静Phoebe 静Phoebe 的

NEWS FROM Phoebe Ministries

Volume 104, Issue 1 SPRING/SUMMER 2023

Exploring the Outdoors at Phoebe

elebrating 120 YEARS

Phoebe Celebrates 120 YEAR LEGACY of Care and Service to Seniors

Table of Contents

Featured in this Issue

THE ART OF LIVING

- 4 Phoebe Celebrates 120 Years
- 6 Great Outdoor Spaces at Phoebe

PHOEBE AT WORK

- 12 Apartments Dedicated to Serving Seniors
- 14 Mission Driven
- 22 Creating Positive Partnerships

PATHSTONES BY PHOEBE

16 Continuing Care at Home

CHESTNUT RIDGE AT RODALE

18 Chestnut Ridge Construction Update



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.

The official registration and financial information of Phoebe-Devitt Homes may be obtained from the Pennsylvania Department of State by calling toll free within Pennsylvania at 1-800-732-0999. Registration does not imply endorsement.

Copyright 2023 by Phoebe Ministries. Photographs and artwork copyright by their respective creators or Phoebe Ministries. All rights reserved. No portion of this publication may be used or republished in any form without permission.

To unsubscribe from The Phoebe Messenger, please contact the Department of Marketing and Community Relations at 610-794-5132 or marketing@phoebe.org.

On the cover: Meadow Glen resident Terry Quinn enjoys working in the garden at Phoebe Richland.

PHOEBE IS A PROUD MEMBER OF



Welcome Spring/Summer 2023

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: Rev. Dr. Hilary J. Barrett

Editors:

Lynann Everett Todd Greb Kimberly Metz

Contributors:

Rachel Cavotta Lynann Everett Todd Greb Lisa Hoffman Kimberly Metz Kristine Paupini Stacey Prohaska Donna Schudel Who is like you, O Lord, among the gods? Who is like you, majestic in holiness, awesome in glorious deeds, doing wonders? Exodus 15:11 (ESV)

A MESSAGE FROM THE PRESIDENT



Dear friends,

2023 marks the 120th Anniversary of Phoebe's ministry. For more than a century, Phoebe's caregivers have done wonders for our residents. Glorious deeds abound at Phoebe every day in ways large and small. Whether making a resident's wish to ride in a hot air balloon come true, or simply holding the hand of a resident with dementia, those who serve the most vulnerable among us truly do God's work.

In this edition of the *Messenger*, you'll read about the gardens of Phoebe—unique to each campus, they provide residents with opportunities to engage in a hobby, places for meditation and contemplation, and lasting memorials to loved ones and

friends. You'll also read about Phoebe's 120-year history, the 50th Anniversary of Phoebe Apartments in Allentown, and updates on the construction of our newest community in Emmaus, Chestnut Ridge at Rodale.

I am proud to lead this organization at this moment in our history. I hope these stories will inspire you as much as they inspire me. On behalf of our ministry, thank you for your support of Phoebe's mission. Best wishes for a wonderful summer!

Peace,

cott R.

Scott R. Stevenson President & CEO

JOIN US

Phoebe's Annual Golf Tournament Supports Charity Care for Residents in Need Monday, August 14, 2023 Saucon Valley Country Club www.Phoebe.org/golf

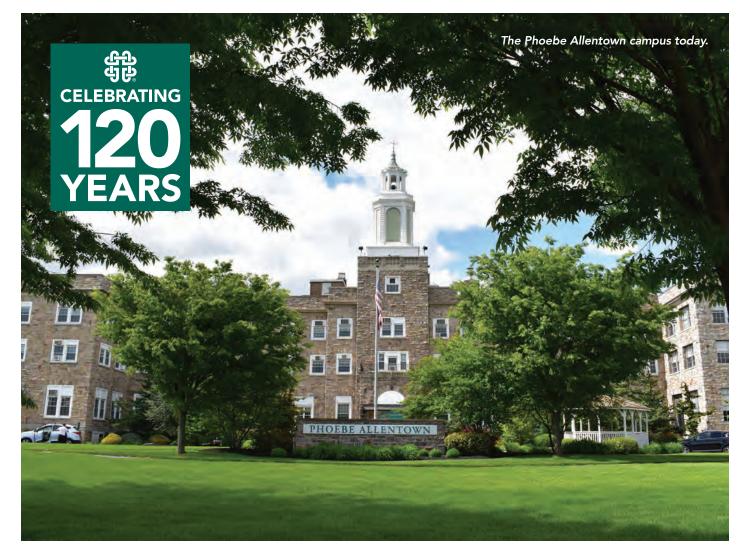
Phoebe Institute on Aging (PIA) Un-Gala Supports Educational Opportunities through the PIA Thursday, September 21, 2023 Bell Gate Farm www.Phoebe.org/un-gala

AMA

PIA 2024 Conference "Compassion in Action" Thursday, April 18, 2024 Keynote: Steven W. Trzeciak, M.D., M.P.H., Co-Author of Wonder Drug: 7 Scientifically Proven Ways That Serving Others is the Best Medicine for Yourself

3

The Art of Living | phoebe celebrates 120 years





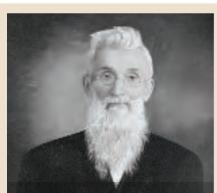
Residents at Phoebe Allentown celebrate the 120th Anniversary.

t is 1903. The first silent film, *The Great Train Robbery*, debuts. The Wright Brothers are the first to fly a powered aircraft with a petrol engine, the Wright Flyer, in Kitty Hawk, North Carolina. Henry Ford founds the Ford Motor Company with \$28,000 in cash from 12 investors and the first modern World Series takes place in October when the Boston Americans defeat the Pittsburgh Pirates in eight games.

