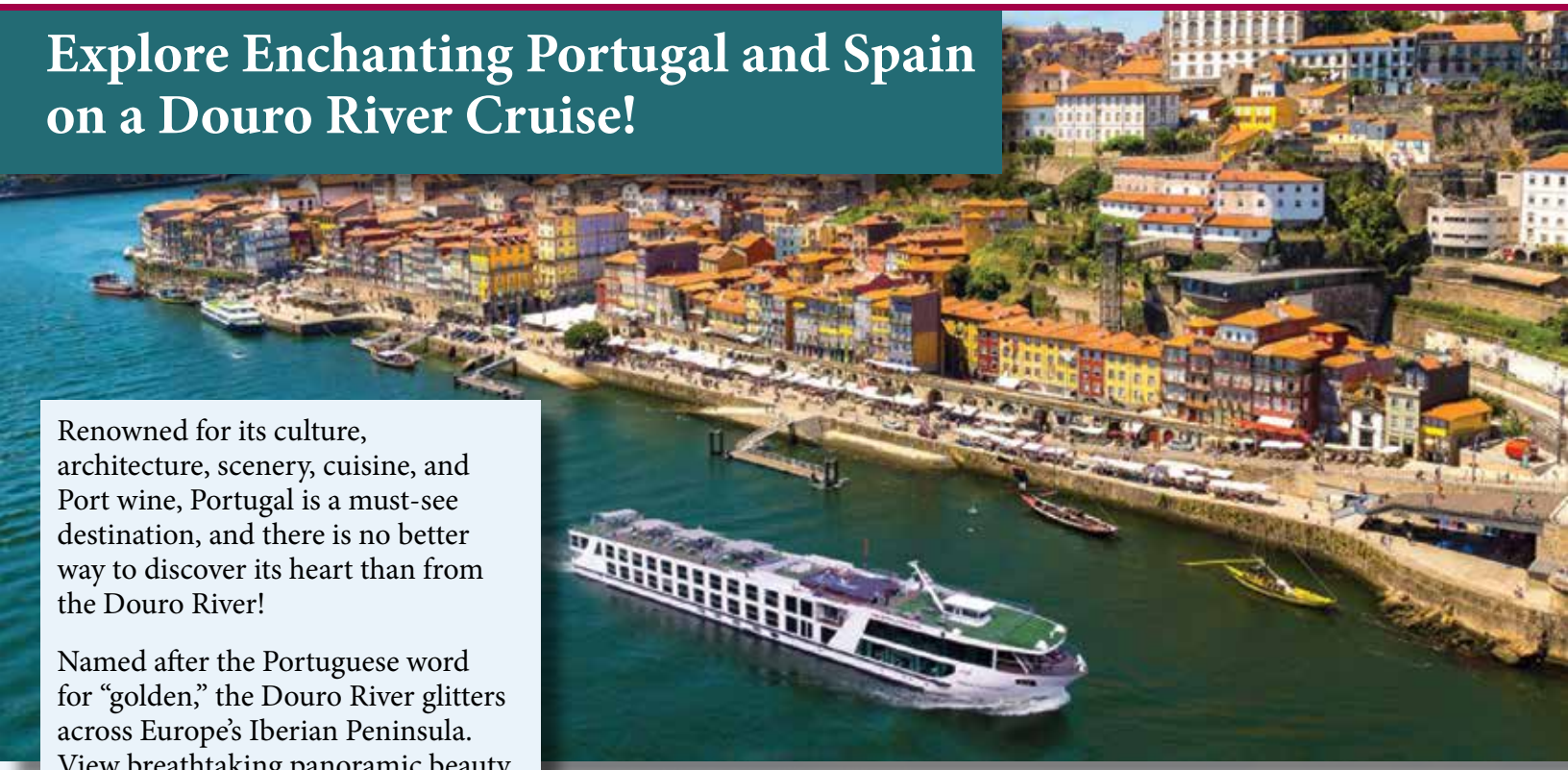
WESBURY WINDOW

Fall 2023
Volume 28 · Issue 3

Explore Enchanting Portugal and Spain on a Douro River Cruise!



