WESBURY WINDOW

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Peace of Mind and More at Home

"It's nice to have someone with you when you like to get out, yet live alone."

What is it like to have support services from **Help at Home with Wesbury**? Ask Sally Johnson. Sally is a longtime client of Help at Home with Wesbury's convenient, in-home healthcare services. Since the passing of her husband, George, Sally has been a subscriber of Wesbury LifeAid's personalized emergency response system as well as having support from companion services; and she loves it. Currently, Sally enjoys eight hours with a companion each day, broken into two, four hour shifts in the morning and evening, leaving the afternoon for personal, private time. While a companion's duties can include assisting with activities of daily living such as bathing, grooming or dressing, Sally has companions for other purposes. For Sally and her family, it is the peace of mind of having somebody with her that gives her the opportunity to continue to live comfortably in her own home.

Sally's daughter Jodi has been an advocate of the Help at Home services since they began using them. Jodi enjoys that she can meet with Help at Home staff periodically to communicate about any concerns or adjustments that need to be addressed with her mother's programs. "The companions notice what is happening in the house; they have been able to customize the changing needs Mom has had over time," acknowledges Jodi. "They keep notebooks about what is happening shift to shift which gives me insight to how mom has been doing." This was invaluable when Jodi recently had foot surgery and has not been able to be there for her mom like she has in the past.

Sally agrees, "I like these services, the girls are great. In the morning they help me get breakfast going and help with dinner in the evening. I like to go out to eat sometimes, and we do that, or we can go on a trip to see Lake Erie or pick up groceries."

From assisting with medication management to monitoring eating, doing the dishes, or taking out the trash, there is relief in knowing a loved one is in the company of trusted support staff. Each family's needs are different, but Help at Home with Wesbury Companion Services rise to meet the challenges of each client to provide personalized support, encouragement, activities and socialization.

Help at Home with Wesbury companion services are available throughout Crawford County, southern Erie County, northern Venango and Mercer Counties. **To schedule personal Help at Home with Wesbury services for you or a loved one, phone Marilyn Mazzone at 814-332-9705.**

On Campus Living Leads to Convenient Transitions

There are many reasons people choose to live at Wesbury. For some, the maintenance-free lifestyle offers the opportunity to further explore interests and hobbies or to explore new pursuits. Others say it is the proximity to family and friends who live nearby. And then there are people who view the assurance of the continuum of care as their motivation for making a move to a community like Wesbury.

For Thoburn Village resident Peter Nelson and his wife Kathy, it was a mix of those reasons. Peter has Parkinson's disease, heart disease, orthostatic hypertension, and hypo-thyroidism and they moved to Wesbury from the Harrisburg area to be near their daughter, an associate professor at Allegheny College. They are not strangers to Meadville, as Kathy is also a graduate of Allegheny, and they made many trips to the area for alumni events over the years. These connections planted the seeds to explore moving to a senior living community in the area. They were familiar with the continuing care retirement concept as Peter's parents had a positive experience in a similar setting near Harrisburg.

Since moving in and getting settled, Peter experienced four hospitalizations. It was during his last hospital stay in the midwinter that short-term rehabilitation was recommended as a course of action. Of course, the hospital suggested their transitional care unit, but Peter chose to return home via Grace Health Center where he could be close to Kathy and the staff he has come to trust. To Peter and Kathy, this was one of the scenarios that had solidified their decision to live at Wesbury.

Kathy says, "Living at Wesbury made Peter's rehabilitation less stressful for all of us." Adding, "I was close by while he healed, and I could visit anytime without having to drive out on snowy roads. It was equally convenient for our family, our friends, and our neighbors to stop in and say "Hi" while Peter got well."

From Peter's perspective, he received the quality care and therapy he expected with Wesbury's reputation. The surprise was in the excellent rapport Peter enjoyed and maintains with staff members as well as the amount of choice and variety available in regards to dining and activities. He did not expect this at a "nursing home". "It was very different, much more positive and active than had I imagined," notes Peter.

This past summer the Nelsons took their first trip east since moving to Meadville. It was in part due to Peter's stay at Grace Health Center that enabled him to make a trip across the Commonwealth and stay strong while visiting Harrisburg. "We were a bit winded when we got back, but up until this point it would have been extremely difficult to make a trip like this," says Peter. He went on to say: "It was my rehabilitation at Grace that helped make that possible. I did not expect that I could return to doing the things that I enjoyed before."

