WESBURY WINDOW

Winter 2014
Volume 19 · Issue 1

Wesbury is Going to Cape Cod!

Join Wesbury as we visit beautiful Cape Cod, located in the eastern most portion of Massachusetts, offering miles of beaches, natural attractions, and historic sites. We will depart from Wesbury, via deluxe motor coach, on Monday, September 8th, and return on Saturday, September 13th. September is wonderful on the Cape bringing smaller crowds and beautiful weather.

Our adventure to Cape Cod begins with a stop near Rochester, NY where we will enjoy lunch and a two hour cruise along the nation's first major transportation system, The Erie Canal. As we near our destination, we visit Sturbridge Village, a living museum that recreates life in rural Massachusetts from the 1790s through the 1830s. Covering more than 200 acres, The Village includes 59 antique buildings, three water-powered mills, and a working farm.

When we arrive on the Cape, a local "step-on" guide will begin our tour of the oldest town on the Cape, Sandwich, Massachusetts. In Sandwich, we see the Village Green, the Great Salt Marsh, a Cranberry Bog, and Cape Cod Bay as we make our way to Hyannis, where we will spend the next three nights.

Hyannis is the commercial and transportation hub of Cape Cod. From there, we visit the John F. Kennedy Hyannis Museum and the Cape Cod Baseball League Hall of Fame and Museum before we depart to the ferry for a full day on Martha's Vineyard.

Once we reach the island, our guide will point out the sights as we pass through Vineyard Haven. We also learn about the island's history and the lifestyles of the folks who call Martha's Vineyard home. There will be free time for lunch and shopping in the historic whaling town of Edgartown, and you are sure to enjoy a stroll through "Cottage City's" brightly painted cottages with decorative "gingerbread" trim. Finally, we visit Oak Bluffs at the far end of the island before taking the ferry back to the Cape.

The next morning, a local guide will show us the John F. Kennedy Memorial, the Korean War Memorial, Hyannis Port, and a view of St. Francis Xavier Church, the summer parish of the Kennedy Family. We then travel the historic "Old King's Highway", a scenic byway that winds past hundreds of historic structures that characterize the Cape's early development as we near The Cape Cod National Seashore. There, wondrous sand dunes and the Atlantic Ocean will surround you as we approach "Land's End"…Provincetown; the extreme tip of Cape Cod.

Returning to Hyannis, we will drive along the south side of the Cape and view the Chatham Lighthouse, a life saving beacon for sailors throughout the Cape's history. Chatham's location at the Cape's "elbow" makes it very vulnerable to winter storms. Our guide will also point out the "Chatham Break" as well as the dramatic

continued on page 6

Winter at Wesbury Inspires a New Beginning

Inspired by a Wesbury ad she saw in the newspaper, Pauline decided to try Winter at Wesbury and discovered a new home.

Pauline Avoy had become very accustomed to living alone. Her husband, Lew, passed away nine years earlier leaving her to manage a 4-bedroom home. It was not as difficult as one would expect as she had the support of her four children and their families. In fact, one of Pauline's daughters lived right next door; if she needed anything, all she had to do was (literally) holler. Aside from the amount of space to take care of, Pauline was set up in an ideal situation of support for a senior living alone.

As Pauline opened her Meadville Tribune one November morning in 2012, she noticed two things. The first was the tragic story of an elderly woman who was killed when she was hit by two cars while crossing a nearby highway. On the following page was a "Winter at Wesbury" advertisement that featured a woman trudging through the snow to get home. Pauline identified with both. She saw the dangers that exist for a senior living alone, as well as the opportunity to live safely, with no worries, during any time of year. A spark within her began to ignite, and she chose to look into moving.

Pauline called her children and swore them to secrecy. She was not interested in hearing horror stories about moving from others. Pauline wanted to make the decision between herself and her children. "Winter at Wesbury" offered her the perfect opportunity.