Renowned for its culture, architecture, scenery, cuisine, and Port wine, Portugal is a must-see destination, and there is no better way to discover its heart than from the Douro River!

Named after the Portuguese word for "golden," the Douro River glitters across Europe's Iberian Peninsula. View breathtaking panoramic beauty, as you sail past charming villages, terraced vineyards, and historic landmarks. Stop to explore the sights along the way, sipping wine amidst sun-kissed vineyards, tasting the flavors of local cuisine, and discovering rich culture and colorful cities. From Spain's walled city of Salamanca to the baroque village of Lamego, enjoy excursions that will immerse you in culture and tradition. A Douro River cruise provides active daily exploration balanced with leisure time on board as you float along on the elegant MS Emerald Radiance. Offered through Mayflower Cruises & Tours, Emerald Cruise Line specializes in intimate small ship experiences. The MS Emerald Radiance was custom-built to navigate the winding Douro with an innovative river view design, inviting common areas, and a beautiful sundeck. Your journey will include excellent service and unparalleled views of the Iberian countryside.

The cost for this wonderful all-inclusive trip starts at $5,620.00 per person (double occupancy) and includes the following:

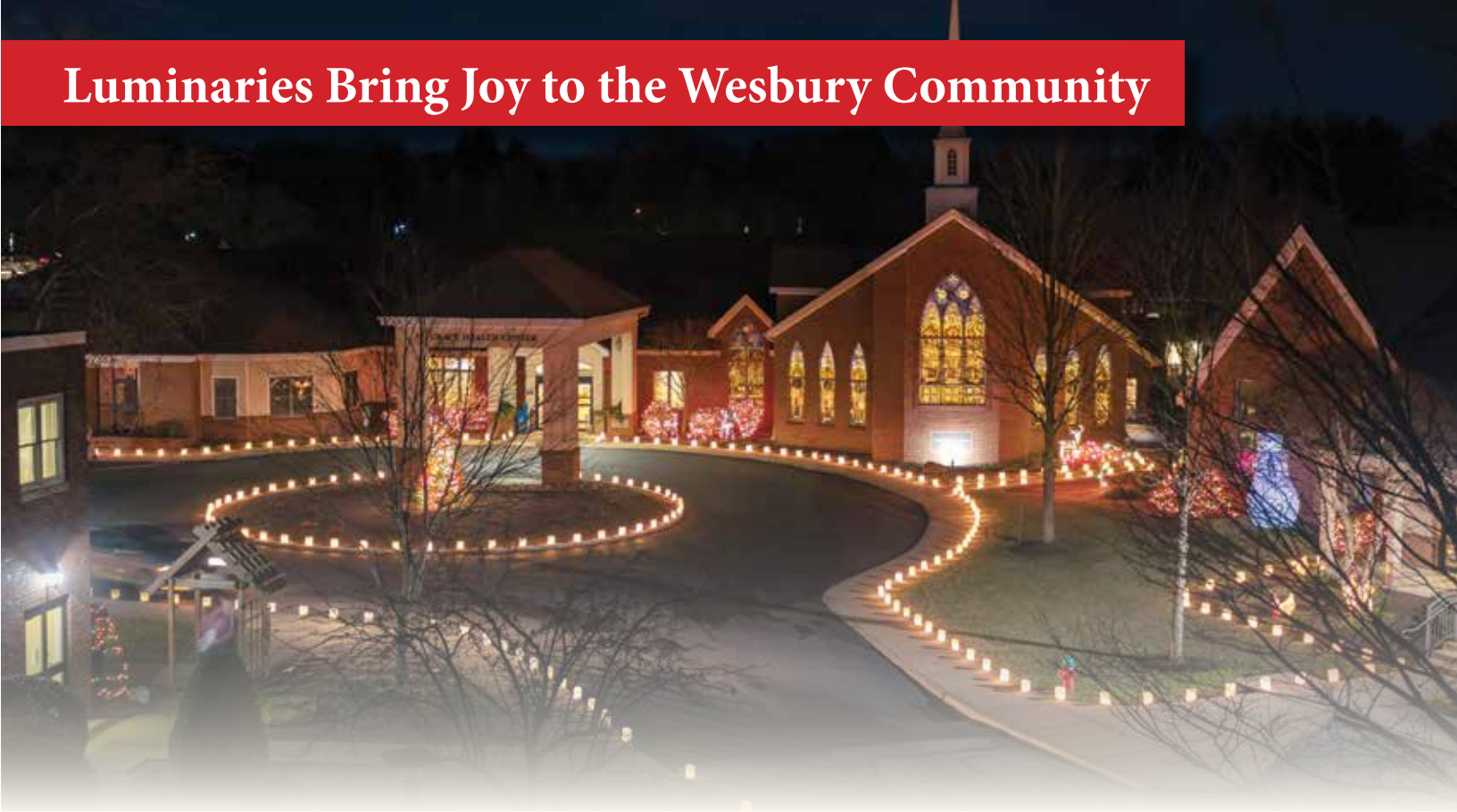
- Round trip bus transportation from Wesbury to the airport with free parking at Wesbury.
- Round trip airfare and all transportation between airports, hotel, and ship.
- 22 Meals: 9 breakfasts, 5 lunches, and 8 dinners.
- Wesbury Hosts, Mayflower/Emerald cruise line Tour Directors, and local guides.
- Visit 2 countries - Portugal & Spain with a 2-night pre-cruise hotel stay in Lisbon.
- Travel by motorcoach to Fátima and Coimbra, Portugal en route to the ship.
- Seven-night cruise on the majestic Douro River via the MS Emerald Radiance.
- Choice of cabins: window, French balcony, and balcony suites.
- First-class service delivered by an English-speaking crew.
- Included shore excursions in each port with local guides and personal listening devices.
- Ports: Porto, Pinhoa, Vega de Terron, Salamanca, Pocinho, Regua, and Lamengo.
- Local wine tastings and a special onshore dinner at a vineyard.
- All onboard meals, offering a variety of international cuisine.
- Included regional wines, beer & soft drinks with onboard lunch and dinner.
- Included port charges, taxes, and gratuities.
- Included daily excursions, onboard entertainment, classes, and activities.
- Optional Active Tours (included); Alternative excursions (fee).
- Complimentary Wi-Fi and bottled water.

