WESBURY WINDOW

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Looking Forward to 2017 and Beyond

As we move into 2017, the need for growth in the area of in-home services, moderately priced senior housing and innovative ways to bring services to the surrounding region are among our top priorities.

President and CEO Brian Nageotte notes, "The healthcare landscape has been evolving over the past few years and will continue to evolve as innovative approaches to providing healthcare in the most appropriate settings are developed. Wesbury is committed to remaining at the forefront of this changing landscape to offer the best healthcare possible in a place and manner that is most beneficial to the consumer." One such way is to explore buildings that could be repurposed at far less cost than new construction, making it feasible to offer housing that will meet the needs of seniors with modest incomes. Another is to broaden our reach through *Help At Home with Wesbury*, our home and community-based services.

Meeting the growing demand for more in-home care staff, expanded services, and regional care cottages is a constant challenge. In 2016, Help at Home with Wesbury added handyman, pet care and haircare services as well as purchased care cottages in Meadville, Titusville and Cochranton. The option to receive around the clock skilled nursing care in a private home setting has gained fast popularity. They not only offer a home-like environment, but they offer better nurse to patient ratios and private rooms. Care Cottages fill a great void since they are available to low-income seniors who qualify for the PA Waiver Program and can be located in underserved areas around the region. We look forward to expanding our in-home services and the care cottage program in 2017!

Wesbury is adding a presence in Cochranton as the Cochranton Community Pharmacy is expected to open by February at 180 North Franklin Street, Suite C. This new branch location of Northwest Pharmacy Solutions, a Wesbury partner, will offer a retail pharmacy and drive-through service staffed by Pharmacist and Pharmacy Manager Chad Robinson and Pharmacist Brittany Deeter, both of Cochranton. Services will include filling prescriptions to new and existing customers, weekly pill box refill/delivery service and immunizations for all ages. They will also offer over the counter medications, snacks, and soft drinks. The location, a newly renovated building owned by Economic Progress Alliance also includes a common waiting area, a branch of One Federal Credit

continued on page 5

Meet Wesbury's New Renovation Crew

A continuing care community like Wesbury is always experiencing times of movement and change on campus; and there are new residents looking to move in, create a new retirement dream home, and open a new chapter in their lives, while current residents move between lifestyle options and levels of care. It is important to Wesbury to make these transitions as quick and easy as possible. With an annual turnover rate of eight to ten homes or apartments in Thoburn Village, there was a constant need for staff dedicated to these projects in addition to regular ongoing maintenance. To meet this need, Wesbury has added a new construction crew to take care of renovation needs that Wesbury continually experiences across the campus.

Project Manager, Paul Pittsenbarger (left) helps install the stove in a newly renovated Wesbury Villa.

Paul Pittsenbarger, Wesbury's new Project Manager, is no stranger to the campus. Prior to taking on this new role, Paul worked for 14 years with Associated Contractors Inc., and was involved with most of the construction and renovation work of Wesbury's Larcom Memory Support Center as well as Grace Rehabilitation and Health Center projects. Paul, along with his crew of six, will be involved in major campus renovations with a primary focus on the Thoburn Village homes and apartment turnover. They work closely with the marketing team and customers to determine renovation needs as well as customer preferences.

Wesbury's renovation crew install an outdoor deck on a Wesbury Villa.

"It is important to know, when I do a walk-through of a home or apartment with a prospective resident my intentions as well as my crew are to be hands on, willing to go above and beyond a resident's expectations to meet their needs. A move to Wesbury is a major decision for someone in their life and we want to play a part of starting things off on the right foot." says Paul.

To find out for yourself what Paul and his crew can do to make your retirement dream home a reality, phone 814-332-9009 or visit *www.wesbury.com*.

Help Us Choose a Destination for the Next Wesbury Trip!

Below are destination ideas with approximate costs to consider for our upcoming Wesbury adventure. Please select all trips that might interest you and respond by returning this survey to The Wesbury Foundation, 31 North Park Ave., Meadville PA 16335; calling 814-332-9712 or completing this form at *http://wesbury.com/2017/01/04/wesbury-trip-survey/*

Fall/winter 2017 bus tour ideas departing from Wesbury

❑ **Christmas in Cape May and Bethlehem PA, "The Christmas City" – (Nov) 4 days $699/person.** Lodging Grand's Casino Bethlehem, Grand Hotel Cape May, 3 breakfasts, 3 dinners, Holiday Dinner show, Trolley tours of Historic District and gaslight tour, 1879 Physick Estate tour, Washington Street Mall, Moravian Museum, Bethlehem by night, Christmas Putz and Christkindlmarkt.

