

 Phoebe

Messenger

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Coming Full Circle

A PHOEBE CONNECTION
ACROSS GENERATIONS

Phoebe
Residents Find
POSITIVITY
IN THE
PANDEMIC

Phoebe Deaconess Class Of 1918



Class Members: left to right

Back Row:

MARY WEBER, ANNA FINK, HAZEL INMAN, RUTH BOWERS

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On the cover: Allentown Terrace resident Lowell Hawk holds the plaque honoring his mother, Anna A. (Fink) Hawk. Anna was known as the “last living deaconess.”

PHOEBE IS A PROUD MEMBER OF



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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A community of faith,
called by God, to enrich
the lives of our seniors,
their families, and the
communities we serve.

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and Winery
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*Every good gift and every perfect gift is from above,
coming down from the Father of lights with whom there
is no variation or shadow due to change. — James 1:17 ESV*

A MESSAGE FROM THE PRESIDENT



*My father and me at my installation
ceremony, when I became CEO of
Phoebe Ministries in 2008.*

Dear friends,

2021 marks my 15th anniversary at Phoebe. Even with the incredible hardships of the past year, I love this ministry even more today than I did when I first arrived. Becoming Phoebe's CEO has been the greatest professional achievement of my life.

The world today has changed dramatically since I arrived at Phoebe in 2006, and even more dramatically in the past 18 months. Despite these changes, "there is no variation or shadow due to change" in the compassionate care we provide for older adults. This care is Phoebe's legacy.

As an example, in this issue, we include a story about Terrace resident Lowell Hawk. Lowell's mother, Anna Fink Hawk, was one of seven deaconesses who served Phoebe in the early 20th century, including during the flu pandemic in 1918. Anna cared for Phoebe residents before becoming a resident of Phoebe Allentown herself in the late 1970s. She was the oldest living deaconess until her death in 1980. Now, Lowell and his wife, Shirley, call Phoebe their home, as Anna once did.

You'll also read a story about our commitment to care that came about as a result of the pandemic. Phoebe Pharmacy began offering monoclonal antibody infusions, which are used to treat mild to moderate COVID-19 cases in residents who are at high risk for hospitalization. The pharmacy ensures that the infusion solution and all the necessary equipment and emergency supplies are available, and helps facilitate screenings for residents who qualify for the treatment. This service has made a tremendous difference in the lives of those who have received the infusions.

We also include a profile of Pamela Moore, a charge nurse at Phoebe Wyncoate. Pam is a member of Phoebe's 1903 Club, which honors donors who make gifts of support for five or more consecutive years. We at Phoebe are grateful for employees like Pam who continue to go above and beyond the call of duty to help residents in need, just as Anna Fink Hawk did one hundred years ago.

As we move forward in the pandemic, know that we continue to treasure the "good...and perfect gift[s]...from above," including all of you who support our ministry. We could not carry on our legacy and mission without you. Thank you for all you do for Phoebe!

Peace,

Scott R. Stevenson
President & CEO



Allentown Terrace
residents Lowell and
Shirley Hawk.

Coming Full Circle:

A PHOEBE CONNECTION ACROSS GENERATIONS

Lhen Lowell Hawk was five years old, his family hosted the Reverend and Mrs. Sipple for dinner at their Northampton home. “He was a tall, thin, stately man. He and his wife were missionaries serving in Sendai, Japan. I had never met a missionary before!” says Lowell. “It was exciting to a five-year-old.” He had heard his mother, Anna Hawk, speak passionately about the missionary life and how it had once been her dream.

It wasn’t until last year, when Lowell and his wife Shirley moved into the Terrace at Phoebe Allentown and read Phoebe’s history book, that he realized Rev. Sipple was one of his mother’s deaconess instructors. Anna Abigail (Fink) Hawk, Lowell’s mother, was known as the “last living deaconess”—one of the legendary young women who devoted their lives to nursing the sick and disadvantaged at Phoebe, and helped to create the rich history of our organization.

In September of 1915, at the age of 20, Anna entered the Phoebe Deaconess training school along with five other young women. Anna explained the process in a 1979 interview for a Phoebe newsletter. “We received training in Religious Education and Practical Nursing for two and a half years. Then, we were to continue by serving at the Allentown General Hospital to do four months of internship as Practical Nurses. One month we worked in the male ward, one month in the female ward, one month in the children’s ward, and one month in the obstetrical ward.”



Top: Lowell, seated in the front, and his brothers standing left to the right, Edmund, Carson, Willard, and Ernest.



Bottom: From left to right are Ernest, Lowell, Edmund, and Clarence (their father).

The implementation of a deaconess training school was inspired by the Rev. Dr. Abraham B. Koplin, recognized as the founder of the Phoebe Home, now known as the Phoebe Allentown Health Care Center. Rev. Koplin attended the 1899 meeting of the General Synod of the Reformed Church and heard about the importance of deaconess work in the church. "A deaconess is a Christian woman, a member of the church, who devotes herself to the service of the Lord in ministering to the sick and needy and spiritually distressed," declared the General Synod. Rev. Koplin began to pursue a place for deaconess work in his congregation. Within four years, his dream of a training school was realized. The Phoebe Deaconess and Old Folks Home was created—housed in a three-story brick farmhouse that originally stood adjacent to the historic center structure of the Phoebe Allentown Health Care Center building.

