

Experiences

A PUBLICATION OF  **LutherCare**
Together in Community

Celebrating Stories of Ageless Potential | WINTER 2019



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A MESSAGE FROM OUR President & CEO

A new year inspires many of us to renew our focus on our health and well-being. This edition of *Experiences* looks at the many ways our organization is committed to providing the residents, children and families we serve, along with team members, a comprehensive approach to wellness.

LutherCare recognizes the importance of establishing a well-rounded health and wellness experience across the lifestyle and services we provide, and we created a company-wide Wellness Statement and Wellness Wheel to articulate how we would meet the needs of the whole person while taking into account each individual's interests and goals.

With much discussion and input from team members across various departments, the following statement was crafted:

"LutherCare embraces wellness of the whole person by enriching life through a variety of healthy choices. At the heart of our approach is a commitment to foster opportunities for both individual and community experiences that promote a state of well-being by integrating all dimensions of wellness."

This statement provides us with the foundation we need to provide an environment – and lifestyle – where wellness and vitality are our focus. To illustrate the concept, we created a Wellness Wheel to guide us through what we deem the seven dimensions of wellness: social, spiritual, physical, environmental, vocational, intellectual and emotional.

Inside the pages of this newsletter, you will read more about this concept and about how our efforts support wellness and health across our areas of service. You'll learn about the various ways our

LutherCare for Kids programs focus on health, nutrition and emotional well-being in the center classrooms and with the in-home child care providers we mentor. You'll read about the many blessings – both given and received – by dedicated volunteers who restored homes in hurricane-ravaged Puerto Rico. And you'll read how one LutherCare resident moved through our continuum of care in an unexpected way and is healthier and busier than ever.

It's a privilege to lead such a dynamic organization, where the energy truly is palpable every day, and I look forward to what this year holds in store for us!



In service,

Carl R. McAloose
President & CEO, LutherCare

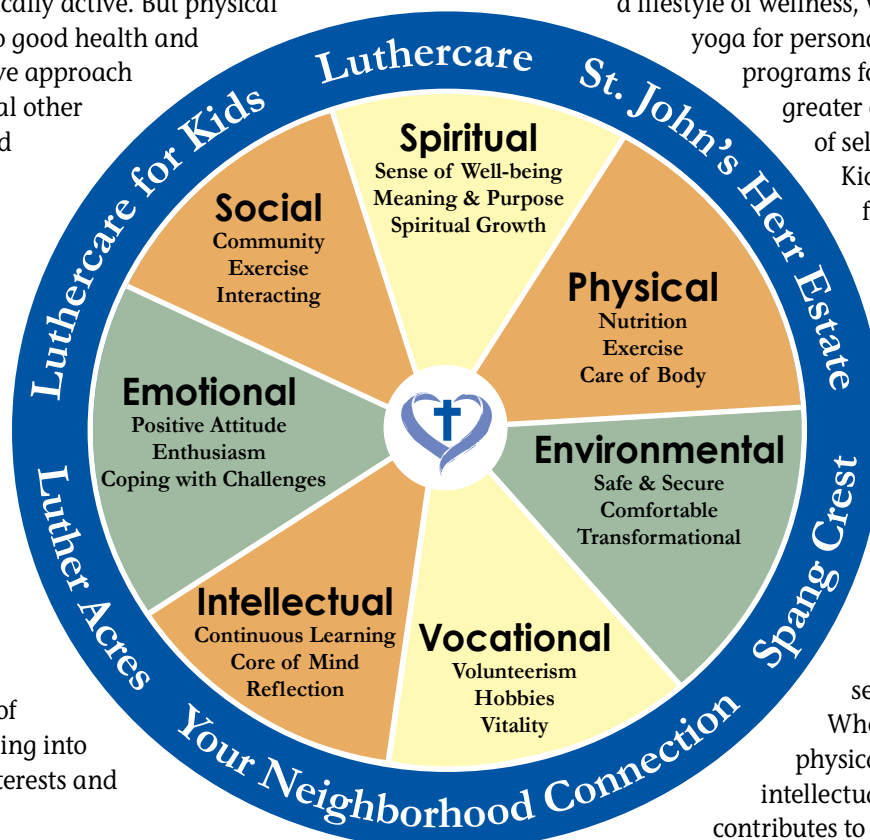


Luther Acres Wellness Center Pool

THE HEALTH & WELLNESS *Experience at Luthercare*

No matter your age, experts agree it's important and essential to stay physically active. But physical activity isn't the only key to good health and well-being. A comprehensive approach to wellness involving several other factors adds up to a full and satisfying life.