❑ **Christmas in NYC – (Nov) 3 days $825/person includes:** Lodging in Manhattan, 2 breakfasts, 1 dinner, Rockefeller Center, Macy's Herald Square and 5th Avenue shopping, Christmas Spectacular featuring the Rockets; Radio City Music Hall back door tour, 5th avenue at Trump Tower and Sak's, guided tour of lower Times Square, Greenwich Village, Little Italy, Chinatown, Ground Zero and the Financial district.

❑ **Finger Lakes New York – (Fall) 3 days $499/person includes:** Lodging, 2 breakfasts, 2 dinners, Corning Museum of Glass, Willard Memorial Chapel, Sonnenberg Gardens Mansion, Winery Tour, Lake Cruise, and National Souring Museum.

❑ **Vermont, New Hampshire and Maine – (Oct) 9 days $1549/person includes:** Lodging, 6 breakfasts, 4 dinners includes Lobster Bake, Coolidge birthplace and homestead, Woodstock and Sugarbush farms, Quechee Gorge, Bath Covered Bridge, Village of Littleton, Chutters General Store, "The Basin" and Loon Mountain gondola ride, Winnipesaukee scenic railroad, Kennebunkport tour, Lighthouse lovers cruise and LL Bean, and Portland Light.

❑ **Other Trip Suggestions:** _____

_____

2018 air/tour or cruise/tour ideas with transportation from Wesbury

❑ **Nova Scotia and Bay of Fundy – (July/Aug) 8 days $3199/person includes:** Air to Halifax, bus transportation, 7 breakfasts, 6 dinners includes Lobster Bake, 3 nights Halifax, Peggy's Cove, Halifax Maritime Museum, Titanic Exhibit, 2 nights Prince Edward Island, Charlottetown, Ann of Green Gables National Park, Preserve Company Tea House, 2 nights Bay of Fundy, and Hopewell Rocks.

❑ **Hawaii Cruise – (Feb/Mar) 8 days, $3499-$3999/person includes:** Cruise roundtrip from Honolulu to Maui, Hilo, Kona, and Kauai. Includes: Air, inside, outside or balcony cabin, all meals, taxes and transfers.

❑ **Panama Canal Cruise – (Feb/Mar) 12 days $2599-$3299/person includes:** Cruise from Miami to Roatan, Cartagena, Colon, Panama Canal/Gatun Lake, Puerto Limon, Harvest Cay and Costa Maya. Includes: air, inside, outside or balcony cabin, all meals, taxes and transfers.

❑ **Rhine River Cruise – (May) 8 nights/ 9 days $3800/person includes:** Cruise from Amsterdam to Cologne Germany, Cochem, Rechsburg Castle, Rudesheim Heidelberg Castle, Speyer, Kehl/Strasbourg and Basel Switzerland. Includes: air, french balcony cabin, all meals, all beverages, taxes and transfers.

❑ **Canadian Rockies – (July/Aug) 9 days $4000-$4500/person includes:** Travel by rail or air to Vancouver, Calgary, Columbia ice fields, Banff National Park, Lake Louise, Jasper National Park, 12 meals, taxes and transfers.

❑ **Other Trip Suggestions:** _____

_____

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

A Little Bit Goes a Long Way

Have you ever thought, "How could donating my old stuff or a few baked goods really make a difference?" Well, if you've donated anything from baked goods to books, miscellaneous household items to furniture, or gently used holiday décor, you would be amazed how each little bit adds up!

Wesbury's Sunset Auxiliary raises money in a variety of ways in order to purchase items that benefit residents. This includes sales at the all-volunteer run Sunset Auxiliary Gift Shoppe located inside Grace Rehabilitation and Health Center, bake sales throughout the year, the annual Holiday sale as well as Granny's Attic, used book, furniture and baked goods sales which are held at our annual Chicken BBQ. Without your contributions, none of these ventures would amount to much. But with your support mixed with their creativity and time, the Auxiliary is able to raise enough funds annually to purchase something that enhances the lives of the residents at Wesbury.

