

# Experiences

A PUBLICATION OF  **LutherCare**<sup>SM</sup>  
Together in Community

Celebrating Stories of *Ageless Potential* | **FALL 2018**



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## LIVING LIFE TO THE FULLEST

# Welcome to Luther Acres

On a dreary rainy weekday this past September, Beth Bucher, Community Enrichment and Wellness Manager for Luther Acres, was relaxing on a luxury bus liner along with nearly 20 Luther Acres residents, family members and friends. The group was en route to the Finger Lakes region of New York, hoping that the gloomy forecast would not impact their planned activities of hiking, touring and wine tasting.

Overnight trips like the Finger Lakes excursion are common at Luther Acres. "Our residents love to travel," says Beth, adding that recent trips have included whale watching in Cape Cod and an overnight beach trip to Lewes, Delaware. In the spring, they are heading down to Williamsburg.

Day trips to area historic sites and other attractions, such as the Philadelphia Museum of Art and Longwood Gardens, are also popular events.

"One of our most anticipated day trips this year is the new concept of a Mystery Trip," says Beth. "We tell residents what they might need to bring or wear, but we don't tell them where we're going. There's a lot of guessing about where we will be going, which is a lot of fun."

While off-site trips are popular, there are plenty of things to do on campus as well. Says Beth, "Things like a Penn State tailgate party where our dining team prepares the entrées, residents bring the sides and together everyone cheers for the Nittany Lions. We have residents who enjoy line dancing, so we organize line

dancing classes. We host resident artist openings in the Haagen Gallery. Whatever residents want to do, we try to make it happen."

Beth says when it comes to life enrichment, her goal is to provide residents with a wide variety of options – options that focus on the dimensions of wellness: physical, social, emotional, spiritual, intellectual, vocational and environmental. "From interesting lectures and educational classes to cookouts and concert series to water volleyball and body-toning exercise classes, residents have every opportunity to be engaged and live life to the fullest."

The reDiscover Series is another popular activity at Luther Acres. reDiscover is a continuing education series that encourages learning, creativity and fun. Open to all residents, as well as the outside community, topics range from history and art to technology, yoga and beyond. Classes are held in May, October and February, and are conducted by residents and local professionals.

"Residents drive the bus ... they are very involved in planning our events and programs," says Beth. "Our most requested activities usually revolve around food: themed cooking demonstrations, wine tastings, ice cream socials, dinner-dances and happy hours."

Speaking of happy hours, Luther Acres recently obtained a Continuing Care Retirement Community liquor license from the state, which means residents and their guests are now able to purchase alcohol at



the dining venues within the Muhlenberg Building.

As the fall season settles in, one of the residents' most anticipated events is drawing near, the Holiday Bazaar. The Holiday Bazaar is a resident-run and -directed fundraiser that they prepare for all year. Featuring an array of handmade crafts and homemade treats, Bazaar proceeds benefit the Luthercare Caring Fund.



Save the  
Date

This year the Holiday Bazaar will be held on Friday and Saturday, November 16-17. For information, visit [www.luthercare.org](http://www.luthercare.org).





## A MESSAGE FROM OUR President & CEO

*"This sense of freedom –  
the lifestyle at a Luthercare  
community – opens up the  
world to our residents."*

Carl R. McAloose

Luthercare has a long history of providing high-quality care to seniors, and in more recent years we have taken purposeful steps to transform our senior living communities into vibrant destinations with a lifestyle that is designed to offer a sense of freedom.

Our communities are rooted in a foundation of choice, wellness and health, where residents are free to live life at their own pace, to travel, take art classes, make new friends or connect with old ones. Our residents enjoy freedom from the maintenance and upkeep that comes from owning a large home, and the freedom of knowing that should their health needs ever change, there are rehabilitation, personal care or healthcare services available.

This sense of freedom – the lifestyle at a Luthercare community – opens up the world to our residents.