Luthercare was intentional and purposeful in creating a well-rounded health and wellness experience across the lifestyle and services we provide to our residents, children and families, and the team members in our organization. We created a company-wide Wellness Statement and Wellness Wheel to express how we would offer programs and services to meet the needs of the whole person while taking into account the individual's interests and goals.



By design, Luthercare's programming is meant to foster a lifestyle of wellness, whether it's offering chair yoga for personal care residents; educational programs for residents and those in the greater community; art as a method of self-expression at Luthercare for Kids Early Learning Centers; or free membership to the Luther Acres Wellness Center to team members.

"We offer programs aimed at improving each resident's, each child's and each team member's mind, body and spirit," says Kristen Oleary, Vice President of Marketing and Communications.

The concept of wellness at Luthercare centers around seven "spokes" on the Wellness Wheel, which are: social, spiritual, physical, environmental, vocational, intellectual and emotional. Each contributes to our overall well-being.



An exercise class at St. John's Herr Estate

SOCIAL

Our social programming offers residents opportunities to interact with each other, fostering friendships and creating a broader sense of community. Programs at our senior living communities range from on-campus cooking, art or crafting classes – where residents learn new techniques and more about each other in the process – to fun excursions to local historical sites and attractions or area restaurants. There are plenty of opportunities to gather with friends, whether residents attend a pool party, a trivia event or even trips to New York's Wine Country and the shore.

Additionally, many clubs and groups meet across our campuses to focus on varying interests, from book clubs and choirs to sewing groups and Life Story Writers groups!

"LutherCare embraces wellness of the whole person by enriching life through a variety of healthy choices. At the heart of our approach is a commitment to foster opportunities for both individual and community experiences that promote a state of well-being by integrating all dimensions of wellness."

SPIRITUAL

As a faith-based organization, LutherCare has a responsibility to create opportunities to nurture the faith of its residents, their families and our team members. Our Director of Church Relations and Pastoral Care also works to make connections with local pastors and church leaders in Lancaster and Lebanon counties and oversees the work of a full-time chaplain at each of the three senior living communities. Our spiritual programming focuses not only on spiritual health and growth, but also on providing residents with a sense of well-being, meaning and purpose.

Each of the chaplains brings a deep passion and concern for our residents, families and team members, regardless of faith traditions or spiritual beliefs. With a ministry of listening and caring, the chaplains offer weekly worship services, prayer services and hymn sings. Residents also come together for Bible studies and informal moments to enrich their spiritual lives.

One area of ministry that is unique to LutherCare is its disaster response work, which brings members of local congregations together on relief work trips that are examples of true ecumenism at its best. There has also been a great deal of disaster response done here at home following the floods of this past summer. Giving people the opportunity to serve in this way provides the positive effects of doing good for others while getting some exercise as well!

PHYSICAL

LutherCare offers many opportunities for our residents, children and team members to reach their wellness goals, whether that be proper nutrition, continuing an exercise program or learning a new one, or just moving more.

A fully equipped Wellness Center at Luther Acres in Lititz is now open for use 24 hours a day to all Luther Acres residents, Priority Wait List members and team members. The Wellness Center is staffed by trained personnel who teach a variety of health and wellness classes and provide assistance in developing a fitness routine that is appropriate for each individual, whether that means riding a bike, lifting weights, walking on the treadmill or swimming in the indoor heated pool. St. John's Herr Estate in Columbia features a Fitness Center, along with scheduled exercise classes, to help residents increase strength, muscle tone, flexibility, balance and more! The community also offers a paid membership to the nearby Hempfield Recreation Center for those interested in the facility's programs and services. With spring and warmer weather just around the corner, our residents will also head outdoors to enjoy our campuses' beautifully landscaped grounds with paths, patios and resting spots for walking and enjoying with friends and family.

