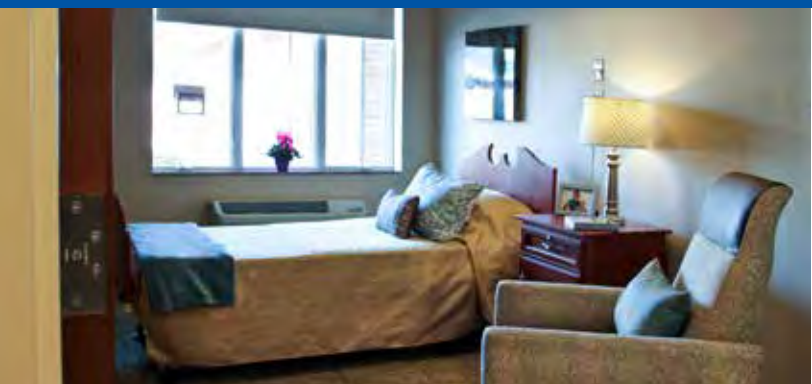


Experiences

A PUBLICATION OF  **LutherCare**
Together in Community



Celebrating Stories of Ageless Potential | Spring 2018



The Rehab to Home centers are designed to feel homelike and comfortable, as shown in the photo at left, and therapy goals are targeted and focused to help patients return home quickly and safely.



What's Inside:

<i>A Note from Philanthropy</i>	<i>2</i>
<i>Message from our President & CEO . . .</i>	<i>3</i>
<i>LutherCare Announces Promotions . . .</i>	<i>4</i>
<i>New Spang Crest Chaplain</i>	<i>5</i>
<i>Wellness Fair & Open House</i>	<i>5</i>
<i>DUET Bike Therapy</i>	<i>6-7</i>
<i>Red, White & Blueberry Jamboree . . .</i>	<i>8</i>

Rehab to Home: Offering Short-Term Care After Surgery & More!

Offered within the Healthcare Centers of Luther Acres and Spang Crest, LutherCare's Rehab to Home Program provides short-term rehabilitative services for those recovering from a surgery, illness or injury. Services are designed to help patients achieve maximum functional capacity so they can get back to their homes and their daily routines in the shortest, safest time possible.

"Short-term rehabilitation programs like our Rehab to Home are currently a growing trend in healthcare, and skilled centers must be ready to effectively care for these patients," says Matt Oathout, LutherCare's Senior Vice President of Operations. "Individuals have a choice in where they go for

rehab, although many do not know that, and we must provide the services, care and environment they want and need to ensure a LutherCare community, at Luther Acres or Spang Crest, is their first choice."

An important part of the selection process for individuals who are looking for rehabilitation after a major illness, injury or surgery is the living and gathering space where they will spend time with family and friends. At both Luther Acres in Lititz and Spang Crest in Lebanon, significant physical renovations and enhancements have been completed.

The Rehab to Home centers at Luther Acres and Spang Crest are now dedicated to caring for short-term patients. All patient rooms are private and are located closer

to state-of-the-art rehabilitation gyms. Recreational areas are being enhanced throughout the spaces, offering patients relaxing areas to visit. Nursing stations are being recreated as care centers and are located for easier access to patient rooms.

"Research indicates a positive environment helps to boost a patient's energy and spirit," says Matt. "This is why we have placed such an emphasis on making our Rehab to Home centers feel more homelike and comfortable. We believe this type of setting helps our guests focus more on gaining strength and healing faster."

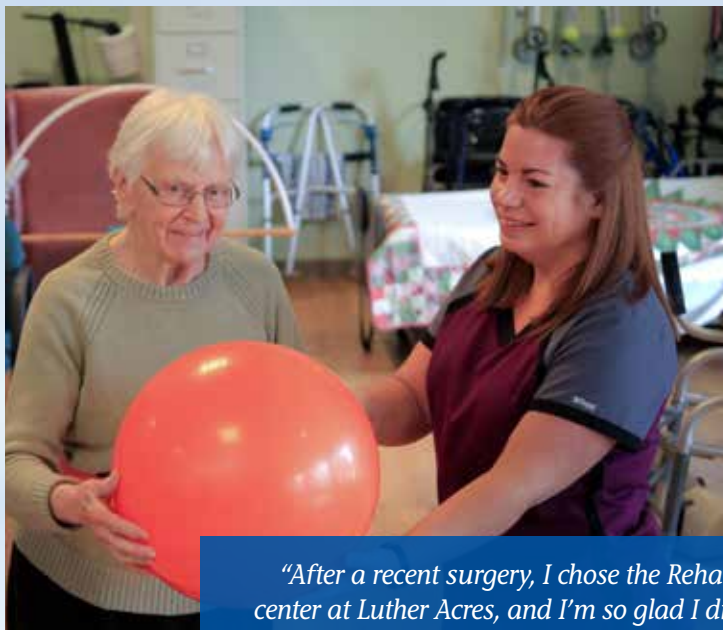
Matt says care within the Rehab to Home centers has also been streamlined.