"As a result of these fundraising efforts, the Sunset Auxiliary has been able to purchase many wonderful things that make a difference to Wesbury and its residents" says Rhonda Thomas, VP Stewardship and Development. Additionally, the Auxiliary donates money each year to support "Santa's Helpers," a program that buys Christmas gifts for residents at Cribbs Residential Center.

In recent years, the Auxiliary has donated items, big and small, that include: blanket warmers; furniture for residential areas; iPods and iPads; flower boxes; a BBQ grill; Wesbury's first ever computer on wheels, which streamlines our admissions process; a six-seat and a four-seat golf cart for resident use on campus; they repaved and widened our nature trail for easier access; high intensity lighting in the library and much more. For 2016, the Auxiliary purchased all new folding chairs for the Picnic Shelter on Wesbury's campus, which hosts both Wesbury and public events.

So whether you donate items, shop at the Gift Shoppe, purchase baked goods, or simply attend and support one of the Sunset Auxiliary events, please know that every little bit you provide goes a long way in supporting a neighbor in your community.

Donations are accepted year-round at the switchboard of Grace Rehabilitation and Health Center. For more information, call Rhonda Thomas at 814-332-9264.

More Than Just a Paycheck

In today's fast-paced world, for some employees, it is easy for the grass to appear greener in other yards. The idea of someone staying with the same employer for over a quarter century or more sounds pretty rare. People may stay within their field of study, experience, or expertise, but it is not often with the same organization. At Wesbury, we are proud to have many dedicated staff members who have made long-term careers with us, and we are always looking for people who may be willing to continue with that practice of longevity in our environment of care.

"I often tell potential employees, it doesn't matter what department you serve in, but there are two characteristics of success in this environment. Number one, know how to form relationships and number two, be compassionate." Says Rick York, Vice President of Human Resources.

At Wesbury, our staff is in service to all residents and their families, no matter the level of care or lifestyle option. This creates a wide array of opportunities for people looking to start a career in areas ranging from health care to culinary or maintenance and housekeeping.

"I was 17 when I first started working as a CNA at Wesbury, I left to work in acute care for a bit after nursing school but always knew I would be returning. Looking back, I can honestly say, Wesbury allowed me to grow as a person here," says Autumn Ferringer RN, WCC, CWCA, CDP, QA/Infection Prevention. "Wesbury is a wonderful place to try different avenues of service and it has always been about the relationships cultivated between the staff and the resident and their families. These relationships are unique to a continuing care community as you have the time to build them; unlike in acute care, you may see a patient one day, and they are discharged the next; this work environment is special."

Wesbury employees recognized for their many years of dedicated service. From left to right: Ella Mattocks (35 years), Dianne Ehrgott (25 years), Theresa Worley (25 years), Sharon Marburger (35 years), and Vicki Bradshaw (20 years).

Each year, Wesbury recognizes staff for their commitment and longevity. In 2016, we honored 101 employees representing 534 of years of service to our residents and clients in the greater community. It is this level of dedication that allows us to say confidently to residents and their families that we are "people you trust, caring for people you love." If you or someone you know may be interested in joining our team, visit *www.wesbury.com* and click on the heading, "Join Our Team."

Looking Forward to 2017 and Beyond

continued from page 1

Union and Dr. Peterson's office. For more information visit *northwestpharmacysolutions.com*.

Infrastructure and development preparation are completed for expansion of the remaining acreage at Thoburn Village. We are researching the type of units we feel will best serve the region to maximize the space and expect they will include both single and multifamily homes.

We continue to explore our options for Edinboro. Although we have received final environmental approval, the overall project length requires us to update our market analysis, feasibility study, and cost projections. It is important to Wesbury that this development meets the needs of the Edinboro Community and serves Wesbury's nonprofit mission and vision.

We look forward to an exciting year focused on continually fulfilling Wesbury's Christian Nonprofit Mission and Vision that was founded over 99 years ago! We want to thank the community, our staff and each of you for your ongoing support that sets Wesbury apart and helps us continue to grow and serve the region.

