WESBURY WINDOW

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Fishing, Golf and Jet Skis – Taking "Active" to a Whole New Level!

Summer 2018 may be in the books, but over our warm weather months residents from throughout the Wesbury community made the most of it on-campus and throughout the region!

Residents of Grace Rehabilitation and Health Center and Memory Support experienced educational trips in Edinboro at the Cooper Science Hall Planetarium and Museum and Goodell Gardens. They also stopped by the "old fishing hole" for a summertime fishing derby and picnic. Prizes were awarded for the biggest catch, and those who didn't find the fish biting got themselves a bite to eat at the pond-side picnic during the derby. Thank you to the Crawford Area Transportation Authority (CATA) for providing a fleet to help transport everyone and their gear out there.

Cribbs Residential Center residents hit the road and stayed active at places like Donna's Diner in Sharon for an upbeat 50's-style dining experience and Presque Isle State Park on Lake Erie for a day of fun in the sun. A group hit the links at Whispering Pines Golf Course. Some who

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Cribbs K-9 Crunchies

It has been forty years since Cribbs Residential Center resident, Jacque Byrns was living in the North Texas town of Burkburnett. She picked up the paper one day and saw a recipe for DIY dog treats you could make in your kitchen and decided to give the recipe a try. Her dog loved them! Over the years, Jacque says she had many dogs and many types of breeds, but all still loved that dog treat recipe.

Upon moving to Wesbury, Jacque approached Stacey Hoey, Cribbs Residential Center's Life Enrichment Coordinator, about possibly making the dog treats as an activity for her fellow residents. "I was just thinking we have all of our food provided to us, so many of us don't get in the kitchen anymore and making these treats could be a fun project," says Jacque. The homemade treats are made with healthy ingredients and can be eaten by canines, other animals and even people for that matter!!

With Wesbury's Chicken BBQ and Craft Fair on the horizon, the residents decided maybe it would be nice to meet up a few times to make dog treats to sell at the event. They could then take the funds they raised and support the Crawford County Humane Society as a way to give back to the community.

At the BBQ, the residents and Cribbs Life Enrichment set up a tent and proceeded to raise $284 for our local animal shelter. "I couldn't be happier with the way the project came together," says Jacque. "I love dogs, and supporting our animal shelter with funds from items we made feels great!"

Making Sales at the BBQ - l. to r.: Donna Hart, Tammy Beers (Life Enrichment Coordinator), and Pat Hughes

Making the Dog Treats - l. to r.: Tammy Beers (Life Enrichment Coordinator), Jacque Byrns, Theresa Smith, Stacey Hoey (Life Enrichment Coordinator), and Audrey Lavery

Giving the Proceeds to the local animal shelter - l. to r.: Halley Bourquin (Shelter Employee), Jacque Byrns, Tammy Beers (Life Enrichment Coordinator), Wilma Sturzebecher and Audrey Lavery

Easy Homemade Pumpkin Dog Biscuits

- 2 Tbsp Peanut Butter
- 2 Eggs
- 2 1/2 C Whole Wheat Flour
- 1/2 tsp Salt
- 1/2 tsp Cinnamon
- 1/2 C Pumpkin (about half a can)
- 1 Dog Bone Shaped Cookie Cutter

Combine all ingredients and mix until blended. Use your rolling pin to work the mixture flat, then use your dog cookie cutter to make them into little bones or paws. Bake at 350° for 35 - 40 minutes, let cool and you're done!

Above is a recipe we used to make homemade dog treats that you can make in your home (though it's not Jacque's, she says after 40 years, that one has become a secret).

Summer Fundraising Success

Over the summer, three great events helped to support Wesbury residents by raising funds for the Wesbury Foundation's Benevolent Care Fund. Each year Wesbury provides Benevolent Care to residents who have outlasted their resources. We want to thank our sponsors who have partnered with Wesbury for all 2018 fundraising events. **Leadership Partners:** The Johnson Trust and Wilkinson Excavating, Inc.; **Community Partners:** Northwest Insurance Services and Wilson Building Supplies, Inc.; **Neighborhood Partners:** First National Bank and UPMC Health Plan; **Supporting Sponsors:** PNC, R.E. Johnson Electric, and Sodexo.

