WESBURY WINDOW

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Cribbs Residents Embrace the Wesbury Wellness Warriors

As we age, many of us assume we'll always be able to move through life, both literally and figuratively, with the same ease we've known for decades. Whether it's walking through town, navigating our homes, or simply getting from the kitchen to the bedroom, we often take mobility for granted until one day it becomes more of a challenge than we expected.

l. to r.: VNA Alliance Executive Director and Administrator - Tim Dunn, Alvin Landers, Jane Hutchison, and Anna Buckley

In many personal care settings, the first impression may be that of a quieter, more stationary lifestyle. The sight of walkers, wheelchairs, or residents receiving assistance can suggest a decline in mobility is inevitable. But at Cribbs Residential Center, a powerful new program challenged that assumption and delivered promising results.

In April, Wesbury Life Enrichment Director, Stacey Hoey, and VNA Alliance Executive Director and Administrator, Tim Dunn, teamed up to launch Wesbury Wellness Warriors, a dynamic six-month initiative focused on enhancing strength, stability, and confidence among residents. Their mission: to prove that no matter what the setting, physical improvements and even transformations, are possible.

The program kicked off by dividing participants into four spirited teams: Champions of Change, Resilience Rebels, The Tenacity Team, and The Unstoppable Union. Each team includes sixteen residents led by dedicated staff "Captains." Through a points-based system, residents earn recognition for everyday achievements—such as simply showing up, participating in activities, standing

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Traveling for a Cause – A Look Ahead at 2026 and 2027

Wesbury has three special journeys planned for 2026 and another already scheduled for 2027, offering travelers a chance to explore remarkable destinations while supporting a meaningful mission.

The adventure begins in April 2026 with a 13-day journey through both **Northern and Southern Ireland**. Rolling green hills, cliff-lined coasts, and lively pubs set the tone for mornings spent exploring ancient ruins and evenings filled with traditional music and hearty dining. This Ireland trip sold out early in 2025, but we're gladly accepting names for the waiting list because you never know when a spot might open.

The next trip unfolds in June 2026 with **a scenic loop through Michigan**. Travelers will enjoy a charming stop in Frankenmuth, a stay on timeless Mackinac Island, exploration of the sweeping Sleeping Bear Sand Dunes, and a visit to the Henry Ford Museum to celebrate innovation and American history. Promotion for Michigan began in late January, call right away for current availability and details.

December 2026 brings **Christmas in Boston**, honoring the nation's upcoming 250th anniversary. The itinerary features visits to Paul Revere's home, the Tea Party Museum, and other historic treasures all dressed in festive holiday charm along with a memorable performance by the iconic Boston Pops. More information on this trip will be released soon.

Looking ahead to September 2027, an unforgettable new journey awaits: a **river cruise along the Seine**, beginning in **Paris** and winding through stunning countryside on the way to the **beaches of Normandy**. This elegant voyage includes stops in picturesque riverside towns, a visit to Monet's gardensat Giverny, and time spent exploring the historic shores of Normandy. Announced in December 2025, this trip is already generating excitement; call for availability or to join the waitlist.

Additional trips for 2027 will be announced at a later date, offering even more opportunities to travel with purpose. Whether you're ready to reserve your spot or hoping to join a waitlist, now is the perfect time to get in touch. These journeys fill quickly, and we're here to help you secure your place in the adventure. For more information, to join a waitlist or book a trip or to be added to the notification list for future trips, call 814-332-9014 or email travel@wesbury.com.

Thoburn Village Residents Take on the NexTrex Recycling Challenge

Last fall, residents of Thoburn Village launched a meaningful new environmental initiative by joining the NexTrex Recycling Challenge, a national program that empowers communities to turn everyday plastic waste into long-lasting, sustainable products. If they reach their collection goal, participants will be awarded a Trex bench made entirely from recycled materials, a practical and symbolic addition that everyone in the Wesbury community can enjoy.