In addition to the amenities at our campuses, our communities feature a variety of clubs and team sports, from a bicycle club to walking groups to a water volleyball team. Each year, our residents take part in health-focused activities, such as the Lancaster Senior Games and the Luther Acres Health and Wellness Fair. Our personal care and skilled healthcare centers also offer wellness programs and exercises that focus on strength, balance, stretching and endurance, as well as rehabilitation therapy.

Through our LutherCare for Kids Early Learning programs, children are encouraged to be active, with teachers incorporating physical activity into daily routines and teaching kids how to make healthy food choices. And a company-wide wellness program encourages healthy habits in our team members.

ENVIRONMENTAL

Environmental wellness ensures every resident and child in our care feels safe and secure, in a residence or space that is comfortable and feels like home. Luthercare has placed great thought into creating spaces and undergoing transformational renovations and enhancements that create opportunities for connections for our residents and their friends and families. Some recent examples of those projects include: the opening of the state-of-art Luthercare for Kids – Marietta Early Learning Center in partnership with Community Bible Church; renovations to the Luther Acres Healthcare Center and the Rehab to Home Centers at Luther Acres and Spang Crest; and the complete makeover of the Muhlenberg Apartment Building at Luther Acres. We are also exploring options for upgrades and possible expansion at St. John's Herr Estate.



Resident sketches during on-campus art class

EMOTIONAL

The emotional dimension of wellness focuses on how to maintain a positive attitude through life's many ups and downs. Our Community Life managers and therapeutic recreation teams offer techniques and programs for relaxation and stress management, and residents are encouraged to seek support when needed.

"It's exciting to see how deeply Luthercare values health and wellness. The range of opportunities available to our residents, children and team members enables them to live their lives well – doing the things they love while maintaining active, healthy lifestyles," Kristen Oleary says.



Growing lettuce at a Luthercare for Kids Center



Children showcase creativity through art

VOCATIONAL

This dimension of wellness focuses on encouraging a spirit of volunteerism as well as enriching lives through cultivating hobbies and developing new interests and skills.

There are many opportunities for residents and team members to lend a helping hand to service projects for the greater community. A sampling of the projects in the past year: a disaster relief trip to Puerto Rico; participating in the Walk to End Alzheimer's® in Lancaster; and baking homemade biscuits and collecting treats, toys and other products for the Humane Society of Lebanon County. Luthercare leadership greatly supports team members who want to give back to the community by volunteering their time and talents in service on, for example, not-for-profit boards, town councils and in local Rotary, Lions and Kiwanis clubs.

The various classes and amenities at our communities – such as a woodshop, a Horticulture Center and raised garden beds – offer residents easy access to continue a favorite hobby or learn a new one.

"There are many opportunities for our residents to try something new, to come together with others in service, and to be as busy as they want to be," says Kristen.

INTELLECTUAL

Encouraging a lifelong love of learning is deeply valued by Luthercare. We offer opportunities for enrichment and learning through our reDiscover program. The program, offered three times a year, provides residents, their families and friends, and the greater community with a series of classes to learn new things, be creative and have fun! They range from history and technology classes to ballroom dancing, watercolor painting, tai chi and much more. And Healthcare Center residents take a once-a-week Spanish language class at Luther Acres.

Luthercare is also utilizing technology that combines cognitive activity, technical skill-building, interpersonal and group engagement, and a lot of fun! It's Never 2 Late® (iN2L) is a customized computer system with therapeutic and entertainment content and hardware for use in senior living communities. Residents can participate in trivia, karaoke, painting activities – and even stay connected with family and friends across the world by uploading photos and sharing stories to their individual accounts.

"By offering such a diverse collection of classes, workshops and amenities to our residents, we are hopefully able to open up their minds to new ideas, experiences and challenges as they continue to pursue lifelong learning," Kristen says.



