

Moments

at

A Continuing Care Community
mariajosephccc.org



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Fall 2015

Hailstorm Repairs Now Complete

In May of 2014, a localized hailstorm tore through Danville and caused enormous damage to cars and buildings. All 112 cottages at the Meadows were affected, as were the Manor, Emmanuel, Nazareth, and the Meadows Community Center.

Don Katherman, Maria Joseph Facilities and Environmental Services Director, reports that all of the repairs are now complete. He appreciates the residents' cooperation during the long process.

"We tried to keep everyone informed, and I give the residents a



A worker does repairs on a Meadows home.

lot of credit for waiting patiently," he said.

"The repairs were prioritized, with any safety concerns taken care of first, such as windows and roofs," he added.

Siding and gutters came next, with removal from one cottage at a time, then replacements in a continuing cycle.

At Emmanuel, The Manor, and the Community Center, significant roof damage occurred and many windows had to be replaced. Nazareth was the least affected, with just a few windows and part of the roof damaged.

In all of the parking lots, cars belonging to employees, visitors, and residents were damaged with dents and broken windows. Some people waited months for repairs since area auto shops couldn't keep up with the influx of repairs.

Don said Maria Joseph was fortunate to hire a contractor that could dedicate all of their time to the project. The estimated cost of the damages to the Maria Joseph campus is over \$1 million, most of which was covered by insurance.

Golf Tourney a Success!



Lead sponsors of the 13th annual event were Sodexo Quality of Life Services, HPCI, Health Dimensions, and "A Friend." More on the tournament will appear in the next issue of the "Moments" newsletter.

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Mission Statement

Rooted in the Judeo-Christian tradition of hospitality and service and dedicated to a mission of love and respect for each individual, the Sisters of Saints Cyril and Methodius and the staff of Maria Joseph Continuing Care Community, offer a welcoming and secure environment, where the lives of senior adults and their families are enhanced with compassionate and professional care.

Moments

at



is published four times a year by the staff of Maria Joseph Continuing Care Community, a non-profit organization sponsored by the *Sisters of Saints Cyril and Methodius*.

- * The Meadows at Maria Joseph
- * Maria Joseph Manor
- * Emmanuel Center for Nursing and Rehabilitation
- * Nazareth Memory Center

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“Moments” with Tony Cooper



Anthony (Tony) Cooper
Executive Director

At Maria Joseph, one of our goals is to help older adults see each new day as an opportunity for joy and new experiences. Whether one is healing from an illness, adjusting to a new lifestyle in one of our residences, or facing the end of life, there is still much to be done.

Meadows residents recently enjoyed a kayaking trip on the Susquehanna River. For many, this was their first time paddling down a river; two participants are in their 90s. Talk about embracing life!

In other cases, new experiences may involve using technology for the first time, trying a new activity, tasting a new food, or meeting new people. It may involve sharing life experiences with a new audience, or re-discovering one's faith.

To this end, our staff is there to provide choices and opportunities for residents to enjoy each day, and to pass along a message of hope, joy, and mutual caring. Another role for staff is to communicate these messages about ways to embrace new experiences and enjoy life at all stages. All four of our facilities now have newsletters to highlight these experiences and provide information and photos that can enhance a resident's well-being.

A message that our marketing director, Dawn Orzechowski, likes to convey is “there is more to life than living longer.” What she means by that is, by embracing each day's potential for new and enjoyable experiences, we have the power to find joy throughout life's journey.

Here is another way we are sharing these messages:

Maria Joseph Continuing Care Community is now on FACEBOOK. We invite you to friend our page and see highlights of what is happening on campus as well as articles about senior living.

You can also find information about Maria Joseph on our website, mariajosephccc.org

Resident Spotlight

Manor Resident Shares World War II Experiences

For Margaret Dugan, 94, the late 70s television show, *MASH*, has personal meaning. The Manor resident served as a nurse in England during World War II, and she says the conditions were just like those portrayed in *MASH*, although it was a different war.

"We worked in tents and lived in brick huts with no running water, a potbellied stove, and latrines located a city block away." Margaret adds that medical supplies were inadequate and each nurse was responsible for up to 12 patients at a time.

"We made do with what we had," Margaret says. "It was so hard to see all those young men injured and traumatized by the war." She served in the Women's Army Corps, as a lieutenant, from 1944 to 1946.

She met her husband-to-be, Nicholas, in the United States before both went into the service. (He



is now deceased). Margaret shared that her fiancé visited her at the medical camp a few times during his service in Germany. "Since he was a lower rank, a corporal, he had to walk behind me at all times," she said. They married after the war and settled in Allentown, where they had 7 children and eventually 19 grandchildren and 19 great-grandchildren.

When their youngest child went to school, Margaret returned to work as an R.N. Her last job was at the Phoebe Home in Allentown, retiring at age 68.

Margaret's children are now scattered throughout the country, but frequently gather in the family home in the Poconos. A daughter in Danville, Diane Giacomo, often takes Margaret to the Poconos.

Margaret says she loves living at the Manor, where she has made many friends. "The staff here do a great job. I find it very homey," she said. In addition to attending activities for residents, she spends time painting water colors and quilting.

In 2013 and 2015, Margaret had the honor of being named Grand Marshall for the Danville Veterans Day parade. "I consider myself a very lucky person," she shared. "Life has been good to me."

RIVER FUN: Meadows resident Joe Drane and activities director Denise Toczylousky are shown after a group kayaking trip in August. See p. 4.



Meadows Residents Enjoy Fun on the Susquehanna



A group of Meadows residents, along with Maria Joseph staff, enjoyed a day of kayaking in July.