Advantages are abundant when choosing to live at Wesbury. When you need it, one of the more comforting advantages is knowing you have priority access to the award winning healthcare programs offered at Grace Health Center.

Times have changed from "The Nursing Home" of old. Today, skilled nursing facilities across the country are adding the focus of rehabilitation to their menu of services available for both on and off campus area residents. They are filled with vibrant neighborhoods of people engaging in life to the best of their ability where many come to heal and return to their home. Last year at Grace Health Center, 257 individuals who came to rehabilitate were discharged. Experience the Wesbury difference for yourself; call 814-332-9707 and schedule a tour.

Summer Fun!

How to Downsize Quickly and Effectively

Sam is welcomed to the Wesbury community by Resident Services Coordinator, Marlene Diesing

"How long will it take my house to sell?", "What kind of upgrades will need to be made on the home before I list it?", and "If I move before my house sells, what if it is broken into?" These questions weighed heavily on Sam Strangis' mind as he planned a move to Wesbury, so he quickly began to create a plan. "Everyone has a winter to life, and we have to prepare for it. I don't know what tomorrow brings. If something happens, I don't want my children to have to make the decisions. I wanted to have a plan already in place," Sam remarked thoughtfully. Leaving your home to move to an Independent Living retirement community is a major life decision; one that many people make to be free of home maintenance, lawn care and snow removal. Once a move-in timeline is in place, making decisions on what to keep, what to give family, and what to throw away can be a daunting task.

Sam's motto, "Keep stress out of life" revolved around his plans to auction off his property. Phoning Tammy Loucks, "The Lady Auctioneer", he decided on an absolute auction that left him in control of creating his own timeline to move. "After I moved to Wesbury, I didn't want to run back and forth dealing with real-estate agents, offers and counter offers and how long it would take to sell," exclaimed Sam. The house is sold on auction day where 10% of the selling price is due upfront. After paying the 10%, buyers have 45 days to set the closing date with an attorney and pay the remaining funds, or as Sam puts it, "they get the deed and you get the check". "There is no pressure", remarks Sam, "Tammy dealt with prospective buyers and scheduled tours with them to look over the property".

Setting the auction for May 10th, Sam then had to make decisions about what to do with his home's contents. Tammy Loucks advises that, "You need to know how much room your new place will have. So many times when people are downsizing and or moving, they are not sure what to keep or keep too much leaving their new space overcrowded. I often tell clients, 'Go to one room at time. For example, start in the kitchen. Ask, do I really need all of these things? Pick out items you use daily and leave the rest behind.' If you are pursuing an auction, also think about items you are giving or throwing away. Don't throw away items that could have value or be sold, such as old postcards, letters from the war, paperwork or advertising from places that no longer exist," suggests Tammy. "Remember this is your whole life estate and we do not take that lightly. We take it seriously." Auctions may help bring in additional funds to your estate and relieve stress about what to do with equipment and property. When in doubt, it is best to talk to an auctioneer like Tammy to see if an auction is in your best interest.

After living in his Villa for four months Sam is still pleased with his decision to hold an absolute auction. "Everything turned out to be a very smooth transition, and I didn't have to worry about how to get my home and contents sold before I moved to Wesbury."

Did You Know?

An auction can be an effective way to efficiently sell your home and contents, but deciding what approach is best can be different for everyone. Call your local auctioneer to learn more.

Tammy Loucks has been serving the greater Meadville area and can be reached by her website: *http://theladyauctioneer.com/* or calling: 814-683-5120.

Wesbury Employees Recognized

Each year Wesbury celebrates the commitment, compassion and dedication of staff members with an Employee Appreciation Day. The day included a luncheon for every employee and a recognition program to acknowledge those employees reaching milestone years at Wesbury. This year 38 staff members were honored for their service to the residents at Wesbury, including three individuals that have been employed at Wesbury for 40 years!

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

5 Years
Deborah Price
Carmen Dietz
Frank Dashner
Timothy Nelson
Lisa Kaufman
Brittany Andersen
Shawn Goodenow
George Munro
Melissa Porter
Scott Grinnell
Pamela Schultz

10 Years
Barbara Foringer
Laura Winters
Randall Bullis
David King
Brian Eells
Keith Peterson
Francis Bernard
Sandra Patterson

15 Years
Autumn Ferringer
Brian Nageotte
Cheryl Bulger
Heather Beers

20 Years
Denise DiFucci
Patricia Sherman
Andy Clawson
Chris Clawson
Brenda Daly

25 Years
Tammy Swavey
Tracy Cutshall
Sandra Breidinger

30 Years
Dorothy Walk
Marlene Diesing
Ruth Crecraft

35 Years
Deborah Williams

40 Years
Ellen Hamilton
Janice Drake
Wilma Deissler

Top photo: Ellen Hamilton serving residents of Cribbs Residential Center.
Bottom photo: Janice Drake working in the Grace Health Center Dietary Department.