When you picture the perfect summer day, you're thinking seventy-five and sunny with a light breeze. That is precisely the kind of day we were blessed with at the Meadville Country Club for our annual Senior and Friends Golf Outing in June. The event raised more than $14,000 thanks to our golfers and sponsors. Look for registration and sponsorship information for the 2019 Senior and Friends Golf Outing during the spring.

Kick starting Wesbury's two great events, over one great weekend, the 3rd Annual 5K Chicken Run/Walk had a tremendous outpouring of support this year! With more than 100 participants, this employee-driven event exceeded its goal and raised $9000. There are many who have helped grow this event over the past three years, and everyone's talents are very much appreciated. From baking items for sale, rallying participants, finding sponsors, volunteering time, and sharing their creativity, the list of support is just endless.

Wesbury's 29th annual Chicken BBQ and Craft Fair was also a huge success! The weather was perfect, though a little hot; even for mid-July. Thank goodness for the Wesbury100 sunglasses and fans available to patrons at the Wesbury Marketing tent. The event was very well attended, and everyone seemed to have a great time. Wesbury staff and volunteers served a record 2,710 chicken and rib dinners in six hours to the estimated 3,000 plus people who were there.

The Sunset Auxiliary sold out of their baked goods and the rummage and used book sales were very successful. The money raised from these sales will be used later this year to purchase items that will benefit Wesbury residents. Additionally, there were nearly 300 volunteers, who helped the vendors, crafters, musicians, car show attendees, and transportation for our guests.

A heartfelt THANK YOU to every sponsor, volunteer, employee, and resident who was a part of all of these amazing events! It takes all of us working together to make Wesbury the wonderful place it is for everyone who lives and works here.

Understanding the Barriers of Dementia Care

You're invited to attend this special program.

Upon news of a loved one being diagnosed with Alzheimer's, Dementia, or any other memory impairments, the road ahead can be very scary. Things still may be in the early stages and as incidents and needs increase, the search for outside help and support will become necessary.

If you are looking for help in caring for a loved one with Alzheimer's, Dementia, or memory loss; Wesbury can help. **Join us Wednesday, October 24th from 5:30 p.m. until 7:30 p.m. in the Wesbury Campus Community Center located in the Larcom Memory Support Center for "Understanding the Barriers of Dementia Care, Improving Insight and Communication for the Caregiver."** This program is a collaboration between Wesbury, the Alzheimer's Association, and Hospice of Crawford County who will provide their insight on how to respond to real life scenarios for those struggling with memory loss and will provide information on the supportive services they offer.

By attending this program, participants will learn to identify common signs of potential difficult behaviors in all levels of dementia care, suggestions for practical interventions, and strategies to handle difficult behaviors and communication deficits. While here, attendees will also have the opportunity to talk to the program experts and tour Wesbury's Memory Support Center.

To RSVP for this event, contact the Alzheimer's Association at 814-456-9200 or jcurtis@alz.org by October 17th.

Why Choose Wesbury's Memory Support Center?

Wesbury has been at the forefront of helping families find solutions to the stress and worry of caring for a loved with memory loss. Opened in 2001, Wesbury's Larcom Memory Support Center offers a unique environment with specialized programming. Its innovative design is bright and open with secure outdoor courtyards, large corridors for walking, and glass atriums with expansive outdoor views all while ensuring residents experience a carefully supervised, fulfilling, and active lifestyle aimed to stimulate memory and independence. Just because an individual is living in a memory support environment does not mean they don't get out and can't participate in life. Residents of Memory Support attend many of the outings of other Wesbury residents including life-long learning programs, local concerts and field trips.

It is important to know what the appropriate level of care would be best for a loved one. Can they remain in place or is a move needed? One of Wesbury's Dementia-trained RNs will come into the home for an evaluation, and Wesbury's programs can be used before any kind of long-term solution is made with Help at Home with Wesbury.