Another important event happened in 1903 a group of 15 clergy and laymen, led by Rev. Dr. A. B. Koplin, decided there was a need in the Lehigh Valley for the deaconess role in the life of the United Church of Christ (UCC) to be revitalized. A board of trustees drew up a charter defining an organization that would train deaconesses and be a place of shelter for the aged, which would include a hospital.



Griesemer farmhouse: the first quarters of the Phoebe Deaconess and Old Folks Home on Turner Street in Allentown.



Rev. Dr. Abraham B. Koplin, Founder and first board president of Phoebe Deaconess Home.

PHOEBE CELEBRATES 120 YEAR LEGACY OF CARE AND SERVICE TO SENIORS

The charter emphasized that the Phoebe Deaconess and Old Folks Home would provide "...caring for the sick and the spiritually and physically destitute, and needy, and aged, by establishing and maintaining a Deaconess and Old Folks Home, and to engage in such forms of charitable work as may from time to time commend itself to the Institution." The Lehigh County courts signed the charter, and the Phoebe Deaconess and Old Folks Home received formal approval on January 20, 1903.

In 2023, 120 years later, Phoebe Ministries has grown to include eight affordable housing communities, four Continuing Care Retirement Communities (CCRCs), Pathstones by Phoebe, and Phoebe Pharmacy—all services that assist in the care of older adults. While Phoebe continues to evolve, caring for seniors has always been at the heart of the mission.

Not forgetting the history of being founded as a deaconess home in the UCC, Phoebe also offers faith-based education through the Pastoral Education (CPE) program. This accredited CPE program offers clergy, seminary students, and qualified community members of all faiths to practice ministry to senior adults. The CPE program will celebrate 25 years this summer.

Rev. Dr. Scott Brooks-Cope, the Regional Director of Pastoral Care, ensures that ministering to residents and the community remains a vital part of Phoebe. "The legacy of Phoebe is that we started as a training center for those serving Christ by serving others, and we are still doing that today, 120 years later, through our CPE program," reflects Brooks-Cope. "The early deaconesses were trained in theology and in medical care, and they were consecrated for their work here. In our CPE program, we are bringing students who have great training in the seminary to meet with "living human documents" who become the primary teachers

here. They learn from their wisdom, challenges, and struggles, and together we form a community in ministry and in circles of learning and growth."

Education and service have been important during the past 120 years at Phoebe. In addition to the CPE program, staff members are encouraged to further their skillsets and knowledge. Doing so helps Phoebe continue to offer new and innovative programming for residents, offering therapies and lifestyles that consistently enrich the lives of older adults.

As Phoebe celebrates our 120th year of service throughout 2023, we thank our residents, staff, community, and the strong foundation that was put in place by a group of pastors many years ago.

For more information about Phoebe's long legacy of care, please visit Phoebe.org/about-us/history.

PLANTING TRADITIONS AND GROWING CARE: *Exploring the Outdoors at Phoebe*

In July 1904—about a year after receiving its official charter—the newly established Phoebe Deaconess and Old Folks Home welcomed two deaconess applicants who moved into the three-story brick farmhouse on three acres. Shortly after they arrived, the first senior resident came to live in the Old Folks Home. Within the first year, there were five residents at the farmhouse, along with four deaconess trainees. The trainees provided constant care to the residents—and the Phoebe Deaconess and Old Folks Home began its longstanding tradition as a loving and caring facility in the Lehigh Valley. As Phoebe expanded rapidly, so did programs and opportunities for residents. In 1907, friends of Phoebe gifted a greenhouse to the home. In 1911, another one was added. The greenhouses became a place of solitude and enjoyment for the residents as they tended to the raised gardens. In the warmer months, residents also assisted in caring for the orchard, trees, flower beds, and vegetable gardens.

120 years later, Phoebe residents still find peace and solace in the fresh air and sunshine. From walking a nature trail at Phoebe Berks to growing a green thumb at Phoebe Richland, please join us as we explore the great outdoors at all of our campuses.



Wyncote Memorial Garden

After moving from her beloved city of Oakland, California, to Phoebe Wyncote in the Philadelphia suburbs, Mildred Roundtree, an avid gardener, saw an opportunity to bring sunshine, beauty, and reverence to the campus.

Roundtree shared that she and one of her Phoebe neighbors were coming home from a bus trip and struck up a conversation about their mutual love of flowers. She was inspired to plant a garden at Phoebe Wyncote to remember and honor those who have passed. Shortly after the bus trip, Roundtree identified a possible garden space and shared her idea with Phoebe staff.

The colorful flower garden, located directly outside a frequently used entrance, boasts gold and ruby marigolds, yellow-centered daisies, crisp white gladiolas, and deep burgundy geraniums. In the center sits a plaque reading, "Those that touch our lives stay in our hearts forever."

The garden was formally dedicated on Friday, November 4, 2022. Over 25 residents, family members, and staff

gathered outside on an unseasonably warm afternoon. Rev. Gomes Pedro, Wyncote's chaplain, and the Rev. Dr. Scott Brooks-Cope, Phoebe Ministries Regional Director of Pastoral Care and Education, offered inspirational prayers, poems, and hymns celebrating the spiritual connection of nature.