A young Anna Fink was introduced to the deaconess training course offered at Phoebe while attending a missionary conference. "My greatest desire in life was to become a missionary," said Anna. After graduating from the program in 1918, Anna was sent to homes in the community to help the sick with nursing care, light housework, and preparing meals. The influenza pandemic was under way during her first year of service. "We were called constantly. So many, many people. There was no room in the hospitals; we had to take care of them in their homes," said Anna. Fortunately, she and her fellow deaconesses did not contract the flu, but she remembered this time as a "terrible experience."

Over one hundred years later, Anna's son Lowell would live during the COVID-19 pandemic, an experience very similar to his mother's. "My mom always spoke fondly about her years as a deaconess, but she also shared the sad feelings she had during the flu pandemic," says Lowell. It was during the pandemic that Anna met Clarence, Lowell's father. As the deaconess program came to an end, Anna shifted her focus to Christian education. Clarence and Anna were married shortly thereafter.

Deaconess Class of 1918 from left to right: Hazel Inman, Louise Whiteman, head deaconess, Anna Fink, Mary Weber, Ruth Bowers, Harriet Bowers, Mabel Peters.

AUGUST, 1979

Phoebe Personalities

ANNA ABIGAIL FINK

I was born January 28, 1895 at Center Valley, a small community at that time, between Bethlehem and Coopersburg, Pa. I was one of three children born to Jacob and Mantana Walters Fink.

At the age of 2½ years, the family moved to Allentown. The place where we grew up was at 215 North 12th Street. My brother Warren, sister Helen and I attended the McKinley School located on Turner Street between 11th and 12th Streets. After completing the eighth grade my schooling was interrupted. My Father became ill and I felt that I should go to work to help out.

My first employment was in a Silk Mill as a winder. At this same age, 15, I became a Sunday School Teacher. I taught Sunday School continually for 55 years. We were all members of Trinity Reformed Church here in Allentown. The only surviving member of this family besides me is my sister Helen Bishop. My brother Warren's widow is a resident here at Phoebe, Mildred Fink who resides on 2-East.

My greatest desire in life was to be a Missionary. My first opportunity came when the Mission Band of Trinity Church sent me as their delegate to a Missionary Conference that was held at Mt. Gretna, located in Lebanon County. It was my first experience and a very inspiring one. From then on I attended Missionary Conferences annually.

One of the Conferences was held at the Ursinus College. It was at this Conference that a Miss Louise Whiteman challenged the young women to take the Deaconess Training Course offered at the Phoebe Home in Allentown. I first consulted my parents who gave their consent. I was then interviewed by Miss Whiteman and was accepted.

I entered the training school in September, 1915 along with five other girls. I was 20 years old at the time. We received training in Religious Education and Practical Nursing for 2½ years. Then we were to continue by serving at the Allentown General Hospital to do four months of internship as Practical Nurses. One month we worked in the male ward, one month in the female ward, one month in the children's ward and one month in the Obstetrical Ward. Recently I was approached by one of our residents here at Phoebe who started to talk to me about the past and reminded me of our time at the Allentown General Hospital. She was there working as a Registered Nurse. Her name, Anna Kiechel, our resident who lives in the dormitory.

After serving our time in training, we were ordained as Deaconess in September 8, 1918. At that time there weren't any Community Nurses. So our work would be similar to the Home Nursing Corps of today. We would receive calls from Pastors not only in the local area but the surrounding areas as well when the need arose. We would go to the homes to do nursing, light housework, cooking, or whatever had to be done to help the sick.

One terrible experience I had the first year as Deaconess was during



Anna and Clarence Fink surrounded by family. Lowell and Shirley are second and third from the right, in the back row.



Lowell was born in 1933, the youngest of five boys. "My mom was always involved with Phoebe," says Lowell. She and her sister Mildred served on the Phoebe Women's Auxiliary for many years. Both spent the last years of their lives living at Phoebe. "It was like coming back home, where my first great desire took place as a deaconess," said Anna after she moved to Phoebe in 1978. Lowell visited his mom frequently at Phoebe, along with his Aunt Mildred and Aunt Anna, all of whom lived at the Allentown Health Care Center. "Later, my brother Willard also lived at Phoebe, and my cousin Winifred lived down the hill in the Phoebe Apartments," remembers Lowell.

When looking for a lifestyle change, it was no surprise that Lowell and Shirley chose independent living at the Terrace. "We have so many friends who live here. It's like a reunion every day," says Lowell. After moving to Phoebe in November of 2020, Lowell was also reunited with his mother's Phoebe history through a plaque he and his brother Ernest had given to Phoebe in 1980 to commemorate her service as a deaconess. Prior to Lowell's move to Phoebe, Anna Hawk's plaque was still hanging at the top of the stairway in the lobby of the historic Allentown Health Care Center. "I was excited to see my mother's plaque again. Now I have it in my apartment," says Lowell.

