

Phoebe

# Messenger

Volume 99, Issue 1 | Winter 2018

Young  
at  
*Art*

GEORGE  
LUCENTE,  
*a Second Shot  
at Life*



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**On the cover:** George Lucente, 81, was on the brink of death when he came to Phoebe. Rigorous rehabilitation and a will of iron brought him to where he is today: living better, and stronger than ever. Read more on page 4.

Phoebe-Devitt Homes is the official name of the 501(c)(3) not-for-profit corporation doing business as Phoebe Ministries. Founded in 1903 and incorporated as such in 1984, Phoebe-Devitt Homes is responsible for the supervision of communities, long-range planning, development, and fundraising for a network of retirement options, affordable housing, pharmacies, and a continuing care at home program, which combined serve thousands of seniors annually.

Phoebe Ministries is affiliated with the United Church of Christ and is a member of LeadingAge, LeadingAge PA, and the Council for Health and Human Service Ministries of the United Church of Christ.

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Mission Statement:

**A community of faith, called by God, to serve the needs and to enhance the lives of our elders, their families and the broader community.**

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## A MESSAGE FROM THE PRESIDENT



*Dear friends,*

I am always pleased and honored to welcome the new year with you. As we look toward the coming year and all it brings, I am inspired not only with hope and optimism for the future, but with gratitude and humility for our blessings. With the continued support of donors and volunteers, as well as the hard work and dedication of our staff on all fronts, we have made great strides in improving the way we serve people, both within and outside our retirement communities.

What strikes me most when I look through these pages is the variety of life and purpose represented there. The stories in this issue and those we have shared with you in the past are stories of extraordinary people whom we are blessed to call our neighbors and friends. In George Lucente, a man who fought his way back from a life-threatening infection, we see someone who refused to be conquered by age and illness, and today is hunting and enjoying life with renewed strength and vitality. You'll read about the artists of all walks of life who call our communities home, and of the travelers that call us one of *two* homes. You'll read about exciting innovations like the MUSIC & MEMORY<sup>SM</sup> program and how Phoebe is using it to impact memory care. These stories show us that our senior years are something to be celebrated, cherished, and enjoyed—and that innovation and individuality are things to be embraced on every level.

We have a new year ahead of us, one that will bring its challenges as well as its triumphs. As we forge ahead, we invite you to join us as partners in serving and honoring the seniors in our community, both in their own homes and ours at Phoebe. It is more important and easier than ever for us to stay connected as a broader community, and to use our resources wisely to enhance life for our elders and their families. You, our neighbors and community partners, are a vital part of our history, our success, and our future. With a humble heart, I thank you for all you have done, and welcome you to become an ever more active and fruitful part of our ongoing mission. Together in Christ, we can achieve great things.

May this year be blessed for you.

A handwritten signature in black ink that reads "Scott R. Stevenson". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Scott R. Stevenson  
President & CEO

Les Fleurs by  
Walter Krieger



# A Second SHOT AT *Life*

George Lucente, 81, likes to say he came to Phoebe "90 percent dead." Today he's back in nature, and back in the kitchen, living life to the fullest.

“You have to have faith and hope,” he says. “With that, anything is possible!”

**G**eorge stood in the woods. The cool morning dew glistened on the leaves and his breath made soft billows of steam in the air.

Don't. Move. He stood still.

Listened.

The buck turned and looked, and George checked his stance and pulled back on his compound bow. In one fluid motion, he released his arrow. As the animal fell to the ground, a single clear thought went through George's mind: “I'm back.”

Twelve months earlier, George Lucente was enjoying his retirement at home in Ulster County, New York. A retired law enforcement officer, George was always active: hunting, volunteering, fishing, and spending time with family. “I've worked three jobs at one time. I liked to be on the move,” he says. That was until a simple surgical procedure turned him septic.

“A friend came to visit me and found me lying in my backyard,” George recounts quietly. “I was rushed to the hospital.”

*An avid lover of nature, Lucente took a trip with his family to Yellowstone National Park last spring.*



*Out on the hunt with a family friend.*

George was “in the ICU and 90 percent dead,” as he tells it, when his son, Vincent, arrived at his bedside in New York. George remembers it vividly. He, the retired police officer, the hunter, the workhorse, was bedridden, unable to move. The man used to being the one in charge was suddenly thrust into a role he’d never experienced before: “It was one of those moments when the father becomes the son and the son becomes the father. My son was yelling two inches from my face. He told me I had the will to live, and I did.”

Vincent, a reconstructive surgeon in the Lehigh Valley, remembers the dire state his father was in. “My father is a living testimony of what you can do when you have the will and determination to get better after a serious illness. His post-critical illness myopathy destroyed almost all muscle in his body and he had to start from scratch to rebuild all those muscles.”

*Practicing the winning shot.*



*Post-rehab: Getting the big one!*



*Catch of the day.*

Vincent relocated George to Phoebe Allentown, where George then undertook short term rehabilitation. “They brought me into Phoebe on a stretcher. I was like a jellyfish,” he describes. “I couldn’t stand. I couldn’t speak. The staff at Phoebe really pushed me, and I attribute a lot of what I can do today to their persistence.” That may be true, but George isn’t the type of man who lets anything hold him back. With a smile, he glances around his independent living apartment at the Terrace at Phoebe Allentown. “Look at me now.”

Vincent visits his father daily and is inspired by the independent life his father has returned to. “I was told by a large regional hospital that he was literally too sick for their rehabilitation services and only Phoebe could handle him. He never could have accomplished this recovery without the level of care at Phoebe.”

a large elk skull crowned with antlers three feet wide, and other hunting memorabilia. In January, the twelve-point buck he took down last fall arrived on a pedestal mount for him to display in his living room. “The taxidermist called my son because the most recent one I got was the biggest one he’d ever seen—he needed to order a special foam insert to support it,” George says with pride.

When George isn’t enjoying the tranquility of nature and the thrill of the hunt, he’s in his kitchen, cooking for and hosting others for dinner. Often he walks across the street to the Allentown Farmer’s Market to find the freshest ingredients for his home-cooked meals. “I did leg of lamb recently for six people! I’ve prepared and served ravioli and roast beef as well.” George also volunteers regularly across the street at the Phoebe Allentown Health Care Center gift shop.

## “He never could have accomplished this recovery without the level of care at Phoebe.”

Though George still experiences lingering effects of sepsis—it affected his memory, his speech, and his ability to read, at times—he doesn’t let those issues slow him down.

“I was always an independent man. Getting sick—that first year—was hard for me,” he admits.

But George is back at it. This past spring, he traveled to Yellowstone National Park with his children, and took a fishing trip in the Poconos last summer. “I didn’t get anything good, but my son did!” he laughs. In his apartment, he proudly displays wall-mounted buck heads,

And his new life at the Terrace at Phoebe Allentown? Well, George couldn’t be more pleased. “Living here? Let me tell you, there’s not a nicer place around. The staff here is wonderful. They are so concerned about me, from my housekeeper, to the cooks, to the waiters, to the management. They are just all so outstanding!”

George is a testament to what life is like at Phoebe for independent adults. “When I took that buck down last fall, I said to myself ‘I still have that ability!’” He’s one of the many older adults living life to the fullest and making memories at Phoebe. 🍷

Learn more about life at Phoebe at [phoebe.org](http://phoebe.org).



# DINING BETTER, Doing

*New menus at Phoebe Allentown are designed to create a restaurant experience, while encouraging a diet balanced with nutrition and homestyle favorites.*

One of the greatest joys in life may be found in breaking bread with others at a restaurant. It's also a simple pleasure that people fear they will lose when moving into a senior community. For Evelyn L., who is 92, battling dementia, and living at Phoebe Allentown, it seemed as though she had lost this pleasure too. "Evelyn has a kind smile and laughs when you speak to her, even at times when she may not understand what you are saying," says Sandy Davies, Occupational Therapist at Phoebe Allentown. "She is attentive to her surroundings and will definitely let you know her choices." When she first arrived at Phoebe, however, she sat at a table with five other people, evincing no apparent desire to feed herself, and resistive to directives or assistance from staff for self-feeding.

Or that's how it was. In October, Phoebe Allentown implemented a restaurant-style dining program and a

walk-to-dine initiative, eliminating the institutional tray-line dining that had been in place for decades. In its place is a restaurant-style atmosphere, brightly lit and full of the smells of freshly cooked food. Individuals are seated at tables and empowered to choose their own meals from a menu with daily options. Food is served tableside.

Michell Staska-Pier, Executive Director, Regional Operations, led the transition. "What I saw over the months leading up to the grand opening was very uplifting," she says. "As we worked through construction there was much curiosity about how the restaurants would turn out. I had the opportunity to work in one of the restaurants on opening day and was really impacted by our customers' eagerness to try the new-style dining service. The restaurants were filled as soon as they opened. I saw each person order what they wanted from dippy eggs to BLTs. I saw the ordering of seconds,



and empty plates. I saw long-lasting conversations with friends over a second cup of coffee. I was also impressed by staff members, who were smiling and engaged with diners.”