And this work is ongoing. At Spang Crest and Luther Acres, we have completed significant renovations and enhancements to our Rehab to Home Centers, which provide short-term rehabilitation services for those recovering from a surgery, illness or injury. At St. John's Herr Estate, we are exploring options for upgrades and possible expansion of independent living cottages at the 48-acre campus. At Luther Acres, we have broken ground on

an exciting new project, *Luther Acres on Pin Oak Drive*. Ten spacious townhomes are being built by EGStoltzfus on the Lititz Reserve property, adjacent to the campus, and due to the high interest in this concept, we are now looking at adding even more there. This project offers residents an opportunity to access our vibrant lifestyle while living in a neighborhood community. *Luther Acres on Pin Oak Drive* residents will enjoy maintenance-free living, access to Luther Acres' campus amenities and the security that a continuum of care can provide.

As you can see, it's an exciting time for us at Luthercare, and you will continue to hear about our emphasis on independence, health and well-being. In the pages of this newsletter, you will read about examples of the many ways in which our residents are living life to the fullest. Whether they are hiking and touring the Finger Lakes region of New York as a group or traveling solo to explore India and beyond; engaging in creative activities with our Artist-in-Residence, Freiman Stoltzfus; or representing the Lutheran Disaster Response to clean up flooded homes in Central Pennsylvania, our residents are embracing opportunities to enrich their lives. You'll learn about Spang Crest residents who are enjoying an active lifestyle at home after receiving

the support they needed from the Rehab to Home Center. And you'll see how team members and residents from our three senior living communities, along with their friends and families, joined together to support the Lancaster Walk to End Alzheimer's® in September.

We are grateful to you for your ongoing support of our mission: Luthercare reflects Christ's love through service to others. Many blessings to you and your loved ones as we enter into the season of Thanksgiving.

*In Service,*

Carl R. McAloose  
President & CEO, Luthercare





*"We really enjoy it because you can still do the things you want to do, but you don't have the headache of maintaining a house."*

Dottie Boas

## BEST OF BOTH WORLDS

# Life at St. John's Herr Estate

Longtime Lancaster County residents Jerry and Dottie Boas love life at St. John's Herr Estate – where they are able to do what they want, when they want and know that everything is taken care of for them.

Dottie has a passion for traveling and is able to explore exotic locations around the world with her friends and family. Since they moved into a cottage at St. John's Herr Estate, Dottie, 69, has hiked Machu Picchu in the mountains of Peru, camped along the Amazon River, and toured India, China, Israel, South Africa and the British Isles. Her husband, Jerry, a 67-year-old US Army Veteran, doesn't have the same desire to travel after spending significant time overseas in the military. At St. John's, he enjoys meeting and getting to know his neighbors, and they often gather to "shoot the breeze," as he says, whether they're connecting over a meal or meeting up at one of the outdoor patio areas. "It's a real easy life here, and I enjoy the camaraderie," Jerry says. "And the staff here take care of everything: the weeding, the mowing, the snow and the maintenance."

The Boases moved into their cottage at the Columbia Luthercare community about three and a half years ago, not long after Dottie retired from her position as a school district administrative assistant. Before making the move,



they were maintaining two homes in southern Lancaster County – their own and the home next door, which belonged to Dottie's mother, who had moved to another senior living community as her health needs changed.

"It was getting really hard for Jerry to take care of two houses physically. We

were always mowing grass, pulling weeds, planting flowers, and that was just the outside! We heard about St. John's from a friend, came and toured, and both said, 'Wouldn't it be great to live in a place where everything is taken care of?'" says Dottie. "We put both houses on the market, and they each sold in one day!"

Two months later, they were St. John's Herr Estate residents!

Jerry says, "We tell people about this lifestyle all the time, and when they say they aren't ready to move to a community like this, we say, 'Why would you want to wait?'"

Dottie says, "We really enjoy it because you can still do the things you want to do, but you don't have the headache of maintaining a house. It's so nice, and we are young enough to enjoy ourselves a little bit!"

And Dottie's next big trip? It's looking like a tour of Vietnam, Cambodia and Thailand in 2020!