Plaque presented to Phoebe Allentown in 1980 in honor of Lowell's mother Anna A. (Fink) Hawk.

Phoebe Deaconess Class Of 1918



Class Members: left to right

Back Row:
MARY WEBER, ANNA FINK, HAZEL INMAN, RUTH BOWERS

Front Row:
HARRIET BOWERS, LOUISE WHITEMAN, MABEL PETERS

This Gift Is Presented To Phoebe - Devitt Home

*In Honor Of
Anna A. (Fink) Hawk*

*With Grateful Appreciation For
The Loving Care Provided For Her*

The Hawk Family
1980

Romans 16:1-2

Lowell would go on to become a science teacher, following in his mother's educational footsteps. After 22 years, he retired as the chairperson of the science department of the East Penn School District, and enjoyed a successful second career with New York Life as an insurance and investments salesperson. His wife Shirley worked as a dedicated nurse for 64 years before retiring in August of 2020.

"I remained intrigued by my mother's stories of Rev. Sipple and his time in Japan," says Lowell. In 1955 he was drafted into the U.S. Army, where he served in South Korea. As soon as he was able to get some leave time, he visited Sendai, Japan. "Rev. Sipple was no longer there, but I was able to meet other missionaries who worked alongside him," says Lowell.

Stories of Anna Hawk's early service as a Phoebe Deaconess remain alive and well in Lowell's memory. He and Shirley, now creating their own Phoebe story, are grateful to be part of the Terrace community and to reconnect with their family chapter of Phoebe's history. 

For more information about independent living at The Terrace at Phoebe Allentown, please visit Phoebe.org/terrace or call 610-794-5032 today.

PHOEBE RESIDENTS FIND *Positivity in the Pandemic*

This article was written by Sophia Graham, a Lafayette College sophomore and Explore and Connect student contributor to Phoebe. She is an Anthropology & Sociology and Economics double major, and interviewed seven Phoebe residents to learn about the effects of the pandemic on their lives at Phoebe.

The COVID-19 pandemic has separated families, changed our previous idea of a normal life, and brought many individuals to a state of elevated anxiety and loneliness. But the residents at Phoebe Ministries have persevered and made the best out of the current situation, remaining optimistic and active.

Terry Quinn, a personal care resident at Phoebe Richland, Loretta Delabar and Verna Meckes, personal care residents at Phoebe Allentown, Fran Sletvold and Mim Gower, independent living residents at the Terrace at Phoebe Allentown, and Marilyn Lockhart and Barbara Esterly, independent living residents at Phoebe Berks, all spoke about their everyday lives and perspectives during the last 12 months.

Like so many individuals, most of the residents adopted hobbies to stay occupied. Many started puzzling and sewing, while others tackled reading and praying.

Terry, an artist, loves to spend her time painting the view from her bedroom window. Fran and Loretta both used their knitting skills to sew masks and gowns for Phoebe employees and residents. Fran also volunteered to do online food shopping for Phoebe residents. Both Fran and Loretta enjoy volunteering, because Loretta feels like a 45-year-old at the sewing factory, and Fran loves to see the residents' eyes light up when she delivers their food.

While these residents were proactive and found hobbies and activities to entertain themselves, Phoebe employees are also hard at work to keep everyone entertained.

Community Life staff members have worked tirelessly to find safe group activities. Many residents mentioned bingo and movie nights as highlights, but Marilyn especially enjoyed watching a harpist on Phoebe's closed circuit television channel. "They did have a lady come here who played the harp, and I enjoyed that very much. We saw her on the TV," she said.



Left, Phoebe Berks independent living resident Barbara Esterly on a daily walk and right, Phoebe Allentown personal care resident Verna Meckes, who used technology to see her family during the pandemic.

Terry mentioned that on holidays, the staff provides a robust slate of festive activities. On Christmas, there was a door decorating competition. For Halloween, residents were invited to dress up and get their photos taken in a room of no more than ten residents, while maintaining social distancing. Because of the staff's creativity, these residents stayed engaged, active, and looked forward to enjoying safe events.

Many residents also learned new ways to improve their connectivity with their friends and family. Using FaceTime, telephone calls, Skype, texting, and a GrandPad (a tablet that is easy for senior citizens to use), residents kept in touch with their loved ones. Mim said, "I don't know what I'd do without FaceTime now. I get spoiled by it. At least I can see them and talk to them, and they can see me." Fortunately, Terry, Marilyn, and Barbara all have loved ones near their residence, so they can speak to them through their windows. On Barbara's daily walks, she also brings treat baskets to drop off to her significant other at the memory support neighborhood on campus.

The residents at Phoebe are very supportive of each other, as they are in similar situations, and have banded together. Most of the residents mentioned that without this pandemic, they would have not formed new friendships and greater affection for one another.



The Art of Living | POSITIVITY IN THE PANDEMIC



Phoebe Allentown personal care resident Loretta Delabar spent much of the lockdown sewing masks for Phoebe residents and employees.