Continued on Page 2

"Discharge planning starts on day one, therapy goals are more targeted and focused, and our interdisciplinary teams receive more specialized training."

Matt adds that assessing outcomes is a priority in Rehab to Home. "We regularly compare our statistics and outcome measures against benchmarked averages," says Matt. "We pay attention to indicators such as average lengths of stays, hospital readmission rates, increases in mobility and patient satisfaction. We are always seeking ways to improve outcomes."

LutherCare's Rehab to Home centers welcome patients from throughout Lancaster and Lebanon counties in addition to those who reside at LutherCare communities – Luther Acres in Lititz, Spang Crest in Lebanon and St. John's Herr Estate in Columbia. Luther Acres is a member of the Preferred Provider Network with Penn Medicine – Lancaster General Health, and Spang Crest is a Preferred Provider with WellSpan Health. Please consider Rehab to Home at a LutherCare community if you or a loved one is in need of rehabilitative services.



"After a recent surgery, I chose the Rehab to Home center at Luther Acres, and I'm so glad I did. I was very pleased with the service I received from my physical and occupational rehab therapists and the rest of the staff. I was also happy to be close to my family, who live in Lititz, so it was a great fit for me."

– Recent Rehab to Home patient



A Note from Philanthropy: *Tax Changes*

Dear Friends,

There has been quite a stir in the wake of the tax change legislation. In light of that, it seems important to note the following observations. It has been part of the American spirit since the observations of Alexis de Tocqueville to be charitable and philanthropic. I do not believe this spirit changes whether people realize a tax benefit or not. For those who do not itemize, nothing changes. Your generous gifts did not result in a tax advantage in any case. For those who do itemize, in some sense, we have already been given a generous deduction in the standard deduction increase, and if you can itemize more deductions, your gifts still

count toward your total deductions. Increased standard deductions may also make it possible for generous people to be more generous.

It may be that you will want to consider some other strategies for giving. Qualified charitable distributions that count toward a minimum required distribution from an IRA reduce adjusted gross income, thus excluding the gift from income altogether. The gift must be made directly to the charity. Gifts of stock, life insurance and other planned gifts have tax savings advantages. We are always ready to help you consider the best way to make a gift.

At heart, people give because they believe in and want to invest in our mission. It is truly about making a difference for real people and nothing about that has changed at all. I would be remiss, as this new year is now underway, if I did not say thank you on behalf of your neighbors for your generosity in 2017. Blessings to you.

Yours in giving,



William C. Snyder
Vice President
– Philanthropy
& Community
Engagement



A Message from Our President and CEO

Partnerships.

We hear talk of all kinds of

partnerships happening around us in the healthcare industry and in our world of senior and child services. Luthercare is no exception, as we “partner” both with other organizations and with those who come to us for care and services.

One of our most important and visible partnerships is with Penn Medicine – Lancaster General Health. As one of the members of their Preferred Provider/Accountable Care Organization initiative, we work closely with them to ensure both clinical excellence and financial conservancy. Similarly, we’re working with WellSpan Health as one of their Preferred Providers in Lebanon County. Our ability to work together closely will enhance the health and vibrancy of our residents and our respective communities.

Our partnership with Moravian Manor through Your Neighborhood Connection is another example of two strong, faith-based organizations coming together to serve a common good and strengthen

our individual service models. As with the hospital systems, it enhances the health and well-being of our individual communities and serves our surrounding communities and beyond.

You will read in this edition about our short-term rehabilitation program, Rehab to Home. These types of programs/centers allow individuals who are in need of rehabilitation after major illness, injury or surgery to explore not only the clinical rehabilitation services offered, but also the living and gathering spaces where they will get together with friends and families.

Another wonderful “partnership” we are blessed to have is that with the Friends auxiliary groups who support us in both Lancaster and Lebanon counties. Most recently, the Friends of Luther Acres helped bring a DUET Bike for our residents to enjoy. Now those who may have been physically unable to enjoy a bicycle ride can do so with the help of a partner-rider. What a tremendous joy to see the happiness a bicycle ride can bring!

At Luthercare for Kids, we have been

realigning our programs and have created two key positions with Lorita Valente as Executive Director of Community Programs and Jamie Reichenbach as Director of Early Learning. We look forward to the leadership and guidance that both of these individuals have taken on in their new roles!