Blue Ribbon Winners at Crawford County Fair

Activities Assistant Pam Schultz (center) worked with residents from the Park Lane neighborhood of Wesbury's Memory Support Center to make a blue ribbon winning collage in the Arts and Crafts adult category.

Activities Assistant Kim Vickers (center, holding ribbon) with residents from Cribbs Residential Center, known as Cribbs Kitchen Corner celebrate winning a blue ribbon for their banana bar entry at the Fair.

Generosity Leads to Campus Dedications

Phil Larcom was always a hard worker. He was known to be an exceptional toolmaker and a patent holder. He was also a devoted husband to his wife, Rae, and father to their son Gary, who passed away in 2009. In 2007, Rae was in need of a rehabilitative stay at Grace Health Center and to be close to her, Phil moved into an apartment at Cribbs Residential Center. They were very impressed with her care and recovery, and for a short time Rae was able to move into Cribbs with Phil. It was not long before Rae had to return to Grace where she passed away in 2008.

Over time, the no-nonsense businessman showed his softer side as he came to know the staff at Cribbs. He would often express how good he felt about his experience at Wesbury with Cribbs Administrator, Larry Marsteller. He also watched as Grace Health Center continued in its renovation, inspiring him to be a part of it by generously donating funds for the new Physical Therapy Center in his wife's name. Phil passed away in 2012, but not before seeing the therapy center's plaque honoring his wife, Rae S. Larcom.

As a part of Phil's substantial generosity to the Wesbury community, the Memory Support Center at Grace Health Center will now become the Phillip A. Larcom and Rae S. Larcom Memory Support Center. Opened in 2000, and offering state-of-the-art amenities and accommodations to those with Alzheimer's disease or related memory impairments, this landmark of the Wesbury campus has been referred to by the name "Memory Support Center" by staff, residents, volunteers and visitors since its construction. This was changed to officially honor and thank the Larcoms for the gifts they have given Wesbury.

The generosity of individuals like Phil Larcom helps to solidify Wesbury's promise to help support residents who have outlived their financial resources and require charitable care. More than 60% of the residents in Grace Health Center receive charitable care. Approximately 20% of the residents in Cribbs Residential Center, 33% of the residents of Wesbury Hillside Home and several Thoburn Village residents receive subsidized care. Wesbury is grateful to the many generous supporters who have chosen to honor the residents of Wesbury by leaving a legacy.

Congratulations 2014 Senior Tribute Honorees

Over the past six years, we have had the pleasure of highlighting the contributions of individuals and groups who make amazing contributions to their friends and neighbors of their communities at Wesbury's Annual Senior Tribute Banquet and Auction*. This annual gala fundraiser will take place on Thursday, October 9th at the Iroquois Club in Conneaut Lake, PA.

If you would like to attend or support this event, please call The Wesbury Foundation at 814-332-9264.

*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.

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

Mr. B.J. Smith - Meadville, PA

Mr. Cootie Harris - Meadville, PA

St. James Community Soup Kitchen and Cupboard
Titusville, PA

Rehabilitative Science Club of Venango College
Oil City, PA

Mrs. Sue Ann Sheets
Sandy Lake, PA

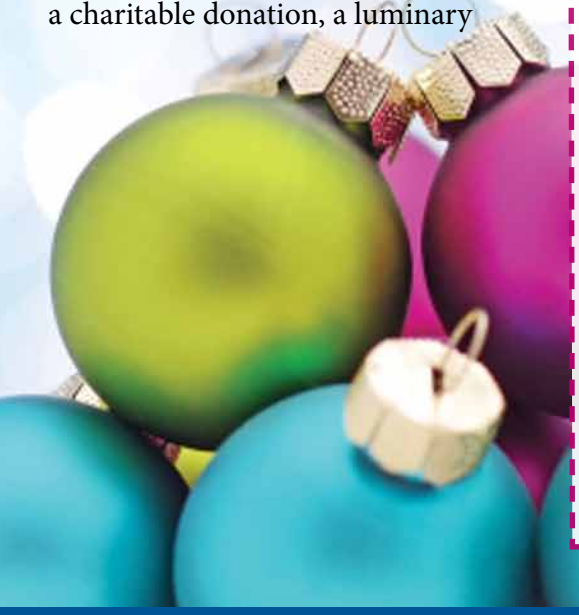
Special Tribute:
Mrs. Fran Salem - Linesville, PA

Christmas Luminaries

On Friday, December 12th, Wesbury will continue the Christmas tradition of placing holiday luminaries around the campus to delight residents, employees, volunteers, family members and guests. The Annual Pathways of Light were founded 29 years ago by Wesbury resident, Rev. Herbert E. Boyd, as a symbol of Wesbury's care and compassion.