Raised garden at St. John's Herr Estate

"You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. For the entire law is fulfilled in keeping this one command: 'Love your neighbor as yourself.'"

Galatians 5:13-14

THE MANY BENEFITS OF OUR *Disaster Response Work*

You know that warm, fuzzy feeling you get when you give the perfect gift to a friend or family member? Perhaps you experienced that feeling again this past Christmas season. The recipient of your thoughtfulness expressed joy and excitement because of your generosity. It is such a blessing to experience! Well, it turns out that it is also good for your health!

Stephen G. Post, Professor of Preventive Medicine and author of the book *Why Good Things Happen to Good People*, writes, "The startling findings from our many studies demonstrate that if you engage in helping activities as a teen, you will still be reaping the health benefits 60 or 70 years later. Generous behavior is closely associated with reduced risk of illness and mortality and lower rates of depression."

I know a group of people who understand that reality so well! As coordinator of the Lower Susquehanna Synod Lutheran Disaster Response Network, I call upon these dedicated volunteers each and every time there is a need somewhere in the world following a natural disaster! I have a list of more than 130 volunteers who have gone with me to the Gulf Coast, North Dakota, West Virginia, New Jersey and Puerto Rico to carry out God's work of disaster response. Each time we go, we take with us the prayers and good wishes

of so many more who support our efforts through attending fundraisers or simply making donations to support our work.

The photos you see with this article are from our most recent trip to Puerto Rico. Twenty-five volunteers made the trip and worked to help restore the homes of two families in Puerto Rico. Luz and Janet were the homeowners we helped, and both expressed tears of joy when they saw the love that motivated our volunteers to do as much as they could while we were there!



People often ask why we do what we do, and there are probably dozens of reasons why. God certainly calls us to do it, as Paul so clearly tells us in Galatians, but I believe we do it because we could not possibly not do it! It is such an important part of what makes us who we are as people of faith.


Neuroscientist Jorge Moll, from the National Institutes of Health, found that when people give of themselves, it activates regions of the brain associated with pleasure and trust, creating that "warm glow" effect. Studies also found that adults over 50 who volunteer on a regular basis were less likely to develop high blood pressure than non-volunteers. Those are good reasons, too, for why we do what we do, but I think it's because we just don't know any other way to be!

Thank you for your support of this ministry. It will continue for as long as it is needed! Plans are currently being made for a local trip in the spring, a summer youth trip and a return to beautiful Puerto Rico in November. Let me know if you'd like to come along!

Peace be with you all!

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





"The staff did a wonderful job helping us see each other several times a day. We enjoyed meals together and saw each other frequently. I truly believe this played a role in our healing."

David Karl

AN UNEXPECTED JOURNEY THROUGH THE LUTHERCARE CONTINUUM:

Meet David Karl

Meet David Karl. Research shows a great majority of people 65 and older will need long-term care services at some point in their lifetimes, which is a big reason why Continuing Care Retirement Communities have soared in popularity over the past few decades.

Senior living communities, such as Luther Acres, offer a wide range of senior care and lifestyle services that typically include independent living apartments and cottages, personal care or assisted living, memory care and skilled nursing. These campuses are popular with those who are looking for a community that meets their needs both now and in the future. Most people move into a senior living community when they are active and seeking opportunities for life enrichment, but do so knowing more care is available should the need arise.

David Karl is not *most* people.

David Karl came to Luther Acres for skilled nursing care following hospitalization. He had been receiving home care services, but after developing a serious infection, he required the more complex care available at a skilled center. Around the same time, David's wife Betsy's health declined and she, too, moved to the Healthcare Center at Luther Acres.

"The staff did a wonderful job helping us see each other several times a day," says David. "We enjoyed meals together and saw each other frequently. I truly believe this played a role in our healing."

David came to Luther Acres unable to walk. As David grew stronger, he was able to walk with a walker, and then a cane. Now, with his mobility restored, he walks unaided. As he continued to improve, the staff suggested a transfer to personal care. Believing that returning to his home would no longer be the best option for him or Betsy, David moved into a personal care residence on campus. Betsy joined him shortly after that.