The results are stunning. Diners are completing more meals, gaining weight healthfully, and showing greater engagement and mobility every day. Unintended weight loss in seniors occurs in 15–20 percent\* of the population; it can be caused by other underlying health problems, and leaves the body weak and vulnerable to illness. Maintaining a healthy diet and average weight is an important part of overall wellness, and something the walk-to-dine program addresses specifically. Families have noticed the changes in their loved ones, and are speaking up about the impact on their lives.

The day of Evelyn’s first visit to the newly enhanced dining room, she sat with two other women, and as

usual she received assistance with her first spoonful of cereal. Then, says Davies, “she started to feed herself. She reached for her coffee when she wanted it and then resumed eating.” Davies suspects that the familiar restaurant environment triggered an automatic impulse for Evelyn to engage. Now, staff expects Evelyn to feed herself, a massive, and nearly immediate, change from when she first came to Phoebe.

The impact of the new dining program on people living at Phoebe Allentown has been significant in a short time. According to Todd Saylor, Executive Chef, “We have had positive responses from residents and families about the food and the service. Through the implementation, we have seen a 19.9 percent increase on average of meal consumption and have reduced the number of residents on commercial supplements by 89 percent.” Moreover, “the registered dietitians have received more consults noting healthy resident weight gain, and the nursing department has noted an increase in resident ambulation, as residents have now been walking to the dining rooms,” notes Dietitian Kathy Guzevich.

Sue Schlener, Executive Director of Phoebe Allentown, commends the program: “Walk-to-dine not only improves the quality of the food, it also allows people choices they have not had in the past. We have seen many improvements since inception of the program, including stable blood sugars.”

Most importantly, the hustle and bustle of food being served feels like eating out, and people have started referring to the dining room as “the restaurant,” says Davies. Meanwhile, Evelyn continues to feed herself, taking her time as the staff encourages her to be as independent as possible.

The new dining program and the attention she receives from staff on her neighborhood have made a significant difference in Evelyn’s life. This is change at work, and an indicator of how the Phoebe environment is constantly evolving to improve and enhance the lives of the people who choose to live with us. Above all, we are a community, working together to do better. 🍴

[Learn more about Phoebe Allentown at phoebe.org/allentown.](https://phoebe.org/allentown)

*\*Heidi L. Galley, M.D., and Kathryn Holder, M.D.—  
Unintentional Weight Loss in Older Adults, 2014; aafp.org*



*Maggie Jones, a sophomore neuroscience student at Moravian College, adjusts a pair of headphones for Eleanor Storck, who lives at Phoebe Richland. She's playing some of Eleanor's favorite music for her as part of a study on the impact of music on seniors living with dementia.*

# THAT *Sweet* OLD SONG

Music can unlock memories for all of us. Neuroscience students from Moravian College set out to understand how music affects mood, cognition, and temperament in people living with dementia at Phoebe Richland. What they discovered was more profound.

## TRY THIS AT HOME!

If you are a caregiver, you deserve all the support you can get, and the proven therapeutic benefits of personalized music can make a profound difference for you and your loved one. You can easily create personalized playlists at home! You will both benefit mentally, emotionally, and even physically from playing a special selection of music, and it gives you the chance to reconnect in a different way.

### YOU WILL NEED THREE THINGS:

1. A personal computer or tablet (it does not have to be an Apple product).
2. An iPod or other type of MP3 player. You can use any device that plays MP3s, but MUSIC & MEMORY<sup>SM</sup> recommends an iPod as the easiest device to use and the most durable.
3. A pair of lightweight, comfortable over-the-ear headphones. You can find good headphones for a reasonable price at most stores that sell electronics, or at online retailers like Amazon. Please note that the earbuds included with iPods can be difficult for seniors to use, so they are not the best option.

For more information including detailed instructions on how to set up a playlist and install it on your MP3 device, visit [MusicAndMemory.org](http://MusicAndMemory.org) and click on "Resource Guides" under "Training & Publications."

When Maggie Jones walked into Phoebe Richland last October, she admits she was apprehensive. She was there to meet a group of seniors living with dementia, and with limited exposure to people with Alzheimer's and other dementias, the 19-year-old sophomore neuroscience major at Moravian College wasn't sure what to expect. She joined senior Ben Seitz, a fellow neuroscience major, who was leading a study on the impact of the MUSIC & MEMORY<sup>SM</sup> program on participants' moods, cognition, and memory.

MUSIC & MEMORY<sup>SM</sup> was founded by social worker Dan Cohen in 2010. Two years later, Cohen produced "Alive Inside: A Story of Music and Memory," a documentary showing how music can help people living with memory loss. The film follows Cohen as he meets and works with staff in senior health care centers, building customized playlists for participants and watching as they reawaken to their memories and senses of personal identity. Today MUSIC & MEMORY<sup>SM</sup> brings personalized digital music technology to people with dementia to improve their quality of life, and provides access and education in order to create a network of certified organizations that share in this common goal.

The program has been running at Phoebe Richland since 2016, spearheaded by Community Life Director Donna Schudel. She and her staff collaborate directly with Seitz and Jones, and have seen marked improvements in participants over time. Their goal is to improve quality of life for participants by lessening stressful reactions to certain times of day or certain events, like shift changes or "sundowning," a symptom of Alzheimer's disease that produces anxiety and depression during twilight hours.

To conduct the study, Seitz and Jones interviewed each person participating to learn about the artists and music they prefer. Seitz created customized playlists for each of them, and the playlists are updated as needed or requested. Participants listen to the music through headphones on iPod shuffles.

Seitz and Jones chose to focus their study on 10 people each, all of whom are living at the Phoebe Richland Health Care Center with some level of dementia. They collected data to determine if there is any improvement in cognition. Seitz and Jones created a control group (people not participating in the program) and an experimental group (people chosen to actively participate in the program and administered customized playlists). Participants in the study were randomly distributed into the experimental and control groups.

Eleanor Storck relaxes to the classic crooning of Bing Crosby.



## WHAT'S ON YOUR PLAYLIST?

The 1940s and '50s were a great period in American music, and hit a chord of nostalgia with more than one generation today. The songs below were the Number 1 pop singles of their day from the Billboard Year-End Chart, which began listing top songs in 1946.

### REMEMBER THESE TUNES?

<b>1946</b> "Prisoner of Love"	Perry Como
<b>1947</b> "Near You"	Francis Craig
<b>1948</b> "Twelfth Street Rag"	Pee Wee Hunt
<b>1949</b> "Riders in the Sky"	Vaughn Monroe Orchestra
<b>1950</b> "Goodnight, Irene"	Gordon Jenkins and The Weavers
<b>1951</b> "Too Young"	Nat King Cole
<b>1952</b> "Blue Tango"	Leroy Anderson
<b>1953</b> "Song from Moulin Rouge"	Percy Faith
<b>1954</b> "Little Things Mean a Lot"	Kitty Kallen
<b>1955</b> "Cherry Pink and Apple Blossom White"	Perez Pando
<b>1956</b> "Heartbreak Hotel"	Elvis Presley
<b>1957</b> "All Shook Up"	Elvis Presley
<b>1958</b> "Nel Blu Dipinto di Blu (Volare)"	Domenico Modugno
<b>1959</b> "The Battle of New Orleans"	Johnny Horton

Tell us what's on your Music & Memory playlist!

Share with us on Facebook  
@PhoebeMinistries,  
#PhoebePlaylist.



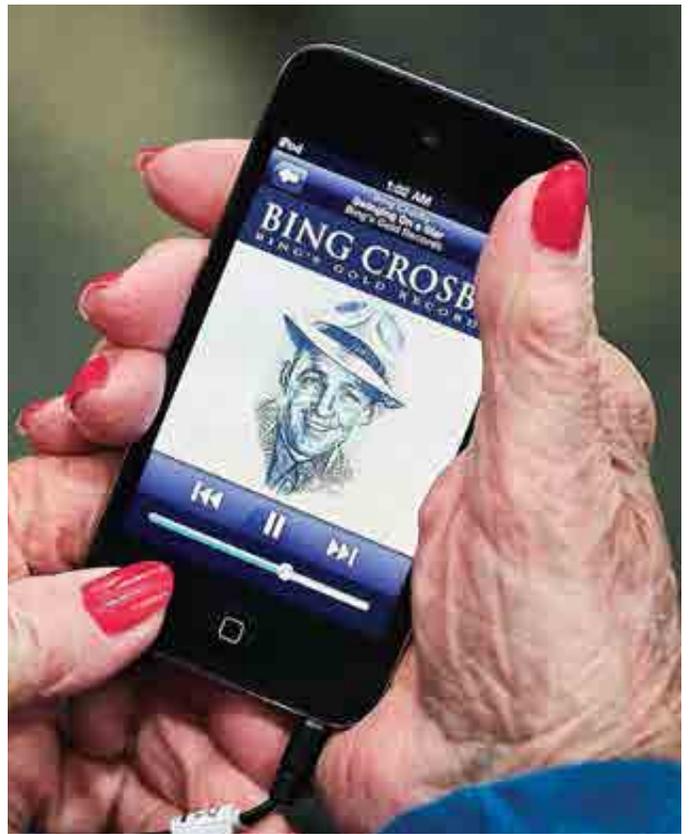
Phoebe's implementation of the program is part of an ongoing collaboration with Moravian College and the result of a dedicated partnership between Schudel and her interdisciplinary team at Phoebe Richland, and Seitz and Jones under the leadership of Dr. Cecilia Fox. As director of neuroscience studies at Moravian College and president of the Lehigh Valley Society for Neuroscience (SfN) Chapter, Fox met with Phoebe Richland to find out how her students could get involved with the program, and presented the idea to Seitz.