See pages 6 & 7 for the complete itinerary.

Summer Fun for Everyone

Whether it was a Wesbury on-campus event or an off-campus outing, Summer 2023 saw residents and staff enjoying active warm summer days. From the Family and Friends-style Chicken BBQ, and Thoburn Village Scavenger Hunt to day trips to unique restaurants, shopping excursions, and tourist attractions all around the region, we had a blast!

Luminaries Bring Joy to the Wesbury Community



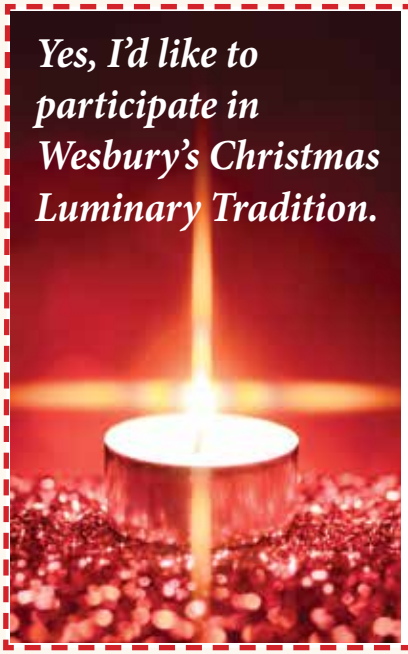
As we approach the most festive season of the year, we plan for the gifts we will share with those we love. At Wesbury, we have an annual tradition that is supported by many families and friends who want to make a gift to our community in honor or memory of somebody near and dear to them. Gifts to our holiday luminary fundraiser are directed to Wesbury's Benevolent Care Fund, which helps us to care for those who have outlived their financial resources and depend on Wesbury for their continued care.