"I've been thinking a lot about how beautiful all of God's creation is and how we are part of it," shared Rev. Brooks-Cope during the dedication. He then shared the lyrics of a well-known childhood hymn by Cecil Frances Alexander:

All things bright and beautiful, all creatures great and small All things wise and wonderful, our dear God made them all. Each little flower that opens, each little bird that sings, God made their glowing colors and made their tiny wings. The purple-headed mountain, the river running by, The sunset and the morning that brightens up the sky. The cold wind in the winter, the pleasant summer sun, The ripe fruits in the garden, God made them, every one.



Mildred Roundtree, resident of Phoebe Wyncote.



Top: Residents and staff gather at the Memorial Garden dedication at Phoebe Wyncote on November 11, 2022. Bottom: Memorial garden dedication plaque.

The Art of Living | great outdoor spaces at phoebe

"Having the Memorial Garden is important to our Wyncote Family," says Judith Sherman, Executive Director of Phoebe Wyncote. "This garden gives us a physical space that has been dedicated for the purpose of remembering each and every person we have lost. It helps bring comfort, peace, and an opportunity to reflect on our love for them," says Sherman.

The neighbor who shared Roundtree's love of flowers had a room that overlooked the garden. Unfortunately, she faced a challenging health issue and could not help with the planting. However, she watched out her window as the garden evolved and came to life. "I was grateful that she could enjoy the flowers before she passed," said Roundtree. "This garden is for her and all of our friends that pass on," she shared.

The Memorial Garden will continue to develop as the seasons pass, and Mildred Roundtree and her Phoebe neighbors cultivate new flowers that create an everchanging natural space of beauty and reflection.





The Phoebe Allentown Health Care Center gazebo.

The Gazebo at Phoebe Allentown

Every year, Phoebe holds an Employee Donation Campaign, in which employees are asked to donate to their campus for wish list items that directly benefit resident programs. In 2022, Phoebe Allentown wished for the large gazebo in front of the Health Care Center to be renovated. The gazebo, donated by the Ladies' Auxiliary at Phoebe, has been a staple at Phoebe Allentown for the enjoyment of residents and staff for many years.

Health Care Center resident Donald Miller began using the area over 15 years ago when his mother-in-law was a resident of Phoebe. Miller and his wife would sit with her in the gazebo when the weather was nice. "My wife and I would spend time with my mother-inlaw all summer long enjoying the concerts held in the bandshell," Miller explains.

Today, he sits outside in the gazebo with his wife and daughters to breathe in the fresh air and enjoy the nice weather. He also likes to use the space to talk to people who pass by. Miller mentioned, "I was always a people person. While sitting outside, I start conversations with other residents, staff, and visitors. There's always someone in the gazebo when I stop by."

Residents are not the only visitors to the gazebo. During lunch breaks, staff often sit outside to enjoy the fresh air and chat with colleagues. Family members and friends of residents also use it when visiting loved ones as an outdoor space to spend time and catch up. Miller and his fellow residents are excited about the recent renovation, as the gazebo is a perfect viewing spot for bandshell concerts and other outdoor activities.

A couple dances gracefully, enjoying the shade of the Phoebe Allentown Health Care Center gazebo.



Phoebe Berks Memorial Chapel

Encompassing 66 acres in the Pennsylvania countryside, Phoebe Berks boasts several nature and walking trails for resident and community use. Last fall, the late Douglas Richart added a new addition to the walking trails. As a way to honor his late wife, he donated the Joan Richart Memorial Chapel as a place of reflection for residents, staff, and family.

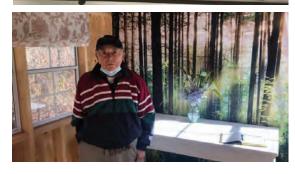
Douglas and Joan Richart moved into the Village at Phoebe Berks in 2016. When his wife passed away, Douglas wanted to share her memory with the Phoebe community. On November 4, 2022, Phoebe Berks held a dedication service with Phoebe staff and members of Richart's family to celebrate the new and beautiful chapel in honor of Joan.

Tucked away on a secluded path and shaded with trees, the space includes windows, a table, and seating, all thoughtfully decorated to create a comfortable and relaxing environment. Anyone walking the trail is welcome to use the chapel to pray, meditate, or take a moment to rest, no matter their religion or spiritual beliefs.

Douglas was able to attend the dedication service, but passed away a few months later in February 2023. The chapel stands as their legacy to Phoebe Berks. Often, life feels rushed and overwhelming, but thanks to the Richarts, there is now a unique space in Phoebe Berks that allows visitors to slow down and find peace.







Joan and Douglas's family members gather for a group photo during the dedication.

A plaque honoring Douglas Richart's late wife Joan sits on the exterior of the chapel.

Douglas Richart poses inside the memorial chapel.

The Art of Living | great outdoor spaces at phoebe

Meadow Glen Community Garden

"They call me the flower lady," says Terry Quinn, resident at Phoebe Richland and gardener extraordinaire. "I like to see things grow. See the beauty of it," she says.

After moving in to Meadow Glen, Richland's personal care community, Quinn met with Jessica Jackson, the enthusiastic Community Life Coordinator, who also happens to share Quinn's passion and talent for making things grow. Together they created a plan to expand the community gardens for the residents of Meadow Glen, including more raised beds, waist-high boxes, and vertical trellises.

Jackson had the designs for the structures. All they needed was a skilled builder and some supplies. A local Boy Scout looking for a community service project to achieve the rank of Eagle Scout volunteered to build four raised beds. A fifth was donated by Quinn's daughter, Dawn.