"He is a double major in neuroscience and music, so he was the perfect choice to lead this work!" says Fox. Seitz's gentle and patient demeanor was also a factor in choosing him to lead the five-week study. While Seitz had previous experience interacting with seniors, he learned quickly that communicating with people who have dementia requires a different kind of patience and a bit of creative thinking.

"From being a musician for twelve years, I've developed an understanding for communicating with other people and learning self-expression in an entirely unique language," says Seitz. "Many times I talked to residents who perseverated in their speech, and I had difficulty interpreting their speech until I found a method of communication that they could understand as well."

Fox asked Jones to join the field study alongside Seitz a few months later. Jones says it was an exciting opportunity for her as a sophomore; she hadn't expected an opportunity for field study until later in her education. As a member of the Moravian College band, Jones has a background in and understanding of music that matched her well with the program's intent.

After Seitz was chosen to lead the study, he spent much of the spring semester researching the logistics of the MUSIC & MEMORY<sup>SM</sup> program and determining best methods for training and measuring the metrics involved in the study. Seitz chose Addenbrooke's Cognitive Examination (ACE) III as the best fit for tracking outcomes. The five-week study involves cognition tests for the participants, administered in three stages—a "pre," "mid," and "final" test—to both groups of participants in the study to gauge language comprehension, memory, and visuospatial recognition. When the students were not on-site at Phoebe Richland, trained community life and nursing staff administered the music every other day for 20 to 40 minutes at a time, and tracked metrics and observations. Seitz says based on his observations, the program's greatest impact is on the mood of participants. "Several people in the study who are normally sensitive or irritable listen to familiar music and start dancing in their chairs or lip-syncing the lyrics, which was great to see," he says.



Although they engaged in the study for scientific purposes to support their coursework, Seitz and Jones say they've gained much more than a measure of data. "Everyone I met was so welcoming, happy, and caring," says Jones, "from the community life team, the nursing staff, even the janitorial services staff greeted me every time I visited and knew the residents and their moods that day. It's such a tightknit community." In getting to know the participants, Jones says their distinct personalities stood out more than their cognitive condition, and she and Seitz got to know each one as an individual. Jones plans to work in pharmaceuticals after earning her degree, studying Alzheimer's or Parkinson's disease on a cellular level, and creating new medications to treat these diseases. "After talking to one of the residents in our study, I learned that he was a pharmacist in New York City. I told him I want to be just like him," says Jones.

Seitz and Jones were struck by the impact the program has had in particular on one person with multiple mental and cognitive diagnoses. Her mood and cognition vary from day to day, but on the days she listens to her customized playlist, the students and staff both observe an immediate positive reaction. One day she reached out and touched Jones' arm—she wanted to dance. Jones says moments like this showed her the impact of the program on her daily life.

Although their field study at Phoebe Richland has come to an end, Seitz and Jones are still busy compiling data to compare against their hypotheses, and the impact of MUSIC & MEMORY<sup>SM</sup> at Phoebe Richland continues to expand. Seitz presented the program and some of his preliminary data from the study in November at the Society for Neuroscience Conference in Washington, D.C., which sparked interest among other colleges across the country to consider community partnerships for similar programs. Jones plans to continue her relationship with the people she has met at Phoebe Richland. "I've developed such great bonds and I want to continue to visit Phoebe Richland, possibly through volunteer work," says Jones. "It's been a gift to do this study; I'm very appreciative, especially to the residents for their willingness to be open with me." ❧

To learn more about MUSIC & MEMORY<sup>SM</sup> and memory support at Phoebe Richland, visit [phoebe.org/richland](http://phoebe.org/richland).

# WRAPPED WITH CARE



*Ellie DeLong is one of the women who created prayer shawls for cancer patients.*

Ellie DeLong, who has lived at Phoebe Berks Village for the past 23 years, has a very personal reason

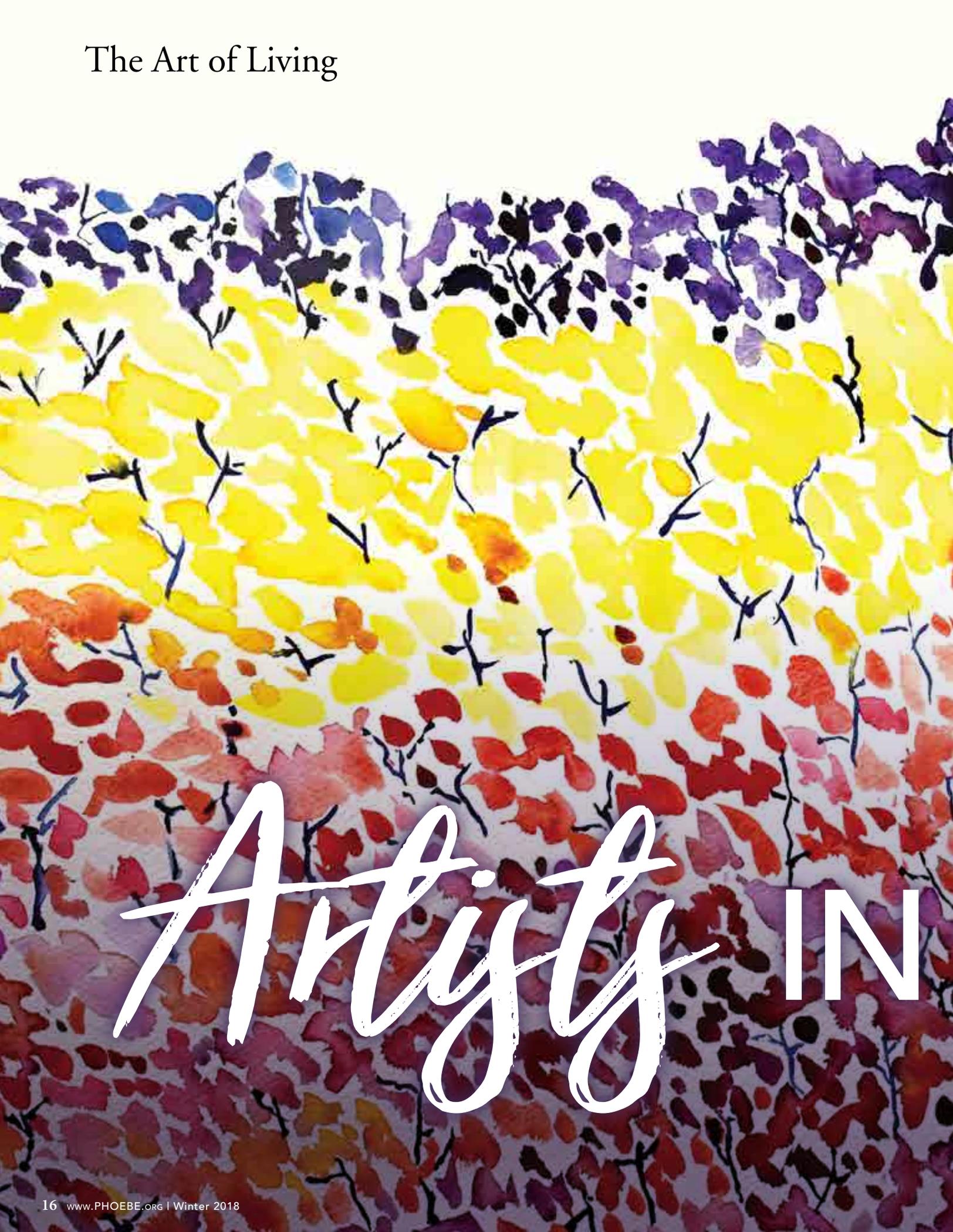
for donating her talents to making prayer shawls for cancer patients. Her granddaughter spent eight months fighting leukemia at the Children's Hospital in Philadelphia when she was 16. DeLong stayed with her in the hospital four days a week and saw firsthand what comfort a simple gift like a blanket could bring.