Shine a Light on Someone Deserving

Wesbury is searching for nominations of extraordinary adults, age 65 and over for our 9th Annual Senior Tribute Awards. We are looking for groups or individuals who are working toward enhancing the lives of seniors. We know there are people doing phenomenal things in our community but we need your help to find them. To nominate someone, please complete this form and mail to The Wesbury Foundation, 31 N. Park Ave., Meadville, PA 16335 or contact Rhonda Thomas at 814-332-9264 for more details. Nominations may be submitted via email to foundation@wesbury.com. The deadline for nominations is July 31, 2017. Multiple nominations from the same nominator are acceptable. Please use one form per nomination. See below for some of our past honorees.

2012 Honoree Linda Murdock (left)
Linda's faith drives much of her volunteering. She has held many leadership roles in her church, and visits with church members at local skilled nursing facilities.

2012 Honoree Carolyn Turnbull (right)
Caroline shared her musical talent and love of the arts with the greater Meadville community for many years.

2013 Honoree
Venango College Veterans Club
The VCVC spearheaded a program with the Oil City School District's elementary students to make Veterans Day cards for all the vets that are residing in Venango County's nursing facilities. The VCVC delivers each card in person and strives to build multi-generational relationships centered on service and dedication to their country.

2015 Honoree Don Thomas (left)
Uses his God-given artistic talent to teach, inspire and create beautiful works of art for the betterment of the community.

2016 Honoree Scott Ladner (right)
Whether leading or following with Lions Club projects or educating about the importance of conservation and land management, Scott brings equal enthusiasm when it comes to helping others.

I want to Nominate:

_____
name of individual or group

Reasons why:

_____

_____

_____

_____

_____

Nominee Contact Information

Name (of Individual or Group)

_____

Address _____

City/State/Zip _____

Phone _____

Email _____

Nominator Contact Information

Name (Person Submitting Form)

_____

Address _____

City/State/Zip _____

Phone _____

Email _____

Signature

_____

This is a nomination for the following category:

❑ **An Organization or Individual** (who support seniors)

❑ **A Group of Senior Citizens** (these are groups of seniors who do exceptional things)

❑ **An Individual Senior Citizen** (this is an individual who is doing exceptional things)

This form is also available on our website at *www.wesbury.com*

WESBURY SENIOR TRIBUTE

(use additional paper as necessary)

How to Avoid the IRA Tax Trap

(The IRS is waiting to take its share.)

Whether it's an IRA, Keogh, 401(k), 403(B), or other account, your retirement plan may be your largest asset.

You've invested it for growth, and you've been cautious about taking withdrawals. With luck, you figure, you and your spouse will not spend the total in your lifetime, so there should be a substantial asset to pass on to your heirs.

Watch out! - The IRS considers the balance left in your retirement account to be *untaxed income*. They term it "Income in Respect of a Decedent" (IRD), and if you bequeath that balance to your heirs, the IRS will subject it to **both** income and estate tax.

This potential **double taxation** (plus any state inheritance taxes and possible Generation-Skipping Tax if the balance goes to grandchildren) can consume *more than 60 percent* of the value of your account. That could leave your heirs with as little as one-third or less.

What to do? - Think *charitably* and your heirs can actually come out ahead.

You can name **Wesbury** as the beneficiary of your retirement plan, and then use other assets, not subject to income tax, to make gifts to your loved ones.

Since **Wesbury** is a non-profit organization, we won't pay income tax on the distribution, nor will the plan balance be included in your taxable estate. In turn, your heirs will receive more of your estate by receiving assets not burdened by extra taxes.

Benefits:

- Avoid both income and estate taxes.
- Continue to take withdrawals from your retirement plan during your lifetime.
- Change the beneficiary designation if your circumstances change down the road.
- Make a significant gift to us that costs you nothing during your lifetime, is revocable, and does not affect your income or cash flow.

Planning points:

- You can make us a *partial* beneficiary of your plan, and direct the balance to benefit your loved ones.
- Use your plan's beneficiary designation form to direct your gift to **Wesbury**. **Don't use your will!** If you do, your retirement plan will be included in your probate estate and will be subject to the estate administration process.
- Don't use the balance in your retirement account to satisfy a dollar amount bequest to us that is already in your will. If you do, your estate will be treated as having received taxable income in the amount of the bequest that you paid with the retirement plan assets.
- You can provide for the payment of the balance of your retirement plan to your heirs after your death through a *charitable remainder trust*. They would be the lifetime beneficiaries of such a trust, and the remainder would come to us to support the program you designate. **Talk to your financial advisors and to us** to determine whether your heirs would benefit more from a gift plan or withdrawals from your retirement account.
- You can make a *lifetime* withdrawal from your retirement plan to fund an outright gift to us or set up a life-income gift. Remember that the withdrawal will be subject to income tax first, but that tax will be offset by the charitable deduction you receive for your gift. If your gift is outright, the net tax result could be a wash.