*"Now faith is the assurance of things hoped for, the conviction of things not seen."*

Hebrews 11:1

## A SEASON OF Thanks



I love the 11th chapter of Hebrews! In it, the author speaks of how it is that all of us might be able to understand life and faith. It is easy to believe in things that we can see and have already experienced, but it is so much more difficult to deal with the unknown, to trust that things will work out okay when we don't really know that for sure. It is unnerving to try something new when we aren't absolutely certain that whatever we are doing will work out well.

As a boy, I was supremely confident when riding my bike as long as I knew that my father was running behind me holding me upright. It was when he let go, and I finally discovered that I was on my own, that I truly developed real confidence in my ability to ride a bike. There were falls – lots of them – to be sure. But, oh what I would have missed had I not taken the chance to learn to ride!

Throughout my ministry, there were trials and challenges for which I felt completely unprepared. Many times, however, I came out of those situations feeling blessed by God and those around me and so thankful that I didn't shy away from the challenges that were placed in front of me.

As I reflect on this year and especially the crazy summer and early fall we have had, I am struck by and so incredibly thankful for the amazing generosity

and compassion that I have seen all around me! Unprecedented amounts of rain fell across central Pennsylvania this summer! We had hundreds of homes in Lancaster, Lebanon and York counties that experienced flooding and loss. Volunteers from the Lower Susquehanna Synod Lutheran Disaster Response team spent over 150 hours volunteering, as of the beginning of October, helping to clean out homes that were flooded by all the rain. There is so much more to be done, but I am incredibly grateful to our volunteers, several of them Luther Acres residents, who have helped our neighbors in need return their homes to safe, sanitary and secure conditions. We will do lots more of this kind of work throughout the fall.

I am also very excited to be traveling to Puerto Rico in November with 25 volunteers from across the Lower Susquehanna Synod! It will be the 19th disaster response trip we have made and will be, by far, the most primitive and challenging trip to date. I look forward to being able to share our story and the story of the ongoing need in Puerto Rico, even while we watch and learn about additional needs throughout our country following new storms as well.

I continue to be amazed by those whose faith moves them to respond to situations and circumstances unseen and who, like

the prophet Isaiah, say "Here am I, send me!" I am moved by and grateful for the generosity of those who once again made our *Tee it Up for Kids!* Golf Tournament a wonderful success, the walkers and donors who supported the Luthercare Team in the Lancaster Walk to End Alzheimer's®, and the incredible way our team members at Luthercare do the work that they are called to do, remembering the reason why we do it in the first place, "to reflect Christ's love through service to others."

Mahatma Gandhi once said, "The best way to find yourself is to lose yourself in the service of others." I say, "Thanks be to God that I am privileged to see that in action each and every day in the lives of those with whom I have the pleasure to serve!"

*Peace be with you!*

A handwritten signature in black ink, reading "Glenn A. Beard, Jr." with a stylized flourish at the end.

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





*"When you engage in a creative activity, you are stepping outside of time. You are ageless."*

Freiman Stoltzfus



## THE EVOLUTION OF LUTHERCARE'S *Artist-in-Residence Program*

When internationally known, Lancaster-based artist Freiman Stoltzfus started the popular Luthercare Artist-in-Residence program, the goal was to spark the residents' interest in art further. While the program has evolved since it began nearly five years ago, Freiman says the one thing that remains unchanged is the unbridled joy that art and creativity inspires in residents.

"When you engage in a creative activity, you are stepping outside of time. You are ageless," says Freiman. "Art reawakens a childhood enthusiasm for creativity — and enthusiasm is found in everyone, no matter their age."

The Artist-in-Residence program started as a series of workshops, classes and exhibitions. It is now a robust creative arts program that includes road trips to places such as the Philadelphia Museum of Art, the ballet and music venues for concerts. It also has featured sketching excursions, art appreciation classes, and an art walk through downtown Lancaster's Gallery Row, followed by a unique dining experience that showcased talented local performing artists. This fall, Freiman

also participated in the annual Explore Retirement Living Open House at Luther Acres, where he created an original piece and spoke with visitors and residents throughout the day.