The idea to get involved began with Thoburn Village resident Robin Smith. A lifelong recycler, Robin had been saving her plastic bags and donating them to the town of Cambridge Springs, which has participated in the NexTrex Challenge for several years. While volunteering at the Thoburn Village Clubhouse, she couldn't help but notice how many plastic bags were being thrown away each week. Seeing an opportunity for positive change, she approached Melissa Grinnell from Thoburn Village Life Enrichment to ask whether Wesbury might take on the challenge. The answer was a resounding yes.

Collection boxes were soon placed around the Wesbury campus; in the Thoburn Village Clubhouse, the kitchen/dietary area of Grace Rehabilitation and Health Center, the vending room at Cribbs Residential Center, and outside the Neighborhood Grill at Grace. Since then, residents, staff, and visitors have been working together toward an impressive goal: gathering more than 1,000 pounds of plastic bags by next fall. They've already made remarkable progress, reaching nearly one-third of the total.

The NexTrex Challenge focuses on recycling common plastic film products such as grocery bags, bread bags, and packaging wrap. These materials are given a second life by the Trex Company, which transforms them into durable, eco-friendly decking and outdoor products.

"At Trex, sustainability is not just a buzzword—it's a founding principle of our company and part of our DNA," says Bryan Fairbanks, President and CEO of Trex Company. "For more than three decades, we have continued to derive value from discarded materials, diverting waste from landfills and waterways. Our composite decking is made from 95% recycled materials, so recycling plays a considerable role in our day-to-day operations."

l. to r.: Melissa Grinnell and Thoburn Resident Robin Smith collect plastic from a donation bin located on the Wesbury campus.

Robin is thrilled by the community's response. "We appreciate everyone who has made the effort to contribute," she says. "It means so much to have this level of participation from throughout the Wesbury community."

Thanks to the enthusiasm, teamwork, and environmental spirit of Thoburn Village residents, this project is doing more than reducing waste—it's strengthening community ties and reaffirming Wesbury's commitment to sustainability and responsible stewardship. With continued effort, that bench will soon be a symbol of what can happen when a community comes together for the greater good.

Meet Ashley: A Wesbury at Home Caregiver Making a Difference Every Day

The strength of Wesbury at Home in-home support lies in the people who show up daily with kindness, patience, and commitment to our neighbors. Each one brings compassion, dedication, and a genuine desire to make life better for those they serve. Today, we're proud to introduce one of those special individuals who makes a difference.

For Ashley, caregiving isn't just a career, it's a calling. Born and raised in Greenville, PA, she moved to the Meadville area in 2016 and immediately felt drawn to serving the people of this community. Working locally allows her to build meaningful connections and learn from clients who have spent their entire lives here.

"I get to hear stories about the area and its history that I would never know otherwise," she says. "When you live and work in a community like Meadville, you gain a real sense of pride. You start noticing the big things happening, the changes being made, and the beauty all around us."

As more older adults choose to age in place, caregivers like Ashley play an increasingly important role in helping families keep their loved ones safely at home. Wesbury at Home caregivers provide a wide range of support from assistance with bathing and activities of daily living to light household help and meaningful companionship.

It's deeply personal work, and Ashley believes it takes a special kind of person to do it well.

"A good caregiver is someone who has the urge to nurture, love, and care for others, someone who wants to make a real difference," she says.

The connections she forms often feel like family. She celebrates the small victories with her clients and their loved ones; the moment a client stands independently, a memory resurfacing after being lost to Alzheimer's, or a couple sharing a sweet, familiar exchange that reminds her of the enduring power of love.

"There are a thousand little moments that bring happy tears to my eyes," Ashley says. "You can't find this kind of interaction just anywhere."

Her passion, dedication, and genuine care shine through in everything she does, making Ashley a cherished member of the Wesbury at Home team and a blessing to the many lives she touches.

