

soaring

A PUBLICATION OF MENNONITE HOME COMMUNITIES

Serving Up Fun
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Residents LOVE Tennis Court and Fitness Programs

Our new tennis and pickleball court has been a “grand slam” with residents and their family members. Even on the hottest summer days, you can often find dedicated players on the court. Thanks to Kristin Manser, Wellness Manager, residents and staff can fine tune their skills or learn new ones during the lessons and clinics she routinely holds.

And as thankful as residents are for the new court, they’re even happier to have Kristin on the team. Kristin brings years of experience and a passion for helping others pursue their wellness goals. Since joining Woodcrest Villa earlier this year, Kristin has introduced a host of new classes and opportunities including yoga, pickleball lessons and tennis lessons. As a USPTA tennis professional and NETA certified yoga instructor, Kristin knows what she is talking about! She also holds certifications in senior fitness, group fitness, personal training, sports nutrition as well as

“My goal is to have people try something new and learn something from it.”
—Kristin Manser

a bachelor’s degree in Wellness and Fitness from California University of Pennsylvania. She is currently pursuing her master’s degree in Applied Exercise Science: Fitness & Health Promotion.

“My goal is to have people try something new and learn something from it,” she says. “The best thing is to have fun while working out.”

Kristin also has a passion for training older adults.

“I really enjoy hearing about their life experiences and knowledge,” she explains. “I love when I am able to show someone how to integrate or

reintroduce exercise into their lives and show them the benefits.”

Through her prior work at other communities including Tel Hai and Willow Valley, Kristin has seen the positive impact that exercise can have on others. “I have seen how exercise can



help manage or slow the progression of different diseases. It can make a big difference,” she shares.

This past summer Kristin held weekly tennis and pickleball lessons for residents and staff. She had a loyal following for both. “I relied on pickleball instructor Douglas Scarlett to teach pickleball lessons. He volunteers his time every Monday and Friday.” Although modest about her tennis skills, Kristin has achieved a 4.0 NTRP level in USTA tennis, which she played for about 10 years. As a prior member of the Hempfield Rec team, she made it to the Middle States championships three times and once even qualified for nationals.

Kristin was eager to join the Mennonite Home Communities team because of our great reputation. She also feels blessed to work with a great team, including Emily Newman, Wellness Specialist, and Kathy Eberly, Aquatics Coordinator. Three talented, upbeat women lead a fitness program that would be hard to beat!

(Bottom photo) Lew Kauffman and Linda Mullen (left) congratulate Tom Templeton and Sylvia Howells on a great match. (Top photo) Kristin Manser (center) shares tennis tips with Linda Mullen (left) and Sylvia Howells (right).

Introducing New Website

In mid-August, Woodcrest Villa and Mennonite Home unveiled their new website featuring an updated design, color scheme, photos and improved navigation. The site is also designed with the mobile user in mind. According to 2017 data from the Pew Research Center, about 42% of adults over the age of 65 now have a smartphone, which is up significantly from 18% in 2013. Having a mobile-responsive site that presents well on all types of devices, including computers, laptops, tablets and smartphones is more important than ever before.

Beyond the design and functionality, enhancements include a section featuring wellness, community life and dinner calendars for Woodcrest Villa residents (as well as curious prospective residents), a more robust search engine and simplified navigation. To learn more, see for yourself at woodcrestvilla.org or mennonitehome.org.



WCV Scholarships Announced

We are pleased to announce the winners of our 8th Annual WCV Student Scholarship Awards. This award is given by resident donations to students who are employed in Dining Services. This program started in 2010 with 17 scholarships of \$400 each. Over the past eight years, \$197,000 has been given to deserving students. This year, 34 scholarships were awarded in the amount of \$1,100 each to the following students:

Cassandra Aloisi/Shippensburg University
Harrison Andrus/Temple University
Anthony Arters/West Virginia University
Cole Bachman/Cabrini University
Nick Buchwalder/Villanova University
Natalie Caracciolo/University of Pittsburgh
Shannon Cook/Harrisburg Area Community College
Aryn Dubosky/Indiana University of Pennsylvania
Morgan Fazzini/Cabrini University
Max Grove/The Wharton School
of the University of Pennsylvania
Mia Grove/West Virginia University
Evan Hanzelman/Harrisburg Area Community College
Gavin Hanzelman/Temple University
Victoria Hess/Millersville University
Nicole Heth/West Chester University of Pennsylvania
Madison High/Temple University
Erin Hollis/Harrisburg Area Community College

David Jachimowicz/Millersville University
Deanna Kegel/PA College of Health Sciences
Kaylee Kong/University of Delaware
Jessica Lund/West Chester University of Pennsylvania
Julia Messina/University of Pittsburgh
Victoria Mollitor/Gwynedd Mercy University
Morgan Nafe/Harrisburg Area Community College
Lauren Nissly/Johnson and Wales University
Janelle Nolt/Elizabethtown College
Makenzie Nolt/Pennsylvania State University
Katherine Pham/Pennsylvania State University
Emily Pohle/Lancaster Bible College
Kemp Rager III/University of Northwestern Ohio
Jonathan Sager/Millersville University
Megan Santiago/Millersville University
Kylie Shreiner/Pennsylvania College of Technology
Emma Williams/Harrisburg Area Community College

The WCV Scholarship committee members include Greg Pierce, Director of Development; Kim Peters, Development Coordinator; Kris Hess, Development Assistant; Shaun Metzler, Director of WCV Dining Services; and residents Ken Beard, Joan Nicholson, Bev Wagaman and Susan Wolf.