"We were very happy living in our apartment," says David. "We received the support and oversight we needed by a very accommodating staff. The activities and lifestyle were wonderful for us."

As Betsy's life-limiting illness progressed, she returned to the Healthcare Center for the care she required. David says he feels fortunate that he could still visit her often.

After Betsy passed, David continued to reside in personal care, but it became apparent he no longer needed the additional support provided there. He moved to a new independent living


apartment in the Luther Townhome Apartment Building – where he remains today. "I have the perfect location," says David. "I'm close to the pool and gym, which I use nearly every day. I'm right near Katy's Grill. It was a great move for me."

David says life at Luther Acres has been very good. "At every level, everyone was exceptionally attentive, caring and pleasant," he says. "I never had to worry about anything. They were thoughtful and kind. The residents were also friendly and welcoming across the board. Luther Acres has been a wonderful experience for me, and I highly recommend it to everyone – at every single level of care."

Today, David is busier than ever. From water aerobics to weight training to using the equipment in the Wellness Center to walking around campus, David keeps up his strength by working out several times a week. He goes to nearly all of the on-campus entertainment programs and enjoys spending time with friends at Katy's Grill. "Luthercare is truly remarkable. I feel fortunate and am very, very happy."

LUTHER ACRES VOLUNTEER PROGRAM OFFERS

Comfort During End-of-Life Journey



"Confidentiality is a big part of our program and of our training. We want people to be able to trust us; the end-of-life journey is a very sacred time."

Mary Ann Herr

At Luther Acres, a group of dedicated volunteers provides a steady, reassuring presence to campus residents as they near their final hours of life.

Nearly 50 Luther Acres residents and team members are part of the No Resident Dies Alone program, which was launched at our Lititz community two years ago. The trained volunteers are called upon by the nursing staff to provide caring companionship to a resident nearing end of life who may not have family or friends locally, or their family is traveling to be by their side, or their spouse needs to rest. Sometimes, the family needs help during the overnight hours.

The program is resident-driven and was initiated by Mary Ann Herr, who has lived at Luther Acres since 2013. She was looking for a volunteer opportunity she could devote some time to and learned about No Resident Dies Alone, similar to the nationwide volunteer program No One Dies Alone, which offers ministry to hospital patients.

"We are just a peaceful, caring presence," says Mary Ann. "We take our cues from the nurses, who know the residents well. We have the availability of music, prayers and scriptures of different faith traditions. We honor everyone's lifestyles and wishes."

Volunteers, known as Caring Companions, can be residents or staff volunteers who have been interviewed and have completed training by Hospice & Community Care – Lancaster. Training sessions are generally held in the spring and fall, and monthly meetings offer continuing education and support. Referrals for the program come through the Luther Acres nursing team, social workers or our chaplain. Caring Companions rotate through two-hour shifts and are called upon to keep vigil in the last 24-48 hours of a resident's end-of-life journey.

"Confidentiality is a big part of our program and of our training," says Mary Ann. "We want people to be able to trust us; the end-of-life journey is a very sacred time."

During the last two years, 46 volunteers have served at 30 vigils for a total of 621 hours.

"Our Caring Companions have been humbled and blessed to be part of these journeys, and we thank our residents for trusting us with this very important privilege," Mary Ann says.

The program has brought peace of mind to many grateful families, who have written thank-you notes and expressed their appreciation to the volunteers.

"The compassion, comfort and peace that the volunteers bring to our residents is truly amazing and life-honoring," says Christie Kennedy, the Administrator of Luther Acres Healthcare Center. "The volunteers have been a great support to our Healthcare Center staff as we, too, grieve the loss of a resident who has become like family to us."



BUILDING CONFIDENCE IN CHILDREN

Through Strategic Play

Most people are aware that practicing yoga has many positive impacts on adult health and wellness. But did you know there are countless benefits for children as well? According to Nikki Waldron, Director of Luthercare for Kids – Lancaster, even children as young as one and two can benefit from yoga.