Loretta mentioned, "This is a surrogate family. There is a camaraderie here that you have nowhere else. We all have our problems, but we all came really close together since we're quarantined together." Further, Mim mentioned that whenever a resident goes to the hospital, most of the fellow residents check on them and make sure they are all right. COVID-19 has actually brought the residents closer together as they are more empathetic and caring for one another.

The pandemic has brought significant hardship to everyone; however, these residents were still able to identify different positive outcomes.

As a young married woman, Terry did not have enough free time to read books. Now, with all of her newfound free time, she picked up reading again.

Fran also had some positive encouragement to share from her pandemic experience. "Don't delay health care if you need it," she says. "It can be facilitated safely! My husband needed to go to the hospital. Even in the middle of a pandemic, you should not hesitate to get help."

Loretta also feels that the pandemic has opened her eyes and provided her with a better perspective of what is important. "We took everything for granted. When you are restricted from having visitors, you don't realize how important it is until you're not able to have them. So, that changes your attitude." These residents gained something impactful and positive during the pandemic, whether it was a new perspective, hobby, or use of technology.

Lastly, many residents gave advice for those going through tough times. Many mentioned taking safety precautions such as wearing masks and enforcing social distancing, to count your blessings, and to pray. Loretta said that to maintain sanity, you must balance your positive and negative outlooks. Similarly, Fran had some advice for preventing anxiety about the virus: "It is difficult to bring down anxiety, but I work diligently to take a few breaths, count my blessings, go onto the next day, and enjoy each day as best I can." With that said, it is clear that most of these women believe that one should do whatever it is, as long as it is safe, to maintain mental and physical wellness.

The seven women had much to share about their challenges, anxieties, and experiences during the pandemic. All agreed that Phoebe's community is strong, supportive, and provides the right environment to live your life as best you can, no matter what is happening in the world. With the guidance and unconditional support of the staff and the Phoebe residents, residing at Phoebe during a global pandemic has many benefits. But these women still faced challenges and overcame them with strength, grace, and grit. After interviewing these seven residents, it became apparent that Phoebe is a special place. ☺

PHOEBE PHARMACY

Manages Evolving Client Needs

Phoebe Pharmacy serves thousands of long term care, personal care, and independent living residents across Eastern Pennsylvania. The Pharmacy's goal is to find solutions that support each of our community partners—and COVID-19 has created new challenges and opportunities for us to provide the best service possible.

Initially, testing was key in identifying and controlling the spread of COVID-19 in long term care environments. At the onset of the pandemic, Phoebe Pharmacy began coordinating fast, accurate testing services for our communities by partnering with Clarity Labs, an independent lab located in Warren, NJ. Clarity transported test swabs with the help of Phoebe Pharmacy's extensive courier system. Since the courier service was provided at no cost to the lab, it allowed our communities to quickly obtain a high-quality testing service at a reasonable cost.

In addition to coordinating testing services, Phoebe Pharmacy also began offering monoclonal antibody infusions in January of this year. These infusions are used as treatment of mild to moderate COVID-19 cases in residents who are at a high risk for progressing to severe COVID-19 and/or hospitalization.

The infusion solution and all necessary equipment and emergency supplies are available through the Pharmacy, and Pharmacy staff helps facilitate screenings for residents who qualify for the treatment.

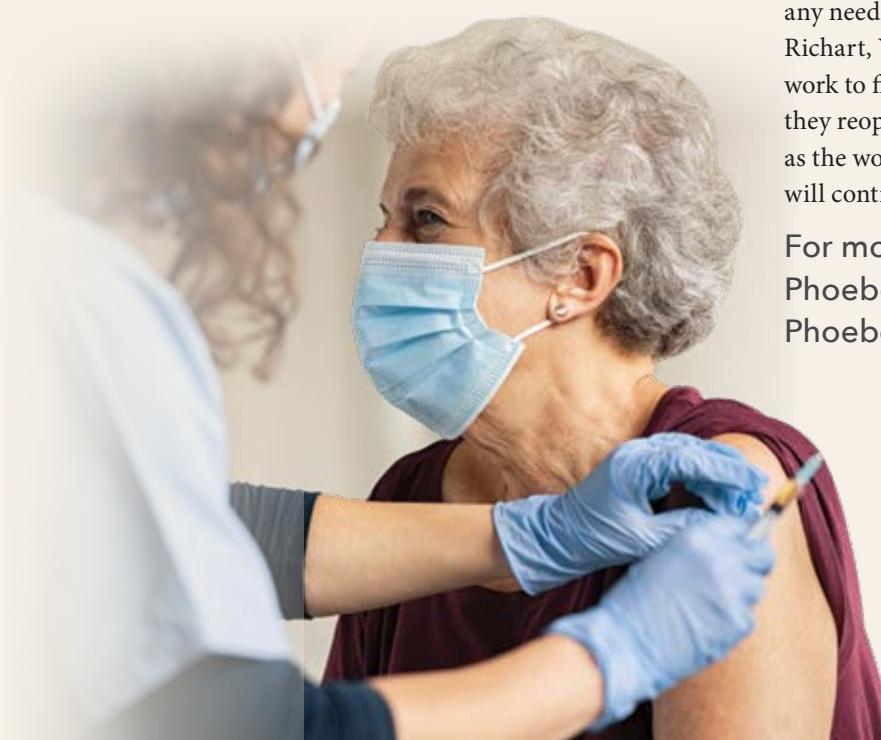
Phoebe Pharmacy also works diligently to provide vaccines—including Pfizer, Moderna, and Janssen brands—to each of the communities we serve. Even before the doses were available to us, Phoebe Pharmacy staff proactively coordinated with each community partner, planning on-site clinics to vaccinate residents and employees as soon as a stock of vaccines was available. Follow-up clinics are also available to ensure vaccination opportunities for new admissions and new staff members. Clinic times are flexible, and additional dates for each vaccination site are available, allowing staff members to receive the vaccine during a time that works best for them.