The program allowed her to test the waters by staying at Cribbs Residential Center in a furnished apartment for as long or as short as she liked. Her children supported her in her decision, which was important to Pauline. For Pauline, this trial stay was the answer, and November 2013 marked Pauline's one year anniversary of moving to Cribbs Residential Center. Today, Pauline couldn't be happier with the choice she made.

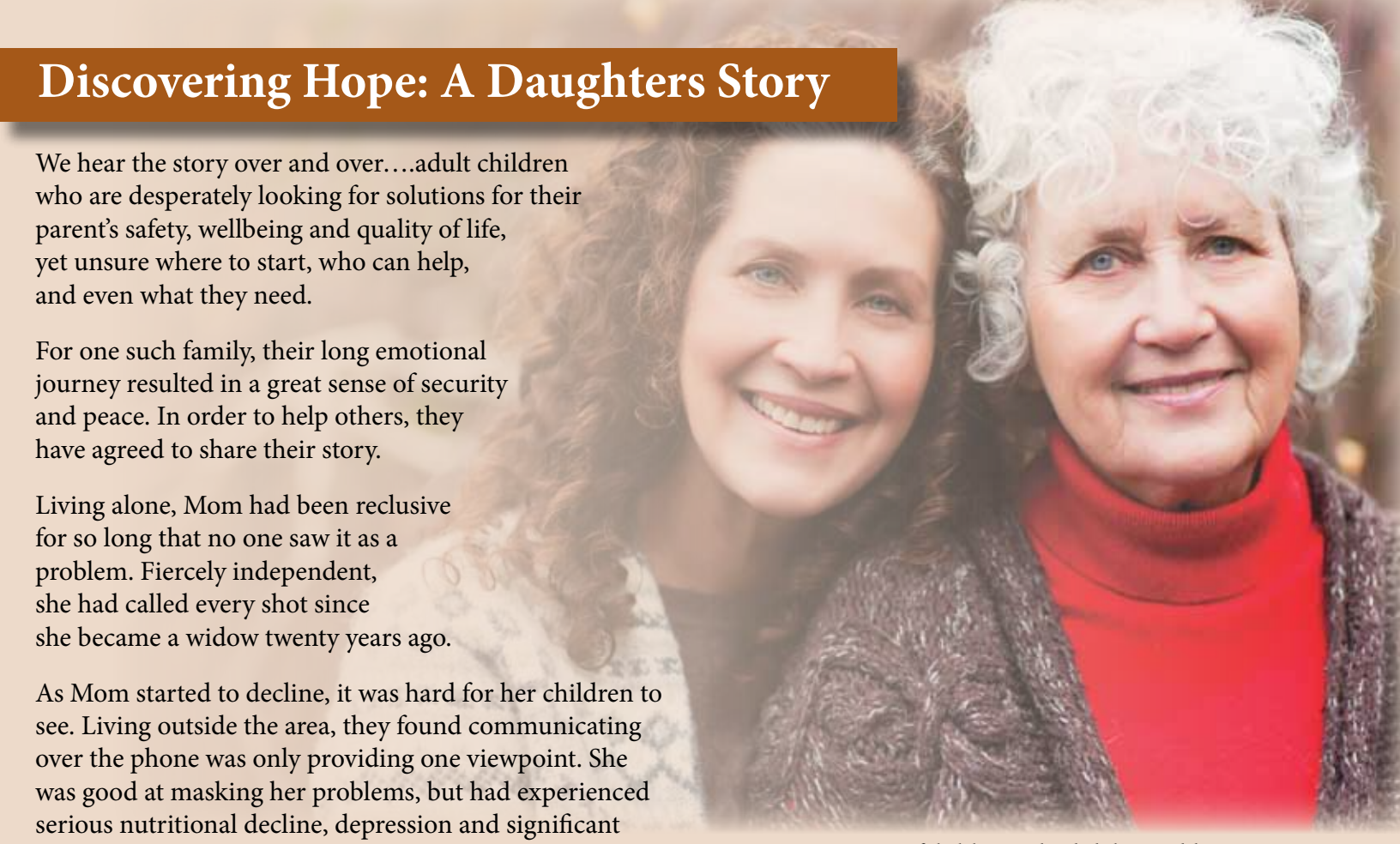
Pauline framed the "Winter at Wesbury" advertisement that inspired her to make a change and has it hanging on the wall of her apartment as a reminder of that spark that pointed her home.