If you or your loved one is looking for help at home, wouldn't you want someone who is established in your community and someone you can trust? Wesbury at Home has caregivers like Ashley serving individuals and families across Crawford County. To learn how we can support you or someone you love, contact Wesbury at Home, call 814-332-9186, visit us at 31 Park Ave, Meadville, PA 16335 or email us at wesburyathome@wesbury.com.

For Ashley, the rewards are profound. "If I'm ever asked if I like my job, I say, 'No, I don't like it—I love it.' And I mean that," she shares. "This job, my coworkers, and my clients have filled a void in my heart and soul that I didn't even know was there."

Staying Social, Staying Well: Why Connection Matters at Cribbs Residential Center

When people hear "personal care home" or "assisted living," they think it means giving up independence, but at Cribbs Residential Center, it can be just the opposite. Residents often find more freedom here than living alone in the greater community. Without the worries of cooking, cleaning, or being isolated, they can focus on what matters most…staying active, social, and engaged.

Traditionally, women have dominated the census at Cribbs as they tend to live longer, are often more social, and are less likely to want to stay in a home where they must manage the indoor and outdoor maintenance. However, over the past year, we have seen a growing number of men choosing Cribbs as well. More men are recognizing the value in all that Cribbs has to offer. Some are widowers now living alone, without their spouse who previously helped keep the household running and appointments organized. After years spent with a partner, adjusting to life on your own can feel daunting and lonely. Some are men who have found themselves in a caregiver role and need the daily help available at Cribbs to support them in being a caregiver to their spouse. Some have always lived alone but no longer wish to or can't. At Cribbs the household tasks are all taken care of, any support that is needed is available and most of all, there is life here.

Once here, many discover new camaraderie and connection, especially veterans who share similar backgrounds, generational interests, and a renewed sense of purpose in supporting others navigating comparable life transitions. Whether it's friendly competition during games, swapping stories, or joining in community events and outings, they're building a genuine brotherhood that brings meaning, comfort, and joy to everyday life.

As Cribbs resident, Dr. Alan Bailey remarks, "I think it's wonderful that we have a group of men here who share so many similar life experiences. Many of the guys are veterans like me, and that connection has meant a lot. I've made more new friendships at Cribbs than I ever expected. After my wife passed, I lived for a while in a condominium community. There were people nearby, but I still felt mostly alone. Here at Cribbs, I'm surrounded by people, both men and women, who I can talk with after meals in the library or join in on trips to local destinations. It's made all the difference."

Cribbs Residential Center offers both Enhanced Living and Personal Care options, so residents choose what suits them best. Whether it's simply enjoying maintenance-free living and great company or getting a little extra help with daily tasks, there is a sense of relief that is not all your responsibility. We often hear from people that while living alone, one of the biggest fears is falling, so many avoid going out. After a move to Cribbs, there is peace of mind knowing safety is all around, and you don't need to be fearful about attending programs or heading out to go shopping, dine at a restaurant, or enjoy fellowship at a local winery.

See how life at Cribbs can help you thrive. Visit *www.wesbury.com* or call 814-332-9009 to schedule a visit.

Grace Rehabilitation and Health Center Remains Top 10 Rated in PA!

For the sixth consecutive year, Wesbury has been named one of Pennsylvania's top nursing homes by Newsweek magazine. In the recently released Best Nursing Homes 2026 Report, Grace Rehabilitation and Health Center remains in the state's top 10 earning an impressive #9 ranking statewide.

According to the Department of Health and Human Services, there are more than 15,000 Medicare- or Medicaid-certified nursing homes in the United States, serving roughly 1.2 million residents. With so many options available, narrowing the field can feel daunting.

"America's Best Nursing Homes 2026" highlights the nation's top 1200 nursing homes out of 14,752 analyzed. The evaluation is based on the following four pillars: performance data, peer recommendations, accreditations and resident satisfaction. The report serves as a valuable resource for consumers to consider when making informed healthcare decisions.