Freiman says the arts are all interconnected, and an appreciation for the arts contributes to well-being. "Music, art, poetry, dance ... they are



all expressions of creativity," he says, "and engaging in creative activities whether it's writing, painting or singing can encourage an unmatched sense of fulfillment, purpose and growth — all of which contribute to aging well."

Research supports this idea and indicates that making art with others promotes increased self-esteem, motivation and social connection, leading to improved

health and overall wellness. "Study after study reveals how on-going creative arts programs improve the quality of life for seniors," says Beth Bucher, Community Enrichment and Wellness Manager at Luther Acres. "Through our Artist-in-Residence program, we've seen first-hand just how much creative engagement can improve a person's sense of happiness."

Freiman says the Artist-in-Residence program complements his central belief that creativity is a lifelong endeavor. "People of every age have creative forces inside of them," he says. "You just have to tap into that inner creativity, then sit back and watch the joy it brings."

Freiman's relationship with Luthercare started with late Luther Acres residents Hess and Marian Haagen, founders of the campus' Haagen Gallery. The Haagens were long-time admirers of Freiman's work, and when the Haagen Gallery opened, Freiman's work was the inaugural exhibit. Inspired by the people he met at Luther Acres through the Haagens, Freiman worked with the Luthercare team to create the Artist-in-Residence program.



# YOUR NEIGHBORHOOD CONNECTION UPDATE:

## Managing Caregiver Stress



**D**eciding to care for a loved one with his or her daily tasks can be deeply rewarding yet a difficult decision to make. This is a journey which is paved with love and good intentions. However, caregiving is loaded with responsibility and filled with daily concerns over how to provide the best care while still taking care of yourself.

If you are on the journey of caregiving for a loved one, learn to recognize caregiver stress and burnout. Experts say building time into your routine to take care of yourself helps manage stress. To effectively care for someone, you first have to care for yourself. Set aside all the “I should or I will later” and put yourself on the top of the list.

Watch out for signs of stress overload. Some common symptoms of stress overload are memory problems, trouble concentrating, racing thoughts, irritability, anger, sadness, headaches and changes in sleep or appetite. Chronic stress can lead to or worsen serious health problems, including high blood pressure, autoimmune illnesses, digestive issues, depression and anxiety.

Be kind to yourself and follow the **9 Helpful Steps to Reduce Caregiver Stress**.

Finally, don't do it all yourself, set up a plan and make changes as needed. Being your loved one's caregiver is not easy, but it is rewarding. Know your loved one appreciates all you are doing.

Christopher Reeve is quoted as saying, “I think a HERO is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.”

*Be kind to yourself!*

*Leanne Kiralfy*

Leanne Kiralfy  
Executive Director, Your Neighborhood Connection



## 9 HELPFUL STEPS to Reduce Caregiver Stress



### 1 TAKE A BREAK

Read a book, attend a religious service, watch a favorite television show, go to the movies, call a friend and go out to lunch. Taking a break gives you a fresh “new” perspective.



### 2 ASK FOR HELP

Accept help when offered by family and friends. Be realistic with your time, don't pull yourself in different directions as this will only add to your stress. Hire outside help if needed.



### 3 REACH OUT

Spending time with family and friends decreases your feeling of isolation.



### 4 EXERCISE

Go for a walk or do an exercise of choice. Research shows regular physical activity can help prevent depression and alleviate anxiety.



### 5 BE HEALTHY

Eat healthily and get plenty of sleep. Don't self-medicate with unhealthy food, medications or alcohol, and curb your caffeine intake. Seek medical advice when needed.



### 6 LAUGH

Laughter is a great stress reducer. Find your joy; it is ok to laugh.



### 7 MUSIC THERAPY

Match your mood: calming music to subdue frustration, energizing tunes to lift your spirits, your favorite classics to make you smile.



### 8 SUPPORT GROUPS

Find a local support group.



### 9 FORGIVE YOURSELF

It is normal to feel tired and become frustrated, even angry, at your circumstances.