In recognition of your generosity, we invite you to drive along Wesbury's main thoroughfare to view the luminaries when they are displayed outdoors on an evening in early December. Please watch for details in your gift acknowledgment letter.

Throughout the holidays, luminary posters will be displayed in Grace Rehabilitation and Health Center and Cribbs Residential Center, and the posters will be broadcast on the Wesbury Channel 950. During this time, residents, guests, volunteers, and staff are touched by the messages that honor and remember people who are or who have been part of the Wesbury community.

If you wish to participate, please return the coupon with your tax-deductible, charitable contribution to The Wesbury Foundation, 31 N. Park Ave., Meadville, PA 16335.

Donations are also being accepted at the reception area of Grace Rehabilitation and Health Center or the drop box outside of Cribbs Residential Center. If you wish to be invited to the luminary drive-through evening, please ensure your gift arrives no later than November 25, 2023.



❑ $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.

Ninja Grandma II: The Adventure Continues

In 2019, the Wesbury Window shared the story of Thoburn Village resident, Sandy Cupper, and her journey as a student of Tae Kwon Do at Flying Tigers Martial Arts Academy under the instruction of Master Rich Anton. At that time, Sandy was 75 and had just received her red-black belt, which is one belt below a black belt, and she said she had no intention to rest with that accomplishment, noting that achieving black is going to be difficult. As a part of her journey, she had broken many boards, but moving forward for a first-degree black belt, she would be breaking a brick!

Over the summer, after nearly four years, which included her back and hip surgery as well as a global pandemic, Sandy, now 79, along with her fellow "Black Belt Broads" (Sue DeArment, 70 and Teressa Barickman, 51, whom she has been training with for years), all achieved that next level in their training, their first-degree black belt.

"Three foot strikes and three hand strikes breaking double boards and I broke a cement block with a sidekick," Sandy says. "That is in addition to all the new forms you learn, which we work on every class session. You go over every form you have learned from the beginning to now, it all builds upon itself." Sandy then adds, "but it was just like I was told by a 14-year-old black belt when I started, 'It's all in your mind, and in your mind, you can do anything, like break a cement block.' "

Additionally, Sandy had to teach classes and submit a paper on what Martial Arts means to her. When prompted about what she wrote, she explained that her training gives her confidence, but also teaches her discipline, perseverance, and commitment to a goal. There is also staying in shape despite limitations. Obviously, some things are modified, but the push-ups, planking, kicks, and punches are all Sandy.

Sandy started this adventure after the passing of her husband, Bob, before she even moved to Wesbury. She was looking for something to keep her busy in the evenings and a friend suggested martial arts. When she originally contacted Master Anton about joining his classes, she says he was probably just as surprised as her that she actually showed up. In the back of her mind, she thought of Bob saying to her "If you are going to do something you should give it your all" and that is exactly what she has done. In fact, she says the day she achieved her black belt was her best day since Bob passed.

Ten years later, Master Anton could not be prouder of what his "Black Belt Broads" have achieved saying, "All of these ladies have demonstrated perseverance through individual challenges and are excellent examples of the real meaning of what a Flying Tigers Black Belt is. They continue to inspire us."

l. to r.: Teressa Barickman, Sandy Cupper, and Sue DeArment holding their cement blocks

Moving into her second decade of the Korean Martial Arts of Tae Kwon Do and Hapkido at Flying Tigers, Sandy has no plans to stop and is going for her second-degree black belt. Sporting a shirt that says, "Assuming I am just an old lady is your first mistake," Sandy says, "Hey, Willie Nelson celebrated his 81st birthday with his fifth-degree black belt. If he can do it, while smoking pot even, I think I can keep it going as long as I am able!" It's safe to assume, with humility and belief in her power, with a smile on her face, Sandy will achieve the next step in her adventure.

Sandy with her official certificate and the cement block she broke with a sidekick!

Meet Jennifer and Bethany (They Are Here to Help)

The thought of entering a care environment for any reason can raise questions for potential residents and their families. At Wesbury's Grace Rehabilitation and Health Center, Admissions Coordinator Jennifer Koffman and Bethany Evans of Social Services are here to help as guides for the many options that are available.