Emmanuel Activities Director: “I Love Making People Smile”

Sadie Krywicki says she treats residents as her own family as the new director of activities at Emmanuel Center. She first got interested in helping the elderly when her grandmother was diagnosed with Alzheimer’s four years ago. “I realized how important it was for me to spend time with her – how much she just appreciated reminiscing and doing activities like painting her nails.” Sadie also observed the staff at the nursing home treating her grandmother with love and respect.

Sadie’s most recent job was as a patient access coordinator at Geisinger. She completed a degree in education in Arkansas, where she grew up, and while there did job shadowing with intellectually disabled people. She also volunteered with the Special Olympics. “I liked working with people that other people sometimes can’t relate to,” she said.

“I love being here at Maria Joseph, Sadie added.

“I wake up in the morning excited to go to work and see how everyone is doing.” In her position as director, she oversees five activities staff and helps to coordinate a variety of activities.

Sadie said musical entertainment is especially popular. “It’s amazing how people who may struggle with communication, such as those with Alzheimer’s, respond so well to music and participate in sing-alongs,” she shared. Bingo is also a favorite activity, as well as birthday socials and outdoor walks.

“It’s wonderful to make people smile,” she says. “it’s the little things that matter. Just keeping upbeat and positive is so important in this job.”



Residents Spotlight



ACTIVITIES HIGHLIGHTS

Once a month, BIRTHDAY socials

Catholic Masses & Protestant Services

IN2L computer activities, movies, exercise and relaxation, cooking classes, crafts, bingo, card games, current events, socials, nail care.

Also, happy hours in all buildings, shopping trips, casino trips, holiday parties, beauty shop, walking programs, craft group, support clubs, volunteer opportunities, music and entertainment, Bible study, trivia, movies, arm chair aerobics, Red Hats, and more!

Pictured Clockwise from top are:

Manor couples Paul & Gloria Suggs (69 year anniversary) and Peg & Carl Stuehrk (66 years).

Nazareth residents enjoying Red Hats club.

Meadows residents at a picnic at Montour Preserve,

Sisters Spotlight:

The Sisters of Saints Cyril and Methodius held their annual Summer Carnival in July. At left is Sr. Madonna Figura at the pony ride station, and at right are Mary Jean Calvi and Sr. Seton Marie at one of the games.



Emmanuel Hair Stylist Introduced

In May, Ashley Wagner became the new full-time hair stylist at Emmanuel. It's her first time working in a long-term care setting, but she is already acclimated well to her job.

"The only experience I had working with the elderly was doing my grandparents' hair, but I'm really enjoying this," she said. "It gives me a good feeling to know I'm doing something that is good for everyone. It's great to see all the smiles."

Ashley has held her hair stylist license for five years, graduating from Sun Area Technical Institute

in New Berlin. Previously she worked informally with friends and family in the Penns Creek area as well as for Great Clips In Selinsgrove. She has two children, ages one and two.

Some residents come every day to have their hair done, while others come weekly or monthly. The most popular service is a perm, which costs \$40. A haircut is \$9.50, while a shampoo and roller set is \$10. Ashley says colors are becoming increasingly popular. She also plans to help nursing staff with clipping and filing nails.



Ashley with a client, Evelyn Lane, 105

Employee Spotlight:

Marketing Director: This is a Great Place!

Dawn Orzechowski loves her job because she gets to reach out to prospective residents and share all that Maria Joseph has to offer. "It's wonderful to educate people about what a great place this is," she says. "I am very comfortable standing behind our mission because I really believe in it and want people to know. This is a beautiful place."

Part of Maria Joseph's strength is the Sisters' involvement, Dawn shares. "Their hearts are really in everything that happens here." She adds that the Sisters' input is sought for everything that goes on. "This is the most faith-based place of its kind in the area," she adds. "Some places promote themselves as a faith-based environment, but here it is really true."

Dawn began as Marketing Director in January. She worked for another retirement facility for 10 years, first as a social worker and then as marketing director. Dawn holds a B.S. degree in Psychology. Working at Maria Joseph is a "very positive experience," she says. "I love working with people and helping them to choose a community where they can live an active life."

Dawn adds that working with seniors is very rewarding and interesting because she meets a lot of



different people and hears about their life experiences. "They be-

come like your family, so this has a closeness that you don't find in other jobs."

Her responsibility is to oversee everything that happens when someone chooses to come live here. This includes the paperwork, review of finances, tours, etc. In addition she oversees marketing efforts such as advertising, brochures, press releases, and events. She works closely with the sales staff and with the facilities and activities directors.

Sales & Admissions Counselor Introduced

The Manor and Nazareth welcomed Casey East as a sales and admissions counselor in March.

Casey comes to Maria Joseph from Kramm's Nursing and Rehabilitation Center where she worked in social services. With almost 20 years of experience in long-term care, Casey considers it a blessing that her career has included helping seniors and their families.

At Maria Joseph, her duties include admissions and sales, including tours of facilities and educating about what Maria Joseph offers. After residents move in she helps them become acclimated to their new home. Casey finds helping families and



prospective residents very rewarding. "It's a big step to choose care for a loved one," she said.

"I enjoy guiding families in this process and helping them to realize that this is the beginning of a fulfilling new chapter in their lives."

Maria Joseph Continuing Care Community

- ♦ **The Meadows:** Independent Living Community (100 single and duplex homes, 12 townhouses, for retirees ages 65+).
- ♦ **Maria Joseph Manor:** Personal Care Home for people who require some assistance and support in order to live independently.
- ♦ **Emmanuel Center:** Skilled Nursing and Rehabilitation care facility.
- ♦ **Nazareth Memory Center:** Secured Personal Care Home for individuals with Alzheimer's or Dementia.

"The Best in Senior Living, Today and Tomorrow"

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