“Children have overactive minds and imaginations,” says Nikki. “Sometimes they harness that energy internally, and that can be a struggle for them. Yoga helps channel that energy into a safe, calming space, eventually helping them realize *they* are in control and can quiet their minds and calm themselves.”

Yoga is just one example of how Luthercare for Kids Early Learning Centers help children build self-worth and confidence. “Emotional well-being is an important part of the foundation children need for school, life and success,” says Lorita Valente, Luthercare Executive Director of Community Programs. “As early childhood educators, our job is to make sure children know they are important and provide them with a safe, nurturing environment where they can learn and grow. This can be accomplished through the way we talk to them, greet them and help them manage their emotions – and through physical activity, art and play.”

“Building self-worth and confidence is vital – and it begins with how our brains develop,” adds Nikki. “We help children develop emotion and impulse control, as well as reasoning skills, by providing them with a safe and predictable environment.

Teachers build strong relationships with the children and, through these bonds, we can start purposefully building their self-confidence.”

Nikki says that validating a child’s emotions makes him or her feel like they are being heard. “We use positive guidance techniques, so children don’t feel ashamed when they make mistakes; rather, they engage in a teachable moment about the consequences of actions and alternate strategies to use next time.”

Luthercare for Kids teachers also provide opportunities to channel children’s thoughts and feelings through initiatives like yoga and free art. Free art is practiced in every age group at Luthercare for Kids centers because it has many positive effects on a child’s character and personality. “Art promotes creativity, confidence, problem-solving, patience, determination, accountability and teamwork,” says Nikki. “Our free art activities are so important in helping children feel in control, just as yoga helps them learn control over their bodies.”

Luthercare for Kids’ commitment to child development and learning goes beyond its centers’ walls. Luthercare is a partner in the SAIL – Systems Aligned in Learning – Mentoring Program. SAIL is a United Way of Lancaster County Community Impact Partnership. Partners include Penn Medicine Lancaster General Health, the Library System of Lancaster County and COBYS Family Services. The partners work collaboratively to help ensure home-based child care providers receive the same

academic and developmental support as children who attend center-based child care.

SAIL partner Penn Medicine Lancaster General Health is currently working on executing a new initiative that will provide SAIL mentors with “fitness tubs” to distribute to in-home providers. Each tub contains 16 games and activities designed to boost physical activity in a fun, non-overwhelming way.

“The tubs contain the supplies, tools and instructions providers need to facilitate the games and activities,” says Heather Rotella, a Health Promotion Specialist at Penn Medicine Lancaster General Health. “In addition to helping children foster a love of physical activity, the games are designed to help children develop social, emotional and teamwork skills as well.”

Lorita says the “fitness tubs” initiative will be rolled out in March after providers are fully trained and prepared on how to effectively utilize the tubs.

Through all of these very intentional teaching strategies, teachers and providers are giving the children the tools they need to be successful throughout life, says Nikki. “We are encouraging children to be independent and showing them they have control over their actions. Our ultimate goal: Provide children with the feeling of self-worth they need to ensure they become successful and competent learners.”

PHILANTHROPY UPDATE:

Greetings in This New Year!

The church year begins on the first Sunday in Advent. One of the songs we sing says, "Rejoice, rejoice and greet the new morn." We have now moved well into the world's new year as well. By now we have probably trained ourselves to write 2019 on checks and documents. My heart is full of thanks for this new season, and for the generosity of so many of you in this past year. Altogether, we collectively committed or gifted \$1.5 million in 2018 to walk with others in their life journey.

Much of these gifts supported benevolent care, assisting those whose resources had dwindled. These precious gifts served families needing quality child care and early learning programs. I had the opportunity to address the need for benevolent care in a number of forums this past year. As always, that was very well received. It also led to a great discussion about philanthropy in general at the Luther Acres Resident Town Hall meeting. Many of you responded to help others, through outright gifts, IRA-qualified charitable distributions and planned gifts. The need remains with us, and it is my fervent prayer in this new year that generosity may abound and we continue living in good will to all.

END-OF-YEAR SUPPORT FOR CHILD CARE SCHOLARSHIPS WAS STRONG.