Some years later, Phoebe Berks initiated a program for residents to donate handmade blankets to cancer patients at Penn State Health St. Joseph in Reading, Pennsylvania. DeLong participated that first year and every year since, knitting and crocheting with her neighbors to make each blanket. She even went to the hospital to help distribute them several times; she saw how needed they were and how the patients curled up with them. "I really think it gives them hope and improves their outlook," DeLong reflected.

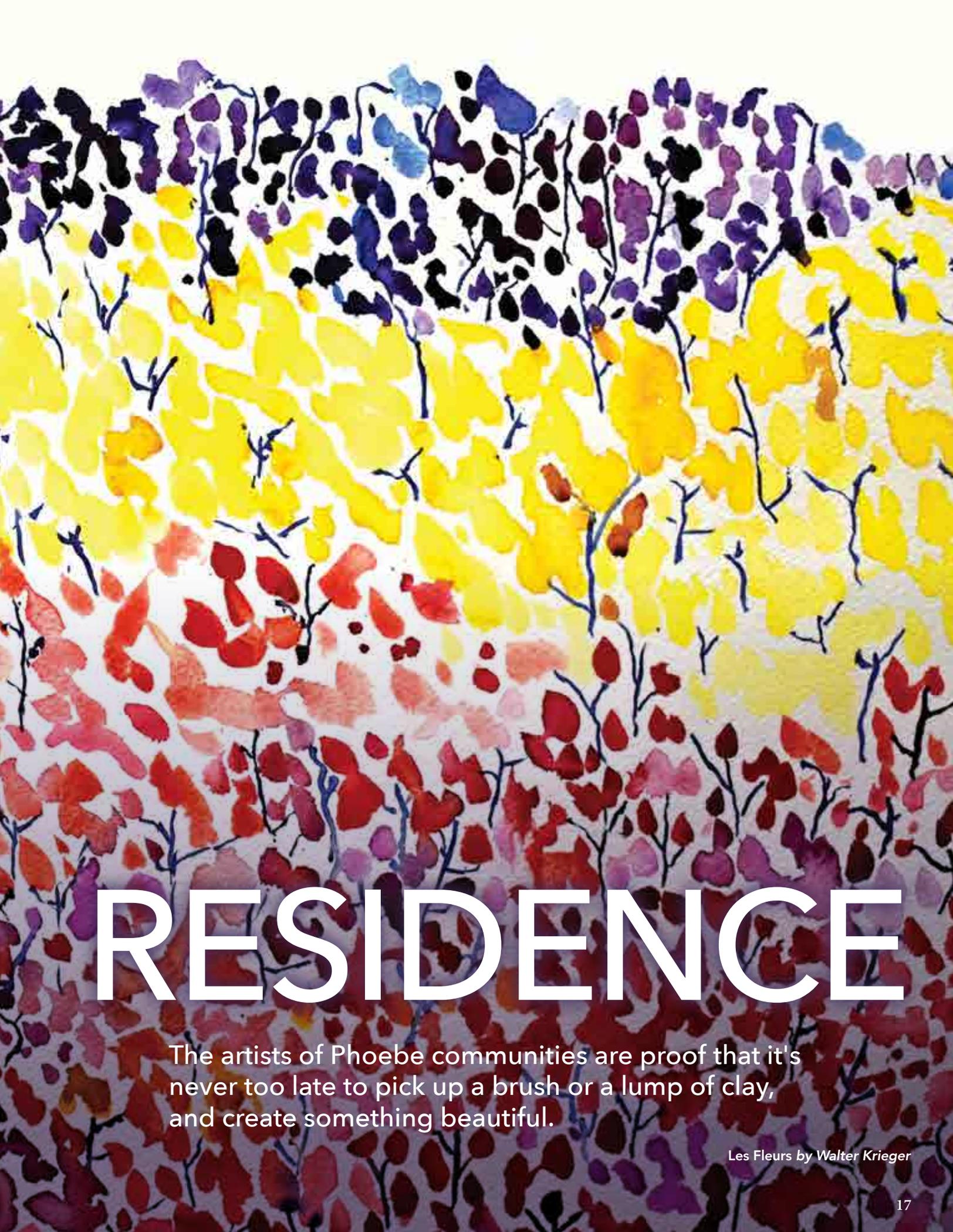
Each year some 50 shawls are made by members of the Phoebe Berks Knitting Group and other Village residents including DeLong. They are blessed by the chaplain in a special service and then packaged with a small notecard that includes a prayer and the name of the person who made them, before being taken to the hospital in time for the holidays.

In those months spent at the Children's Hospital with her granddaughter, DeLong saw many children who did not survive the fight. Her granddaughter was one of the lucky ones; she grew up to become a teacher and had two beautiful children of her own. For that gift, DeLong feels her family is forever blessed, and wishes to pass that hope on to others with cancer. "Knowing how grateful so many are to receive these blankets—" she says, "It's just a warming thought when you are making them to think who is going to receive them." ❧

The Art of Living



# Artists IN



# RESIDENCE

The artists of Phoebe communities are proof that it's never too late to pick up a brush or a lump of clay, and create something beautiful.

*Les Fleurs by Walter Krieger*

# The Art of Living

**H**enrietta Edelschein hated her sculpture teacher. “He wanted all the detail—the collar bones, all of it—I didn’t see it that way! I wanted to simplify, to feel the flow, the forms.”

So she stopped going. When she finished her degree in fine arts at the Stella Elkins Tyler School of Art in Philadelphia, Edelschein practiced pottery. At first she created symmetrical forms on the potter’s wheel—bowls, vases, and the like—but quickly grew bored. Her later work exemplifies her interest in more natural forms, asymmetrical shapes that suggest ideas, gestures, and parts of plants and trees.

Edelschein discovered sculpture for herself when she visited the Guggenheim Museum and saw pieces there representing every culture and era of human history. She went to the Museum of Natural History and saw the works of prehistoric people. Everything simplified—

the “essence” that defines her work as a mature artist. Line, form, and movement presiding over everything. Edelschein says she was “elated” by the discovery. But she wouldn’t begin sculpting until the birth of her first son, Rich, in 1958. The shape, the heft of his head in her hand, turned into a self-renewing source of inspiration throughout her artistic life. Since then, Edelschein has created hundreds of sculptures, most of them from clay or natural objects like pine cones, branches, and sprigs of dried leaves. She works in the abstract, creating forms that suggest rather than mimic or recreate.

One of Edelschein’s sculptures is on display in the chapel at Phoebe Wyncote, our continuing care retirement community a few miles outside Philadelphia, where she has lived since 2014. Her husband Reinhold, a gifted artist and musician in his own right, came to Phoebe following a stroke and Henrietta moved with him, taking up residence in an independent living studio facing east. She moved in the autumn, and took the room because of the maple tree outside her windows, which was filled with brilliant orange leaves. “I’m very inspired by trees,” she says. They appear in her work again and again, often merging with the shapes of men and women.



*Homage to Cave Drawings, sculpted by Henrietta Edelschein.*

*Henrietta Edelschein, 88, with The Singer, on loan to Phoebe Wyncote.*



Longtime residents of the West Mount Airy district in Philadelphia, the Edelscheins chose Phoebe for its faith-based ministry. “They take care of you here,” says Edelschein today. “It’s a very good place.” Her husband lost his ability to speak after a second stroke three years ago. She visits him in his own studio each day, playing music of the composers, violinists, and conductors he loves. And there is some comfort in knowing that her husband is looked after by a dedicated team of experts who care about him as an individual, and that she is just around the corner.

Edelschein is one of many gifted artists who have chosen Phoebe as a retirement destination. Her residence at Phoebe Wyncote is filled with the treasures of her own creation, as well as her husband’s. Where the sculptures have left space are the books she brought with her from Mount Airy. Edelschein, a published poet—most recently in a Philadelphia literary journal—has an addiction to books, she says.

The Rev. Walter Krieger has space of a similar kind in his apartment at Phoebe Berks Village. The walls are filled with his paintings and those of his wife, Judith. Unlike Edelschein, who explored her artistic identity before she could read, Krieger came to art late in life. His wife was a painter and an instructor. She took painting holidays in Europe and Krieger accompanied her, choosing where they would go next. A retired pastor with 23 years of ministry under his belt, Krieger took up painting after one of his wife’s students suggested he give it a try. He was 65. “I’ve put this off too long,” Krieger said to himself at the time. The student sent him art supplies to get started.

“I made every mistake in the book!” he recalls. With time and patience, and a certain playfulness and whimsy evident throughout his paintings, Krieger produced a body of work so extensive that much of it is kept in storage for part of the year.