One of the most important decisions family's face is choosing a trusted nursing home. Whether the need is for day-to-day support, medical care or long-term recovery, finding the right facility can make a profound difference in health outcomes and overall quality of life.

At Wesbury, people matter; every single one. Whether you're a teacher shaping young minds, a hairdresser brightening someone's day, a little league coach inspiring teamwork, a public servant dedicated to helping others, or a loving mom or dad keeping a family strong, you play an important role in our community. And when the time comes when you or your loved one needs care or support, Wesbury is here for you.

Macquel Flowers, Admissions Coordinator assists a short-term rehab resident with her admission paperwork.

For our staff, it's truly an honor to be part of a team that gives back to those who have spent their lives caring for others and helping to ensure they receive the same compassion and dedication they've always shared with their community.

If you or a loved one are in need of short-term rehabilitation, long-term nursing care, or a memory support care stay at Grace Rehabilitation and Health Center, we are pleased to direct you to our Admissions Coordinator, Macquel Flowers. Whether it's a long- or short-term rehab stay, a memory support placement, or respite care for at-home caregivers, Macquel is excited to help individuals and their families transition seamlessly into any of the services we offer at Grace.

Macquel is available to answer any questions and can be reached by email at admissions@wesbury.com or by phone at 814-332-9233.

Celebrating the Season at Wesbury: A Time for Joy, Connection, and Community

The holiday season is always a cherished time at Wesbury. It is filled with laughter, gratitude, and moments that bring the Wesbury community closer together.

We kicked off this year's fall festivities with Oktoberfest celebrations at Grace and Cribbs, where residents, families, and guests enjoyed the sights, sounds, and flavors of Germany. With lively polka music, hearty dishes, and good company, it was the perfect way to welcome the fall season.

As October rolled into Halloween, Wesbury's spirit of fun took center stage. Residents and staff went "Under the Sea" for the Meadville Jaycees Halloween Parade, handing out candy and spreading smiles along the route. Back on campus, little ones joined in for our annual trick-or-treating fun, and on Halloween, resident and staff parties and costume contests made for a truly spooktacular celebration.

November ushered in a spirit of gratitude and togetherness as residents enjoyed a traditional Thanksgiving meal with friends and family. December began the planning for the Christmas season. The theme for Christmas 2025 was "A Matinee Christmas" and our annual decorating contest lit up the halls with creativity and joy— this year we had a tie! Congratulations to the Town Square and Village Center neighborhoods earning them well-deserved pizza parties!

The celebrations continued with festive gatherings for staff and the much-loved Annual Resident-Family Christmas Reception, a highlight of the season that brings everyone together in the warmth of holiday cheer.

A Heartfelt Thank You

We are deeply grateful to everyone who supported this year's Christmas Luminary Fundraiser. Your thoughtful gifts, given in honor or memory of loved ones, directly benefit Wesbury's Benevolent Care Fund. This vital fund ensures that residents who have outlived their financial resources continue to receive the care, comfort, and support they deserve.

"This season reminds us how deeply we are connected to one another. Your kindness honors loved ones, lifts spirits, and brings comfort to residents who depend on us. I am truly grateful for the light you share with our Wesbury family", says Rhonda Thomas, Vice President of Stewardship and Development.

Thank you for helping make the season at Wesbury so meaningful—for shining your light and helping us share joy and compassion with all who call this community home.

Cribbs Residents Embrace the Wesbury Wellness Warriors *(continued from page 1)*

up, and walking throughout the day all contribute to their team's success.

Each month, VNAA met individually with residents to assess key health indicators such as balance, gait, and strength. The overarching goals of the program include reducing fall risk, increasing endurance, and fostering a greater awareness of how essential movement is to daily well-being.

During the first three months of the program, objective gains in dynamic balance, muscle performance and gait velocity were achieved within 15 of the participants. During the same period, exercise class participation has increased by 14.8%.