In addition to individual gifts, there were notable organizational gifts in support of child care and early learning. Through the Pennsylvania Educational Improvement Tax Credit Program, Luthercare received \$35,000 in total gifts in 2018 from: Peoples Bank; Demme Learning; M&T Bank; PNC Bank; BB&T Bank; and Orrstown Bank. We are grateful for these community partners. Additionally, Community Bible Church members in Marietta contributed \$11,097.16 through their Thanksgiving offering. We are very thankful for our partnership with Community Bible Church as the location of a Luthercare for Kids Child Care and Early Learning Center, for their support of families and children there, and for this generous scholarship support for those attending the center.



Blessings,

A handwritten signature in black ink, appearing to read "William C. Snyder".

William C. Snyder
Vice President, Philanthropy & Community Engagement

MEET OUR NEW

Personal Care Leadership Team

LutherCare is pleased to announce leadership changes in the personal care communities at our three senior living campuses. The Personal Care Home Administrators and Managers oversee the day-to-day operations of the personal care residences, ensuring residents have the opportunity to live their lives to the fullest while caring for their health, safety and security. LutherCare's personal care program offers a close-knit, supportive community with an integrated approach to health and well-being.



Luther Acres

Heather Dennis, who has been part of the LutherCare family since 2015, has been named Personal Care Administrator at Luther Acres,

which has 70 personal care residences on the Lititz campus. Heather brings years of experience in personal care administration to the position. Most recently, she served as the Personal Care Administrator at the Christman Memory Center at Spang Crest, the LutherCare community in Lebanon.

Heather is a licensed Personal Care Home Administrator and Licensed Practical Nurse. Previously, she worked for 10 years at Mennonite Home Communities, where, among her positions, she served as LPN Clinical Coordinator. She has spent her entire nursing career working in a personal care setting.

"I am very proud of my nursing career journey," says Heather, who grew up watching her mother work in a skilled nursing center. "When I started in nursing, I was an aide with no experience. I have worked my way from an aide to a med-tech, working full-time while I attended nursing school to becoming an LPN supervisor and then a Personal Care Administrator. I'm excited to bring my experience to Luther Acres," Heather says.

Heather, her husband and two children live in East Petersburg.



St. John's Herr Estate

Georgia Nickel has joined the St. John's Herr Estate community in Columbia as Personal Care Home Manager, where she oversees the 40

personal care residences.

Georgia is a licensed Personal Care Home Administrator and a licensed Medication Administrator. She comes to LutherCare from Elizabethtown Nursing & Rehabilitation Center, where she served as Personal Care Home Administrator for three years. Prior to that, she held PCHA positions at two residential personal care communities in Lancaster County. She began her career in the senior living industry.

She is excited to bring her experience to St. John's Herr Estate and looks forward to working with the residents and team members there.

Georgia resides in New Providence.



Spang Crest

Spang Crest is pleased to welcome **Sherrie Koch** as the new Personal Care Administrator at the Lebanon community's Christman

Memory Center, a 16-suite center designed for individuals who require assistance with daily activities along with memory support. Sherrie fills the position previously held by Heather Dennis.

Sherrie is a licensed Personal Care Home Administrator and a Licensed Practical Nurse. For the past seven years, she worked at United Zion Retirement Community in Lititz in various nursing positions, most recently as Clinical Care Coordinator.

Sherrie began her career as a Personal Care Resident Assistant and discovered that she loved working in the long-term care field, so she enrolled in nursing school. After earning her LPN credentials, she transitioned from personal care to skilled nursing as an LPN Shift Leader and eventually became the Clinical Care Coordinator at United Zion Retirement Community. While working in that capacity, she obtained her Personal Care Home Administrator's license.

Sherrie and her husband reside in Manheim, and she has an 18-year-old daughter and 13-year-old son.



YOUR NEIGHBORHOOD CONNECTION UPDATE:

Fighting Against Seasonal Affective Disorder (SAD)



With clouds, snow and cold temperatures, winter days are often short and dreary. Combined with less natural light, the symptoms for depression can be exacerbated, making winter a daunting and difficult time of year for people of all ages. Seniors are at an even greater risk of developing depression, according to the Centers for Disease Control and Prevention.