"I am treated with dignity and respect at all times," says Pauline. "I have made new friends with my neighbors and staff members. This is my home."

If you would like to consider a winter stay at Cribbs Residential Center or Hillside Home, just bring your suitcase and Wesbury will even furnish the apartment. At right is an example of the type of apartment available for a Winter at Wesbury stay.

For more information, call (814) 332-9707 or visit our web site at *www.wesbury.com*.

Discovering Hope: A Daughters Story



We hear the story over and over….adult children who are desperately looking for solutions for their parent's safety, wellbeing and quality of life, yet unsure where to start, who can help, and even what they need.

For one such family, their long emotional journey resulted in a great sense of security and peace. In order to help others, they have agreed to share their story.

Living alone, Mom had been reclusive for so long that no one saw it as a problem. Fiercely independent, she had called every shot since she became a widow twenty years ago.

As Mom started to decline, it was hard for her children to see. Living outside the area, they found communicating over the phone was only providing one viewpoint. She was good at masking her problems, but had experienced serious nutritional decline, depression and significant memory loss.

When Mom was hospitalized with an intestinal problem, the girls found themselves facing a maze of challenges and decisions. Both daughters came home and tried to navigate several hospital stays, surgery, medication changes and diagnosis they felt ill informed about. Through it all Mom was totally out of touch with what was happening. Wanting to go home, she angrily fought her daughters every step of the way. "Mom had always trusted us before, but her dementia took away that trust."

Trying to please her they took her home and stayed with her. Suddenly responsible for her medications and learning how to care for her was daunting! Over the course of her illness she had experienced a urinary tract infection, delirium and CDIFF. After 12 days of struggling at home, they took her back to the hospital. "We were on the emotional front line trying to make decisions but not understanding it all. This was extremely heart wrenching for my sister and I. But we had to think with our love for her. Despite everything, our love for her had to keep her safe."

Within a few weeks she was transferred to Wesbury's Grace Health Center for short term rehabilitation. "At Grace, everyone acted so positive, from the Nurse aides to Pastor Torre, we felt like we had delivered her to heaven." After living in a constant state of emergency, finally, they could relinquish control. "Nurse Charlie was able to locate the problems of Mother's decline while Dr. Bailey reduced her medications to a proper regimen for her situation." For the first time in months, Mom started to get stronger.

As Mom improved in her rehabilitation program, the girls planned her move to Wesbury's Cribbs Residential Center. They knew she could not return to her isolated environment. Here she could have her own apartment, the services she needs and socialization. "At home, Mom was being fed her social life through her TV. At Wesbury she met people and wanted to help them. Her heart led her to give and she stopped focusing on herself." Once she moved to Cribbs, her daughters saw how Mom was flourishing as she interacted with new friends. "Now she is going to events and day trips. It's amazing to see her come alive and be inspired again."

Although Mom has started a renewed and fulfilling life at Cribbs, her dementia is still a challenge. The girls know there will be difficulty ahead. "Nurse Elaine and the staff have worked 100% with us. They have advice for every step we have taken. They understand what we are going through and how to help us plan for what may be ahead."

The Importance of Giving

Gertrude Henry recognized she needed more help after she experienced a fall in her apartment. She chose Wesbury's Hillside Home because of the proximity to her daughter, Karen, who worked across the street at Meadville Medical Center's Grove Street facility. Family was extremely important to Gertrude.

For 13 years, "Gert" lived at Hillside Home. She made friends with fellow residents playing Bingo, cards and socializing on the Hillside back porch during a nice summer day. Most evenings her daughter would visit to see how Mom was doing and Gert would tell her about all of the activities she did during the day.