Phoebe Pharmacy has also extended its vaccine outreach to include family members of employees. And, through Lehigh County Aging and Adult Services, pharmacy staff is also mobilized to provide vaccines to homebound members of the greater community.

"We will continue to provide ongoing vaccination clinics for COVID vaccines and Influenza vaccines, as well as any need for booster doses in the future," explains Cindy Richart, Vice President of Phoebe Pharmacy, "and we will work to find ways to provide assistance to communities as they reopen their buildings." Looking towards the future, as the world shifts into a "new normal," Phoebe Pharmacy will continue to support every community it serves. ■■■

For more information about
Phoebe Pharmacy, please visit
PhoebePharmacy.org.

PHOEBE
PHARMACY



Plan More, Worry Less.

On average, 70% of Americans age 65 and up will require some form of long term care. So it's no surprise that long term care insurance is a product many individuals consider as they reach retirement age and beyond. A policy can provide protection from rising healthcare costs, and usually includes coverage of long term care costs that are not covered by health insurance, Medicare, or Medicaid.

But there are some drawbacks. It can be hard to get a policy in the first place—one in three applicants ages 60–65 is denied coverage, and many insurance carriers have exited the market. Policyholders may experience significant premium increases over time. And, sadly, complicated claim requirements can make it difficult to receive coverage for long term care when the time comes.

Pathstones by Phoebe offers an alternative approach for those who are interested in maintaining independence and financial security as they age. Pathstones is a Continuing Care at Home program that combines the benefits of long term care insurance and personalized wellness programs—and the benefits kick in on day one!

"Standard insurance policies pay when people are sick," explains Lisa Hoffman, Executive Director of Pathstones by Phoebe. "Our goal is to keep you well and help you manage your wellness. That's why we believe our program benefits you much more than a long term care insurance policy."