There are four areas of need when it comes to living at Grace. Some residents face a long-term stay, meaning they are no longer able to live in their home alone or need a care level that at-home caregivers are not able to provide. There are those in need of memory support for Alzheimer's or other memory-related impairments. For others, there are optional respite stays and rehabilitative stays, where the residents will eventually return to their homes. We strive to accommodate them all.

l. to r.: Bethany Evans, Social Services and Jennifer Koffman, Admissions Coordinator

"Post-pandemic, people do not realize we are scheduling planned short stays, the assumption is we no longer accommodate for a respite stay or a rehab stay which simply is not true," says Jennifer. "It is more beneficial to have your plans in place if you know you are going out of town or are going to have surgery and need time away from home to heal. These options give the potential resident and their families greater peace of mind in choices."

Respite stays at Grace are offered year-round. The length of the stay can range from one day to up to two weeks. Upon special request, there is the possibility of a longer stay depending on availability and approval. Options include semi-private and private room accommodations. Generally, respite stays are paid for privately with some exceptions regarding Hospice, VA, Long term care insurance and Medicaid. The costs for the stay will be billed and no funds are due in advance.

For a short rehabilitation stay for a planned surgery, we recommend calling Jennifer as soon as possible to discuss the details of the stay. Residents can even stop by in advance to tour and meet the staff and therapy team ahead of time. At the time of their surgery, they simply notify their case manager or discharge planner that they plan to do their rehab at Wesbury so they can coordinate everything with Jennifer and Bethany.

We suggest bringing what feels most comfortable when you or your loved one comes for a stay; this includes clothes, pictures, a favorite blanket, or chair. Wesbury provides deodorant, shampoo, a comb, toothpaste and a toothbrush, denture adhesive and cleaner. There is no need to bring any valuables, large amounts of cash, or your medications.

"Once the resident arrives for their stay, we work to bridge the gap between the transition from living in the community to living at Wesbury and in many cases back to their home again worry-free," says Bethany. "It's so important for us to make sure the needs of the resident and their family are met in the best way possible and making them happy and satisfied with their stay is the part I enjoy most."

When rehabilitation or a respite stay is completed and the resident is ready to go home, Bethany can work with you to arrange for any at-home services (if needed) through VNA Alliance or Wesbury at Home.

For more information on planning for you or your loved one, call Jennifer Koffman, Grace Rehabilitation and Health Center Admissions Coordinator at 814-332-9233, email at admissions@wesbury.com, or visit *www.wesbury.com*.

Douro River Cruise
continued from page 1

Our Itinerary: April 23 - May 3, 2025
April 23 - Wesbury to Lisbon, Portugal: Fly overnight to Lisbon, the capital of Portugal for a two-night stay. Lisbon's wealth of history is the perfect start to a grand journey through Portugal and Spain. During the Age of Discovery, Portugal established important trade routes that helped map the world.

April 24 - Lisbon, Portugal: Upon arrival, your Mayflower Cruise & Tours host will transport you to your hotel. Enjoy a day of rest and free time before a special welcome dinner. **Meals: D***

April 25 - Lisbon, Portugal: After breakfast, embark on a panoramic city tour highlighting the Belem Tower, Jerónimos Monastery, and the Monument to the Discoveries. The remainder of the day is at leisure to shop, dine, and explore on your own. **Meals: B***

April 26 - Fatima to Coimbra and Porto, Portugal: Visit the Sanctuary of Fátima, Coimbra's famous university, and a lunch stop before arriving in Porto to embark on the MS Emerald Radiance, for the next 7 nights. **Meals: B, D***

April 27 - Porto to Pinhoa, Portugal: Set sail from Porto, the "City of Bridges" to Pinhao through the winding Douro Valley, a designated UNESCO World Heritage Site. View sparsely populated villages, sundrenched vineyards, and small farms. Experience a Portuguese cooking demonstration onboard. This afternoon, arrive in the village of Pinhão, surrounded by terraced hillsides. Tonight, attend the welcome reception! **Meals: B, L, D***