Every year, the gardens are flourishing with flowers, vegetables, and herbs. Last year they grew a variety of lettuces, tomatoes, herbs, and other eatables. "We had a healthy crop of cucumbers," said Quinn. "I made a big batch of cucumber soup and shared it with everyone!" she exclaimed, then explained that she also has a passion for cooking. It turns out that she and her family used to own several restaurants.

Quinn's Phoebe neighbor and friend, Shirley Weikert, also shares Quinn's love of gardening and being outdoors. "I always had a garden at my house!" says Weikert. "I love to be outside, see the flowers bloom, and pick a fresh tomato and eat it right off the vine," she says, smiling. Everyone sitting with Weikert agrees as their faces light up, imagining the taste of a ripe summer tomato.

Meadow Glen's gardens also overflow with an abundance of flowers. The gorgeous blooms include magenta, coral, and pale-yellow snapdragons, deep purple-striped daisy bushes, and colorful red, violet, and mauve geraniums.

The gardens at Meadow Glen do not stop in the fall. Year round, there are window gardens inside. "The geraniums were so beautiful last year that we potted them and brought them in," said Quinn. "We gathered as many pots as we could and lined the hallways with them for the fall and winter," she said.



The community garden at Meadow Glen.



Quinn takes care of the windowsill plants in two hallways, while neighbor Carla Spotts takes care of the plants scattered throughout the community spaces and near the entrance. It's a group effort, and one of the many ways the residents and staff enjoy each other's company and share their talents.

"This year, we're starting our seedlings a little later," says Jackson. "Last year, we started too early, and they went to seed," she says. "We're always trying new things to see what works best."

"Jessica and the Community Life team go above and beyond for our residents," says Devon Kline, Administrator for Meadow Glen. "Our community garden is no exception. They love being outdoors together, making something beautiful come to life!"

Raised Flower Beds at Chestnut Ridge at Rodale

Chestnut Ridge at Rodale will welcome its first residents later this year. Many are already familiar with the layout of the old Rodale campus and enjoy walking on one of the nature paths entwined throughout the property.

Karen Sinkovits, Chestnut Ridge Lifestyle Specialist, enjoys the backyard nature trail that is "approximately one mile long—but can be adapted by choosing an inner loop for a shorter walk. The trail is cinder, and is an all-season and user-friendly surface. It's also a great place to walk your dog, as we are a pet friendly community!" Chestnut Ridge will have a variety of outdoor amenities, including an ampitheater for outdoor concerts and entertainment. "Both the North and South building have open courtyards for gatherings, complete with fire pits! We will also offer yard games for friendly competition," adds Sinkovits.

Chestnut Ridge is building five raised gardening beds outside the Bistro, not far from the patio, for those who love gardening. Residents with a green thumb can claim their own space to grow vegetables and flowers during the summer to share with family members and neighbors. This space has the potential for a gardening club where Chestnut Ridge's seasoned gardeners can meet and share their knowledge with those who want to learn more.

"Our apartments all have patios and balconies, as well. Residents will be able to enjoy beautiful South Mountain views and allow opportunities to enjoy the fresh air while sipping their morning coffee or watching the sunset with a cocktail," says Sinkovits.

Firmly Rooted

Phoebe has sprouted roots throughout Lehigh, Berks, Bucks, and Montgomery counties over the past 120 years, and residents continue to cultivate the community by sharing their talents and time. The gardens and outdoor spaces at all Phoebe locations allow for residents to create personal connections with nature and places to come together as a community. Phoebe is blessed to have such wonderful spaces available for our residents' enjoyment. And as we continue to grow, we reflect upon the initial seeds that were planted and gave life to Phoebe Ministries.

PHOEBE APARTMENTS CELEBRATE 50 Years of Serving Seniors

The Phoebe Apartments in Allentown recently celebrated 50 years of service to seniors. Dedicated in May of 1972 as the first low- to middle-income housing for Lehigh Valley residents ages 62 and older, Phoebe Apartments is currently home to 143 seniors.

In 1966, Phoebe leadership proposed the apartments as an additional way to provide compassionate care to seniors, regardless of their financial status. Community officials attended the formal groundbreaking in November of 1971 for the complex, which consisted of two apartment buildings that were three stories each. The project was federally funded and was built on the north side of Linden Street, between 19th and 20th Streets. Rental applications were accepted before construction started, and by completion in 1972, all 132 units were occupied. At the time, rent ranged from \$100 to \$130 monthly. The success of the Phoebe Apartments in Allentown revealed the interest in this type of housing opportunity for seniors. Throughout the 1990s, seven additional Phoebe communities welcomed residents with low- to middle-income. The largest of the communities, Phoebe Apartments, consists of both efficiency and one-bedroom units. There is no entrance fee, and residents pay a monthly rent that often includes grounds maintenance, water, sewer, trash removal, property taxes, and most utilities.

To make sure residents have a safe and comforting home environment, upgrades are continuously taking place at the apartments. Recent changes at the apartments include new flooring and the installation of new elevators. Most of these enhancements are made possible by residents who have thanked Phoebe when estate planning, leaving gifts that enable upgrades and programs to continue in their community.



State Representative Michael Schlossberg and Chief Operating Officer Bob Richards enjoy the celebration.