In the years that followed, Krieger and his wife exhibited their work both jointly and individually, demonstrating and selling pieces occasionally. Judith taught until a heart attack 10 years ago forced her to cut back. Since moving to Phoebe Berks in 2013, Walter has painted little; he’s heavily involved with other pursuits at Phoebe, as an active musician, and chief editor of the *Writers*, a magazine of essays, poems, and fiction by people who live at Phoebe Berks Village.

“They often say the busiest people are the happiest and most productive,” says Krieger, now 78. “I have no need to be productive. I have a need to have time to pursue who I am and what I want to be.” For Krieger, as for so many others at Phoebe Berks and elsewhere, there simply isn’t enough time in the day. He wants to study writing and poetry more deeply, and do other things he’s never had time to do.

Just one floor down from Krieger is another painter, Sandy Leidich. She didn’t start painting until she was 45. One day when she was looking for a fine arts instructor to teach her 10-year-old son ceramics, she discovered a woman who taught oil painting in the basement of her home in Myerstown. Leidich began studying technique with her. “I never had the opportunity to do anything until then,” she says. “I never had time or a place to set up.” Since then she has produced about one painting a year, give or take. They are exquisitely detailed, finely crafted works, ranging from still lifes to landscapes.

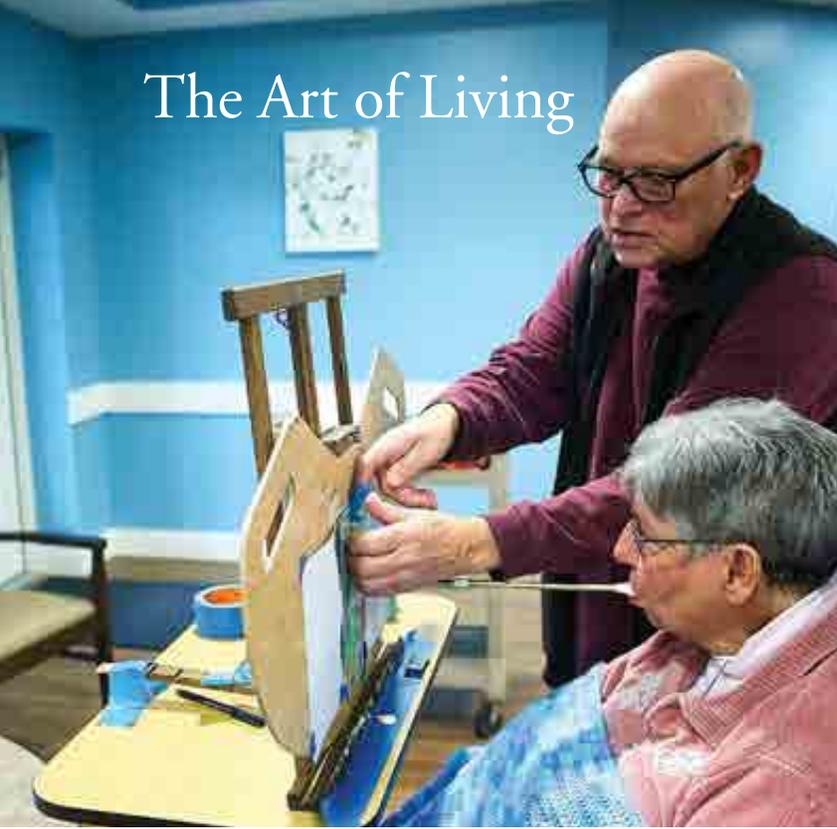


*Detail of Birds in Burgundy by Reinhold Edelschein.*



*Detail of Along the Seine by Judith Krieger.*

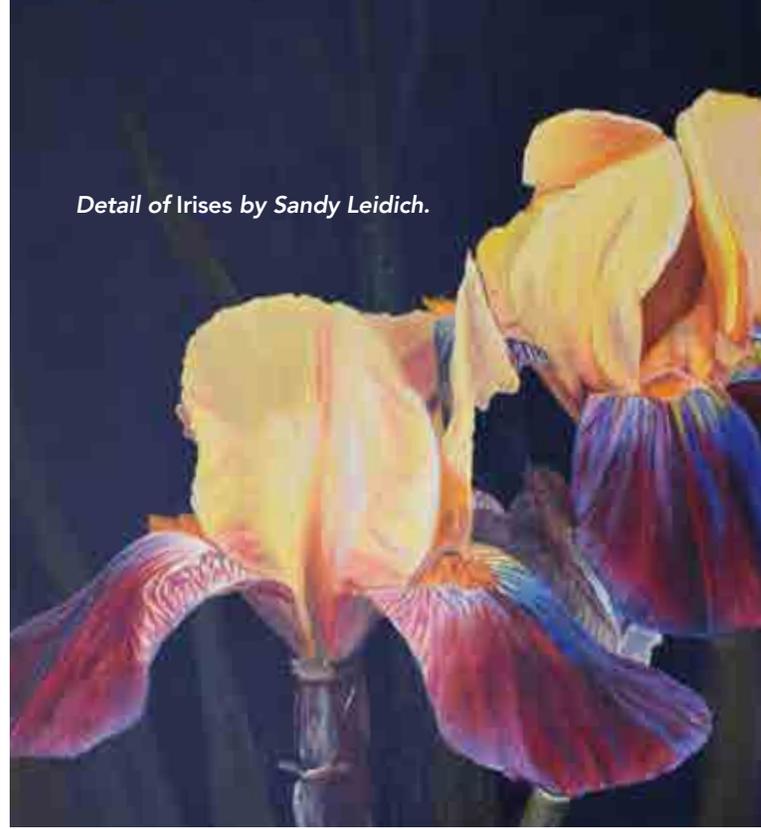
# The Art of Living



**Art in tandem: Gertrude McDonald paints with the assistance of her husband, Doug, using a special brush and controlled movements of her head to complete vibrant scenes and landscapes. Doug repositions the canvas and pours out her colors for her.**

At Phoebe Berks, Leidich is more of a musician than a painter. Among other things, she plays in a piano quartet with some of her neighbors, performing classical works for piano four-hands. “Living here is ideal for any personality,” says Leidich. Her late husband was a very private person and preferred time alone, while Leidich herself chose to engage in more activity in her community. The arrangement at Phoebe Berks suited them perfectly. “When you work, you’re always rushing to the next thing but when you come here, it’s off your shoulders. If I want to do this, I do it. I have peace of mind here.”

That peace of mind is important to people who choose Phoebe for retirement. For Gertrude McDonald, choosing Phoebe Richland meant she could rely on someone to look after her, and her husband could too. McDonald became a quadriplegic in 2003, and her husband took care of her for years. She came to Phoebe in 2014, and since then her husband Doug has been a constant and regular visitor. Doug’s visits are especially meaningful because when he comes, Gertrude can paint. Using a special brush that fits into her mouth, McDonald creates vibrant watercolors, both landscapes and abstracts, making small movements of her head to complete the brush strokes. Doug sets up her palette and easel, and adjusts the canvas for her as she works.



*Detail of Irises by Sandy Leidich.*

McDonald was a painter for years, and did a portrait of Doug 60 years ago when they met. “It took me a while to understand you really can be yourself, whatever that is,” she says. “Painting was important to me and it releases memories. Every time I paint I think of a person or it reminds me of a person.” Their choice to come to Phoebe means Doug can come and go as he pleases, which was not the situation at a community where McDonald lived previously. “We have freedom here and there’s comfort in that freedom.”

At Phoebe, the McDonalds can also take advantage of a therapy team committed to creating new resources for wellness. McDonald is working with a physical therapist on using an iPad that will allow her to use the internet as a research tool so she can learn more about painting, art, and the world outside.

Though it is home to many artists of longstanding practice, Phoebe’s independent living communities also offer the opportunity for new and budding artists to flourish in different ways. Jacqueline Lare has taken advantage of classes at the Terrace at Phoebe Allentown to revisit her fondness for painting. She took lessons in oil, watercolor, acrylic, and other forms throughout her life and painted quite a bit. “I like to do what I can to enhance things around here,” she says now. At Phoebe Berks, painting classes and other artistic adventures are frequent engagements for the community. In September, Patti Sciali of Reading was an artist in residence there, and led a group of women in creating cyanotype pictures to be sewn together into a quilt. Funded by a Pennsylvania grant, Sciali taught the delicate and exacting technique of cyanotype to eight women at Phoebe Berks, and worked with them on the project for several weeks. “We’re having the time of our lives,” said one during the process.



*Jacqueline Lare works on watercolors in a class on painting at the Terrace at Phoebe Allentown.*

These are the kind of opportunities that Phoebe creates—not only to continue in the pursuit of lifelong passions and hobbies, but to explore new ones. Nothing is stopping these artists from doing exactly what they want to do. Henrietta Edelschein, at age 88, is still writing poems and making plans for new works. Gertrude McDonald is exploring new avenues blending physical therapy with art. Walter Krieger keeps up with painter friends and new trends in the art world. “I have this balance of music, writing, and painting in my life,” says Krieger. “It’s a great life.”