April 28 - Pinhao to Vega de Terron, Portugal: Visit the 18th-century estate of Quinta do Tedo Vineyard with spectacular views of the Valley. Learn about wine production and enjoy tasting OR enjoy a guided vineyard walk or river kayak excursion. Sail for Vega de Terron, the gateway to Spain. **Meals: B, L, D***

April 29 - Salamanca, Spain: Visit Salamanca Spain, a UNESCO World Heritage Site. A guided walking tour highlights the intricately carved buildings of the university, the 12th-century Romanesque church of San Martin, and the House of Shells. Feel the rhythm of a local Tuna Music Band then enjoy free time for lunch and exploration at Plaza Mayor OR take an optional tour of Castelo Rodrigo. **Meals: B, D, (Lunch on own)***

April 30 - Pocinho/Regua, Portugal: Disembark for the Coa Valley Museum at Pocinho which houses prehistoric stone carvings uncovered during the construction of a dam OR take the optional Archaeological 4x4 Tour. Return to the ship for lunch and relax on deck as the ship sails on to Régua. Experience an onboard Port wine cocktail lesson. This evening, savor dinner at a traditional vineyard estate. **Meals: B, L, D***

May 1 - Regua to Lamego, Portugal: Journey to the baroque village of Lamego, home to the Sanctuary of Our Lady of Remedies, a pilgrimage site. Visit the hilltop Sanctuary with its 686-step granite staircase, decorated with Portuguese blue and white "azulejos" tiles OR visit the Mateus Manor House (fee). Return to the ship in Régua and attend a Mosaic Tile Painting Lesson. **Meals: B, L, D***

May 2 - Sail to Porto, Portugal: Return to Porto – a city mixed with modern and ancient architecture. The included tour highlights the beauty and history of Castelo da Foz and Castelo do Queijo OR view Porto on foot on an active walk through town. You may also choose a bike tour to the Atlantic Ocean or a visit to Quinta Do Aveleda at an additional cost. The remainder of the afternoon is at leisure. This evening, cruise through Porto's enchanting waters. **Meals: B, L, D***

May 3 - Porto to Wesbury: Disembark and bid a fond farewell to this remarkable trip along the "River of Gold." **Meal: B***

Activity level – Expect a blend of active port touring with leisurely afternoons on board. Tours vary in length and include walking tours that may require navigating uneven surfaces and stairs. This tour is not fit for those who require mobility assistance or assistive devices.

The rates for this adventure start at $5,620/person based on double occupancy. A deposit of $400/person plus optional trip insurance of $569/person is due at booking.

**B = Breakfast, L = Lunch, D = Dinner*

To make a reservation or request a full brochure with cabin options and rates, contact the Wesbury Foundation at travel@wesbury.com or by calling Stacey at 814-332-9712.

Building the Workforce in Challenging Times

Since the pandemic, nursing shortages have affected nursing homes, hospitals, and other medical facilities. It's not just nurses though, as we, like so many other organizations and businesses, have across-the-board staffing challenges, but we have been working hard to help find solutions to these problems. To stay in tune with what's available, like our Facebook and Instagram pages, and watch our website for career events and current job postings of all kinds! For those who are seeking a career in nursing, let us help you achieve that by joining one of the following opportunities:

CNA Graduation Class - March 2023

Wesbury offers FREE, paid CNA training!

In 2023 alone, we graduated three Certified Nurse Aide training classes with 31 students who have taken the first steps in their healthcare career. A fourth class has started, and we will continue to offer classes quarterly in 2024.

CNA Graduation Class - July 2023

Wesbury will pay 50% of the cost of LPN classes at Crawford Tech!

This year, Wesbury also partnered with the Crawford County Career & Technical Center (Crawford Tech) for its award-winning Practical Nursing Program. This program is the #1 ranked Practical Nursing Program in Pennsylvania as voted by Nursing School Almanac. Currently, there are 16 students enrolled for 2023-2024.