First steps:

If you like, we'd be glad to help you understand the basics of this gift plan before you consult with your plan administrator and financial advisors on the details. It's really quite simple, but sometimes the technical language can seem overwhelming. Don't hesitate to give us a call. We look forward to speaking with you about how you will be able to make a *transformational difference* so we can do what we do today even better tomorrow.

Rhonda Thomas - VP, Stewardship and Development
The Wesbury Foundation
814-332-9264
rthomas@wesbury.com

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This publication is intended to provide general gift planning information. Our organization is not qualified to provide specific legal, tax or investment advice, and this publication should not be looked to or relied upon as a source for such advice. Consult with your own legal and financial advisors before making any gift.

"Science 4 Seniors" Leads to Larger Life Long Learning Program

"This new science program is so neat. It's fun to mix the various compounds and see the results. I feel it is important to experience something new every day; it is what keeps people going day to day. It is so important to never stop learning."
Grace Rehabilitation and Health Center resident Charlotte Wells

When we are young, we often equate science with fun. We marvel with delight the first time we experience the different results of scientific experiments whether in school or at home. Can yeast blow up a balloon? What happens when you drop Mentos candy in a two liter bottle of Diet Coke? Can you really make a magnet with a battery, wire, and a nail? The results always lead us to the same question, how does this happen? Regardless of our age, we love to know those answers. While there is the old saying "you can't teach old dogs new tricks," when it comes to Life Enrichment at Wesbury Grace Rehabilitation and Health Center, they are always trying to make life fun while searching for new and engaging programs. Plus, we might learn something too. ;-)

Just before Thanksgiving, Life Enrichment staff designed a program that consisted of five days of hands-on science experiments demonstrating concepts such as creating chemical reactions, carbon dioxide gas, separating hydrogen peroxide, buoyancy, and more. Called "Science 4 Seniors," two experiments were completed each day by residents, followed by discussion and trivia related to the concepts. The week was designed to provide stimulating activities as part of Wesbury's commitment to life-long learning opportunities for residents.

The transformation of attitudes from the residents has been amazing. Initially, several of them made comments like "I am not smart enough to do science" or "I don't think I can do it, but I will try." Throughout the week of experiments, those negative comments turned positive as they found themselves able to not only do the experiments but also understand the concepts and having a bit of fun as well.

The success of "Science 4 Seniors" has catapulted the Life Enrichment team to expand learning opportunities in 2017 by offering a new program titled, "Senior Scholars." The year will be broken into two semesters, where each month of the semester adult learners will study a new module. Each module will consist of a 45-minute class and require a group project and/or field trip to complete. All residents in the program will be assigned a "mentor" to assist them with their final projects. Experienced lecturers will include retired educators, local business owners, and Wesbury staff with expertise in the subject matter. Lecturers will be scheduled for each course within the module. At each semester's end, graduation ceremonies will be held for "students" who complete the requirements. Residents will be able to share their Wesbury learning experience with their families at the ceremony held in Barco Chapel at Grace Rehabilitation and Health Center.

"Science 4 Seniors" Week and our upcoming "Senior Scholars" program are just a few of the Life Enrichment Activities that provide residents the opportunity to obtain the numerous benefits of life-long learning," says Melissa Swartwood, DHSc., M.S., ADC, Director of Life Enrichment. "Both programs offer interactive classes, educational field trips, meaningful community service, and civic engagement projects to provide exciting, innovative, and educational programming necessary for our residents to maintain their highest level of intellectual and emotional health."

Wesbury Residents and Life Enrichment Staff Honored at PAPA Conference

Wesbury Life Enrichment Coordinators Deb Lingo (left) and Pam Schultz (right) accept PAPA awards on behalf of Wesbury residents.