Chief Operating Officer Bob Richards, Allentown Mayor Matthew Tuerk, Chaplain Rev. Jameson Baxter, and Executive Director of Marketing and External Relations Kimberly Metz, pose for a photograph outside of the Phoebe Apartments. All were in attendance during the 50th anniversary celebration and enjoyed speaking with residents.

Top to bottom: An exterior photograph of the front of the Phoebe Apartments. The apartments are made up of two buildings and consist of 132 units.

Residents of the Phoebe Apartments work with Chaplain Rev. Jameson Baxter and Rev. Dr. Scott Brooks-Cope, Regional Director of Pastoral Care, on a collaborative art project.

The lobby of the Phoebe Apartments is warm and inviting, welcoming residents home.

Phoebe Apartment residents partake in many activities throughout the year, including the 50th Anniversary Celebration held in September 2022. Residents of the apartments, staff members, and Phoebe's Chief Operating Officer, Bob Richards, celebrated the dedication of the apartments with a cook-out. State Representative Michael Schlossberg and Allentown Mayor Matthew Tuerk were both in attendance and spoke with the residents.

Rev. Jameson Baxter, Phoebe Allentown Chaplain, also attended the event to unveil a collaborative artwork project he made with apartment residents. Working with the residents regularly through ministry and programs, Rev. Baxter hopes to "create brave space for people to come as they are, express themselves, and be a part of a community. My hope is that people recognize they are not alone. Together, we can offer one another respect, care, and support, which is so important."

Fifty years after Phoebe Apartments opened, residents continue to be grateful to Phoebe for providing a place to call home and a community they can be a part of. The social room, game room, and library are always bustling with activities that include educational programming, art classes, health presentations, and guest speakers. Residents enjoy the involvement, suggesting ideas, planning parties, and attending events both on- and off-site.

Currently, the Phoebe Apartments have a wait list for potential residents interested in low-cost living accommodations. (#)







For more information about the Phoebe Apartments, or any of Phoebe's affordable housing communities, please visit Phoebe.org/communities/senior-affordable-housing.

A HEART for MISSION

The Rev. Dr. Hilary Barrett Completes Term as Chairperson of the Phoebe Ministries Governing Board

hen Rev. Dr. Hilary Barrett assumed leadership of the Phoebe Ministries Governing Board on July 1, 2020, it was one of the most challenging times in Phoebe's history and in senior care as a whole.



Nearly three years later, many things have changed in Dr. Barrett's life. She retired as Senior Pastor of Pleasantville United Church of Christ. Her mother moved from California to Pennsylvania and is now a resident of Phoebe Richland. And this June, she will complete her term as Chairwoman of the Phoebe Ministries Governing Board.

Scott Stevenson, President and CEO of Phoebe Ministries, has been working with Dr. Barrett since he was appointed to lead Phoebe's executive team in 2008. He comments that, "Over the past 17 years, Rev. Dr. Hilary Barrett has helped lead Phoebe through many challenges—and the recent COVID-19 pandemic was no exception. As Chair of the Board she was a vocal advocate for the care of Phoebe team members, helped introduce diversity training to the staff, led our CPE Fundraising initiative with our supporting churches, and served as Chair of our Church Relations Committee. Rev. Dr. Barrett's contributions to our ministry have been significant and will have lasting impact. She will be greatly missed."

Dr. Barrett first began her volunteer work at Phoebe at the prompting of her friend, colleague, and fellow Governing Board member, Rev. Daniel T. Moser II. Dr. Barrett joined Phoebe's Church Relations Committee in 2006 and became Chair of the Committee in 2011. During her tenure on Church Relations, membership on the committee expanded to spiritual leaders beyond the United Church of Christ, and the Clinical Pastoral Education (CPE) Endowment Fund was established.



Dr. Barrett was elected to Phoebe's Governing Board in October 2011 and became Vice-Chair in 2017. She has also served on the Phil-Mont Strategic Advisory Council at Phoebe Wyncote.

Phoebe is grateful to Dr. Barrett for her 17 years of service to our ministry. During her tenure as Chair of the Governing Board, she helped introduce Diversity training and was vocal about promoting Diversity, Equity, Inclusion, and Belonging on the Governing Board. She also advocated for the care of Phoebe staff as a Board responsibility.

"Speaking from the perspective of a pastor, there are two 'congregations' the Board must attend to," she said upon assuming the role of Governing Board Chair in the first year of the pandemic. "The first are the residents of Phoebe communities and those in care of Phoebe facilities. The second 'congregation' is the Phoebe staff—executives, administrators, and front-line staff."

Phoebe's history and mission of providing benevolent care to seniors is also close to her heart. "The Board's focus is to ensure that Phoebe stays true to our story, that we continue to serve seniors into the future, no matter what challenges we—and they—face."



Diane Brubaker, Berks Village resident, Ray "Boom Boom" Mancini, and Sandra Leidich, Berks Village resident.

WE RISE TOGETHER: Seniors Rebound with Resilience and Hope

On April 27, 2023, the Phoebe Institute on Aging (PIA) held its annual conference at DeSales University. The conference focused on resilience and the ability of seniors, long-term care providers, and the community to bounce back from the challenges of the recent pandemic.

More than 150 attendees enjoyed an inspirational talk by keynote speaker, International Boxing Hall of Fame member, and former WBA lightweight champion Ray "Boom Boom" Mancini. Ray discussed how to get up after being knocked down and shared his own story of resilience. Using examples from his life, he explained what it takes to chase after a dream and how to face, contend with, and overcome any obstacle.