Applications are now being accepted for the August 2024 program. The LPN program runs for 13 months and any Wesbury staff who completes and passes the course will only pay 50% of the total cost of the classes including tuition and books. Additionally, after the first trimester, staff can take the CNA test and be promoted to CNA with a wage increase working at Wesbury. This opportunity is not just for employees currently working for Wesbury, if this interests you, come work for us, get registered with Crawford Tech, and the agreement still applies.

CNA Graduation Class - August 2023

If you or someone you know has the heart to serve others and would like more information on working for Wesbury, enrolling in one of our CNA classes, or have questions about the Practical Nursing Program at Crawford Tech contact Michelle Potts-Sciallo, Human Resources Specialist/Recruiter, call or text at 814-795-2808, email at msciallo@wesbury.com.

The Grass IS Greener Here!

As we talk to candidates for employment, we continually hear concerns about working for companies that are rolling on shaky ground. It's a competitive job market today and some are moving from job to job searching for greener grass. While there are incentives to hop from job to job, continual change is stressful. People are growing tired of this employment game and are seeking peace of mind with a steady employer.

At Wesbury, we are seeing the return of past employees as well as many new hires who are relieved at what they find here. Why do people choose to work at Wesbury? Why do those who leave often come back? And what is the reason that 25% of our current staff have stayed 10 or more years? Here's why:

- **Secure employment** - While some organizations are having financial challenges, being sold, or getting swallowed up by bigger systems, Wesbury has sustained 105 years of secure employment and award-winning care.
- **A place to grow and find your niche** - Here, you can try different options without changing employers. Wesbury has a variety of work environments from high-paced rehab to low-ratio independent care cottage settings. We offer Personal Care, Memory Support, Rehabilitation, Acute Skilled, Wound, and In-home Caregiver Services.
- **A culture to fit your life** - You want to feel good about what you do and contribute; to represent a company that will do the right thing for the right reasons, to have the tools needed to do your job well, and a patient to caregiver ratio that allows you the time to be a great caregiver!
- **Non-Union/Flexible scheduling** – This means not paying union dues, your money goes to you! We can offer flexible scheduling providing you with the work/life balance that you need for your family and your lifestyle.
- **Perks to live and grow with** – We make your personal life easier with access to wages on demand, Public Service Loan Forgiveness, free CNA classes, LPN tuition reimbursement, a full benefits package, Free MARC membership, and area discounts.

Additionally, Wesbury is EAGLE Accredited, 5-star rated by CMS, the 12-year recipient of the Meadville Tribune Readers' Choice Award and rated among the top 15 nursing homes in Pennsylvania by Newsweek Magazine. In a Nutshell - Wesbury offers M.O.R.E (Meaningful Opportunities and Rewarding Experiences) - The Grass really is greener here!

Need more? Here, is what our staff are saying…

> ***"Working night shift three 12-hour days a week, no weekends, full-time benefits, 2 holidays per year as a nurse is amazing! I have a very supportive staff. My License is safe here which is not always the case elsewhere. If I have a question, there's always someone accessible. I couldn't ask for a better place to work!"***

> ***"I have always had a special place for Wesbury in my heart. It is by far one of the better nursing homes to work in. Wesbury is very family-oriented, and my coworkers are like a family to me. I left but came back because I care about the residents. I have been back for almost two years, and I made the right choice, even though I could have stayed where I could walk to work."***

For more information on working for Wesbury visit our website at *www.wesbury.com* or call/text Michelle Potts-Sciallo, Human Resources Specialist/Recruiter at 814-795-2808, or email msciallo@wesbury.com.

You're Invited...

Join us for our Fall Treats and Tours Open House Showcasing our Newly Enhanced Suite!

Thursday, Nov. 16th 2:00 p.m. - 6:00 p.m. at Cribbs Residential Center.

Come out to explore your options while enjoying delicious fall treats. With winter just ahead, this is a great time to discover what Cribbs Residential Center has to offer. Learn about our respite and winter stay opportunities, the importance of joining the waitlist, and tour a variety of floor plans including our newly enhanced suite.