This past October, Wesbury residents won two state awards at the Pennsylvania Activity Professional Association's (PAPA) State Conference held in State College. When Grace Rehabilitation and Health Center resident, Dolores Reichel made her move to the Village Center neighborhood, she said it was contingent on finding her a sewing station she could use whenever she wanted. To her delight, Village Center Life Enrichment Coordinator, Deb Lingo, offered to share a portion of the neighborhood's Activity Center. From that moment on, Dolores has been busy as a bee. With her son's birthday approaching, Dolores and her daughter, Pam, thought to make a Harley-Davidson motorcycle quilted wall hanging would be the perfect gift. She got right to work, without any assistance. Dolores and Pam made the trip to New York to "hand-deliver" the present which was also submitted to PAPA by Deb for consideration. Much to her surprise, Dolores received state recognition for her work in the Fabric Art category for her "Harley Quilt.", Deb Lingo, accepted the award at the PAPA convention on Delores' behalf. According to Deb, "Making person-centered care a priority brings out self-worth and purpose for the resident which in turn gives comfort to the family knowing their loved one is happy and content living in a care environment."

Wesbury Memory Support residents celebrate their first place award.

The residents of Memory Support were recognized in the Functional Art category for their piece titled, "Bookmarks." This year, the residents at Memory Support chose to do a community project. They took recycled greeting cards to create new bookmarkers for readers. Once completed, the residents donated the bookmarks to the Saegertown Area Library. The residents were honored with a first place award. "The residents at Memory Support love doing projects that benefit people in the community, "says Pam Schultz, Memory Support Life Enrichment Coordinator. "It means so much and gives a sense of purpose for them in their activities." At Wesbury, we are extremely proud of these residents as well as the staff members who helped make it all possible.

WiFi Use at Wesbury

Did you know the Wesbury Resident/Guest WiFi connection is a free public internet service provided by Wesbury? Passwords for WiFi access can be obtained from the switchboard at Grace Health and Rehabilitation Center, the Cribbs Wellness Center, Marketing Department staff, or Cribbs Administrator, Larry Marstellar. Access points are in selected areas across the Wesbury campus. These "hot spots" allow residents or guests with laptops or other mobile devices to connect to the internet. By clicking the "accept" button on the access page you agree to abide by all laws, and state and federal rules and regulations applicable to internet use. If you have any questions, contact Rick Slagle, Director of Information Technology, at 814-332-9358 or rslagle@wesbury.com.

Reduce Your Risk of Falling and Maintain Your Independence!

As we go through life, we rarely consider the risk of falling. We enjoy pretty throw rugs in our kitchens, effortlessly maneuver around our clutter and choose to store stuff in stairwells or "hard to reach" places without a second thought. But as we age, these things may put us at risk. Fall prevention may not seem like a lively topic, but it is important. In fact, falls are the leading cause of death due to injury among seniors. Falls account for 25% of all hospital admissions and 40% of nursing home admissions. An alarming 40% of those admitted do not return to independent living, and 25% die within a year. Yikes! We think we are not at risk until we are "really old" or "frail" not true…*About 35% of those over age 65 and 50% of those over 80 years of age fall annually.* Since 55% of falls take place inside the home, take some time to evaluate your home to reduce being at risk. All things considered, making a few changes from the way we have always done things is a small price to pay for remaining healthy and independent.

Here are a few strategies to consider:

- **Remove home fall risks:** Stairwells, hallways and traffic areas should be kept clear. Remove boxes, papers, shoes, cords and excess furniture. Store all items within easy reach. You are more likely to fall if you have to reach or use a stool.
- **Remove tripping hazards:** Repair loose flooring and carpet and immediately clean up spills. Remove throw rugs or secure loose rugs with double-faced tape, tacks or a slip-resistant backing. Add secured nonslip treads to bare steps.
- **Use caution outdoors:** If the sidewalk is wet or icy, walk on the grass. Sprinkle salt or kitty litter on slippery or icy sidewalks. Check the curb height before you step up or down from a sidewalk. Turn on outdoor lights and leave them on until you get back home.
- **Check the lighting in your home:** Poorly lit areas in your home can contribute to falls. To prevent this, place night lights in your bedroom, bathroom and hallways. Place a lamp within easy reach for middle-of-the-night needs. Store flashlights and batteries in easy-to-find places. Turn on the lights before going up or down stairs.
- **Wear sensible shoes:** Avoid high heels, floppy slippers, shoes with slick soles and walking in stocking feet. Wear properly fitting, sturdy shoes with nonskid soles.
- **Keep moving and get enough calcium and vitamin D:** Exercise reduces the risk of falls by improving strength, balance, coordination and flexibility. If you are afraid to exercise, ask your doctor to refer you to a physical therapist who can create a safe program aimed at improving your balance, flexibility, muscle strength and gait.
- **Discuss risks with your doctor:** Review your medications for side effects and drug interactions. Discuss the details of past falls to help your doctor identify specific fall-prevention strategies. Share with your doctor if you feel dizziness, joint pain, shortness of breath, or numbness in your feet and legs. Your doctor may evaluate your strength, balance and gait.
- **Use assistive devices**: You may be reluctant, but your independence is worth it! Use a walker or cane for added stability. Add hand rails to stairways. A raised toilet seat or one with armrests can be installed in your home. Use a bath seat so you may sit while showering and use nonslip mats in the tub/shower.
- **Finally, don't rush:** Hurrying to answer the phone or use the bathroom increases fall risk. Take your time!

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
- ❑ 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 _____

2016 FW

E-Mail _____

Phone _____

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

Safe Winter Driving

Recently, Wesbury hosted a public program presented by Brenda Bennett where she outlined helpful information and provided safety tips for seniors for when they take to the road. Brenda is the President of Transportation Solutions and is a Certified Driving Rehab Specialist. She started the company in 1997 and services Erie, Crawford and Titusville areas. They provide driving lessons, act as a DMV, give driving evaluations, and provide driver rehabilitation services. Brenda suggests the following Winter Driving Safety Tips that drivers of any age can use when the snow is blustering about.

- Know your brakes and whether you have ABS or not. Please refer to your car manual.
- Preform winter maintenance on your vehicle. Make sure your window defroster and heater are working, check the inflation and tread on your tires, look over your windshield wipers and see if they need to be replaced, and also check that your battery is in good condition.
- Listen to weather and travel advisories
- Follow at least six car lengths behind an operating plow truck
- Do not pass or go between trucks plowing snow in a line
- Use caution when traveling over overpasses or bridges
- Turn on headlights whenever wipers are in use
- Keep at least a ½ tank of gas in your vehicle
- Allow for extra driving time as weather and road conditions can change quickly
- Be prepared to drive slowly and increase following distances when necessary
- Carry a cell phone and charger but don't use it while driving
- Clear ice and snow from vehicles especially your windows, lights, and mirrors
- Carry an emergency winter travel kit – such as an ice scraper, snow shovel, sand/salt or cat litter, flashlight, water and non-perishable snacks, first aid kit, blanket, warm clothes, etc.,
- Never drive impaired
- Always wear a seat belt

If you have questions regarding driving or Transportation Solutions, please contact Brenda Bennett, CDI, CDRS – President of Transportation Solutions at 814-833-2301, or bbennett@drivingneeds.com, or visit their site: *www.drivingneeds.com*.

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 814-332-9705 for more information.

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.

Seniors for Safe Driving
Classes scheduled for
Jan. 25, 2017 at 9:00 a.m. - 1:00 p.m.
May 17, 2017 at 5:30 p.m. - 9:30 p.m.
at Cribbs Residential Center. Call 800-559-4880 for more information.

Wesbury's 17th Annual Senior & Friends Golf Scramble
Thursday, June 15, 2017
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 5K Chicken Run
5K Run/Walk and 1 Mile Walk
Saturday, July 15, 2017
Registration begins at 8:15 a.m.
Runners start at 9:00 a.m.
Walkers start at 9:10 a.m.
Located on Wesbury's campus.
Call 814-332-9022 for more information.

Wesbury's 28th Annual Chicken BBQ & Craft Fair
Sunday, July 16, 2017 at 11 a.m. to 5:00 p.m. on Wesbury's campus. Call The Wesbury Foundation at 814-332-9712.

Wesbury's 9th Annual Senior Tribute Recognition Dinner & Auction
Thursday, October 12, 2017 at 5:30 p.m. Iroquois Club - Conneaut Lake. 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 -

EAGLE ACCREDITATION
EQUAL HOUSING OPPORTUNITY