Family participation is encouraged in the transition to a memory care environment. Both levels of care at Memory Support have the same design because transitions can be tough. Having some kind of familiarity and exposure to Wesbury staff can make a move less stressful to the family and the individual as more moves can lead to levels of decline. Coming to the Memory Support Center and having lunch a few times can make that assimilation easier and more comfortable. A large private room with personal belongs also gives a sense of personal space and connection.

To set up a visit, contact Gwen Smith, Grace Rehabilitation and Health Center Admissions Coordinator at 814-332-9233.

Thoburn Residents Make a Difference

l. to r.: Thoburn Village Life Enrichment Coordinator Greg Brink, and Villa residents Sandy Cupper and Ann Weiss reading the positive comments about their mentees after completing the program.

"Last summer, my foster child would come to Wesbury and spend the day with residents at the Clubhouse," says Thoburn Village Life Enrichment Coordinator, Greg Brink. "He had social problems, but after spending time, and talking with residents about many topics and their life experiences they built strong and trusting relationships. Since that time, he has become more engaged with people outside of Wesbury and is now working in the greater community; he really is a different person." The transformation Greg's foster son experienced inspired our residents to want to do more. What if they could help others? What if they could be a part of making a difference for more kids in need? Greg and the Crawford County Juvenile Probation Office (JPO) began to explore those ideas and this past summer their new pilot program called, "Mealtime with Mentors," got wings.

Designed to be an intergenerational mentoring program for youth currently in the juvenile probation system and seniors living at Wesbury or participating in the Wesbury Volunteer Program, this is a collaborative effort between the Crawford County Juvenile Probation Office (JPO) and Wesbury. "Mealtime with Mentors" is intended to be an incentive program through JPO for troubled youth. Before they started, each mentor received a minimum six hours of training covering program guidelines, expectations, adverse childhood experiences, and relationship and communication skills.

The success of "Mealtime with Mentors" is based on evaluations to determine the effectiveness of the program. Program goals are measured by both pre- and post-testing administered to the youths. The goals include: experiencing a relationship with a non-parent adult, effectively adapting and coping with stress, increasing self-esteem, increasing civic engagement, and understanding and implementing appropriate social behaviors and appropriate boundaries.

During the six-month program, four youth mentees and four senior mentors met for one hour and forty-five minutes once per week. Held at Wesbury's Thoburn Village Clubhouse; they came together to prepare, cook, share a meal, and then, clean up after the meal. This was followed by an open block of time, which allowed for participation in a meaningful activity together. Sadly, sitting down to a meal and interacting with family hasn't been the norm for many of the kids.

"My mentee told me the highlight of her week was to come to prepare our meal and spend time together," says Wesbury resident and mentor, Sandy Cupper. "I had no idea what to expect in the program, but I feel the experience was a benefit to both of us. She later said we were like family, which was nice to hear because many of these kids do not have positive relationships in their lives."

"My mentee was very nervous, upset, and quiet. I had to be just one-on-one for quite a while. After sharing meals and games, he was able to face the others and all the "noise," notes Anne Weiss, Wesbury resident and mentor. "Towards the program's end, he began to blossom and the boundaries were eased. This was a young man who didn't even want to be touched when this program started, and by the end, was asking for hugs from me and other participants. It was as though everyone became like a sharing and caring family."

Moving forward, the plan is to extend from a semester to a full year of weekly sessions. If you are a senior interested in participating and do not reside at Wesbury, considering becoming a Wesbury volunteer. Wesbury is always looking for volunteers to work in a variety of areas including "Mealtime with Mentors." If you are interested, contact Melissa Swartwood at 814-332-9235.

Travel to Alaska in 2019

At this time, we are finalizing plans for a summer 2019 Wesbury trip to Alaska! The trip with Holland America Cruise lines will start with a land tour followed by a seven night cruise of the inside passage. The cost is estimated to be around $5500/person and will include the cruise, hotels, air, bus to/from the airport, all meals onboard the ship and more. Final details will be available soon. If you are interested, please call Melissa Grinnell at 814-332-9712 for more information and to make your reservation!