As individuals and members of a community, these artists are striving constantly toward new things, not in spite of their time in life, but simply as a natural impulse. Their age is an indicator only of their lifelong dedication to self-exploration. ☸



Are you inspired? Share your art with us on Facebook @PhoebeMinistries, #YoungAtArt.

**THIS IS JUST A SMALL SELECTION OF THE WORK PRODUCED BY THESE ARTISTS!**  
View a gallery online at [phoebe.org/art](http://phoebe.org/art).

# Young at Art

CHECK OUT THESE ARTISTS WHO GOT THEIR BIG BREAK IN THEIR GOLDEN YEARS!

**Carmen Herrera (1915- )** – a Cuban-American artist educated in Paris, Herrera never sold a painting until she was 89. Today, she is considered to have been ahead of her time.

**Norman Maclean (1902-1990)** – published his first novel, "A River Runs Through It", at age 74 to national acclaim.

**Frank McCourt (1930-2009)** – became a Pulitzer Prize winner and millionaire at age 66 when he published his bestseller and first book "Angela's Ashes" about his childhood in Ireland.



**Grandma Moses (1860-1961)** – born Anna Mary Robertson, she didn't start painting until she was 78 but continued until her death at age 101.

**Bill Traylor (1853-1949)** – self-taught artist and sharecropper who began creating chalk drawings at age 85, and exhibited publicly for the first time at age 87.

**Laura Ingalls Wilder (1867-1957)** – a columnist and writer most of her adult life, she achieved national recognition with "Little House on the Prairie" when she was 66.

The artists featured here will be exhibited at the Phoebe Institute on Aging Benefit in March! Visit [phoebe.org/benefit](http://phoebe.org/benefit) to learn more!

# The Greatest Generation

*Left: Ready to serve: at home in Kutztown, Pennsylvania.*

*Right: Kunkel in Yokohama, Japan, in 1945 after he was promoted to first sergeant at the age of 20.*



## A DUTCHMAN IN JAPAN

**P**aul Kunkel, 91, who lives in the Phoebe Allentown Health Care Center, is a well-known member of the local community because of his passion for involvement in many organizations and his engagement with every person he meets.

“If you help people and treat them the way you would like to be treated, they will remember who you are,” says Kunkel.

This philosophy was engrained in the Kutztown native early in life. “I was brought up in a home that never spoke ill of any neighbors and my father was very generous with my time,” recalls Kunkel. As a boy, he was often sent to fix things and do small jobs for his neighbors, and his father cautioned him never to charge for his time. Instead, he was paid in gifts for his service from those he helped.

After only a year as an engineering student at Lehigh University, Kunkel served in the Army’s 22nd Special Services Company in Allied-occupied Japan and was tasked with converting existing spaces such as Shinto shrines into recreational centers for U.S. troops.

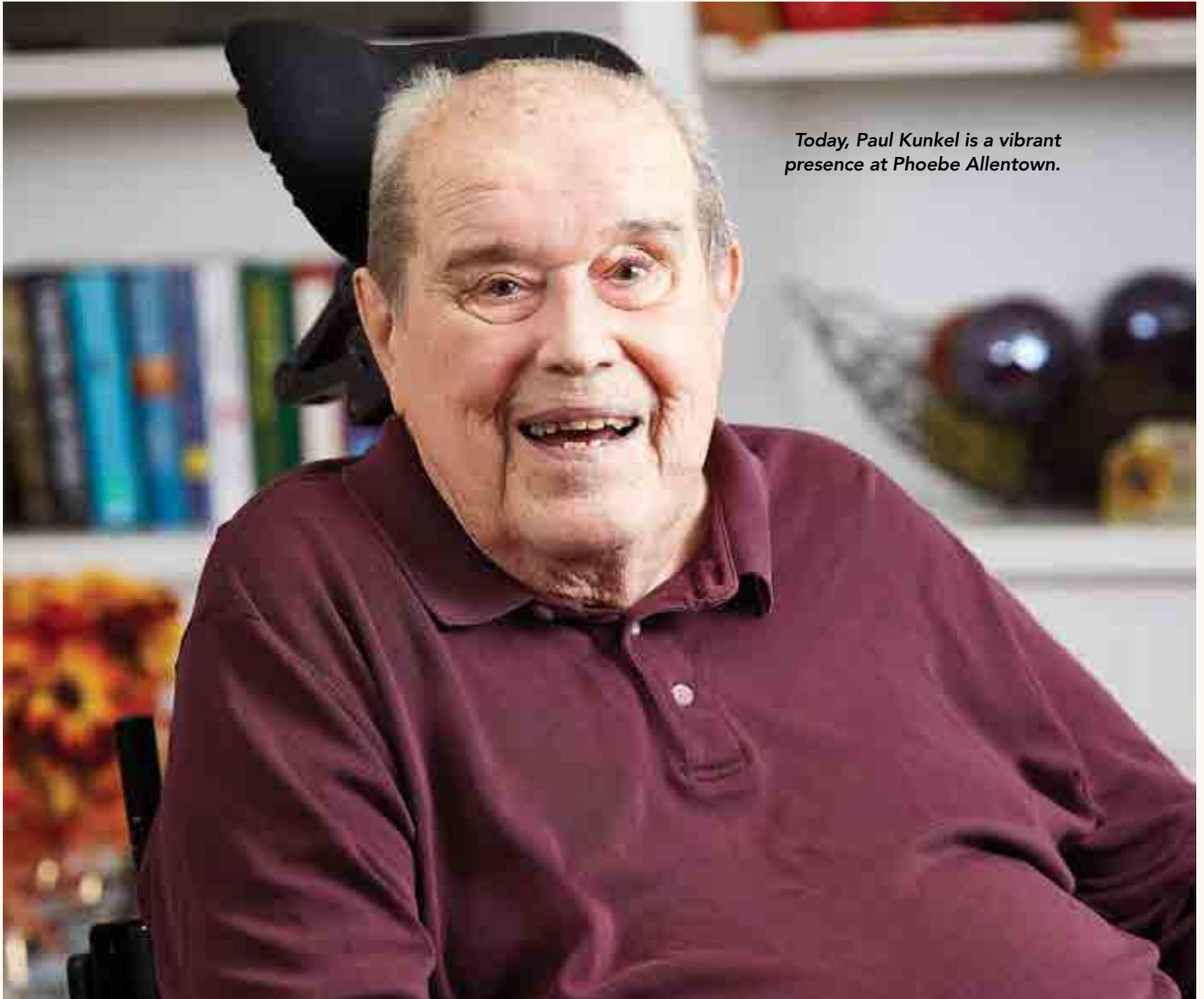
Shrines became movie theatres, and airplane hangars became basketball and volleyball courts. Many of these spaces required additional care and improvisation to

be made functional in their new roles. Shinto shrines were filled with mirrors that reflected light and noise, so the Army confiscated whatever they could find to cover them and reduce the echo. At night, limited power distribution in the area caused voltage drops, and Kunkel had to run cables out of the window to connect to generators. He set up a timer so he wouldn’t have to change the reels while running cables.

Kunkel was struck by the attitude of the Japanese people toward the presence of U.S. troops. He recalls that those he met disagreed with Japan’s military force and the actions of the government. He was able to work amicably with many of the local people despite the language barrier, communicating instead through demonstration and drawings of tasks he needed to carry out.

Kunkel says today that his time in the military was a learning experience. “I was being educated on how to serve my nation,” he reflects. It was also an education in interacting with others across skill levels and abilities, a lesson that Kunkel learned well and carried into his career.

At age 20, Kunkel was promoted to first sergeant and dubbed “the Kid” in his unit. “The older servicemen



*Today, Paul Kunkel is a vibrant presence at Phoebe Allentown.*

liked to tease me because I was younger but they also supported me,” says Kunkel. “The jobs I was given were primarily the ones nobody else was taking and I developed a reputation for advancement.” Kunkel’s mother asked him once why he always had to be “in front.”

“I don’t aspire to be in front,” he replied. “I get pushed there.”

This would prove true throughout Kunkel’s life. A past district deputy grandmaster of the 10th Masonic District, Kunkel received the 33rd Degree, an honor awarded only after a peer election. A master of the Masonic Lodge in Trexlertown, Kunkel was chair of the

building committee for the new temple located nearby, and at one time was in charge of converting existing buildings across Pennsylvania into new lodge locations.

Kunkel is fluent in Pennsylvania German, which he picked up working as a child in the garage with his father. At the time it was common not to teach the language to children because of local prejudice against it. He is well known in the area for his efforts to promote and preserve the heritage of this unique culture and was heavily involved with the Pennsylvania German Cultural Heritage Center at Kutztown University. For 18 years Kunkel was president of a local Groundhog Lodge where members speak only Pennsylvania German. At one time he also served as superintendent of 12 local Pennsylvania

# The Greatest Generation

German language schools where members of the community could learn the language of their parents and grandparents.

But more than anything in life, Kunkel is proudest of his two adopted children, who are very successful in their respective fields of hydrogeology and medicine. “You never want to get between the two of them,” he says, referring to their close relationship.

Kunkel was familiar with Phoebe from the times he had spent at Phoebe Allentown with members of his church. This connection to Phoebe and the people he visited planted the seed of his interest in volunteering—an interest he pursued with his wife, Doris, for 16 years. After 62 years in their family home in Emmaus, he and Doris decided to move to the Terrace at Phoebe Allentown. “We really enjoyed our apartment there and could watch all of the fireworks from our balcony at various times in the summer,” Kunkel recalls. It is also where they started some wonderful friendships, including with fellow alumni of Lehigh University.

Following a fall in 2013, Kunkel moved to the Phoebe Allentown Health Care Center for rehabilitation. Although he must now use a motorized chair, Kunkel still volunteers his time offering presentations to his neighbors, including the infamous “America’s Lost Architecture: The Outhouse,” for which he always receives a lot of welcome ribbing!

“You are giving those who attend something to think about and are challenging them mentally,” he says about his programs. He attributes his skill in presenting to his army service, especially when the men mustered and he was giving orders. Volunteering is so engrained in his personality that he even passed on the tradition to his children, who have told him they continue to exercise the skills he taught them in their daily lives.

Kunkel was recently featured on a panel of World War II veterans at ArtsQuest on Veterans Day and was surprised to run into several people he had worked with many years before. They remembered him, and he attributes it to his manner of treating people and the experiences he created with them.



***While at Fort McLellan, Kunkel was part of the Cadry training force. The signature white stripe was meant to be visible so commanding officers knew who to enlist in directing necessary tasks or actions—it earned wearers the jocular epithet “Skunk.”***

“So there is your answer to a life philosophy,” he adds with a laugh. Kunkel makes everyone feel special with his positive attitude, descriptive stories, and a good dose of kidding around. Those who spend time with him are always left with a smile and a memory of that bright spot in the day. Kunkel is a warm, moving presence at Phoebe Allentown, a place he chose to live in his retirement and which he served and continues to serve not only with his time, but with the vitality and energy of his spirit. ☸



**Do you have a Greatest Generation story to share with us? Connect with our community of veterans on Facebook @PhoebeMinistries, #GreatestGeneration, and join us in honoring those who served our country!**



Christmas in Phoebe's communities is made special every year thanks to the generosity and enthusiastic support of local businesses and community leaders. Intent on spreading Christmas cheer, Dunn and Bradstreet of Allentown, Pennsylvania, has sponsored gifts for residents of the Phoebe Allentown Health Care Center for years. Employees throughout the organization purchase gifts for everyone at the health care center based on wish lists the residents write. This year, Buckeye Pipeline also contributed to holiday gift-giving, and every resident at Phoebe Allentown and the David. A. Miller Personal Care Community received everything on their lists. Bethlehem-based BSI Corporate Benefits contributed to Christmas at Phoebe Wyncote, making it possible to supply gifts for many seniors who otherwise might receive nothing on the holiday. ❄️

# INSPIRED HOLIDAY

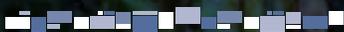
# Spirit

Opportunities to bring joy to our residents are available year-round: join as a volunteer or make a donation that will bring new activities and programs to our communities.

To learn more, please visit [phoebe.org/giving](http://phoebe.org/giving) or call 610-794-5132.

*Relax...* it's time  
to enjoy yourself.

Pathstones



by Phoebe - Continuing Care at Home

Visit [PathstonesByPhoebe.org](http://PathstonesByPhoebe.org) or call  
610-794-6700 to reserve your seat today.  
*Light refreshments are provided.*

Life in retirement should be lived to the fullest. Take a night on the town, or that trip you've been dreaming of for years—and make new friends along the way. Pathstones by Phoebe is a life care program that offers members access to exclusive social events and cultural activities tailored just for you. And that's only the beginning. Come see what's waiting for you.

Learn more about what Pathstones can bring to your life at one of our free seminars.

## BIRDS of a *Feath*



It's mid-November, and Glenn and Judith Sillhart (above) are packing up to vacate their cottage at Phoebe Berks Village for the winter. They're heading for south central Florida, to spend four months in a community they've known as their second home for over 10 years. Amid the bustle of contacting the post office, double checking bags, and starting up cable and other services at their destination, one thing they don't have to worry about is the home they're leaving behind for the next few months.

Two months later, Fred and Barbara Davis are making their preparations for "the Season" in Naples, Florida,

where they'll spend five months in the placid sunshine of the Gulf Coast. They've been visiting since 2002 when Barbara's sister bought a place, and it became a regular second home. When they made the move to Phoebe, it was important that they could continue the lifestyle that had become so important to them.

As with everything else, Phoebe makes it easier for people to live the lifestyle they want. The snowbird program at Phoebe offers halved monthly rates on independent living residences, and peace of mind that cannot be overvalued. During the time they're away, the



*The Hartzes escape the summer heat each year at their "camp" on Big Moose Lake in New York.*

Sillharts' home will be monitored when Phoebe's security team makes daily drives through the neighborhood. Their water and heat will be turned low after they leave, and before they return everything will be turned on again and adjusted to their preferred levels, so that coming home will feel like they were never gone.

The Sillharts know they can rely on neighbors, too, to keep an eye on things. Tom and Donna Hartz live just around the corner and the two couples look after each other's homes during extended vacations. The arrangement works well partly because the Hartzes are not snowbirds, they're summer birds; so when they leave the Sillharts are still home, and vice versa. Every May the Hartzes head north out of the Berks County summers to a vacation cabin in the Adirondacks on Big Moose Lake. Tom, who has been visiting the lake for forty years, says it's a full fifteen degrees cooler there. The Hartzes are active members of the summer getaway community, taking part in their church and weekly lectures at the community center and nearby Blue Mountain Lake. They also enjoy peace of mind leaving their home in Phoebe's care during their absence.

"We can walk away and know our place is cared for," says Donna. When they return in September, the trees are trimmed, the grass is cut, and the air conditioning is on. "We don't have to worry about our Phoebe home. It's very safe here."

What attracted the Hartzes and the Sillharts to their vacation communities is much like what brought them to Phoebe. Tom and Donna are as much involved at Phoebe as they are at the lake, and both homes fulfill important roles in their lives. "It kind of renews you," Donna reflects about their summers away. And at the end of the summer, "we can't wait to come back and get home," she says. "After we're up there a few months we're ready to come back and enjoy the Phoebe experience," agrees Tom.

Judith Sillhart says their home in Florida shares many of the same qualities with Phoebe Berks. It's a quiet, rural community where they know all their neighbors and life is lived much the same from day to day: gathering in the evenings, daytime excursions—and of course, a highly active calendar throughout the year. Glenn Sillhart volunteers at Phoebe, weeding flower beds in the community garden and maintaining the nature trail that runs through the Village. In Florida, Judith runs the community kitchen during bingo tournaments, among other things. When they're in Berks County, Judith takes advantage of pool aerobics and entertainment at Phoebe Berks, and they both enjoy day trips, brunches, and other events in the community. "They offer you so much, you can really be quite busy," says Judith.

The Davises live in one of the Phoebe Berks Village apartments, and the snowbird program was an attractive

# The Art of Living



***Fred and Barbara Davis spend five months a year in sunny Naples, Florida.***

feature to them from the beginning. “It’s one of the strong points of why we came to Phoebe,” says Fred. Like their neighbors and fellow travelers, the Davises are doing anything but sitting still. They’re involved heavily with their church and a clinic that Barbara helped found there, the Western Berks Free Medical Clinic (see The Phoebe Messenger: Fall 2017 at [phoebe.org/messenger](http://phoebe.org/messenger)). Fred chairs several committees at the church and volunteers in the amputee visitor program at the hospital. In January the Davises escape the cold and head to Naples, where Fred plays between nine and 18 holes of golf every week.

“What’s not to like about it?” says Fred. “You don’t get a hassle from the organization. They give you a wonderful financial break. Nobody else offers that.”

The snowbird program at Phoebe is more than a matter of convenience for people with vacation homes. It fosters

a lifestyle that is independent, engaged, and active, not just in the home community of Phoebe but elsewhere as well. They have taken the meaning of the word retirement and turned it upside down, acting as members of two unique communities with advantages and offerings that complement one another.

“Our entire culture at Phoebe Berks is built around empowering people to be their best selves,” says Phoebe Berks Executive Director Star High. “Retirement is when you should be traveling, living it up, and making the most of your time. We want to foster that lifestyle in every way we can, so we take care of everything—it’s part of the worry-free lifestyle here.”