And finally, the importance of our Lutheran heritage is reflected in our commitment to provide spiritual services through our team of Chaplains guided by our Director of Church Relations and Pastoral Care – the Rev. Glenn A. Beard, Jr. We welcome our newest Chaplain, the Rev. Jillian E. Riddle, to Spang Crest in Lebanon.

Thank you for being our partner in bringing to our community compassionate care that *Reflects Christ's Love Through Service to Others*.

Carl R. McAloose

President and CEO, Luthercare



Luthercare Announces Promotions Supporting Community Outreach and Luthercare for Kids

Luthercare is pleased to announce two key promotions within the organization.

Lorita Valente, Luthercare's Director of Child Care Information Services (CCIS) of Lebanon County, has been named Executive Director of Community Programs, and Jamie Reichenbach, Coordinator of Mentoring Services for Luthercare for Kids, has



Lorita Valente

been named Director of Early Learning at Luthercare for Kids. Lorita and Jamie began their duties on August 20.

In her new role, Lorita oversees Lebanon County's CCIS, a program of the Pennsylvania Department of Human Services, as well as Luthercare for Kids' training and mentoring programs, which include the SAIL – Systems Aligned in Learning – Collaborative, a United Way Collective Impact Partnership that supplies needed tools and training to home-based child care providers in Lancaster County.

Lorita has been serving the youth and families in Lebanon County for almost two decades and has done extensive community building and valuable networking on behalf of Luthercare. She received her Bachelor of Arts degree in Political Science from Penn State University. After graduating, she served as the Director of a 24-hour child care center and then as Property Manager for a Low-Income Tax Credit property. For the last 17 years, she has managed CCIS of Lebanon County,

assisting families who are striving to improve their education and economic standing to find safe, reliable and nurturing child care.

Lorita is a military spouse and mom to three special needs children. Through her employment with Luthercare, Lorita is actively involved in the Lebanon community, working with both military and non-military families. She serves on more than 20 committees, boards and task forces that serve children and families, including as a Co-Chair for PA CARES and as President of the Kiwanis of Lebanon County and The Lebanon County Council of Human Service Agencies. She was named the 2017 General Frank Smoker Beyond the Call Award winner by the Lebanon Valley Chamber of Commerce. The award honored Lorita for her tireless and dedicated service to service members and their families through PA CARES and Operation Military Kids PA.

In her new position, Jamie provides daily operational oversight of Luthercare for Kids' five Child Care and Early Learning Centers in Lancaster and Lebanon counties. Lorita will provide supervision to Jamie and the Early Learning Centers.

Jamie has dedicated her career to working with families, children and educators to create Early Learning Programs that build the foundation for lifelong learning. She has held various roles in the education field, ranging from Classroom Teacher to Center Administrator to her most recent position as Coordinator of Mentoring Services for Luthercare for Kids.

Jamie, who has been with Luthercare

for Kids for three years, holds an Associate's Degree in Elementary Education and is working toward her Bachelor of Arts degree in Human



Jamie Reichenbach

Development from Pacific Oaks College. She resides in Ephrata with her husband, Rick, and their three young children.

Lorita's and Jamie's promotions

align with Luthercare's commitment to children and their families – a critical part of Luthercare's mission – and further strengthen our ability to help families receive these much-needed services throughout Lancaster and Lebanon counties.



Introducing New Spang Crest Chaplain

*"Enter his gates with thanksgiving
and his courts with praise; give
thanks to him and praise his name."
Psalm 100:4*

What a blessing it is for me to welcome to our Luthercare team the Rev. Jillian E. Riddle, who will serve Luthercare, primarily as Chaplain at Spang Crest in Lebanon! The Rev. Dr. Roger Bucy, longtime Chaplain and dear friend of Luthercare, retired from that position at the beginning of January. Pastor Riddle is an ELCA pastor who has served as pastor of St. Matthew Lutheran Church, Lancaster, prior to accepting a residency in Clinical Pastoral Education at Penn State Milton S. Hershey Medical Center. After completing her residency, she determined that God was calling her into professional chaplaincy in either a hospice or long-term care setting. I am delighted that she accepted the call to come to Spang Crest!

Jillian also serves the Lower Susquehanna Synod as a member of the Synod Council. She is also part of the Synod's Mission Committee, Worship Committee and World Hunger Committee, and she is actively involved in youth and family ministry endeavors through the Synod and local Lutheran Conferences. She is a member of the Synod's Youth Ministry Team and has been very involved as a staff member of the Lower Susquehanna Synod Leadership Training Camp, the



Harrisburg Area Confirmation Camp, and synod youth events, ALiVE and Winterfest.