Evolving to Continually Improve Quality of Care and Maintain Wellness

One thing that can always be expected in healthcare is change. As the delivery of healthcare is shifting, and as more seniors are choosing to "age in place" the potential residents we see coming in for care are often more acutely and chronically ill. To respond to this change, Assistant Director of Nursing, Autumn Ferringer, RN, is up for the challenge. Autumn oversees and monitors clinical regulatory compliance, staff accountability and education, resident education and proper nursing practices. With quality of care and patient outcomes as her top priority, she rolled up her sleeves and dove in, placing her focus on the needs and preferences of the residents of Cribbs Residential Center and Thoburn Village and how we can best deliver healthcare to them.

"Over the last year I have been observing, and listening to the residents, and what they are seeking is medical guidance and support. They do not want to go to the hospital; I have heard that message clearly. Changes are being made to show a proactive, rather than a reactive approach to healthcare on Wesbury's campus. Our focus is shifting to maintain health and wellness, not just managing illness," says Autumn. As a result, many initiatives have been set in motion.

Recently, Megan Schlaudecker joined our team as the RN Nurse Manager. She oversees the clinical regulations and process that Autumn has implemented. "It is our vision, that with this addition we will be able to provide nursing oversight of new admissions, to assist in determining the appropriate levels of nursing care needed, to have the opportunity to treat more residents and provide additional skilled nursing treatments not previously available, to institute early interventions in care and to smoothly transition residents to other levels of care as necessary," notes Autumn.

Certified Medication Technicians or "Med Techs" have been hired to work with the LPNs to provide medications to the residents at Cribbs. All are Certified Nurse's Aides who have undergone the Medication Certification Training and have also been trained to perform additional tasks. While the Med Techs administer medications, process referrals and orders, and manage several other administrative and clerical duties, the LPNs have more time to focus on nursing assessments, resident care and duties that are required to remain in compliance with regulations.

To promote communication between staff and physicians, nursing education has increased to include assessment skills and information to provide to the Physician using American Medical Director's Association's "Know It All Before You Call" tools.

To promote wellness, nurses are trained to look for subtle signs of a condition change using the InterACT program to identify changes early and get interventions in place before a significant change or serious decline happens that leads to a hospital visit.

In order to support residents desire to age in place, Autumn started a monthly Healthy Living Program to teach residents ways to manage and maintain their health better. Over the next nine months Autumn will speak on topics such as managing medications, diabetes, incontinence, lung and heart disease to name a few. While this is designed for the benefit of current residents, a limited number of seats will be available to those who are interested in learning more about the lifestyle at Cribbs Residential Center. RSVP is required.

Moving forward, we anticipate seeing more integration and outreach of our Nursing Team members across our continuum of care to meet the ever-changing needs and diversity of those who turn to Wesbury to maintain a healthy lifestyle. Wesbury is a wonderful place to live where you can remain active and engaged throughout life and have peace of mind knowing that we will be proactive in supporting your wellness and provide personalized care when needed.

Join Us for Autumn's Healthy Living Program!

The Healthy Living Program Series is being offered with limited seating to nonresidents who are interested in learning more about a move to Cribbs Residential Center. Topics are offered on the second Friday of every month starting on Oct. 12th. Guests will arrive for the 11:00 a.m. presentation at McCracken Chapel followed by lunch and a tour of Cribbs. **To attend you must RSVP to 814-332-9009.**

- **October 12th – Medication Management** – Management options to maintain your independence and decrease potential medication mistakes.
- **November 9th – Continence Management** – The subject no one wants to discuss, treatment options that are available and ways to maintain or control it.
- **December 14th – Is it the "Stomach Flu" or Is It Really Norovirus?** How to know and what to do.
- **January 11th – Lung Disease in the Winter** – How to keep yourself healthy.
- **February 8th – Heart Disease** – How to prevent complications and what to bring to our attention.
- **March 8th – Circulation in Your Lower Extremities – Is It Arterial or Venous?** What to do once you know.
- **April 12th – Is It Allergies or Is It a Cold?**
- **May 10th – Staying Active** – The little things we can do every day.
- **June 14th – Diabetes Management** – Let's manage this together!

Wesbury Gives to Historical Society

Melissa Porter, Wesbury's VP of Sales and Marketing presents Josh Sherretts, President of the Crawford County Historical Society with a painting of Katherine Shippen Tarr that was at Wesbury's Hillside Home since 1951.

President of the Crawford County Historical Society (CCHS), Josh Sherretts, was getting ready for the ribbon cutting of their new home located at the renovated Tarr Mansion on Diamond Park in Meadville when he noticed an old photo printed in the Meadville Tribune. The photo was from 1951 and featured Hillside Home dedicating an infirmary, elevator, new heating system and four more residential rooms being added to the main building as the result of the bequest from Mrs. Kathrine Shippen Tarr. A painting of Mrs. Tarr was being unveiled at Hillside Home and dedicated in her name. This painting hung in the administrator's office at Hillside from 1951 to 2017.

Katherine Shippen Tarr of Meadville was the daughter of E.W. Shippen and Catherine McElwee, great-granddaughter of Judge Jasper Yeates of the PA Supreme Court. Katherine married John H. Tarr in 1858. Upon her husband's death in 1881, Katherine moved to New York City where, according to the 1900 Federal census, she owned a large boarding house in Manhattan and had never had children. Katherine passed away still living in New York City at age 77.

After her passing, the filing of the will of Katherine Shippen Tarr disclosed bequests to the Meadville, Pa., Children's Society and Home for the Aged (Hillside Home) as well as real estate and the residue, subject to life interests of Henry H. Shippen, a brother, and William R. Gill, a nephew, both of Meadville.

With the opening at Tarr Mansion, Josh reached out to Wesbury to see if the painting was indeed still at Hillside. As it turned out, it was. Additionally, the local Red Cross had given Katherine's grandmother's portrait to CCHS when it moved out of its original home in 1995 and they have a multiple daguerreotype collage of the Shippen children, Katherine's aunts and uncles, as well as a large oil of her aunt, Frances Shippen Huidekoper, in the CCHS collection. So, this additional piece from Wesbury is not only helping the Tarr Mansion host a family reunion of sorts, but also adding a bit of history to Crawford County's new historical society location.

A Creative Life...

Is it possible to find meaning, purpose, and happiness later in life? The residents at Wesbury believe the answer to this question is a resounding, yes! From throughout the community, Wesbury residents thrive on expressing themselves using art as an outlet.

We are featuring the artistic outlets of Wesbury residents in a book title, "A Creative Life…" This book is an inspirational tribute to the pursuit of passion regardless of age or physical ability. The creation of this anthology of senior artwork came from a young man's vision to showcase the artwork, talent, and passion of his grandfather and the residents living around him on the Wesbury campus.

At Wesbury, the art programs are designed to encourage, engage, and draw residents toward creative pursuits to promote a sense of accomplishment and overall well-being. You will experience those achievements and more in "A Creative Life…". Available after November 1st, "A Creative Life…" will be sold in limited quantities at the Sunset Auxiliary Gift Shoppe in Grace Rehabilitation and Health Center as well as ordered from *www.amazon.com*. Proceeds from the sale of "A Creative Life…" benefit residents through the Wesbury Foundation's Benevolent Care Fund.

Paying Tribute While Helping Others

Did you know you can pay tribute to loved ones through memorialized or customized gifts to Wesbury?

Bill Hamill with Stacey Hoey, Cribbs Life Enrichment Coordinator enjoying one of the many Cribbs outings.

Cribbs Residential Center resident, William (Bill) Hamill referred to his fellow residents as his "Wesbury family." This was not lost on his daughters, Vicki and Colby. "When we didn't know how to keep our parents safe and cared for, we turned to Wesbury and can't thank them enough," says Colby. "Wesbury allowed him to keep his dignity when Dad began to fail and was an important part of his life's journey." After Bill passed away, his family and friends made a donation to Wesbury in Bill's name specifically earmarked for Cribbs Life Enrichment. For Stacey Hoey, Cribbs Life Enrichment Coordinator, this was terrific news. "I was surprised and touched, says Stacey. "Knowing that Bill's family felt that our activity team added enjoyment to his daily life gave me a sense of accomplishment and delight. Bill especially liked our outings to go shopping, out on picnics, on country rides and especially out for lunch. I am so thankful that he and his family chose Cribbs as his home and that we were able to be part of Bill's life."