Pathstones

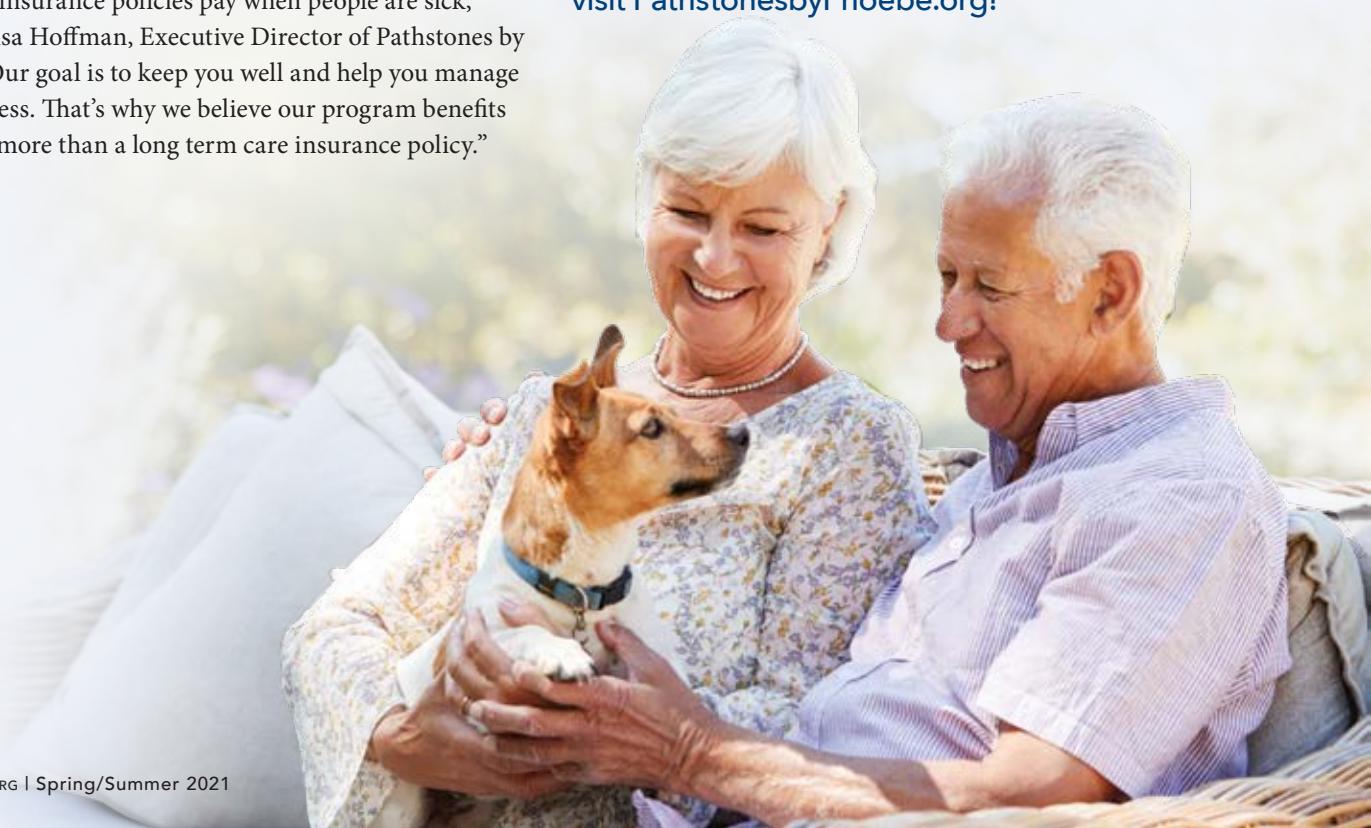


by Phoebe ~ Continuing Care at Home

Every member works with our Wellness Coordinator, who provides services including customized meal plans, fitness plans, coordination of well doctor visits, and specialist recommendations. Pathstones also offers a monthly schedule of educational and social programming.

While the goal of Pathstones is to keep members healthy and in their own homes, our members have access to all levels of care, if and when they need it, at the facility of their choice. Pathstones plans offer more flexibility than long term care insurance policies. And if you already have long term care insurance, Pathstones can even customize a plan that works with your current policy to fill coverage gaps including elimination periods. 

Why settle for long term care insurance when you can enjoy the same security plus a personal wellness counselor and other benefits that start immediately? Plan well to live well with Pathstones by Phoebe—give us a call today at 610-794-6700 or visit PathstonesbyPhoebe.org!





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PROTECTING EACH OTHER FOR EACH OTHER: Residents and Staff Get Vaccinated



Top: Joanne Ludes, PC LPN Supervisor, Phoebe Berks.

Bottom: Tracy Roman, Executive Director of Regional Operations, receives the first vaccine at Phoebe Ministries.

“I was very happy to be one of the first employees to get vaccinated at Phoebe,” says Tracy Roman, Executive Director of Regional Operations for Phoebe Ministries. The sense of relief was palpable across Phoebe’s four campuses as the first clinics were held for Phoebe’s eligible residents and staff. Supplied with precious vaccine doses, CVS and Rite Aid staff arrived at each location to vaccinate hundreds of individuals from December through March. In March, Phoebe Pharmacy was able to begin securing doses for residents and staff, and has now taken over vaccinations for the organization.

“Fully vaccinated people are less likely to be infected and less likely to spread the virus to others,” says Roman. She has been managing Phoebe’s COVID-19 response from day one, and urges everyone to get vaccinated. “We all need to do our part to protect ourselves, our residents, our friends and our families. The vaccines are the most important tool in our toolbox to combat COVID-19.”

But the decision to get vaccinated hasn’t been an easy one for many people. Vaccine hesitancy in all its forms is a significant deterrent to protecting our most vulnerable population. Phoebe chooses to fight vaccine hesitancy through continuing education and strong encouragement.

To help address questions and concerns for our independent living residents and other community stakeholders, Phoebe hosted a virtual webinar entitled “COVID-19, Vaccines, and Older Adults: Five Things You Need to Know” on January 27. A panel of experts from the pharmaceutical field discussed how the vaccines are produced, how they were approved for distribution, and why it is so important to get vaccinated. This presentation helped attendees make a more informed decision. And the timing of the webinar couldn’t have been better, as doses became available for a wider range of Pennsylvanians not long after the presentation.



Left: Cheryl Randolph, Community Life Lead, Phoebe Wyncote. Right: Cherie Heffelfinger, Occupational Health & Safety Manager, Phoebe Ministries.

Similar educational materials were provided to Phoebe employees to help them make an informed choice. Staff questions were answered in a video Q&A session with Dr. Edward Rosenfeld, attending physician at Phoebe Allentown. The “I Got the Shot!” campaign also kicked off in January with encouraging video messages featuring Phoebe employees.

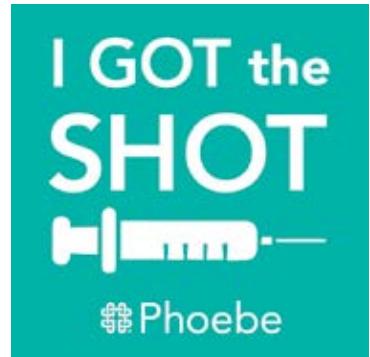
As of early May, 2021, 10.8M doses of the vaccine have been administered. Pennsylvania estimates that 35% of the state’s population is fully vaccinated. The vaccine allowed Pennsylvania nursing homes to finally reopen their doors and welcome visitors and volunteers back into senior living communities. And that couldn’t have come soon enough for Phoebe’s four continuing care retirement communities. “There were very few declinations of vaccination from our residents. Residents arrive to us hoping we can give them the vaccine or complete their vaccination series. We are so relieved to be able to provide this life-saving preventive care,” says Michell Staska-Pier, Vice President of Health Care Services.