The remnants of Hurricane Florence arrived in Lebanon just after the shotgun start of the 24th Annual Tee it Up for Kids! Golf Tournament held on September 17 at the Lebanon Country Club. The rain was torrential, and yet the 89 golfers took to the course with good humor, skill and fate, and almost everyone arrived at the 19th Hole Reception with a positive attitude.

This year the tournament raised over \$80,000 through generous sponsorships and contributions, netting over \$62,000 in support of scholarships through Luthercare for Kids Early Learning Programs.



*Special thanks to all of our sponsors and supporters!*



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### **GIFTS-IN-KIND**

Blue Ridge Communications  
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The Water Guy



# 2018

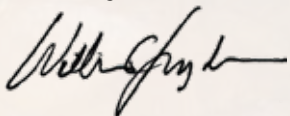
## PHILANTHROPY UPDATE:

# A Very Generous Year

**T**hanks to one and all who have so far made 2018 a very generosity-filled year. Through your gifts, you have made a tremendous difference in the lives of residents, families and children. You have helped those with memory support capture elusive past experiences, supported those whose resources have been depleted, helped children be ready to enter kindergarten prepared to thrive and learn and in so many ways created smiles and possibilities.

As we look forward to the months ahead, we will celebrate gifts, remember loved ones and gather together. May the spirit of generosity be a continual blessing from God in our lives. For all good gifts we give thanks indeed.

*Blessings,*



William C. Snyder  
Vice President, Philanthropy and  
Community Engagement







## TEAM LUTHERCARE:

# Lancaster Walk to End Alzheimer's®!

After seemingly endless days of rain in central Pennsylvania, the morning of the 2018 Lancaster Walk to End Alzheimer's® arrived with warm sun and a beautiful blue sky, providing the perfect backdrop as Team Luthercare took part in raising awareness and funds for Alzheimer's care, support and research.

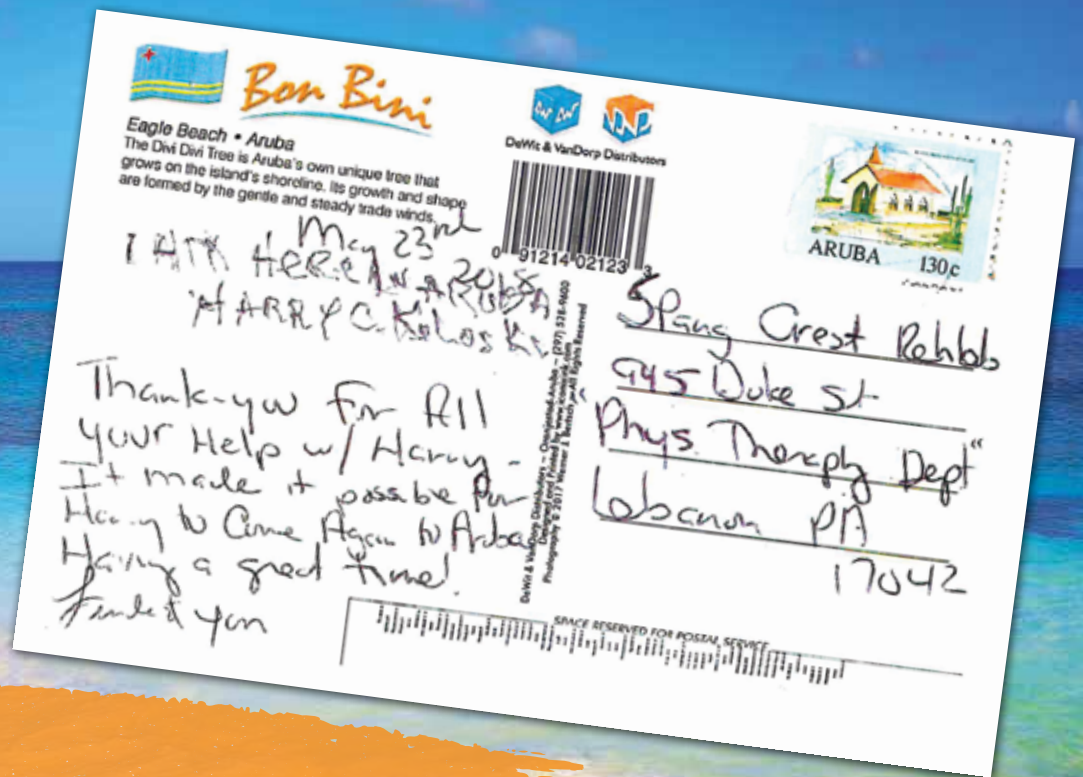
Luthercare was a Platinum Sponsor of this year's walk and formed a team comprised of more than 80 staff, residents, friends and family members. The group wore matching blue "Team Luthercare" t-shirts for the walk, which was held Saturday, September 29, in Overlook Park. Team Luthercare also raised \$4,080 for the walk!