Myrna Sanford enjoys a warm summer day on the bench she purchased in memory of her husband Dick.

In 2018, Thoburn Village residents Myrna Sanford and Adrienne Geddes both lost loved ones at Wesbury. They each chose to financially support their fellow residents by memorializing their loved ones on the Wesbury campus; a place they called home. Myrna and her husband, Dick moved to Thoburn Village in 2005. Dick would transition to long-term stays in the Larcom Memory Support Center and ultimately to Grace Rehabilitation and Health Center. Myrna chose to purchase a bench in Dick's name from The Wesbury Foundation and had it placed across from their Villa. "People use our campus in a variety of ways," says Myrna. "I see people from Wesbury and those who live around Wesbury walking practically every night if the weather is nice. I felt the bench was a nice way to remember Dick, as well as give people a spot to stop, rest, and reflect."

Wesbury residents and staff enjoying a summer afternoon at the Circle of Friends Patio.

Adrienne Geddes and her mother, Doris Rose, came to Wesbury over a decade ago, just one year apart. While Adrienne had her villa, Doris lived mostly in Cribbs Residential Center, minus a few stays in Grace over the years. Upon Doris's passing, Adrienne chose to have a brick created for the Rose Garden and Circle of Friends Patio behind Cribbs. "I felt the purchase of a brick for The Circle of Friends Patio was a good way to remember my Mom where she called home and spent time with her friends for so many years and help the other residents of Wesbury that need the support in her name."

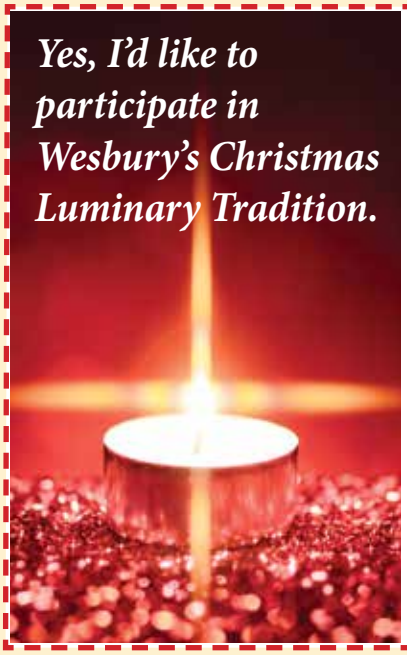
If you would like to support Wesbury with a memorialized or customized gift for your loved ones, contact The Wesbury Foundation at 814-332-9264 or at their mailing address, 31 N. Park Ave., Meadville, PA 16335.

Be a Part of Wesbury's Christmas Tradition

Each year, luminaries are placed around Wesbury's campus on the evening of the annual Resident/Family Christmas Reception as 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.

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 2018 Resident/Family Christmas Reception on Friday, December 14th. 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.

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 _____

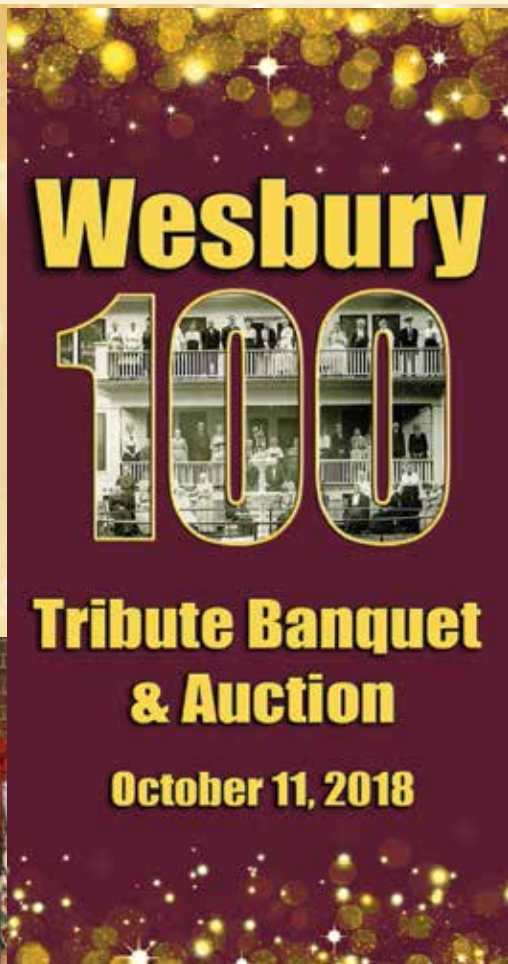
❑ In Memory of _____

Make checks payable to The Wesbury Foundation.

Join Us in Celebration

100 years ago the Wesbury story began with the donation of the Cribbs farm to care for area seniors. Here forward many have supported the growth of Wesbury with their Christian missions, visionary ideas, time, talents and generosity. On Thursday, October 11th Wesbury will pay tribute as we will recognize those who have played an integral part of our past, celebrate the present, and look forward as we move into the future.

Join us at the Iroquois Boating and Fishing Club in Conneaut Lake for Wesbury's 100 year Tribute Banquet and Auction. The evening will include a silent auction, Chinese auction, live entertainment, and a look at Wesbury's journey from 1918 to where we are today. The party starts with a cocktail hour at 5:30 p.m., followed by dinner and the Tribute Ceremony beginning at 6:30 p.m. For more information or to RSVP for the event phone 814-332-9381 or email foundation@wesbury.com. Reservations are $35 per person.



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 _____

2018 FW

E-Mail _____

Phone _____

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

Staying Active *(continued from page 1)*

went along hadn't played in almost 40 years, and there were even a couple who had never swung a club in their life! They all had a great time and were thrilled for the opportunity to be out there.

Chautauqua Institution near Jamestown, NY was the destination for Thoburn Village residents on multiple weekends throughout the summer. At Chautauqua, residents spent the day at the Methodist House and had access to the grounds, use of the Smith Memorial Library, public beaches and parks, and attendance at the lectures and concerts featured those weekends. Thoburn residents also traveled to Freedom Falls in Kennerdell, PA, Venango County. Freedom Falls is one of the larger and wilder falls in this part of the country. It is over 20' high and 50' wide. They had to hike back a bit to see the falls located about a 1/2 mile upstream of its confluence with the Allegheny River. They finished the summer with a retreat at Camp Fitch on Lake Erie. At camp, Thoburn residents had a memorable trip that included fly fishing, bird watching, swimming, jet skiing, and hiking.

These summer activities were in addition to all the fun things happening locally including Thunder in the City, concerts in Meadville's Diamond Park as well as our own 7th Annual Summer Concert Series held every Monday night in August.

While no summer is endless, Wesbury residents are staying active and looking forward to all adventures waiting around the bend as we roll into the cooler weather months.

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 814-332-9705.

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 100 Tribute Dinner & Auction
Thursday, Oct. 11, 2018 at 5:30 p.m. Iroquois Club - Conneaut Lake. Call The Wesbury Foundation at 814-332-9712.

Healthy Living Program Series
The second Friday of every month starting in October. See page 7 for more details.

Understanding the Barriers of Dementia Care
Wednesday, October 24th from 5:30 p.m. until 7:30 p.m. in Wesbury's Campus Community Center. To RSVP for this event, contact the Alzheimer's Association 814-456-9200 or jcurtis@alz.org by October 17th. See page 4 for more details.

Country Crafters
Friday, Nov. 2 – 10:00 a.m. – 6:00 p.m.
Saturday, Nov. 3 – 10:00 a.m. – 4:00 p.m.
Sunday, Nov. 4 – 10:00 a.m. – 4:00 p.m.
Wesbury Cribbs Residential Center's Community Room.

Seniors for Safe Driving
Classes scheduled for Nov. 21, 2018 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. 8th from 1:00 p.m. to 5:00 p.m. & Friday, Nov. 9th 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. 14th, 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 -