Jillian is a Pennsylvania native, having grown up in the suburbs of Harrisburg. She and her husband, Travis, live in Harrisburg. Jillian has a Bachelor of Arts degree in History with a double minor in Political Science and Religious Studies. She earned her Master of Divinity degree at Lutheran Theological Southern Seminary in Columbia, South Carolina.

It is a wonderful blessing to have Pastor Riddle as part of our team! I look forward to working with and learning from her. Together with Chaplains Walt

Cleckley and Dione Klepetka, who serve Luther Acres and St. John's Herr Estate communities, respectively, we look forward to continuing to enhance the spiritual life of our residents and their families!

Welcome aboard, Jillian!

Peace,

A handwritten signature in dark ink, appearing to read "Glenn A. Beard, Jr.".

The Reverend Glenn A. Beard, Jr.
Director of Church Relations & Pastoral Care



7th Annual Wellness Fair & Open House Planned at Luther Acres

Join us for a day of learning, sharing and exploring at Luther Acres! Guests will have the opportunity to tour a beautifully renovated one-bedroom apartment in the Luther Townhome Apartment Building, take part in educational, health-related seminars,

and visit the Health Fair, featuring the latest preventative health information and free health screenings.

*The day's events are open to the public.
RSVPs are not required. Visit our website
at www.luthercare.org for more details.*

DUET Bike Is New Thera



Luther Acres resident Mary Roth, shown in this series of photos, was the first resident to volunteer to test out the DUET Bike.

A new specially adapted tandem bicycle is enabling Luther Acres Healthcare Center residents to enjoy the outdoors during a scenic, relaxing ride.

The DUET Bike, a colorful tandem bicycle, was purchased last summer by the Friends of Luther Acres, which supports the Lititz senior living community through various fundraisers and events. When using the bicycle, residents sit in a wheelchair that is adapted to mount onto the front half of a bicycle. Team members from the Therapeutic Recreation Department use the bicycle to pedal and steer behind them.

And Luther Acres appears to be the only senior living community in Lancaster County to have a DUET Bike, according

to the company from which it was purchased.

“The Friends of Luther Acres chose the tandem bicycle because of its ability to provide the Healthcare Center residents, who typically rely on a wheelchair for mobility, the freedom to participate in an activity that otherwise would not have been possible,” says Melissa Voler, President of the Friends of Luther Acres. “Residents of Luther Acres can now feel the wind in their face as they are pedaled around campus, all while taking in the natural beauty of the surrounding area.”

The Friends of Luther Acres is an auxiliary organization comprised of congregational members with participation of residents.

The Friends have an annual meeting in April attended by key members from congregations and others and work through the year is overseen by an Executive Committee. Each year, the Friends take on a major project; the DUET Bike was in 2017. The 2018 project will be an electronic memory enhancement program called It’s Never 2 Late® (iN2L).

The bicycle is bringing tremendous joy and excitement to the residents who have used it.

Mary Roth, president of the Healthcare Center’s Residents’ Council, was the first resident to volunteer to try out the DUET Bike.

py Tool at Luther Acres



“It was great. I was very relaxed, and it was a nice breezy day,” Mary says, adding with a laugh, “I have the easy job. The person behind me, pedaling, has to do all the work.”

The DUET Bike can be seen around campus almost every day, as long as the weather is suitable, and residents enjoy gathering to watch it in action. Mary Schreiber, Luther Acres’ Therapeutic Recreation Manager, describes how one resident’s daughter was driving by and saw the bike and thought it was really neat, and then was pleasantly surprised to realize it was her mother going for a ride.

Team members have been trained on how to use the bike, and safety is

paramount. In the future, Luther Acres’ independent living residents will be able to complete training on how to operate the bike, and they’ll be able to get some exercise while helping fellow residents enjoy the outdoors, says Voler.

Additionally, Schreiber explains, an important part of the Therapeutic Recreation Department’s work is to look for visual cues and opportunities that enable residents to reminisce and recall earlier moments in their lives. “We are always looking to find meaning and purpose for our residents, and the DUET Bike is a wonderful addition to the things we are already doing,” she says.





600 East Main Street
Lititz, PA 17543



9th Annual Red, White and Blueberry Jamboree at St. John's Herr Estate

Invite a friend and come enjoy the 9th Annual Red, White and Blueberry Jamboree at St. John's Herr Estate on Saturday, May 19, from 10 a.m. until 2 p.m.

The fun festivities at the Columbia senior living community will feature tours of cottages, apartments and personal care residences; the famous 300-pound blueberry pie; and visits from ZooAmerica® and American Heritage Alpacas in Elizabethtown. The day's activities also include games and activities for children and live music and entertainment. Refreshments will be available for purchase, and the event will be held rain or shine. For more information, visit our website at www.luthercare.org.



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