A few years ago, Gert's financial resources began to wear thin. In conjunction with the Wesbury Hillside Home promise to not turn away a resident for depletion of their funds, she began to receive benevolent care. Gert was able to stay in the home she loved, surrounded by what she called her "second family". Three years ago Gert made her daughter promise that she could pass away at Hillside, "in the comfort of her home." In 2013, she took a turn for the worse, not without seeing her twin grandchildren from Texas one last time. Her family says she held on to see them visit. The family cannot say enough about the services she received or how extremely accommodating Hillside was when they brought in hospice services. The family is grateful to the staff for acknowledging Gert's wishes and for going above and beyond for their family. Her daughter and son are most grateful for "Mom's second family" and the care she received at Hillside Home.

In return, her family has continued to support Hillside Home and the benevolent care fund. They give for funds that go to prizes for the various games, and Gert's daughter-in-law, Margaret Henry, has become the newest member of the Wesbury Hillside Home Board of Directors. Hillside is truly blessed to have such a caring group to support their mission.

There are many ways to help support the many residents who receive benevolent care at Wesbury Hillside Home. For information contact the Wesbury Foundation at (814) 332-9381. Please specify that any designated funds are marked for Hillside Home.

Wesbury is Looking for Remarkable Seniors and Groups to Recognize at our 2014 Senior Tribute

We all know someone who is truly amazing. They may be a friend, a neighbor, a relative, or someone from your workplace or church. Each year, Wesbury seeks to find extraordinary individuals, aged 65 or over; and groups or organizations with members of any age who amaze us with their talent, generosity and selflessness. The nominees are honored by allowing Wesbury to tell their story and applaud their contributions at our Annual Senior Tribute Recognition Dinner and Auction held in October. Nominees and guests will enjoy a social evening of dining, entertainment and the opportunity to take home items and prizes from our auctions. This event is truly inspiring and not only spotlights these unsung heroes, but also serves as a fundraiser for Wesbury's Benevolent Care Fund, which helps support residents who have outlived their financial resources and require charitable care.

Pictured above are the honorees at Wesbury's 2013 Senior Tribute recognition dinner and auction.

Please take a moment and think about those who have made a difference in your life or the life of someone you know, and honor them with your nomination. Simply call the Wesbury Foundation, at (814) 332-9264, or go online to *www.wesbury.com* for a nomination form.

New Resident Art Instructor, Chris Clawson Inspires Talent and Giving

"We have some real talent in this class," says Chris, "Some are further than others, skill-wise, where I can just offer suggestions while others need more direction. Either way, I am happy to help them."

The Wesbury Resident Art Class was Rev. Ellen Rezek's pride and joy. When she announced her upcoming retirement in June of 2013, one of the questions that arose was, "What is going to happen to the Art Class?"

Rev. Ellen started the transition months earlier when she asked Chris Clawson to fill in for her when she was unavailable to teach the class. Chris has a Bachelor's Degree in Fine Arts from Edinboro University and had become known at Wesbury for his giant art sculptures and displays created for holidays and other Wesbury events. For years, Chris has been designing and decorating the Wesbury Nature Trail for the Chicken BBQ train ride as well as lending support to the Wesbury Halloween float and decorating the tunnel between Cribbs Residential Center and Grace Health Center for the Annual Trick or Treat Night.

In taking over the class, Chris is able to share his knowledge and skill of drawing and painting, bringing a new perspective and approach to the residents. Each week, the art room is filled with resident students working on projects, where Chris gives each of them one-on-one personal attention. Many of the paintings are on display around the community, and some have even been entered in an art competition in Erie, where they have won ribbons and were also for sale.

Recently, a resident's daughter was inspired to make a donation specifically supporting the Wesbury Art Class. She spoke about how much her mother enjoys the challenges of producing several paintings each year and applauds Chris' efforts and artistic talents that he is willing to share. Her donation helps support the program to acquire new paints and supplies.