Roughly six percent of those in northern U.S. climates suffer from Seasonal Affective Disorder (SAD) — while approximately 14 percent of that same population experience milder seasonal mood changes, or winter blues, according to National Institutes of Health data. Telltale symptoms of SAD include plummeting energy, weight gain, depression and mood swings.

Here are a few strategies that may help us all stay healthy over the winter months.

Leanne Kiralfy

Leanne Kiralfy
Executive Director, Your Neighborhood Connection



4 HELPFUL TIPS

to Beat the "Winter Blues"



1 WHEN WEATHER PERMITS, GET OUTSIDE AS MUCH AS POSSIBLE TO CAPTURE SOME SUNSHINE.

The sun supplies you with natural vitamin D and is most effectively absorbed via the skin.



2 DURING THE WINTER MONTHS, DO YOUR BEST TO STICK TO A SCHEDULE.

Resist the urge to sleep in longer, resist overeating and continue on your regular physical activity schedule. Our bodies have an internal clock, referred to as circadian rhythm, to help us stay balanced. These 24-hour rhythms respond primarily to light and darkness, hence the reason why regular sleep is essential. Circadian rhythms affect our physical, mental and behavioral abilities.



3 IN ADDITION TO YOUR CIRCADIAN RHYTHM, THE HORMONE MELATONIN GREATLY IMPACTS YOUR NEED TO SLEEP, AFFECTING YOUR SLEEPING-WAKING SCHEDULE, YOUR MOOD AND ENERGY.

Your body generates larger amounts of melatonin during the dark, cold months, which explains why we bundle up on the couch and fall asleep early during these months. Fight the urge to become sedentary over the winter. Stay active longer into the evening hours, and stay engaged and attend evening programs scheduled in your community.



4 THINGS TO HELP YOU COMBAT "WINTER BLUES" ARE CONTINUING YOUR NORMAL EXERCISE REGIMEN, STARTING A NEW HOBBY, REMAINING ACTIVE AND PICKING HEALTHY FOOD OPTIONS.

Choose foods such as fish for omega-3s to assist with metabolic function and eggs for vitamin D, which assists with mood. Brazil nuts boost the mood and supply selenium, vitamin B and folate, supporting neurological health as well as fighting off illness and infection. Citrus fruits boost immunity and provide antioxidants, and these help lower stress and anxiety levels. Leafy greens provide vitamin C and help fight against seasonal illnesses. Avocados also feature mood-boosting properties and improve energy levels. Lastly, drinking milk is a great way to obtain vitamin B12, which combats fatigue and lethargy.



Wellness Fair & Open House

**LUTHER ACRES TOWNE CENTER
THURSDAY, APRIL 25**

Join us for a day of learning, sharing and exploring at Luther Acres! The Lititz community will host its eighth annual Wellness Fair & Open House on Thursday, April 25. Guests will have the opportunity to tour one of our beautiful residences, take part in educational, health-related seminars, and visit the Wellness Fair, featuring the latest preventative health information and free health screenings. The Wellness Fair, with the theme *Treasure Your Health!*, will take place in the Luther Acres Towne Center, at 250 St. Luke Drive, Lititz. Seminars will take place in and around the Towne Center. The day's events are open to the public. RSVPs are not required. To learn more, please visit our website, www.luthercare.org.



LutherCare has agreed to comply with the provisions of the Federal Civil Rights Act of 1964, the Pennsylvania Human Relations Act and all requirements imposed pursuant to the end that no persons shall, on grounds of race, color, national origin, ancestry, age, sex, religious creed, political affiliation, handicap or disability be excluded from participation in, or denied benefits of, or otherwise be subject to discrimination in the provision of any care or service.

LutherCare is an Equal Opportunity Employer

You may opt out of receiving future solicitations or communications from LutherCare by notifying us in writing at the following address:

600 East Main Street • Lititz, PA

www.luthercare.org

717.626.1171 • Fax 717.626.1610



Find LutherCare on:

