

 Phoebe

Messenger

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BY *Land*
AND BY *Sea*

Inspired Writers
& A **DEDICATED
VOLUNTEER**

SPIRIT ALIVE



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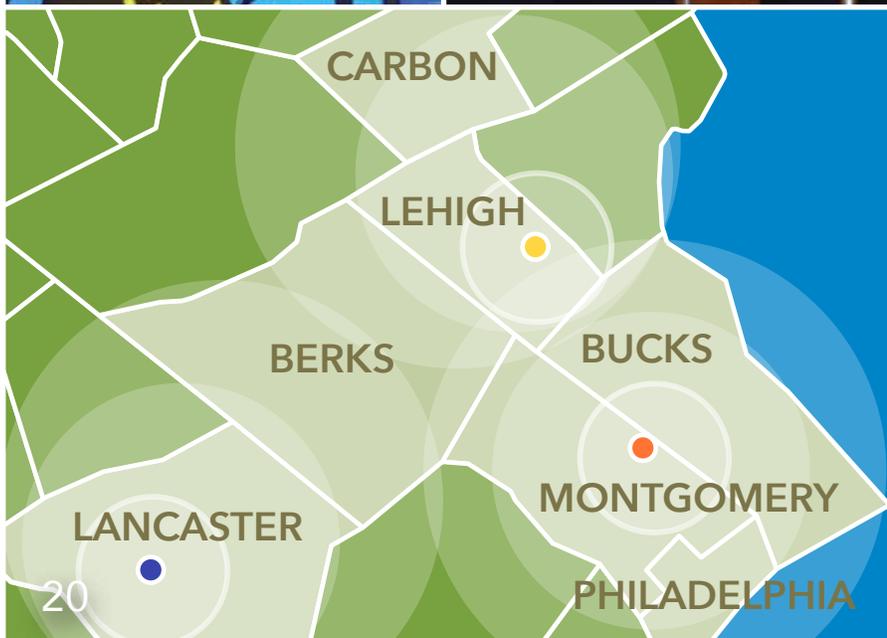
On the cover: Chief Petty Officer Mathias Gutman served on five Pacific campaigns, and devoted more than 20 years of his life to naval service. Today he lives at the Terrace at Phoebe Allentown and he's actively involved with local veterans. Read more on page 4.

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 communities, 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 enrich the lives of our seniors, their families, and the communities we serve.

President & CEO:

Scott R. Stevenson

Phoebe Ministries

Governing Board Chair:

Robert W. Miller

Editor-in-Chief:

Peter McConnell

Contributors:

Fred Blumer

Mel Brownstein

Brynn Buskirk

Trina Johnson-Brady

Emilie Joly

Adam Marles

Peter McConnell

The Rev. Alisha Tatem

A MESSAGE FROM THE PRESIDENT



Dear friends,

In my interactions with residents, staff, volunteers, and donors, and as I read each issue of The Messenger, I am reminded of the many ways in which Phoebe is an organization built on the way people come together. Looking back to our founding days, it's easy to recognize in those first volunteer deaconesses and sponsors the same energy and commitment that drive our partners today. Across the years that have followed, we have been blessed with strong and gifted staff, servant-leaders and team builders alike. Above all, our

communities are home to brilliant and inspiring older adults. Not only have they chosen Phoebe as a place to live, they've made it their own by forming active communities in ways that we could not have predicted or designed.

Stories like "Writers at Large" and "Nurturing the Spirit" are my favorite kind because they showcase exactly what Phoebe is about: individuals coming together to fill a niche, meet a need, and make a difference in the community around them. Both stories illustrate how new ideas developed into unique facets of life at Phoebe that set our communities apart, and make us stronger as a result. In this issue you'll also read about Chief Petty Officer Mat Gutman and Sandy Rehrig, two people who have dedicated their lives to different kinds of service that nonetheless distinguish them as remarkable members of our Phoebe family.

As an organization serving the aging, Phoebe has evolved in many ways. We have adapted to new trends and embraced new advances in technology and health care. We look forward to a future where we are better positioned than ever to serve our community. One thing that hasn't changed in 115 years is this simple truth: it is our people who make us special. It is with pride and honor that we continue to celebrate them in this and every issue of The Messenger, as well as in our daily work and lives.

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As we enter the last month of our fiscal year, I hope you will become an ever more active part of our family, joining the ranks of outstanding individuals that make Phoebe strong. Your gifts, your time, and your talents can all contribute to the advancement of our mission. There are exciting things ahead for Phoebe as we continue to grow and put down new roots in the community. I can think of no better way forward than with you beside us.

With Christ's blessings,

Scott R. Stevenson
President & CEO



The Greatest Generation



Gutman is highly decorated, and takes great pride in his collection of photos and memorabilia from his time in the service. He displays them in his office at home.

In fact, Gutman says that he didn't talk about his experience much after the war. As he got older, he knew his children would want to know what part he played in such a historic event, so he began writing down his story. "Every veteran has a story, but only if they want to tell you," he comments.

As a Navy serviceman in the Pacific Theatre during WWII, Gutman has quite a story. He was a small boat coxswain (steersman) and piloted a landing craft identical to those used on the beaches in Normandy through five invasions, delivering Marines and supplies, and transporting wounded men to medical staff onboard his vessel, Landing Ship Tank (LST) 553.

Gutman enlisted in the Navy in June of 1943 when he turned 18, knowing that if he enlisted he could choose the branch in which he would serve. "I never saw the ocean before I was in the service," he laughs. His two older brothers had served, however, and he knew from their stories that he would prefer the Navy.

After training at the camp in Sampson, New York, Gutman shipped to Pearl Harbor and trained with the 1st Marine Division at Guadalcanal. In September of 1944, he took part in the invasion of Peleliu. "My amphibious training at Camp Bradford was tested as coxswain of the Higgins Boat, which was loaded with 36 combat Marines heading to the beach in the third wave [the third row of boats headed to shore]," says Gutman. "It was scary. Anyone who says they weren't scared, they are lying," he recalls about transporting the servicemen and supplies to and from shore under heavy fire. The three-month Battle of Peleliu ranks as one

of the bloodiest battles of the Pacific Theatre. All day long 19-year-old Gutman and his crew took the boat back and forth, carrying medical and food supplies to land and returning the wounded to the ship, the floor of the boat covered in their blood. "You had to really be there," he recalls. "Your only concern was to do your job."

The night before an invasion was always very quiet, Gutman remembers. "The Marines would be sharpening their knives and cleaning their guns, or writing letters home. They didn't know if they were going to make it. But that's war. It's hell."

His duties did not end with the invasions. While traveling through the ocean, LST 553 was the target of kamikaze planes. Crewmen, including Gutman, acted as gunners on the deck of the ship. "For three days and nights we had to have people on the guns at all times because of all of the attacks," he recalls. "We took turns sleeping and were brought coffee and sandwiches to our gun stations on deck." While they were at sea the ships' lights were darkened; even smoking a cigarette on deck was forbidden because the submarines could see it. The missions Gutman ventured into were so classified that all mail was censored and the servicemen were not allowed to tell anyone where they were. "They wouldn't tell us anything until we were out at sea," he says. So difficult was it to get mail to the ship that Christmas packages arrived in July with cookies crumbled to dust!

All told, Gutman served as a landing craft pilot during three invasions in the Philippines and two in Japan: Palau and Okinawa.

“On 1 April, 1945, Easter morning, the boat crew and I were ordered to transport 36 combat Marines to the beach in the first wave of boats heading to the Battle of Okinawa for the biggest invasion in the Pacific Theatre,” Gutman later wrote in a personal account of his service. Not a shot was fired at them as they approached shore. In the other invasions there had been machine gun fire, mortars, and kamikaze planes. “Prior to us hitting the beach, the fleet of battleships, cruisers, and destroyers kept pounding the island with their big guns and followed up by planes from aircraft carriers strafing and bombing the ground gun positions to pin down the enemy so that all of the landing craft would make a successful landing of troops and supplies,” remembers Gutman.

The Marines had cut the island in half and were pushing the enemy south. “Our ship received orders to proceed to the southern end of the island to evacuate the civilian population who were being killed and wounded in the crossfire as the fighting continued south,” he recalls. One civilian woman gave birth while being transported to the other side of the island where the fighting had ceased.

When the war was over, Gutman’s ship was selected to do what is called “Guinea Pig Duty,” that is, to sweep the harbors surrounding Japan for unexploded pressure mines that the U.S. had dropped in order to inhibit ship travel during the war. The ports were needed for American occupation and had to be cleared of mines before the arrival of American ships.

Gutman volunteered for this harrowing duty. As the ship moved back and forth, he was relieved to learn that none of the mines they found were live.

While on active duty, Gutman advanced from seaman recruit to chief petty officer. In addition to his campaign medals, unit citations, and WWII Victory Medal, he was awarded the Navy Combat Action Ribbon; for his participation in the post-war minesweeping operations, he was awarded the Navy Commendation Medal.

Not all of the memories from this time in his life center on the invasions and wartime struggles. Gutman vividly remembers the elaborate Navy induction ritual of crewmen who had not crossed the Equator into “Shellbacks” (those who had crossed). He also recalls betting five dollars that he wouldn’t jump off of his Higgins boat while it was hoisted on the side of the ship. He won that bet, but had to explain to his commanding officer that he actually fell off of his boat!

Before entering the Navy, Gutman worked at Acme food stores where he created sale signs when he wasn’t stocking shelves. “I was always good at art, but not so



much in school,” he says with a chuckle. He attended the Baum School of Art in Allentown when he was younger and painted all of the signs for the musical programs at school. “I gave all of my drawings away,” he says. “The girls always liked that.”

His interest in art led him to work at Stehley’s Sign Company in Bethlehem and then on the “Fire Line” at Mack Trucks, painting the gold leaf lettering on all of the firetrucks produced by the Allentown company. He also enlisted in the Navy Reserve and served as an instructor, later volunteering for temporary active duty as a recruiter at a Naval Reserve Training Center before retiring from the Navy in 1973.

In November of 2011, Gutman’s uniform and memorabilia, including a samurai sword he confiscated from a Japanese prisoner of war during a formal surrender, were displayed as part of a World War II exhibit at the Lehigh County Heritage Museum in Allentown.

Today, Gutman is a member of the Veterans of Foreign Wars (VFW), the Honorary First Defenders of Allentown, and the Pennsylvania LST Association, which is composed of sailors who served on landing ship tanks. “My Navy career ended with 22 years of honorable service as a chief petty officer that took me to many places throughout the world in war and peace,” says Gutman. ☸

To read more stories from the Greatest Generation, visit phoebe.org/messenger.

Nurturing the Spirit





The Rev. Alisha Tatem, Associate Chaplain of Phoebe Berks, leads and organizes the activities of Spirit Alive groups across Phoebe’s continuing care retirement communities. She also works to promote and expand the impact of this innovative program—first piloted at Phoebe Allentown in 2014—to care communities far from Phoebe.



We asked Rev. Tatem to share her experience of Spirit Alive and how it impacts those who take part in it.

What role does Spirit Alive play in Phoebe’s communities?

Spirit Alive is one of the many ways we seek to meet the spiritual needs of the residents we serve within Phoebe communities. What is unique about Spirit Alive is that it is specifically designed to nurture the spirituality of people with mid- to late-stage dementia; this group often finds it difficult to fully engage in a traditional worship service because of the need to rely on language and cognitive abilities. The Spirit Alive services employ both verbal and nonverbal methods of communicating the spiritual truths embedded in sacred texts, and provide multisensory experiences that encourage participants to share their life stories, their wisdom, and their insights on love, forgiveness, friendship, prayer, and gratitude.



How have you personally witnessed the impact of Spirit Alive on participants?

As a chaplain, I conduct both traditional worship services and Spirit Alive services, and I have seen a remarkable difference in how participants and I engage in worship together. People who may be too agitated or anxious to sit in a traditional service are often calm and engaged during Spirit Alive. In these sessions, the participants and I are sharing and telling the story together, interweaving our stories into God's story. Participants are invited to share the joys, sorrows, losses, and loves in their lives, and to more readily connect with their neighbors who have experienced similar feelings. This connection is sometimes expressed verbally, but usually reveals itself physically, such as when someone reaches over to touch a neighbor's hand.



I have witnessed participants who were on most occasions nonverbal—or at least had difficulty communicating—clearly sing all the verses of “Amazing Grace,” or recite the Lord's Prayer with the group. I have also received nuggets of wisdom when I least expected them. I remember during one service I was talking about creation, and I went to each person and held up a mirror and asked them what they saw. One man who has often had difficulty articulating himself said clearly, “It matters what is on the inside.” I thought this was such an insightful statement, given that each of them were changing physically (their looks, eyesight, mobility, hearing, etc.). This man pointed out that no matter what they may look like, no matter how they may be changing, what matters is what is on the inside.



How has Spirit Alive made an impact on you and other group facilitators?

I have personally come to view the Spirit Alive worship experience as one of my weekly spiritual disciplines. These are practiced to nourish your soul, help you connect with God, and grow deeper in virtues like love, compassion, joy, and purpose. So every week when I am facilitating the Spirit Alive service, I too am connecting with God, but in a way that is more playful, freeing, and truly focused on the moment. I am not worrying about whether I covered the entire story in the “correct” order, or whether I sang every song I planned beforehand, but my intention is set on creating space where God's love is experienced by each person joining in the circle.

Facilitators are also impacted by the experience of Spirit Alive because it invites them to share and wonder with participants about the sacred stories and the themes that arise from them. They are invited to see these familiar stories in new ways, through the eyes of the participants. Many facilitators have shared how Spirit Alive has helped them become more open and trusting to how the Spirit moves, instead of feeling a responsibility to teach or lead the group in a certain direction.

What is your vision for the future of Spirit Alive?

It is my hope that the experience we offer to our participants and facilitators at Phoebe will be shared and implemented within other faith communities and long term care communities. An article written about Spirit Alive in *The Philadelphia Inquirer* has greatly assisted in making this hope a reality. After the publication of the article we received numerous inquiries from pastors, ministers, lay leaders, community life staff, and chaplains from other communities that were interested in learning more about Spirit Alive and how they could bring the program to their sites. We have had several individuals—even from as far off as Wisconsin—come to Phoebe to observe Spirit Alive in action. We have also received invitations to do presentations about Spirit Alive. We are working diligently to use the excitement sparked by the article to expand the reach of Spirit Alive.

How can Spirit Alive be employed in homes where people are caring for loved ones with dementia?

While the Spirit Alive model was initially conceived as a small group experience offered to those in long term care communities, we recognize that there are individuals with dementia and those caring for them in their homes, and that they may be disconnected from their faith communities. Bringing Spirit Alive into their homes gives the family another level of support that may be missing in the process of caring for the loved one with dementia.

I believe the same components that comprise the Spirit Alive model (creating a sacred space, storytelling/sharing, asking open questions, providing multisensory experiences, singing familiar hymns) can be employed in anyone's home during pastoral visitations. Because Spirit Alive would take place in the home, the facilitator can create the multisensory experience using objects

Each Spirit Alive service is unique, and facilitators who run them have learned to let the Spirit do its work. During sessions like this one at Tranquility Place, the adult day center at Phoebe Berks, Rev. Tatem leads the group in singing, Godly play, and interactive moments that allow participants to engage in worship using all of their senses.



directly associated with the person's sense of home (e.g. pictures of family members, a favorite mug or blanket, etc.) to help tell the story and elicit sharing from the individual. I think the added benefit of providing a Spirit Alive experience in a person's home is that the caretaker also gets to experience worship with their loved one, witnessing the moments when the loved one recalls a memory from the past or offers a word of wisdom. This can be a gift to the caretaker, letting him or her know that although their loved one is changing and may be different in many ways, the person they love is still there and remembered and cared for by God. ☪

To learn more about Spirit Alive, visit phoebe.org/spiritalive.

The Art of Living



WRITERS AT LARGE

Phoebe's communities are home to many creative and inspired people. These writers—from the introspective to the satirical and beyond—have discovered a new form of expression for themselves and a community with each other.

The Art of Living



When Ronnie Backenstoe sat down to write her autobiography, she said to herself, “What did I get myself into? I’ve never written a thing in my life!”

Eight “good” chapters and more than 300 pages later, Backenstoe was ready to publish. “I got writing and I didn’t know when to stop!” she laughs. “The more I thought about it, the more I wrote down, and I tried to make the stories all fun and loving.” Backenstoe was prompted by her grandnephews to write a book of her life and memories that would preserve the family’s history from its early days in the Adirondack Mountains. Using a typewriter, she composed a series of chapters, each representing a particular place where she had spent a part of her life. Late last year, Backenstoe started working with a friend of hers to arrange the book for publishing. She intends to print the book on demand, in paperback and also in hardcover for family.

Since April 2011, Backenstoe has been submitting excerpts from her book to WRITERS, a magazine of written work by the members of the Phoebe Berks community, where she has lived since 2002. WRITERS was founded in 1997 by the Rev. Raymond Wolfgang and has since been led by a succession of editors. The late Don Kimberling was one of the most prominent; a former television sports announcer, Kimberling was a one-man show with the magazine, leading interviews in the community and establishing a sports commentary page. The Rev. Walter Krieger has been at the helm since 2017. He contributes humorous satire, and established an editorial page to give himself a different medium of expression as editor.

“It was interesting to me to see what people my age and older were writing about,” Rev. Krieger recalls about his initial involvement in the magazine. He started submitting to WRITERS three years ago and he is an

Writers of the Phoebe Berks WRITERS magazine come from a variety of backgrounds, but all of them have found a voice in their community and a means of rediscovering their own past. Pictured here are editor Walter Krieger (seated left), Fred Blumer (standing left), Kenneth Dearstyne (seated right), and Dick Whitney (standing right).

encouraging voice in the community as publication continues. “I tell people all we need is to use our imaginations and keep writing, writing, writing—it’s what you do,” says Rev. Krieger. “You may not ever be a professional writer but with practice you can work up some good stuff.”

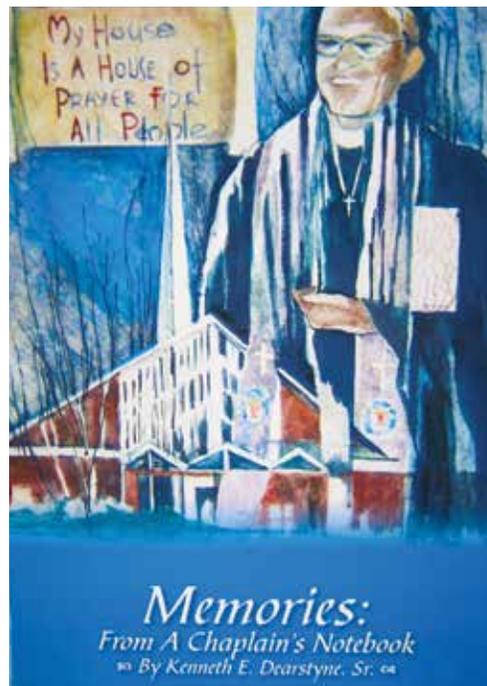
At the Terrace at Phoebe Allentown a corresponding—albeit younger—publication has sprung up. The Terrace Treasures is the brainchild of Mary Jane Lentz, who piloted the magazine with her friend Carolyn Potser, a retired English teacher and neighbor at the Terrace. “Our purpose is to record our stories, past and present” the magazine boilerplate reads. From 2010 to the time of Lentz’s death in 2015 the magazine was published four times a year, and since then twice a year.

“It was meant to bring people together,” says Potser, “to break the ice.” Lentz, she recalls, felt strongly that people in their community needed a magazine to help them get to know each other in a way that conversations in passing or over dinner did not always accomplish. To get people started, the editors determined a loose theme for each issue that would act as a prompt; the writers took it from there.

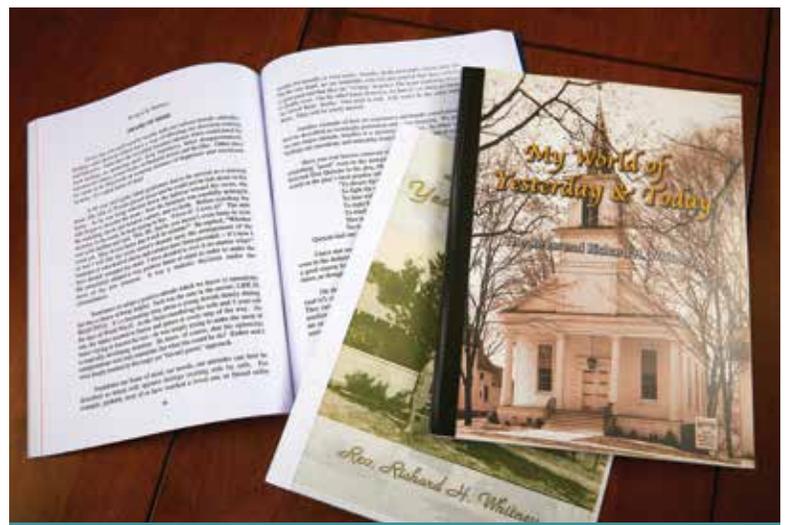
“It was a wonderful thing to get going,” says Marian Dawson, a close friend of Mary Jane Lentz. Dawson is a more seasoned writer than some—she wrote a regular column for years as part of her job in Reading, Pennsylvania. The Terrace Treasures is both a tribute to a dear friend, and a source of delight for readers. “We are all so pleased to get a copy,” Dawson says. Dawson herself submits lighthearted pieces—“Just things that pop into my head. That’s the kind of thing that’s fun,” she says.

What they produced together has become a compendium of the lives and memories of the Terrace community. Potser edits all of the content now, and her friend Sara Whildin typesets it for printing. Each issue features a variety of genres, from works of fiction and nonfiction, to poetry, autobiography, and memoir.

The pursuit of memoir in all its variations and guises is a prevailing theme among Phoebe’s writers. Dick Whitney, who came to Phoebe Berks in 2001, started



Out of the 120 stories he wrote for WRITERS magazine, Kenneth Dearstyne has published 100 in his collection “Memories: From a Chaplain’s Notebook,” now in its third printing.



These three homemade volumes are the compiled works of Dick Whitney, a contributing writer at Phoebe Berks.

writing two years later for the sake of his children and grandchildren. He says a lot of writers have done it for the same reason. “I started writing and I didn’t have an overall plan but I ended up with a first volume that was almost an autobiography about places I’d been and things I did including WWII.” Whitney has produced an article for WRITERS every month nearly as long as he’s lived at Phoebe Berks—195 by his most recent count; together with other works, totaling several volumes, they have been bound in hardcover and presented to the Phoebe Berks community library. Some of Whitney’s earlier work is now being reprinted in WRITERS for new generations to read.

The Art of Living



Kenneth Dearstyne, another prolific contributor to WRITERS, has found the means to share his story with an even wider audience. Of the 120 stories printed in the magazine, 100 have been gathered into a volume called “Memories: From a Chaplain’s Notebook” (2013) and published through a Mennonite firm in Morgantown, Pennsylvania. The book has been through three printings and sold several hundred copies; it’s particularly popular at WWII weekend events in Reading.

“Writing [these stories] was so simple, and so interesting, and so fulfilling,” says Dearstyne. “I feel very satisfied that I’ve put these stories into print and that they’ll be remembered long after me.”

The interest in and impulse to record personal stories is widespread. Carolyn Potser at the Terrace is writing a history at the request of her family, assembling stories and anecdotes dating from the time of her great-grandfather, Charles Benjamin Rothrock. She vividly recalls her first meeting with him as a child, when he took her into his house for a glass of water and showed her his collection of German almanacs dating back to 1801. Her neighbor and a frequent contributor to *The Terrace Treasures*, George Yoder, has been working on

Carolyn Potser (right), pictured here with a friend and former student, Sandy Shelly, is the editor of The Terrace Treasures, and an instrumental figure in the literary scene at the Terrace at Phoebe Allentown.

Ronnie Backenstoe sat down one day to sketch out her family memoirs, and ended up with a 300-page history.

his memoirs for 15 years. He says he got started in a support group and has since shared selections of his work with family. “They enjoy it as much as I do,” says Yoder. “The experience feels good—to review my life through my memoirs.” On whether he plans to publish his memoirs, Yoder laughs and says, “We’ll wait and see.”

Yoder’s contributions often focus on memories from the war years, and this is not an uncommon feature in the resident magazines. Other writers bring different perspectives. “My wife tells me that I wax philosophical too often and it gets esoteric,” laughs Fred Blumer of Phoebe Berks Village. “On the other hand people have told me they enjoy some of the weird things I’ve written.” Blumer says he writes essentially to clarify his own thoughts. He has submitted poems and essays on a variety of topics. He recently wrote a two-part series on his childhood experiences in rural Mississippi, and completed a book about his and his wife’s lives. “Homeward Bound” starts with a brief account of his and Ann’s childhoods, and follows their lives together from a chance meeting at Millsaps College to their present home at Phoebe Berks. Blumer wrote the book for his sons, and plans to print it for posterity. He has also written for Phoebe’s marketing office as part of a promotional advertorial.

What ties all of these writers together is their found ability and motivation to communicate with each other and future generations on a different plane. Many of them never wrote before moving to Phoebe. Finding their community within Phoebe opened the door for a new experience, a new way of looking at the world and at themselves. The result is a record of unique lives that continues to live and grow.

Today at the front of each issue of WRITERS, the following message is inscribed, at once a memorial and a commission: “Ray [Wolfgang]...challenged us to write, to stretch our minds, to exercise our creativity, to give our imaginations free rein...to tell our story.” Whether they are writing for their own families, or for a magazine read by their peers, these writers have met that calling. ☸

For more about life in Phoebe’s independent living communities, visit phoebe.org/independentliving.

Giving Thanks

by Mel Brownstein, PHOEBE BERKS

A special time
to come together,
to give thanks with
family and friends,
sharing love, compassion,
food and drink.
Seeking in this gathering
to recognize the joy of living.
Seeking the balm that would
ease the pain of loss and disappointment.
This is but one day,
and our woes and pains do not
correlate to the clock.
Days become weeks and months,
gnawing at the very fiber of the soul.

So the gathering must go on,
giving comfort and compassion,
making love and acceptance
greater than pain.
We seek balance,
We seek peace,
We seek love,
We seek to be free of guilt.
A moment of Self
Knowing that our love,
our caring,
was and is the commodity that we share.
Thus holding hands and embracing,
restores and amplifies our worth.

Tranquility

by Fred Blumer, PHOEBE BERKS

Tranquility is a hot
August afternoon
when frogs soak sleepily
beneath a porch of lily pads
ignoring iridescent dragonflies
who hover over the pond scum
wondering whether to land
or hitch a glide
on the hot breath bathing
limp reeds along the bank.
The muted whir and gentle buzz
that softly sang its lazy song
to enchant that pond of childhood
was named Tranquility.

These poems are reprinted with the permission of the authors.



Serving in the chapel at Meadow Glen is a way for Sandy Rehrig to give back and enjoy fellowship with the friends she made during her stay at Phoebe Richland.



Paying it **FORWARD** →

In 2016, Sandy Rehrig underwent hip surgery and stayed at Phoebe Richland's Meadow Glen for short term rehabilitation and respite. Now living at home, she's still a vibrant and active member of the community today as a volunteer.

From the moment she walks in the door at Meadow Glen, Sandy Rehrig is surrounded by family.

Each Monday, Rehrig arrives at Phoebe Richland's Meadow Glen Personal Care Community to help with the chapel service held in the afternoon. She walks through the community neighborhoods, reminding the residents that it's time for the service, and escorts them to the chapel. In particular she is on hand to assist people with dementia during the service. She passes out the songbooks and helps them find the page when it's time to sing a new song. Her voice mingles with those of the other worshippers. During the once monthly communion services she helps with distributing the bread.

Joan Naylor, who lives in the memory support neighborhood at Meadow Glen, is one of Rehrig's friends there. She sometimes walks with Naylor to the chapel, holding her hand affectionately and chatting with her about the day. As Rehrig leads Naylor to a seat, Naylor looks up at her and smiles warmly. It's a heartfelt moment, and a sacred one, as the two women share in their companionship and fellowship. Moments like this are what keeps Rehrig and other volunteers like her coming back and giving back.

But helping out once a week isn't enough for Rehrig. She is an active and eager volunteer, also visiting Tuesday and Saturday afternoons to call bingo and play other games with anyone who's interested. She has gotten to know all of the people she sees every week, both staff and those who live there. She's come to see them as an extended family, thanks in part to once being one of them herself.

Two years ago Rehrig underwent her second hip surgery in fifteen years—a total hip revision—and chose Phoebe Richland for her rehabilitation needs. "I have faith in what Phoebe is doing," she says. "They work very hard to do what's best for you. I do think that they really care about the patients." It was important to her to rehab somewhere close to her family in Quakertown. As it happened, Phoebe Richland had just opened the new personal care community, Meadow Glen, that year. Rehrig was one of the first people to move in. She spent two months at Meadow Glen for respite care following therapy, an option that came as a welcome transition after a difficult surgery. Staying at Meadow Glen meant she didn't have to worry about cooking or cleaning, but could begin to move more independently and prepare for life at her own home. Expert staff on hand at all hours made sure she received everything she needed during her stay.

When Rehrig was able to go home she took advantage of the time to make a visit to Florida. Several months after she returned, she took up a new role in life at Meadow Glen—this time as a volunteer instead of a resident, but as much a member of the community as she had been while staying there. "I feel like I have a new family and a new purpose in life," says Rehrig.

Jessica Jackson, the Community Life Coordinator at Meadow Glen, is responsible for overseeing volunteer activity in the personal care community and regards Rehrig with deep appreciation. "She is heaven-sent," says Jackson. "She is there for the residents! She interacts with them, cares for them, communicates with them. She is a joy and a blessing to have around."

Rehrig's commitment to helping others is not confined to Phoebe. Since her recovery at Meadow Glen she's been able to spend a lot of time volunteering in the Quakertown community. Last year she helped Quakertown Community Outreach (QCO), an organization that began with feeding feral animals in the parks and then shifted focus to finding food and housing for the population of homeless people. Rehrig got connected to the QCO through her daughter-in-law, and helped them solicit for sponsors and donations.

Since childhood she's been an active member of her church, Trinity Lutheran, at first teaching Sunday School, and later helping with events and activities for the congregation. She served as an auxiliary member for the local hospital when she was still working, and then volunteered in a women's health center in Bethlehem before moving back to Quakertown. When she started volunteering at Phoebe Richland, Rehrig was at first only assisting with bus trips. She called the community life office one day and said, "I want to do more." Donna Schudel, the Director of Community Life, got Rehrig involved in running games twice a week in addition to helping with chapel.

When asked why she felt called to volunteer at Phoebe, Rehrig says, "I wanted to give back for what Phoebe's done for me. I really felt blessed." 🙏



How do you give back? Share your story with us on Facebook @PhoebeMinistries, #GivingBack.

To learn more about Meadow Glen, including volunteer opportunities and rehabilitation, visit phoebe.org/meadowglen.

ROOTS

New and Old

With a new location in Montgomery County, Phoebe Pharmacy can reach even further with its expertise and quality customer service.

Phoebe Pharmacy is the dedicated provider of medications and pharmacy services to thousands of individuals in retirement communities and behavioral health communities across eastern Pennsylvania. In February, the pharmacy finalized plans to expand operations into Montgomery County, Pennsylvania, signing a lease for a third location in Colmar and sealing the deal on a future of providing its expert services to a broadening community base.

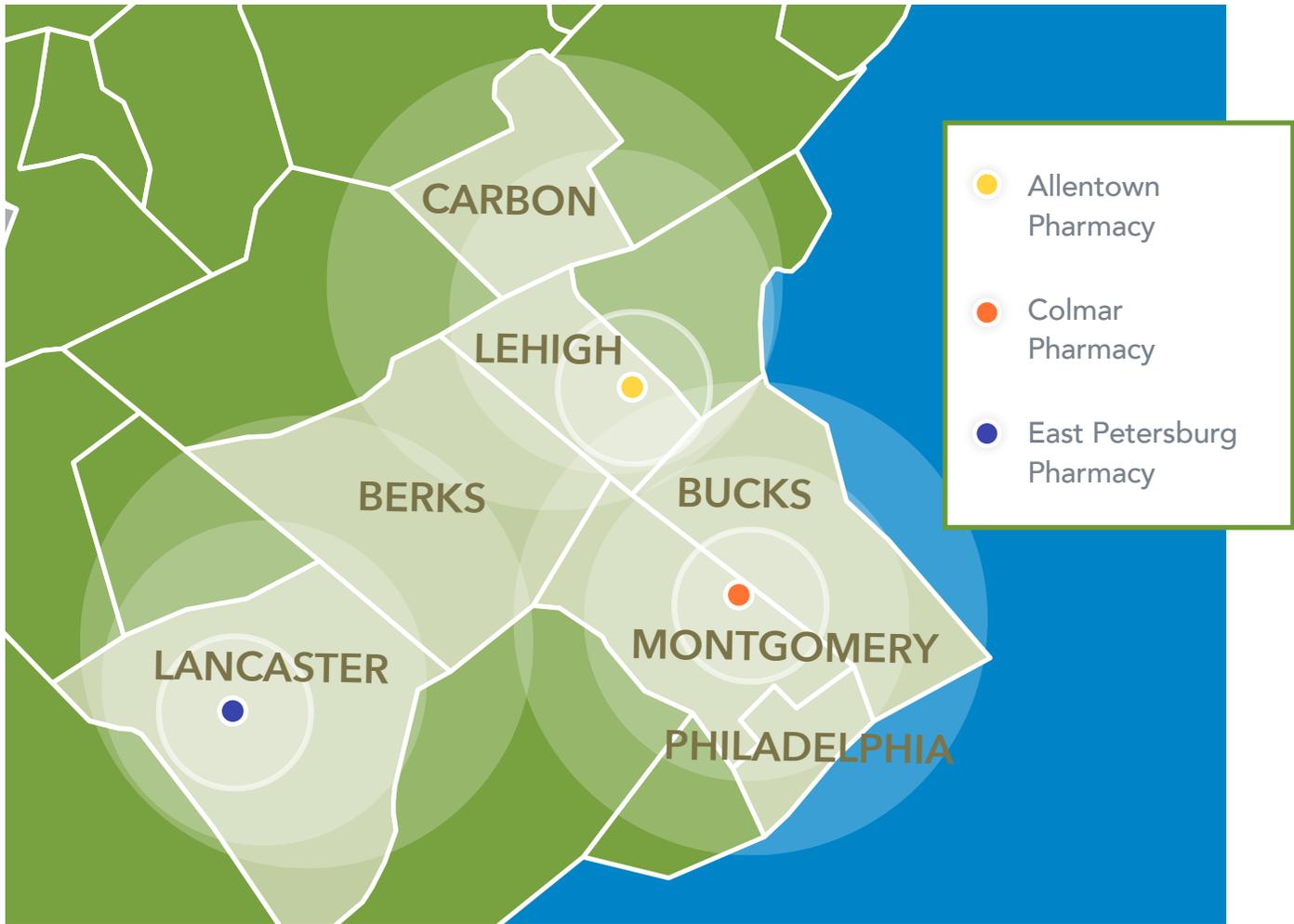
Phoebe Pharmacy was founded in 1998 in Fogelsville to serve as the in-house pharmacy for Phoebe's (at the time two) continuing care retirement communities, Phoebe Allentown and Phoebe Berks. The Fogelsville site replaced a small pharmacy operation that had existed in the lower floor of one of the historic Phoebe Home buildings in Allentown. (That pharmacy was started in the 1960s with one pharmacist and a technician serving the rapidly growing campus of Phoebe Allentown up until the establishment of the present pharmacy in Fogelsville.) In 2013 the pharmacy opened a second site in East Petersburg, branching out of the Lehigh Valley to better serve customers in Lancaster and Berks counties.

As it grew, Phoebe Pharmacy became one of the very early adopters in the long term care pharmacy industry of an innovative automated packaging system known

as Parata packaging. With this milestone, delicate work that had been done by hand was now automated and more efficient. Now 20 years since its founding, the pharmacy continues to innovate and expand to better serve a growing customer base. Phoebe Pharmacy is now a leading provider of comprehensive pharmacy services to 46 communities and facilities across seven counties in Pennsylvania, with pharmacy sites in Allentown, East Petersburg, and now Colmar.

The evolution of Phoebe Pharmacy has been driven by its commitment to innovation and its investment in technology to provide the best service and experience possible to the people it serves. Since the adoption of Parata packing, pharmacy customers receive their medications in multidose strip packaging—"pillow packs"—each of which is labeled with the recipient's name, the date, the prescribed time of administration, the medication name and description, and directions for administration to improve safety and reduce waste. This is also a more efficient method for caregivers—nurses and aides spend less time handling and sorting medications, and more quality time with people.

Years of experience in project management and implementation mean the pharmacy staff makes it easy for new customers to transition from their current pharmacy



This Eastern Pennsylvania map shows the Phoebe Pharmacy location pinpoints and seven counties they serve.

provider to Phoebe Pharmacy with the least possible disruption to staff and residents. The pharmacy’s expertise developed under the leadership of Cindy Richart, Vice President of Pharmacy Operations, who has served the pharmacy since its founding in 1998 and overseen every step of its growth.

Richart attributes the pharmacy’s success to its “home-grown” staff members. “Many of our staff members who are now in leadership roles started their careers here at Phoebe Pharmacy. We have a strong infrastructure of young leaders with great ideas, and their talent carries us through to continue growing,” says Richart.

The newest pharmacy location in Colmar came to fruition with existing customers local to Montgomery County in mind. With customer growth in the lower Bucks and Montgomery counties, this new location will allow the

pharmacy to serve five of its existing customers locally, while providing new space to expand services further into Montgomery County and the Philadelphia area in the near future.

Looking toward the future, Richart remarks, “We recently expanded our Allentown pharmacy, doubling its size. That, paired with some of our existing customers moving to the Montgomery County location, makes the possibility for the Allentown location to take on additional new clients more of a reality.” The Allentown pharmacy is ready to take on even more, and expand the reach of its expert services to a broader community. 🏡

To learn more about Phoebe Pharmacy, visit phoebepharmacy.org.

PUTTING THE “Fun” IN FUNDRAISING



Enjoying a luncheon on "Hess's Patio": Phoebe Richland residents Laura Koder (far right) and Gertrude McDonald (left) with her husband Doug visit with Larry Benner (standing), a member of the Phoebe Century Circle.



A slice of "Mile-High Strawberry Pie" and a cup of coffee bring back Hess's glory days for Naomi Cressman.

The Phoebe Century Circle was created to recognize leadership donors who encourage and sustain Phoebe's daily work with annual gifts of \$1,000 or more. These philanthropists are the bedrock of Phoebe Ministries, our mission, and our ministry. Phoebe is most fortunate to be the beneficiary of their generosity and kindness. Thanks to these individuals, businesses, churches, foundations and organizations, Phoebe continues as a leader in comprehensive services for older adults. Each year, the department of Institutional Advancement hosts socials at each of Phoebe's continuing care retirement communities, inviting Century Circle donors to spend some time with the people whose lives their gifts enrich.

"The socials are a way to recognize Century Circle donors and give them a first-hand look at how their donations impact the lives of our residents," says Rebecca Horst, Major and Planned Giving Officer for Phoebe.

The departments of Institutional Advancement and Community Life team up to plan the community socials, which are a highlight event for residents each year.

Departing from traditional games of bingo or movie nights, the Community Life teams at Phoebe Allentown, Phoebe Berks, Phoebe Richland, and Phoebe Wyncote use donor funds to plan themed parties. Everything down to the last detail is carefully orchestrated with the residents in mind in order to make it a special and memorable occasion.

At Phoebe Allentown this past February, the Century Circle Social took the form of a Fasching and Karneval party at the David A. Miller Personal Care Community, complete with a live pianist and trombone player, Mardi Gras-themed décor, food, and masks, and of course a parade.

Phoebe Berks held a Great Gatsby social, a theme chosen specifically by the residents themselves. Teaming up with staff, some of the residents of Phoebe Berks even helped craft the 1920s-themed décor. Phoebe Richland went to great lengths to recreate a Luncheon at Hess's Patio, harkening back to the golden days of Allentown's famous department store, where many of the Bucks County residents had once been frequent visitors. Donna Schudel, Director of Community Life at Phoebe Richland, donned

a full Hess's waitress uniform and was joined by other Phoebe Richland staff and volunteers in authentic 1960s and 70s costumes complete with glamorous updos. Guests enjoyed a fashion show modeled on the Hess's tradition of advertising new fashions at lunch, appetizers served in an Easy-Bake Oven, and of course Hess's famous "Mile-High Strawberry Pie!"

Phoebe Wyncote put on a lively Sock Hop, transforming the community's central living and social room into a 1950s dance hall. Staff members wore poodle skirts and letterman jackets, and danced with residents to musical entertainment, kicking their heels up and shouting to The Isley Brothers' "Shout," performed by Stu Weis.

Residents from Phoebe Allentown and Phoebe Berks gave introductory speeches, thanking Century Circle members as well as staff and volunteers. "Today we throw this party in your honor," read the speech at Phoebe Berks. "We are excited to celebrate all of you that have so generously donated to our neighborhood this year! Your thoughtfulness and generosity do not go unnoticed." Residents of the David A. Miller Community also addressed their guests: "We are pleased to have the opportunity to thank everyone, especially our donors...for making Phoebe a place people want to come to."

Century Circle members comment how the socials are a good use of resources because they engage residents and reinforce donors' continued investment in Phoebe's mission. 🍷

To learn more about the Century Circle, and other giving opportunities at Phoebe, visit phoebe.org/giving or call 610-794-5132.

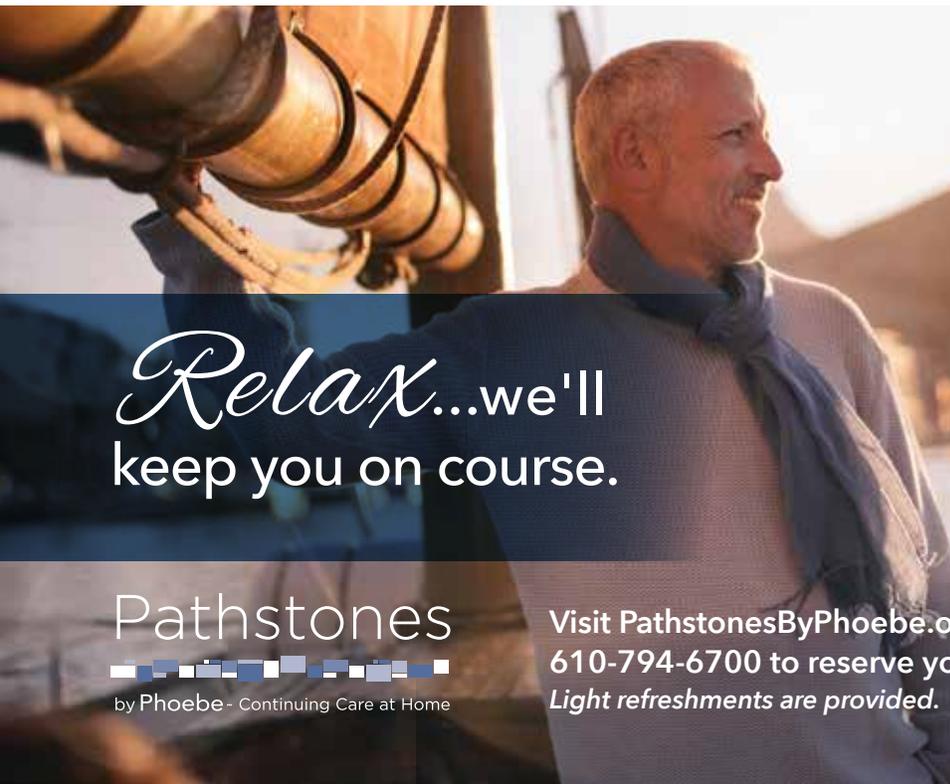
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