Happy Birthday, Ralph!

As residents entered the dining room at Cribbs Residential Center, the first thing they noticed was a great, big cake in the center of the room. Outside the dining room, Wesbury staff members began to assemble and one by one, each was given a balloon. The party started with Stacey, from Cribbs Activities, announcing Cribbs resident, Ralph Lovejoy, was turning 100 years old. As all the residents in the dining room began to sing "Happy Birthday", a parade of staff members walked in, each presenting the birthday boy with a balloon. Ralph was seated with his daughter, Sandra, and both were delighted with all the happy birthdays, well wishes and hugs from so many people.

Ralph was born in Jacksonville, Vermont on December 11, 1913 and graduated from Natick High School in Natick, Massachusetts, where he played football, and was a member of the National Guard. After high school, Ralph attended Wentworth Institute of Technology in Boston. Upon graduation, he began a career as Regional Manager, Gas Products, for the Linde Division of Union Carbide Corporation in Connecticut and Massachusetts. Hailing from the Boston area brings a love of the ocean, and Ralph is no exception as he loved saltwater fishing and was an avid boater.

Ralph and his wife, Sonia had three children; Alan and twin sisters, Linda and Sandra. Sonia passed away in 1970, and he married, Mildred, the following year; all have passed except his daughter, Sandra. In 2009, Ralph moved to Wesbury to be near her. Ralph also has seven grandchildren and five great-grandchildren, many of whom came from other parts of the country to celebrate his big day. When asked how it feels to be one hundred he proudly stated "Well, it took me one hundred years to look this good."

Overwhelmed By All Your Stuff?

When considering a move what does one do with all of their stuff? Many are overwhelmed with accumulated furniture, tools, household items and memorabilia. Downsizing specialists typically recommend the following thought process:

1. What do I want to move with me?
2. What do I want to give to friends and family?
3. What has value that I wish to sell?
4. What can be donated?
5. How do I dispose of the remaining items?

There are services that can assist in all of these processes. One such local provider is Sharp Estate Services, L.L.C. Owner Keith Sharp began years ago when his interest in antiques led him to buying from those planning a move. Over time, so many asked him how to dispose of other items, or if he would provide moving services that he decided to make a business of it. Today, he and his partner Sandi Soder have grown the company to a licensed and insured full service liquidation provider. Licensed in both Erie and Crawford County, they work with individuals, attorneys, realtors and out of state families to help pack, move, de-clutter, sell and even completely liquidate homes. Options include: on premise sales, buying or consigning items, complete liquidation and move assistance. To determine what is right for you, they evaluate your circumstances. "Seniors need to exercise caution when bringing people into their homes", says Sandi, "Not all estate buyers are insured. You need to see how the seller operates before you commit." Sharp Estate Services will review the costs of liquidating the trash versus selling the treasures and give you a price. You may owe or receive money depending on what you need to accomplish. Estate sales require a minimum of $3,000 in gross sales. If it's a complete liquidation, they will empty the entire home from basement to attic, broom clean and even wipe down the counters. Items are donated where possible such as glasses are donated to the Lions Club. Some families choose to work with them, some take what they want, and let Sharp Estate Services handle what's left. Items are sold through Ebay, Craig's list, flea markets and the 7,000 square foot Sharp Consignment Store located at the All Seasons Market Place behind Millcreek Mall in Erie. If you are interested in more information, contact Sandi by calling (814) 572-3775 or visit their store. Store hours are Friday and Saturday 10:00 a.m. until 8:00 p.m. and Sundays from 10:00 a.m. until 5 p.m.

Inside Sharp Consignment Store located in Erie, PA

Cape Cod

continued from front page

changes to the shoreline that have occurred over time and weathering.