High says she and her team emphasize this with everyone who chooses to join the community at Phoebe Berks. Life in a retirement community should reflect everything you’ve loved about life up to that point, and more importantly, everything you haven’t had a chance to enjoy yet. The snowbird program is just one more option in an array of opportunities that empowers seniors to make the most of this time in their lives, so that a move to Phoebe is by no means the last chapter: it’s the beginning of the most exciting one yet. ☘

**START YOUR BEST CHAPTER TODAY.**  
For more information on life at Phoebe, visit [phoebe.org](http://phoebe.org).

The snowbird program is also available at the Terrace at Phoebe Allentown! Call 610-794-6010 to learn more.

## Where are you Flying?

Whether you’re snowbirds, summer geese, or just looking for a great vacation destination, we have a few suggestions. From relaxing getaways to exciting hotspots and cultural touchstones, these cities are must-sees for any senior traveler.

### ST. PETERSBURG, FLORIDA

If there’s one state that says “snowbird” it’s Florida, and St. Petersburg is one of the hubs of activity for vacationers of all ages. Considered one of the most affordable snowbird cities in the U.S., the Sunshine City is known for its boardwalks, golfing, boating, and fishing.

- TOP ATTRACTION: [The Salvador Dalí Museum](#)
- HIDDEN GEM: [The Sunken Gardens](#)

### ANCHORAGE, ALASKA

For those who prefer to escape the heat of summer, Alaska is the most fitting destination in the U.S. The state’s largest city, Anchorage, offers a gateway for adventurous travelers seeking to discover the state’s unparalleled national parks and local attractions as well.

- TOP ATTRACTION: [Alaska Railroad](#)
- HIDDEN GEM: [Harriman Fjord](#)

# TIPS FOR THE ASPIRING SNOWBIRD

Although Phoebe makes it easy to leave your residence behind for the season, there are still a few odds and ends to take care of before you go.

**ARRANGE A HOME CONTACT**—What if you're in an accident or something goes wrong while you're away? Ask a friend, neighbor, or family member to be a designee in case of emergencies. Share your designee's contact information with your doctors, your pharmacy, and family.

**EMPTY AND OPEN**—Empty your refrigerator. Do the same with the dishwasher and leave it open to avoid stagnant smells.

**FORWARD YOUR MAIL**—Contact the local post office and fill out a change of address so your mail will be forwarded.

**HOLD IT**—Cancel your newspaper subscription, or request a hold during your absence.

**TAKE IT WITH YOU**—Packing light is a virtue, but make sure you have copies of your prescriptions, medical records, and financial account numbers just in case. Even better: store them digitally so you can access them easily from a secure device.

**CALL YOUR INSURER**—Do you get a discount on auto insurance if you leave your car at home? It never hurts to ask.

**CALL YOUR BANK**—Make sure your credit card companies know where you'll be and for how long so they know not to flag your activity as fraudulent.

**JUST THE ONE**—Consider using only one credit card during your trip to minimize the risk of theft.

**DON'T EXPIRE**—Check that your driver's license won't expire while you're away.

**WATCH THE WIFI**—Away from home, it's tempting to use convenient public hot spots, but don't check your bank account or personal information at the local coffee shop. Their connections are not secure like your WiFi at home.

**TAKE YOUR TIME**—There's no rush! This is your retirement. Your destination isn't going anywhere. Double check everything and take a deep breath. Time to have fun!

Phoebe will take care of your lights, your heat, your lawn, your trees, and your home's security while you're gone. But don't forget these key tips when you're ready to take flight!

## PASSPORT TO TRAVEL

If you make your home at Phoebe Berks, you'll have access to retirement communities across the country! Phoebe Berks is a member of the Council for Health and Human Service Ministries (CHHSM) of the United Church of Christ, and provides a Passport To Travel to other participating communities where you can stay as a guest on vacation. Check out Seattle, St. Louis, Phoenix, and other cities across the United States without lodging expenses for up to two weeks. Details, along with a full list of destinations, can be found at [chhsm.org](http://chhsm.org).

### PAHOA, HAWAII

Nothing says vacation like Hawaii, and Pahoia is a surprisingly affordable destination, often described as the hippie capital of Hawaii. We'd recommend hanging out on the beach in the shadow of Kilauea.

- TOP ATTRACTION: [Kapoho Tidal Pools](#)
- HIDDEN GEM: [Kalapana Lava Flows](#)

### NEWPORT, RHODE ISLAND

Summer home of America's elite since the Gilded Age, Newport is a vibrant town with a rich cultural background steeped in colonial history. This is summer getaway living with the best of 'em.

- TOP ATTRACTION: [The Breakers](#)
- HIDDEN GEM: [Purgatory Chasm](#)

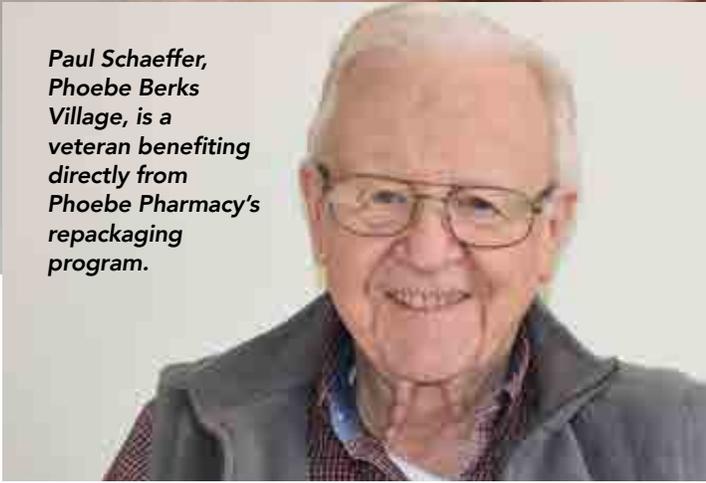
### SCOTTSDALE, ARIZONA

The Sunbelt city with an unassuming name, Scottsdale is within a few miles of Phoenix, Mesa, and the Tonto National Forest. Take a hike through the nearby McDowell Sonoran Preserve, or check out Frank Lloyd Wright's home and studio at Taliesin West.

- TOP ATTRACTION: [Butterfly Wonderland](#)
- HIDDEN GEM: [Scottish Golf at Kierland Golf Club](#)



Where have you been? Share your trip with us on Facebook @PhoebeMinistries, #PhoebeFlyers.



**Paul Schaeffer, Phoebe Berks Village, is a veteran benefiting directly from Phoebe Pharmacy's repackaging program.**

# A Way to GIVE BACK

It's not uncommon to hear of the ways people honor our nation's veterans, but that doesn't make it any less meaningful. Phoebe Pharmacy has found a special way to thank the veterans in the retirement communities it serves and it goes back to the pharmacy's roots in nonprofit long term care. The pharmacy chooses not to charge a repackaging fee for medications that come from the United States Department of Veterans Affairs (VA), providing the service gratis for veterans at these communities.

"Our parent organization, Phoebe Ministries, was built on the idea of providing for people, especially those who could not provide for themselves," explains Anastasia Lawrence, Pharmacy Business Development and Performance Assurance. "Phoebe Pharmacy can charge for repackaging but we choose not to as a way of honoring our veterans and giving back what we can for their service."

As part of their benefits, many of those who have served our country receive medications directly from the VA. A number of these individuals reside in long term care communities served by the pharmacy, which operates across seven counties in Pennsylvania and serves many

communities besides those belonging to Phoebe. The need for repackaging arises from the way the VA dispenses medications in prescription bottles, sometimes several per resident. This can be challenging for caregivers.

Many continuing care retirement communities (CCRCs) have adopted adherence packaging for medication management. This means medications are packaged in a way that helps the recipient remember to take them at the right time and in the right dose. Phoebe Pharmacy makes this easier by providing Parata packaging for medications, which parses them into "pillow packs," small self-contained packets of medication that are easier for people to track and handle. These packs, which include the individual's name, the date, the time of administration, the medication name and description, and directions for administration, improve safety and compliance. They also free up time for caregivers; nurses and aides spend less time handling and sorting medications, and more quality time with people. When possible, the pharmacy streamlines the process, coordinating with residents and their families to send medications directly to the pharmacy from the VA.

"The convenience Phoebe Pharmacy offers is a huge benefit," says Paul Schaeffer of Phoebe Berks Village. Like so many other veterans in CCRCs, Schaeffer benefits directly from the pharmacy's repackaging service which saves him time and money.

"We saw this as an opportunity for us to give back and honor our veterans, and we didn't hesitate to take it," says Cindy Richart, Vice President of Pharmacy Operations. "It wasn't even a question." The pharmacy's dedication to providing the highest quality services and making life a little easier for its clients reflects Phoebe's commitment to the same high standard. ☸

To learn more about Phoebe Pharmacy, visit [phoebepharmacy.org](http://phoebepharmacy.org).

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 Phoebe



# GOLF TOURNAMENT

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