Phoebe is grateful to all those who have been vaccinated to help stop the spread. As of June 1, 93% of Phoebe’s residents and 67% of Phoebe’s employees in the organization have been vaccinated, doing their part to protect one another from this deadly disease.

We continue to be vigilant in our efforts to protect the people who are most at risk—our residents—

by following protocols and guidance from the Centers for Medicare & Medicaid Services (CMS), the PA Department of Health, and the PA Department of Human Services. As Phoebe’s community of caregivers band together, we ensure our residents are best cared for at Phoebe. 

To learn more about Phoebe’s COVID response and safety protocols, please visit [Phoebe.org/covid19](https://phoebe.org/covid19).



Jennifer Montgomery, LPN Phoebe Richland.

Learning Curve Brings Opportunities for Connection

Clinical Pastoral Education at Phoebe

“Oh! You’re here! You’re the one that can make us all happy at the same time!” Holly Gainor, a recent graduate of the Phoebe Ministries Clinical Pastoral Education (CPE) program, will always remember the excited cry of a memory care resident when she walked onto the unit. Over the past eight months as a CPE student, Gainor found ways to connect with Phoebe Berks residents. Playing the piano was one of them. “I would try to choose songs from their past to help prompt memories and create more engagement,” she says.

Since the summer of 1997, over 220 students have taken part in the Phoebe Ministries CPE program. Founded by Rev. Dr. Allan Kramer-Moyer, the CPE program at Phoebe is accredited by the Association for Clinical Pastoral Education, Inc., and is one of only ten long term care communities to carry that distinction. The Phoebe CPE program was designed as a way to offer clergy, seminary students, and qualified community members of all faiths a way to practice ministry to seniors. In addition to classroom education, the CPE program uses hands-on learning and clinical supervision on-site by Phoebe chaplains to help students develop necessary relationship-building skills.



Led by the Director of Pastoral Care for Phoebe Ministries, Reverend Dr. Scott Brooks-Cope, students in the most recent CPE class found that the needs of seniors shifted when faced with a pandemic. Rev. Brooks-Cope developed new educational content for the 2020-21 session, with the focus dedicated to assisting seniors with loneliness, loss, and a global pandemic.

As mandates were given to continuing care retirement communities to limit visitation, end community dining, and stop group activities, CPE students at Phoebe became vital simply for their presence among the residents. Gary Barraco, a recent graduate of the CPE program, explained that he's "not there to validate opinions. I'm there to walk beside a resident. To be beside them. And I'll be with them every step of the way." Barraco ministered to new residents at the Phoebe Allentown Health Care Center, which includes short term rehabilitation, memory support, and long term medical support residents. He recounts the residents acclimating to their new surroundings as a difficult adjustment, but doing so during a global pandemic made it even more challenging.

In addition to ministering to residents of Phoebe, students also had the opportunity to learn from Rev. Brooks-Cope and Rev. Leah Knox, chaplain at Phoebe Berks. The classroom for this unit was a computer screen, as Zoom was the safest way for students and instructors to meet weekly. Students in the program quickly learned that technology was also a way to help residents feel connected. They could play a familiar song on YouTube, share a picture of a childhood home, or research information about the year a resident was born. This digital ability to connect residents with familiarities of their life strengthened the bonds the students could create.

While ministering to residents during a global pandemic was a new experience for all involved, recent CPE graduate, Mary Edmonds, is thankful for her time at Phoebe and "appreciates the fact that we had a once-in-a-lifetime experience." ☀



Attending classes by Zoom: Left to right: Emmanuel Matthews, Gary Barraco, Sumatha Thalathoti, Rev. Leah Knox, Rev. Dr. Scott Brooks-Cope, Mary Edmonds, Holly Gainor

Phoebe Ministries offers CPE classes throughout the year. Currently, the CPE program is enrolling students for an extended unit that is part-time, and will begin in September of 2021. For more information and to apply, please visit Phoebe.org/education/clinical-pastoral-education/.



At the graduation ceremony, left to right: Rev. Leah Knox, Gary Barraco, Emmanuel Matthews, Rev. Dr. Scott Brooks-Cope, Mary Edmonds, Sumatha Thalathoti, Holly Gainor



Phoebe's 1903 Club celebrates our most loyal donors, who have consecutively supported Phoebe Ministries for five years or longer. We appreciate the steadfast commitment of these long-time donors and the significant impact their giving has on the lives of our residents.

Pamela Moore, a charge nurse at Phoebe Wyncote, has been a 1903 Club member for nine consecutive years. Pam began donating to Phoebe when she first learned about our Employee Payroll Deduction Program, a giving option that enables Phoebe employees to make a gift each pay period directly out of their paychecks. "I saw the program as an easy way to start giving," says Pam. "I enjoy giving back to an organization that has blessed me in so many ways and has given me a chance to further my career."