The walk, organized by the Greater PA Chapter of the Alzheimer's Association®, is one of hundreds held annually nationwide. The morning's activities included a ceremony with guest speakers before the start of the two-mile loop.

Thanks to all who supported Team Luthercare! Special appreciation goes to our Team Luthercare community partner, Blue Ridge Communications, for their advertising and promotional support.







## SHORT-TERM REHABILITATION PROGRAM:

# Rehab to Home

Sometimes all it takes is a missed step, a minor fall or an unexpected surgery to turn your life upside-down, and your hospital stay is only the first step on the road to recovery. Luthercare's short-term rehabilitation program, Rehab to Home, is the perfect place to restore your health and get back to doing all the things you enjoy!

At Spang Crest in Lebanon, skilled therapists, nurses, activity coordinators, dietitians, social workers and physicians create a comprehensive care plan to accelerate recoveries and ease the transition back to home. Spang Crest offers a full range of rehabilitation services, including post-surgery orthopedic care, pain management, neurological and stroke rehabilitation, wound care, fall management and more.

Physical, occupational and speech therapy services are provided seven days a week in our state-of-the-art therapy gym.

Rehab to Home rebuilds strength and independence, and is proven to ensure quality outcomes. Our commitment to your care and recovery does not end upon

discharge. We work with you, your family and your primary care provider to plan your next steps and facilitate a smooth transition home.

After going through the program, residents and their families have spoken highly of the care they received and how they are able to live life to the fullest potential.

"I recently spent time at Spang Crest for rehab after knee surgery," said Peggy Whitman. "Everyone I came in contact with was friendly, polite, very helpful and very patient! Thanks also to the kitchen crew. The food was delicious!"

Harry Koloski also recently utilized the services of the Rehab to Home Center at Spang Crest and, following his stay, he was able to join his family on a trip to Aruba! His family even mailed the team at Spang Crest a postcard thanking them for the care and services he received: "It made it possible for Harry to come again to Aruba. Having a great time!"

When you know you are going to need rehabilitation after surgery, it's best to plan in advance.

Spang Crest offers pre-operative planning, giving you the opportunity to tour, ask questions and meet the staff. In preparing for your stay, our admissions team will review your insurance coverage and will be there to assist you, your family, the hospital care managers and your doctors to plan the next steps in your recovery.

### REHAB TO HOME AT SPANG CREST OFFERS

- 25 Beautiful Private Rooms
- In-Room Dining
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- Flat-Screen TVs
- Individual Phones
- On-Site Barber & Beautician Services
- Housekeeping & Laundry Services
- Quiet Environment for Rest & Recovery
- Outdoor Patios & Lounge Spaces





600 East Main Street  
Lititz, PA 17543

## LIGHTS OF LUTHERCARE

The fifth annual Lights of Luthercare will begin the holiday season at Luther Acres and St. John's Herr Estate, offering a beautiful way to honor and remember loved ones as we light the lights for Advent and Christmas and come together in fellowship, song and celebration. The event will be held at Luther Acres on Tuesday, December 4, and at St. John's Herr Estate on Wednesday, December 5. Each luminary represents a tribute gift of \$25 or more. For more details, visit [www.luthercare.org](http://www.luthercare.org).

Join Us!



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.

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