The conference offered morning and afternoon sessions that examined resiliency in older adults, from the normal aging processes to environmental stresses, and reviewed clinician and practitioner strategies that promote resiliency and wellness in senior citizens.

We are grateful to our PIA Committee members and speakers for making the 2023 PIA Conference a valuable resource for those who serve our aging population. We also thank our lunch sponsor, Geisinger, and our session sponsor, Leavitt Group-Webber Advisors, for their generous donations.

The Phoebe Institute on Aging promotes improved quality of life and care for the aging and their families. The Institute is wellknown for its innovative educational programs, cooperative ventures, and outreach activities.

For more information about the PIA, please contact the Office of Philanthropy at 610-794-5132 or visit Phoebe.org/pia.

Pathstones by Phoebe | CONTINUING CARE AT HOME

Pathstones Members Lead the Way

Members of Pathstones by Phoebe are truly special people. They are forward thinkers who understand the need to have a plan in place for aging. They also work to keep leading life by staying active and volunteering their time and talents to organizations that support many causes throughout their local communities.

Pathstones is delighted to have members who volunteer their time to support the mission of Phoebe Ministries. Our members have received Phoebe's Rev. Dr. Grant Harrity Award for Exemplary Service to the Aging for the past two consecutive years. This award is presented annually to individuals whose leadership, service, and commitment advance the aging services field.

Bob and Judy Miller were honored with this award in 2021. They have been involved with Phoebe in many ways over the years, including Bob serving as Chairman of the Phoebe Ministries Governing Board from 2017 through 2020. Both Bob and Judy had parents who were residents of Phoebe. They truly valued and appreciated the care that was provided to their parents, but Bob and Judy realized they wanted something different for themselves. As a result, in 2018, they became members of Pathstones. They want to stay in their home for as long as possible and know that they will receive the support they need to do this from our program.

In 2022, Pathstones' very first members, Don and Alison Siebert, were also honored with the Rev. Dr. Grant Harrity Award. The Seiberts have been exemplary volunteers at Phoebe for more than 30 years. Don's prior service as Governing Board Treasurer and his continued service on the Audit, Finance, and Investment Committee have helped ensure lasting financial health for Phoebe Ministries.



Bob and Judy <mark>Miller accepted</mark> the Rev. Dr. Grant Harrity Award at the 2021 Un-Gala event at Folino Estate Winery.



Scott and Mary Stevenson, left, presented Don and Alison Seibert, right, with the Rev. Dr. Grant Harrity Award at Artsquest as part of the 2022 Un-Gala.

Don and Alison shared that "When we became aware of the new Pathstones continuing care at home program, we thought this was a perfect option for us as we were thinking about our future plans. We have the comfort that our family will be relieved of some of the burden of our care, and we also hope it will allow us to preserve our retirement assets. The Pathstones staff is very dedicated and attentive to our needs. We have also enjoyed the social and educational programs offered by Pathstones and getting to know other members."

Pathstones is a Continuing Care at Home (CCAH) or Life Plan at Home program, one of fewer than 40 CCAH programs nationwide. Pathstones aims to help seniors maintain their independence, improve their quality of life, and prevent hospitalization or placement in longterm care. In the event that care is needed, options are available to cover those costs with no lifetime maximum limits, thereby protecting assets and preventing the need to depend on Medical Assistance.

For more information about our unique program, please visit pathstonesbyphoebe.org.

Pathstones

by Phoebe ~ Continuing Care at Home

2023 GENERATIONS

September 21, 2023 | 5:30 to 9:00 p.m. Bell Gate Farm, Coopersburg, PA

Phoebe is **HRNG**

RNs, LPNs, and CNAs

For nurses, we offer:

- Sign-on bonus
- Comprehensive health benefits
- Tuition reimbursement
- Generous PTO package for FT positions

We are also hiring for Dining, Housekeeping, and Pharmacy Drivers.