Each year the display grew larger which encouraged The Wesbury Foundation to begin the Luminary Tribute Program in 1999. For a charitable donation, a luminary candle is lit in memory or in honor of friends and loved ones. Tribute luminary posters are exhibited in Grace Health Center and Cribbs Residential Center so residents and guests can enjoy the tribute messages throughout the entire Christmas season. Be a part of this special holiday tradition by making a gift to Wesbury's Benevolent Care Fund. This fund helps to support the residents who have outlived their financial resources and depend upon Wesbury for care.

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



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

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

Name _____

Address _____

City _____ State _____ Zip _____

E-Mail _____

Phone _____

Please light luminary: (please print)

❑ In Honor of _____

❑ In Memory of _____

Make checks payable to The Wesbury Foundation.

Sunset Auxiliary Gives Gift of Mobility to Wesbury Residents

For 2014, the Sunset Auxiliary bought two new golf carts that were purchased with funds directly from the Sunset Auxiliary Gift Shoppe. One is a small golf cart with seating for two that will be used for grounds and maintenance purposes, and the other is larger with seating for up to six passengers that will be used by the Activities Department in transporting residents around the campus. The six seat golf cart was debuted for residents at the opening night of the Annual Summer Concert Series in August.

Thank you Sunset Auxiliary for all you do for Wesbury residents as well as those who support their many endeavors throughout the year.

Take the Worry Out of Winter

Spend Winter at Wesbury

Winter brings on loneliness, challenges with getting out and household tasks.

Consider a stay at Cribbs Residential Center or Hillside Home. Enjoy a warm environment, friendly neighbors and meaningful activities. Meals, housekeeping, laundry and transportation to appointments and shopping are included. Gone are the worries about trudging through snow to get the mail or take out the garbage.

This is also an opportunity to try out the lifestyle at Wesbury before committing to a permanent move. Consider a stay for whatever length of time meets your needs. Simply bring your suitcase, we will provide the rest! If you wish to make the stay permanent, we will even provide moving assistance.

Come for the winter or come to stay.
For more information, call 814-332-9707 or visit our website at: *www.wesbury.com*.

Coming Soon - Pharmacy/Convenience Store

Steady progress is being made on the pharmacy and property development on the northern end of the Wesbury campus. Although a great deal of work is being completed all over the building, the most remarkable change is with the outside of the structure. The new design of the former church will soften the commercial feel of the building so that it has a more residential look to it. This new look will blend well with the houses and villas of Wesbury's Thoburn Village. The projected completion of the pharmacy/convenience store is early 2015. Once opened, the store will carry an expanded inventory of over-the-counter health aides as well as a variety of items such as food, cleaning products and toiletries. The pharmacy will remain open for continuous round the clock service during the entire expansion and reconstruction process.

The Benefits of Exploring Your Creativity

The mind needs stimulation as much as the body to maintain an optimal active lifestyle. At Wesbury, we view arts and crafting as an excellent way of stimulating and exercising the brain as well as socializing with other residents. Though not everyone can be a Van Gogh or Picasso, there are plenty of studies that suggest participating in artistic activities, such as painting or crafting, can be beneficial no matter the age.

There are many outlets for personal creative expression at Wesbury. Whether it is arts and crafts classes or music and lifelong learning lectures, it is not unusual to continue an artistic passion or discover something that piques an interest residents never knew they had.

Originally from Pittsburgh, Cribbs Residential Center resident John Stolte moved to Meadville in 1947 when he took a job with the telephone company after serving in World War II. John can trace his artistic endeavors to being six years old drawing pictures of airplanes. After the war, he enrolled in an art correspondence course offered through the government and received his art certificate in 1953. Today at 92, John continues to use his love of drawing cartoons to not only stay sharp, but to maintain a sense of humor when it comes to aging. Often, he is the subject of his own drawings, having a lighthearted way of presenting any situation. This was particularly helpful when he decided to move to Cribbs. John shared his talent as a way of becoming comfortable with his new home and "breaking the ice" in meeting fellow residents and staff.