As we journey home from Cape Cod, we stop in Newport, Rhode Island, the summer vacation destination for the "rich and famous". Here, we will tour the Breakers Mansion; a 70-room summer "cottage" formerly owned by Cornelius Vanderbilt II. During our last night, we stay in historic Mystic, Connecticut. In Mystic, we catch a dinner show titled, "Songs of the Seafaring Traditions", featuring music from the maritime world during the period of 1790 through 1930 while giving insight into the lives of those who made a living on the Sea.

Enroute to Meadville, we will tour one of America's finest Gothic Revival Mansions, Lyndhurst Castle, in Tarrytown, New York. Built in 1938, Lyndhurst Castle features awesome views of the Hudson River.

The cost for this trip starts at $1,364, based on double occupancy. Add $350 for single occupancy. A small portion of the cost of the trip is a donation to the Wesbury Foundation's Benevolent Care Fund. The price includes transportation, lodging, admission to seven attractions, and 13 meals. $200 per person is due upon making reservations. For information and reservations phone Tara Lawrence at (814) 332-9712.

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

❑ 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 _____

EQUAL HOUSING OPPORTUNITY

EAGLE ACCREDITED ORGANIZATION

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

Home Delivered Meals Delivers Much More

Did you know that Wesbury Outreach Services delivers 30 lunch time meals, on a 75 to 100 mile a day route, seven days a week? Wesbury's home and community based programming first began delivering meals from the Cribbs Residential Center kitchen in 1997. Since that time, the menu of program services has grown to include: in-home housekeeping, trained companions, and a round-the-clock, wireless emergency response system called Wesbury-LifeAid.

Marilyn Mazzone, Vice President for Home and Community Based Services says, "The meals are so delicious; they come hot and ready to eat, with portions ample enough that some clients eat them for lunch and dinner."

Providing nourishment is not the only positive result of participating in the program. Each day, Meal Delivery Driver, Mike Kaputa looks forward to coming into work and beginning his route. Mike has delivered Wesbury meals for the past three years and says he likes that people depend on him. Mike gets to know them very well, becoming part of their daily routine. He learns their likes and dislikes and is able to recognize issues they may have living alone in their home. Often, he helps by suggesting additional solutions. Families find comfort and peace of mind knowing a caring, friendly man, like Mike, visits with their loved one each day.

If you are interested in meal delivery or any of the other Wesbury Outreach Services, call (814) 332-9186.

Mike says, "I like being able to work with seniors, and it is important to me, to be able to talk with them, see how they are feeling, or just shoot the breeze a bit, because I may be the only person to see them that day and everyone needs a bit of socializing, it is how we are wired."

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

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

Body Recall Classes
Spring classes start
Wednesday, March 5, 2014
Call Judy McElwain at 814-337-2579 for more information.

"Beauty and the Beast" Musical
Tuesday, April 29, 2014 at 7:00 p.m.
Shea's Performing Arts Center, Buffalo, NY
Call Greg Brink at 814-332-9794 for more information.

Seniors for Safe Driving
Classes scheduled for
May 21, 2014 at 5:30 p.m. - 9:30 p.m.
June 10, 2014 at 9:00 a.m. - 1:00 p.m.
at Cribbs Residential Center. Call 800-559-4880 for more information.

Wesbury's 14th Annual Senior & Friends Golf Scramble
Thursday, June 19, 2014
10 a.m. shotgun start. Continental breakfast, boxed lunch and picnic buffet dinner included. Call Tara Lawrence at 814-332-9712.

Wesbury's 25th Annual Chicken BBQ & Craft Fair
Sunday, July 20, 2014
11 a.m. to 5 p.m. on Wesbury's campus.
Call Tara Lawrence at 814-332-9712.

Wesbury's Cape Cod Trip
September 8 - 13, 2014
Call Tara Lawrence at 814-332-9712.

Wesbury's Senior Tribute Recognition Dinner and Auction
Thursday, October 9, 2014 at 5:30 p.m.
Iroquois Club - Conneaut Lake.
Call Tara Lawrence 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 -

EQUAL HOUSING OPPORTUNITY

EAGLE ACCREDITED ORGANIZATION