- Tour: In response to the demand for larger living space, we have combined smaller units into enhanced suites. At this event, we will showcase our newest suite which features a bright living room, kitchenette, and cozy bedroom with walk in closet and bath.
- Plan: It's important to plan ahead and join the waitlist, especially when larger floor plans are preferred. Planning provides the luxury of making an informed choice and increases the likelihood that the unit of your preference will be available when the time is right for your move. If you are ready to a make a move now, we can show you what is currently available and assist in the planning process.
- Winter escape: For those unsure about wintering alone, consider our winter stay program which allows you to customize your length of stay to your own preference for a worry free winter enjoyed in the company of others and return home when the snow melts.
- Enjoy! Join us for this informational and fun event. Tour a variety of floor plans, see the newest enhanced suite, enjoy light refreshments and take home a goodie bag of treats!

RSVP's are appreciated but not required! If you can't make it to the Open House but want to tour, please call Melissa at 814-332-9009 and schedule a personal tour.

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
- ❑ Vernon Square Apartments
- ❑ Wesbury at Home
- ❑ Care Cottages
- ❑ The Wesbury Foundation/Making a Donation
- ❑ Other Areas of Interest

_____

❑ Send information via ❑ e-mail ❑ mail

❑ Contact me to schedule an appointment

Name _____

Address _____

City _____ State _____ Zip _____

2023 FW

E-Mail _____

Phone _____

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

Wesbury's Neighborhood Grill is Open to the Public

If you are looking for a quick bite that is convenient to get you should check out the Neighborhood Grill located in the lobby at Grace Rehabilitation and Health Center. The Grill is open Monday through Friday from 9:00 a.m. until 4:00 p.m. and offers a variety of Grab N' Go items like sandwiches and salads, Made-To-Order items like burgers, chicken fingers, and fries, as well as a daily special for just $5. You can find out the weekly specials menu by liking Wesbury's Facebook and Instagram pages. The menu is posted every Monday. If you need something fast, think of Wesbury's Neighborhood Grill!

Looking for that Perfect Holiday Gift?

Consider the Sunset Auxiliary Gift Shoppe at Grace Rehabilitation and Health Center for your holiday gift ideas. Throughout the year, the Gift Shoppe is always changing what it has to offer thanks to the generous manager and workers volunteering for the Sunset Auxiliary. From jewelry and scarves to candles and other one-of-a-kind finds, they offer a variety of items at terrific prices. They even have gifts handmade by some of Wesbury's own resident artisans. The best part of shopping at the Sunset Auxiliary Gift Shoppe is that the proceeds benefit Wesbury residents and staff! The Gift Shoppe is open to the public Monday through Friday from 10:30 a.m. until 2:30 p.m. (closed on major holidays).

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

Bridges Memory Loss Support Group
3rd Wednesday of every month at 2:30 p.m. in Wesbury's Cribbs Residential Center Lingo Dining Room. For more information, call 814-332-9238.

Veterans Coffee Hour
1st Friday of every month at 9:30 a.m. in Wesbury's Cribbs Residential Center Lingo Dining Room. For more information and to RSVP, call 814-332-9280.

Nursing/Caregiver Career Expo
Wednesday, November 15th from 9:00 am - Noon and 2:00 p.m. - 5:00 p.m. Wesbury Campus Community Center. Call 814-795-2808 for details.

Cribbs Residential Center Open House
Come see our new 2-room suite. Call 814-332-9009 for details.
Thursday, November 16th from 2:00 p.m. - 6:00 p.m.

Sunset Auxiliary Holiday Sale
Thursday, November 9th from 1:00 p.m. - 4:00 p.m. and Friday, November 10th from 9:00 a.m. - Noon at the Wesbury Campus Community Center.

Giving Tuesday
November 28, 2023 - a day that encourages people to do good.

Thank You Wesbury Supporters!

Thank you Crawford Heritage Community Foundation and its great philanthropists! Together, you helped Wesbury raise nearly $35,000 in donations during 2023 Crawford Gives Days. We are beyond proud and grateful to be part of such a giving, caring community.

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 -