to help us capture those stories as we compile memories of the past 100 years!

We know our roots in the area run deep, and we have played a role in the lives of many families over the years. There are many people who have worked with us, have lived with us, and supported us with their precious time and talents. Please share your stories, photos, and memories by emailing us at **wesbury100@wesbury.com** or by calling **814-332-9238**. We may share your memories on Wesbury's website, Facebook page, or ask you to be a part of our 100-year video celebration, but if you wish, you can choose to remain anonymous as well.

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. For more information, call 814-332-9580.

Parkinson's Delay the Disease Classes
Classes are located in the Thoburn Village Clubhouse on Mon. and Fri. at 10:30 a.m. and Wed. at 1:15 p.m. Call 814-332-9794 for more information.

Wesbury's Senior Tribute Recognition Dinner & Auction
Thursday, Oct. 12, 2017 at 5:30 p.m. Iroquois Club - Conneaut Lake. Call The Wesbury Foundation at 814-332-9712.

Attorney Tye Cressman - What you should know about your Power of Attorney
Wednesday, Oct. 18, 2017 at 6:00 p.m. Wesbury Campus Community Center. Call 814-332-9009 for more information.

Country Crafters
Friday, Nov. 3 – 10:00 a.m. – 6:00 p.m.
Saturday, Nov. 4 – 10:00 a.m. – 4:00 p.m.
Sunday, Nov. 5 – 10:00 a.m. – 4:00 p.m.
Wesbury Cribbs Residential Center's Community Room.

Seniors for Safe Driving
Classes scheduled for Nov. 15, 2017 at 5:30 p.m. - 9:30 p.m. at Cribbs Residential Center. Call 800-559-4880 for more information.

Sunset Auxiliary Holiday Sale
Thursday, Nov. 9th from 1:00 p.m. to 5:00 p.m. & Friday, Nov. 11th from 9:00 a.m. to Noon Wesbury's Campus Community Center. Call The Wesbury Foundation at 814-332-9381 for more information.

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

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 -

EAGLE ACCREDITATION

EQUAL HOUSING OPPORTUNITY