Each week, John sits at his drawing desk in his apartment and creates multiple characters and elements, as many as ten different scenes on a sheet of paper. He uses pens, colored pencils and watercolor paints, often in small detail, his end product being a wonderful montage of imaginative expression. Normally, one does not think of art as physical exercise, but the same hand-eye coordination used to play sports is needed to paint or draw a picture as your hand has to follow what the eye sees. As with sports, the more you practice, the better artist you will become. Not to mention the feeling of pride and accomplishment in creating and finishing artwork started from scratch.

Keep in mind that one of America's most beloved artists did not start to paint until she was in her 70s. Before she passed away at age 101, Grandma Moses created over 1,000 paintings and was widely regarded as folk art treasure. She achieved this with arthritis and without significant training or art school.

Whether participating in an organized art class or just placing a pen to a piece of paper, anyone can receive the benefits of creative, artistic expression.

John is shown above creating one of his many drawings. Below are a couple examples of John's talent and humor.

Sharing our Faith

In today's world we all need room to breathe, pause and regroup. Busy work schedules, raising children, caring for loved ones and maintaining the home are a lot to juggle. At Wesbury, we recognize that our spiritual calling is to serve everyone on campus, including the Wesbury staff. Throughout the year, Wesbury Chaplain Rev. Sam Marchetta plans quarterly spiritual topics for the community. During the summer, he began an experience called, "Breathing Room" that teaches staff members how to create the appropriate margins in life that can foster professional and personal growth. In a workplace like Wesbury, where taking care of others is the first order of business, taking care of one's self often gets put on hold. It is programs like "Breathing Room" and The Order of Good Shepherds that give Wesbury staff the opportunity to pause and recharge, ultimately leading to a better work and care environment for everyone.

Wesbury's Order of Good Shepherds (OGS) is a voluntary program aimed at bringing together and acknowledging those employees who understand their work to be an extension of their faith and commitment to God and their neighbors. OGS is also responsible for Wesbury's Prayerline which can be reached by anyone in need to be lifted in prayer by calling 814-332-4500, and then following the menu options.

"It is important to me to make a connection with my co-workers. We are all here to serve everyone, and lift up those who are in need of help, not just the residents," says Theresa Nichols, member of Wesbury's OGS and "Breathing Room" participant. "We all have our ups and downs and struggles. My co-workers are there for me when I am in need and I am there to return to others what they have given to me."

Spiritually inspiring the staff adds strength to the programs offered to residents by encouraging everyone to get involved. While honoring and respecting our Methodist founding, we offer multi-denominational services to those of all faiths.

There is so much to offer residents, it is comforting to know that employees, too, are touched by Wesbury's Christian Mission. "Sometimes a staff meeting starts with a word of prayer or an encouraging scripture," notes Melissa Porter, Vice President for Sales and Marketing. "It is a wonderful way to set the tone and direction for all of us, not only in how we feel about ourselves, but in how we respond to everyone around us. It is an honor to work in an environment where a pause for God is encouraged and welcomed."

Left to right: Thoburn Village resident and Stephen Minister Ann Harned, Wesbury Chaplain Sam Marchetta and Order of Good Shepherds member Theresa Nichols.

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

Please send me information about:

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

❑ Send me the New Wesbury DVD

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

Name _____

Address _____

City _____ State _____ Zip _____

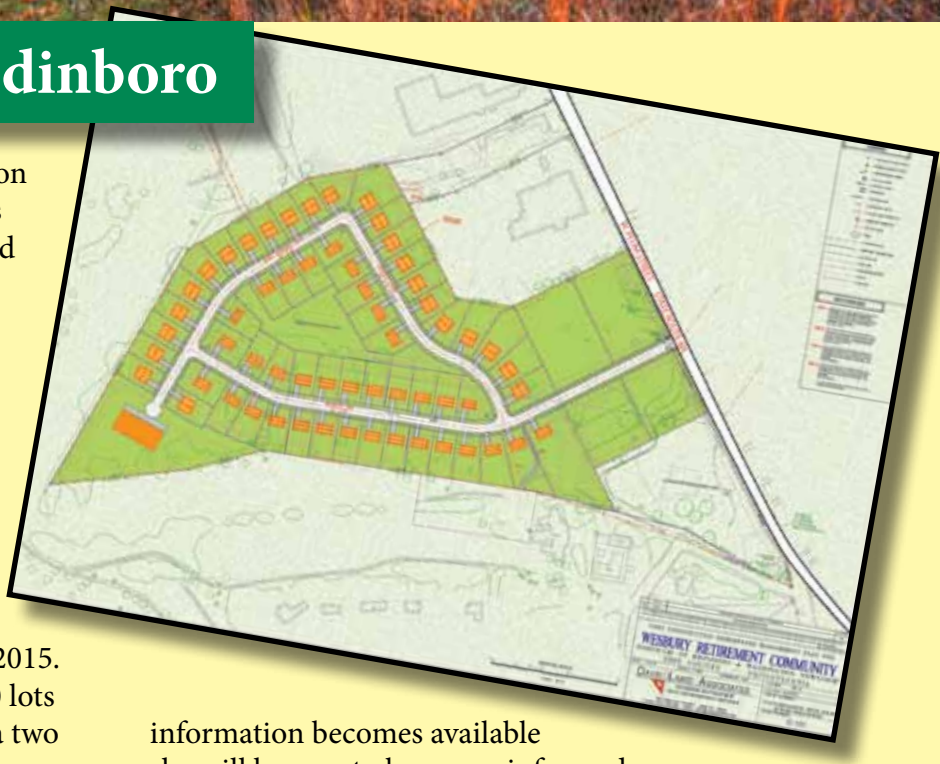
2014 WW

E-Mail _____

Phone _____

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

Progress Continues in Edinboro



Since purchasing the hotel property near Culbertson Hills Golf Course in December 2011, Wesbury has been working with the City, Township and required entities to receive approval to build a maintenance free, active, retirement community in Edinboro. Steady progress is being made as we recently received both Township and Borough approval and have finalized the purchase of 22 additional acres adjacent to the Culbertson Hills Golf Course. The final step before construction will begin is to receive the determination of wetland mitigation from the Pennsylvania Department of Environmental Protection. We are optimistic that these approvals will occur in early 2015. When approved, the proposed plan will include 60 lots for individual one story single family homes, and a two and a half acre site for a 12 unit condo building. Our goal is to begin installation of water, sewer, gas, electric, telephone and cable lines next spring.

If you are interested in the community please contact Melissa Porter, VP of Sales and Marketing at 814-332-9238, or mporter@wesbury.com and ask to be added to the Edinboro Community interest list. Then, as more information becomes available she will be sure to keep you informed. We have not begun to sell the lots. Those on the interest list will be notified when final plans and pricing are available. At that time, an official waitlist will be created. We are excited to see this project taking shape and look forward to bringing Wesbury's exceptional services to the Edinboro area.

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

Wesbury and Wesbury Institute Upcoming Events

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

"Avoiding Scams and Identity Theft for Seniors" presented by PA Department of Banking and Securities
Thursday, October 16th at 1:00 p.m.
Campus Community Center

"Back Pain in the Senior Population: Causes and Treatments" presented by Dr. Anthony Colantonio
Tuesday, November 11th at 1:00 p.m.
Campus Community Center

For more information on Wesbury Institute events, call David Venanzi at 814-332-9399.

Seniors for Safe Driving
Classes scheduled for
Nov. 19, 2014 at 5:30 p.m. - 9:30 p.m.
Dec. 10, 2014 at 9:00 a.m. - 1:00 p.m.
at Cribbs Residential Center. Call 800-559-4880 for more information.

Wesbury's Senior Tribute Recognition Dinner and Auction
Thursday, October 9, 2014 at 5:30 p.m.
Iroquois Club - Conneaut Lake.
Call Melissa Grinnell at 814-332-9712.

Veteran Benefits Seminar
Friday, Nov. 12, 2014 at 2:00 p.m.
Cribbs Residential Center Community Room. Phone 814-332-9707 for more information.

Sunset Auxiliary Holiday Sale
Thursday, November 13th from 1:00 p.m. to 5:00 p.m. & Friday, November 14th from 10:00 a.m. to Noon
Grace Health Center's Barco Chapel
Phone The Foundation at 814-332-9381 for more information.

Hillside Luminary Night
Friday, December 5th
6:00 p.m. - 8:30 p.m.
Wesbury Hillside Home

Wesbury Resident Family Christmas Reception
Friday, December 12th
6:00 p.m. - 8:30 p.m.

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 -

EQUAL HOUSING OPPORTUNITY

EAGLE ACCREDITED ORGANIZATION