Throughout the summer, it seemed to be neck and neck in points with the Champions of Change maintaining a lead over the Resilience Rebels, but the Rebels came out on top earning an impressive 190,067 total points for the challenge. The Champions of Change came in second with a point total of 159,142. Only 2,201 points separate the Unstoppable Union and The Tenacity Team for third and fourth place.

Alvin Landers of the Resilient Rebels took the top individual spot with an impressive 25,948 points, followed by Jane Hutchinson, also of the Resilient Rebels, in second with 18,710 points. All-Stars Anna Buckley, Judy Shay, and Sarah Schwegler rounded out the top five finishers.

Through the 2025 Wesbury Wellness Warriors Challenge, Cribbs residents have shown that with the right support and encouragement, they can continue to grow stronger, stay active, and truly thrive at any age…and we're excited to keep the momentum going as we move into 2026.

"I've been impressed with the efforts of each participant," notes Tim. "Healthy aging involves a holistic mixture of activities, interests and exercise and when these behaviors are coupled together, positive outcomes emerge. The residents of Cribbs accepted the movement challenge put forth by the Warriors Project and are reaping the benefits."

Wellness Warrior Spotlight: Anna Buckley Finds Her Stride

Cribbs Resident Anna Buckley finished in third place overall during the inaugural Wesbury Wellness Warriors Challenge, and she says she feels like a true winner. Before the challenge began, Anna describes herself as "moderately active." Living in a second–floor apartment a bit farther from the Cribbs activity epicenter, she felt she got plenty of movement from her daily routine…walking to the library to set out a puzzle for fellow residents, heading to and from meals, and attending morning fitness classes in the community room was a good workout.

But everything changed last spring when the Wellness Warriors Challenge was announced. Encouraged by her son, Gordon, Anna decided to give it a try. "He inspires me," she says proudly. "He's 66 years old, stands on his head doing yoga, and still plays hockey. He's very active." With that motivation, Anna decided to get competitive and make a game out of walking.

She stopped by the Cribbs Wellness Center to pick up a pedometer and began challenging herself one step at a time. She noticed other residents, like Alvin, walking frequently and thought, Why not try to match them? Soon she was heading outdoors more often, first circling the Cribbs building, then pushing herself a little farther each day.

"I was surprised as my numbers went up," Anna shares. "First five thousand steps, then six thousand, eventually ten thousand steps—walking all around Grace and Cribbs." Her progress didn't just show on the pedometer; it showed in how she felt.

Anna is showing Cribbs receptionist Beth Van Cise how many steps she took.

Anna getting in her steps with her fellow warriors!

Anna believes that if not for a brief hospital stay during the challenge, her point total would have been even higher. But she's quick to add that the real joy came from the experience itself. "Everyone did an excellent job, and the challenge was fun," she says. "I feel wonderful and have no desire to go backwards—only forward."

Along with feeling stronger and more energetic, Anna says she's also sleeping better at night, a benefit she hadn't expected but happily welcomed.

As for the 2026 Wesbury Wellness Warriors Challenge? Anna doesn't hesitate. She plans to be the first to sign up and yes, she still has her pedometer ready to go! Are you looking to improve your health, boost your energy, and stay active in a supportive community? Join us at Cribbs Residential Center, where wellness programs like the Wesbury Wellness Warriors Challenge inspire residents to keep moving forward—one step at a time. To learn more or get involved, contact Melissa at 814-332-9009.

More Than a Makeover: Cribbs Salon Renovation Enhances the Resident Experience

Last year, Wesbury's Sunset Auxiliary once again answered the call to meet a critical need that will benefit both the residents of Cribbs Residential Center and Thoburn Village: a long-overdue renovation to the Salon at Cribbs. This vital service area has not seen substantial updates in over 30 years, and it's a great time to breathe new life into the space. With this renovation, the Salon will not only feature modern, senior-friendly amenities and upgraded equipment but will also provide a more accessible, comfortable, and welcoming environment for residents and staff to enjoy.

"Thanks to the Sunset Auxiliary's generous donation, we're able to refresh the salon with new equipment and a bright new look. I'm so grateful for their support—it makes all the difference in the work I do to make the residents feel good and confident," says Cribbs Salon Manager, Don Schumacher.

For over 70 years, the Sunset Auxiliary has been a cornerstone of support for the Wesbury community, playing an indispensable role in enhancing the well-being of our residents and uplifting the dedicated staff who serve them. Through the generous funds raised from their annual rummage and holiday sales, as well as their Gift Shop at Grace Rehabilitation and Health Center, the Auxiliary has provided countless items that make life at Wesbury both brighter and more comfortable. Their impact is immeasurable, and every contribution—big or small, has elevated the daily experience of those we care for.

A heartfelt thank you goes out to the Sunset Auxiliary and all those who support them by attending their sales, visiting their Gift Shop, or donating in other ways. Your unwavering dedication to the Wesbury community is a precious gift we cherish deeply. Together, we are excited to continue this journey of care, support, and growth. Your contributions are truly making a difference, and we look forward to all the good we will accomplish together in the years ahead.

Salon Manager, Don Schumacher and Wesbury resident Hal Richardson in the newly remodeled Cribbs Residential Center Salon.

As Rhonda Thomas, Wesbury VP of Stewardship and Development and liaison to the Sunset Auxiliary, shares, "This renovation is just one example of the profound impact the Sunset Auxiliary continues to have. From the smallest improvements to the most significant upgrades, their work is felt throughout the Wesbury community, making lasting, positive changes that enhance the lives of everyone."

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
- ❑ The Wesbury Foundation/Making a Donation
- ❑ Travel with Wesbury
- ❑ Other Areas of Interest _____

_____

❑ Send information via ❑ e-mail ❑ mail

❑ Contact me to schedule an appointment

Name _____

Address _____

City _____ State _____ Zip _____

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E-Mail _____

Phone _____

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

Successful Sales Bring Big Benefits to Wesbury Residents and Staff

This fall proved to be a tremendous season of generosity and community support as Wesbury hosted two successful fundraising events: the Large Item Sale in September and the Sunset Auxiliary Annual Holiday Sale in November.

Held in the picnic shelter, the Large Item Sale brought in nearly $6,000, the most successful event of its kind to date, with nearly every item sold. Proceeds were shared between two important causes: a contribution to the Benevolent Care Fund and a $2,000 donation to the Employee Emergency Fund, providing vital assistance to team members facing unexpected hardship.

In November, the Sunset Auxiliary Holiday Sale, held at the Campus Community Center, also saw an outstanding turnout. The event raised more than $5,500, all of which supports the Sunset Auxiliary and its ongoing efforts to enhance the lives of Wesbury residents.

As we look ahead, preparations are already underway for the spring sale, and we are currently accepting donations, including used books. To schedule a donation drop-off, contact Brittany Brock at 814-332-9712.

Wesbury
31 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 814-332-9009.

Veterans Coffee Hour
2nd Friday of every month at 9:30 a.m. in Wesbury's Cribbs Residential Center Lingo Dining Room. For more information, call 814-332-9280.

Saint Patrick's Day Lunch and Tour
March 17th at Noon at Cribbs Residential Center. RSVP required, call 814-332-9009.

Mother's Day Tea at Cribbs Residential Center
May 7th at Noon at Cribbs Residential Center. RSVP required, call 814-332-9009.

Sunset Auxiliary Sale
May 14th 9:00 a.m. - 4:00 p.m.
May 15th 9:00 a.m. - Noon
Rummage and Used Book Sale
Wesbury Campus

Please call 814-332-9264 if you have rummage items or books to donate to this sale.

Wesbury Golf Scramble
Friday, June 12th
Country Club of Meadville
For information call 814-332-9264.

Enriching the lives of our residents and clients within a positive and compassionate faith-based community.
- Mission Statement -