When asked why she gives to Phoebe, Pam recalled her first job when she was 16 years old, assisting residents at a local nursing home. "What I remember most from that experience," she says, "was a nurse who brought in something special for the residents nearly every day. The items she brought ranged from clothes to food, whatever they needed. Seeing her actions inspired me to try to be that generous to others. It really made an impact on me."

Undoubtedly, Pam has followed in the footsteps of the nurse she met so many years ago. She, too, became a nurse and went on to work at a children's hospital. After a 15-year respite, Pam returned to nursing and has cared for residents at Phoebe Wyncote for 13 years. She also serves on Phoebe's Faith in Action Committee and continues to be a dedicated Phoebe supporter.

1903 C L U B



giving program. "Automatically making a bi-weekly or monthly gift of any amount is easy, and it really adds up! Looking back, I am astounded to see what I have been able to contribute to Phoebe over the last nine years."

Pam encourages others to give to Phoebe. "I know the contributions I make are put to good use. Phoebe is a good steward of its finances. They put the care of residents first, and I value that." She also recommends participating in a regular

For those who may be thinking about making a charitable gift, Pam shares a bit of advice. "Over the years, I have often struggled with deciding which charities to contribute to, or how much to give. I have found this scripture to be so encouraging and helpful to me in this journey:

'Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.' (2 Corinthians 9:7)

It's not about the amount you give—God blesses even the littlest amount when given with joy!"

Phoebe is thankful to have such a charitable group of individuals, including Pam, who consistently give and demonstrate how one person can make a difference! 

For more information about making a gift to Phoebe, please visit Phoebe.org/giving or contact the Office of Philanthropy at 610-794-5132.

Sex, Drugs, and Rock & Roll: Baby Boomers and Aging with Keynote Speaker Dr. Ruth

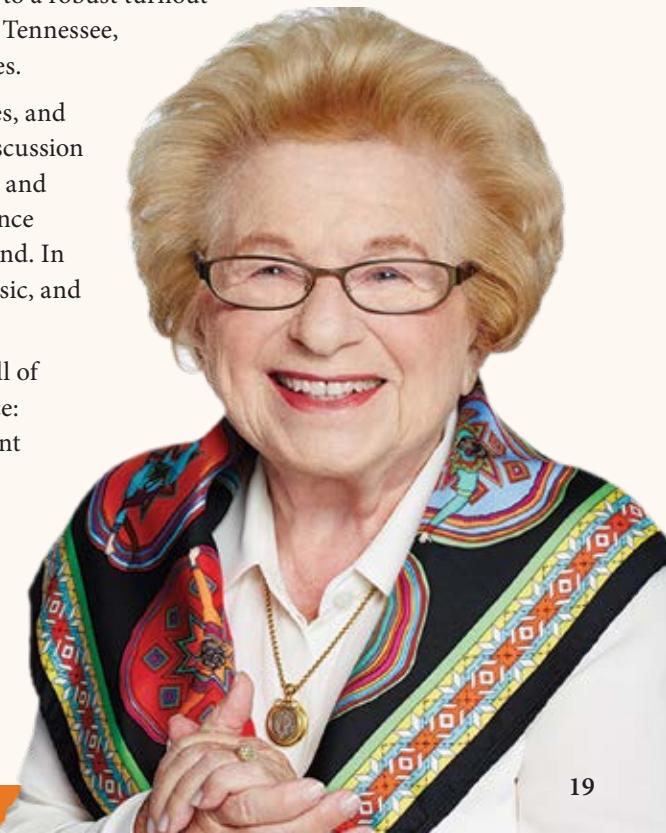
Over 400 attendees logged on to the Phoebe Institute on Aging Spring 2021 Conference on March 18 from their tablets, laptops, and phones. "Sex, Drugs, and Rock & Roll: Baby Boomers and Aging" was the theme of the annual conference, held for the first time in a virtual format. In addition to a robust turnout of Pennsylvanians, Phoebe also welcomed a broader reach of attendees from Tennessee, Florida, North Carolina, Ohio, Maryland, New York, Illinois, and other states.

PBS39 volunteered their time and their television studio to Phoebe Ministries, and broadcasted the morning session of the conference. This included a panel discussion with Robert Torres, the Pennsylvania Secretary of the Department of Aging, and a lively address from our keynote speaker, Dr. Ruth Westheimer. A lunch dance break featured The Large Flowerheads, a Lehigh Valley-based '60s tribute-band. In the afternoon, participants attended break-out sessions about sex, drugs, music, and wellness as they relate to aging and long term care settings.

Phoebe would like to thank our Presenting Sponsor, Cura Hospitality, and all of our sponsors and partners for their contributions to the 2021 PIA Conference: St. Luke's University Health Network, Health Network Labs, Caron Treatment Centers, L.R. Webber, and PBS39. 

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PHOEBE INSTITUTE ON AGING PRESENTS:

2021 GENERATIONS **UN-GALA**

A special evening of fun and fellowship in support of the Phoebe Institute on Aging.

Twilight in Tuscany

SAVE THE DATE!

September 23, 2021 | 5:30–9:00 p.m.

Folino Estate Vineyard & Winery