Apply today at **Phoebe.org/Careers**

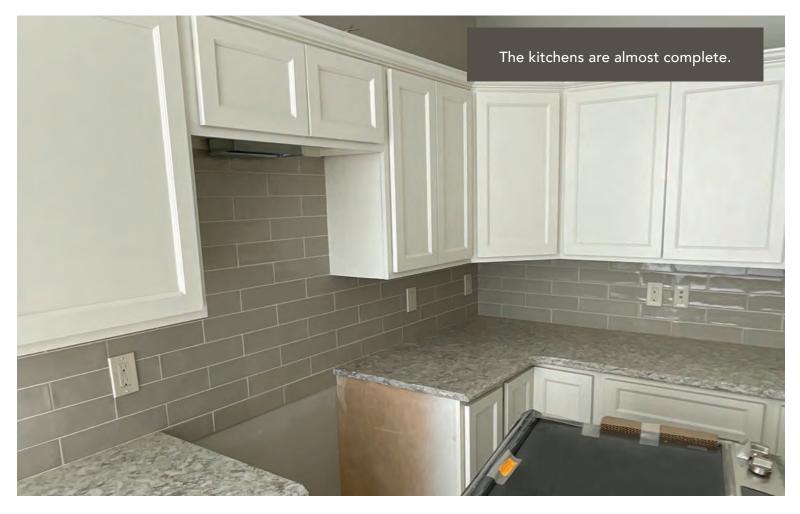
錄 Phoebe

CHESTNUT RIDGE CONSTRUCTION UPDATE

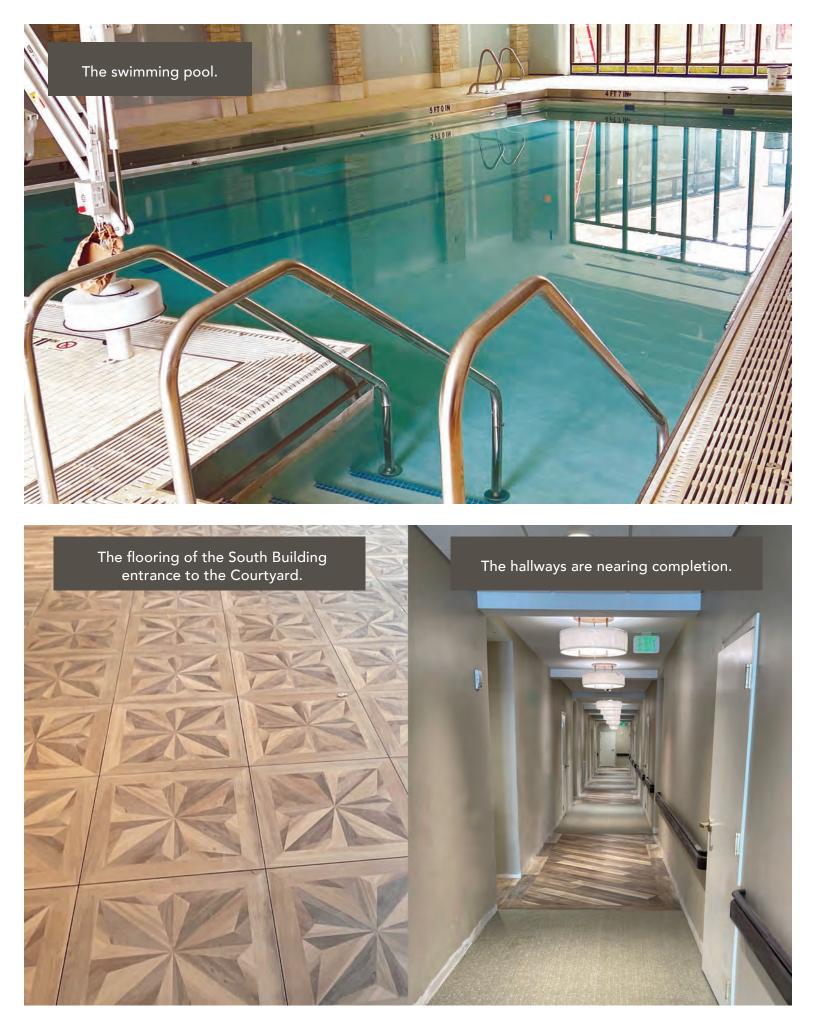
Please enjoy this look at the progress being made at Chestnut Ridge at Rodale. Wohlsen Construction continues to work on the buildings, apartments, and amenities of this very unique and wellness-focused campus.

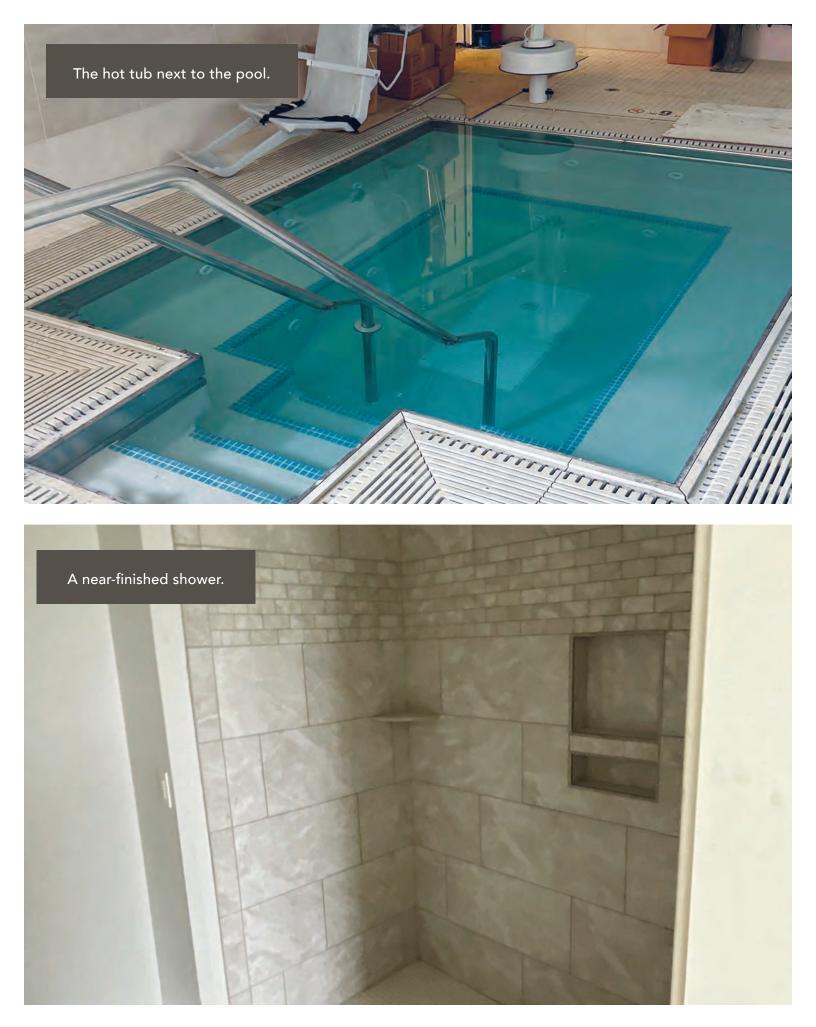
Kitchens and bathrooms are being finished, appliances installed, and the pool is almost ready for residents to take a dip. We look forward to welcoming our first residents later this year!

There are still apartments available, but they are selling fast! Call 610-794-6590 or visit Chestnutridge.org to learn more.



IMAGES COURTESY OF WOHLSEN CONSTRUCTION







60+ LIVING IN EMMAUS, PA CULTIVATED BY PHOEBE

Enjoy a Worry-Free Retirement Lifestyle

LIMITED AVAILABILITY— OPENING LATER THIS YEAR!

Picture yourself enjoying the lifestyle you've been waiting for in a brand-new 60+ community rich with opportunities for adventure. Replace chores with happy hours, relaxing at the indoor pool or hiking picturesque trails—it's all up to you. What's on your list?

Come to our Open House!

From 10:00 a.m.–2:00 p.m. on the **SECOND TUESDAY OF EVERY MONTH**, we host an open house so you can explore all the choices Chestnut Ridge will offer. **Call to RSVP today!**



610-686-9397 | Chestnutridge.org



THE FUTURE OF SENIOR CARE

When Phoebe purchased the former Rodale Campus in Emmaus in November 2018, no one could have anticipated how long it would take for the newest community to become a reality. The COVID-19 pandemic extended each stage of development and construction—but Phoebe's leaders and depositors held fast to the vision and persevered.

Helping Phoebe through the challenging multi-year process was Truist, who provided financing for the project. Truist's specialty practices include senior care. They provide banking support for organizations like Phoebe to develop new and innovative senior communities for a growing Baby Boomer population.

Phoebe's President & CEO, Scott Stevenson, is appreciative of the relationship with Truist. "Truist has supported Phoebe for nearly two decades, and we are grateful for their generous gifts in support of our ministry," he comments. "Working with them on our Chestnut Ridge project made a challenging time easier to bear. They championed the project every step of the way."

"Truist's purpose, mission, and values drive the projects we support," says Amara Briggs, Truist's Senior Vice President for the Delaware and Lehigh Valley Regions. "Building better lives and communities is our mission. We believe people are an organization's best assets. We look for executive teams who understand the market and best practices so they can make the best decisions and who have a strong commitment to history and mission."

Truist assists Phoebe philanthropically as well. Their leadership support dates back to 2004, and they have been long-standing sponsors for Phoebe's annual Golf Tournament for charity care and the annual Phoebe Institute on Aging Benefit Dinner, now called the PIA Un-Gala. Truist served as Presenting Sponsor for the 2022 Un-Gala featuring Ray "Boom Boom" Mancini and Phoebe Berks residents in the Rock Steady Boxing Program for people with Parkinson's Disease.

"The Un-Gala is a great event that takes a fun and creative approach to a fundraising event," says Anne Hamilton Taylor, Vice President for Senior Care Banking at Truist. "It is a privilege to support Phoebe's philanthropic efforts."

The fall PIA Un-Gala is the prelude to the PIA's Annual Conference in the spring. Phoebe's theme for the 2023 Un-Gala and the 2024 Conference is "Compassion in Action," which highlights compassion, one of Phoebe's Faith in Action Values.

"Compassion in Action" also aligns with the research of Dr. Stephen W. Trzeciak, Chairman and Chief of Medicine for Cooper University Health Care and co-author of *Wonder Drug: 7 Scientifically Proven Ways That Serving Others is the Best Medicine for Yourself* (2022), and *Compassionomics: The Revolutionary Scientific Evidence that Caring Makes a Difference* (2019). Dr. Trzeciak is the Keynote Speaker for the 2024 PIA Conference.

The 2023 PIA Un-Gala will take place Thursday, September 21, at Bell Gate Farm in Coopersburg, PA. The 2024 PIA Conference is scheduled for Thursday, April 18. Both events will highlight the people, programs, and activities at Phoebe that exemplify compassion, improved quality of life, and the strong connections fostered between staff and residents.

For more information, visit Phoebe.org/un-gala and Phoebe.org/pia-conference.



Donors Make a Difference!



Josefa and her Robotic Therapy Dog, Bingo.

Personalized Care Allows Seniors to Thrive at Phoebe.

Phoebe's generous donors enable residents like Josefa to reap the rewards of having a robotic therapy pet as part of their care plan. Josefa smiles with delight when interacting with her dog, Bingo. She enjoys petting and talking to Bingo, hearing him bark, and watching him wag his tail. These adorable therapy pets are wonderful companions that can help reduce anxiety and provide sensory stimulation that is beneficial for older adults.

Thank you to our donors for helping our Phoebe residents thrive!

If you would like to make a gift to our non-profit ministry, please visit **Phoebe.org/giving**.

電Phoebe

爺 Phoebe

1925 W. Turner Street Allentown, PA 18104 1-800-453-8814 Phoebe.org

In

a facebook.com/phoebeservingseniors facebook.com/chestnutridgeatrodale

youtube.com/phoebeservingseniors

linkedin.com/company/phoebe-ministries

爺 Phoebe

15TH ANNUAL GOLF TOURNAMENT August 14, 2023



Saucon Valley Country Club



All proceeds from the Tournament provide charitable care for senior adults in need.

For more information, including sponsorship opportunities, contact the Office of Philanthropy at 610-794-5132, or email events@phoebe.org.

To register, go to Phoebe.org/golf.