VOLUNTEER SPOTLIGHT

Woodcrest Villa's Secret Garden

What grows in Woodcrest Villa's gardens is so much more than fruits, vegetables and flowers—the most bountiful blossoms are the friendships grown from this campus oasis.

Residents can sign up for an elevated garden box where they can plant flowers, fruits or vegetables, but the most common item by far is tomatoes. This year, one adventurous gardener even grew cotton, just to see if he could! It has grown beautifully and everyone has to take a peek whenever they walk past.

In addition to the personal boxes, several volunteers help tend to the vegetables and flowers all residents enjoy in our dining rooms. After all, everyone knows nothing is more delicious than eating fresh fruits and veggies.

Things get started early in the spring with deciding what will be planted where. When Shaun Metzler, Director of Dining Services, gives our volunteers the go-ahead, they are off and running!

Each person has a specific area of expertise, which contributes to them working wonderfully as a team.

Paul Westcott grew up on a farm where tending the garden was more of a chore. But over the years he has discovered the joy of gardening for pleasure. He especially likes growing “Maxibel” beans. Last year he harvested 350 pounds of beans. The best part of this process is the final harvest where he invites other residents to join the fun. He simply pulls out the entire plant and our “pickers” go to work.



Dennis Good enjoys taking care of the peppers. This year he is caring for 18 plants and harvested 30 pounds by early August. With a great growing season, who knows how many peppers he will have harvested?

Lew Kauffman loves growing all types of vegetables, but for the dining room garden he focuses on cucumbers and squash. He has been working in a garden since

he was 7 years old and simply loves being outside.

Everyone loves fresh tomatoes and that is where **Levi Fisher** digs in his fork. Every other day he picks between 15 and 30 pounds of tomatoes with a summer's yield of over 550 pounds. He then washes and grades them before he chooses the best for everyone to enjoy.

In addition to the cornucopia of vegetables, the flowers are also amazing—residents and butterflies alike love them! **Jerry Lawrence** spearheads this section of the garden. He chooses the most beautiful blooms to grace the dining room tables.

Just like rotating the crops, we have had many residents working in the garden over the years. It really brings a smile to their faces when someone in the dining room makes a comment about some of the fresh vegetables or flowers from the garden.

(Top photo) Dennis Good (left) and Paul Westcott (right) get the elevated garden ready for more planting while Levi Fisher (back) tends to the tomatoes. (Bottom photo) Jerry Lawrence has a real skill for cultivating beautiful flowers.



(Left photo) Pictured (left to right) are: Evan Hanzelman, Victoria Hess, Nick Buckwalter, Makenzie Nolt, Emma Williams, Janelle Nolt, Aryn Dubosky. (Right photo) Pictured (left to right) are: Shannon Cook, Morgan Fazzini, Nicole Heth and Deanna Kegel.

Mennonite Home Scholarship

Kemp Rager, III, has been a student volunteer for Mennonite Home for four years. Since he dedicated more than 100 hours of service, we are honored to present him with a \$750 volunteer scholarship as a special thanks for all he has done. Great job, Kemp!



Coopers Run Update

This summer Mennonite Home completed renovations of Coopers Run. This personal care household now features all private rooms. These improvements came shortly after we completed updates on Boyers Run, another personal care household. We are always looking for ways to better serve our residents—whether through more comfortable and modern accommodations or new programs and initiatives.

Pheasant Pointe Update

Construction is rolling on the new luxury apartments in Pheasant Pointe. Warfel Construction is moving quickly on building these 39 two-bedroom units. Residents are eager to move in—only a few apartments remain and we expect to sell out this Fall. The first residents will move in during the Summer of 2019. We are excited to welcome them into their beautiful new homes!



Happy Birthday to Us!

Mennonite Home Turns 115 in October and Woodcrest Villa turns 25 in November! Look for more information in our Winter edition.

A Legacy of Giving: One Family's Story

Editor's note: The author of this letter wishes to remain anonymous.

I grew up in Lancaster County and attended Paradise Mennonite Church, which supported the Mennonite Home.

As a teenager, I remember our church supporting and taking part in worship services at the Mennonite Home and other locations throughout the year. One Sunday morning, the Deacon of our church announced the need for prayer and support to help a farmer's widow living at the Mennonite Home. He said the offering basket for that day would go to help toward her care. After the offering basket made its way through the church aisles, the Deacon asked that the ushers pass the basket again. I remember the Deacon then had a final prayer of thankfulness for all that was given.

As a youngster helping to pick lima beans several times each season, put them in bushel baskets and carrying those baskets from the ends of the rows to the farm wagon. The tractor hauled the wagon to the barn where we unloaded the baskets to our parents, grandparents and church family sitting on hay bales. Everybody then helped to hull the beans. My age group cleaned up the shells piling up on the barn floor. The shelled beans

were packed and given to the Mennonite Home, Water Street Rescue Mission and Mennonite Central Committee.

Instilled in me over the years was a willingness to raise funds for Benevolent Care. Chicken BBQs, crafts fairs, silent auctions and other functions all helped towards that goal.

Living locally, we experienced firsthand the good care my father and stepmother received while they lived at Woodcrest Villa and later the continuing care provided to them at Mennonite Home. These influences became the main reason why my wife and I chose to make Woodcrest Villa our home as we grow old together.

Our desire to support Benevolent Care is the reason we donate in small ways during the year, like the Craft Show, VIVA La Mile and volunteer work.

More importantly, we have chosen to make a bequest to the Mennonite Home Benevolent Care Fund in our wills.

(Pictured below)
Mennonite Home residents can choose from a variety of fun activities every day, including painting projects in the Timeless Treasures craft room.



Mennonite Home Communities

1520 Harrisburg Pike
Lancaster, PA 17601
www.mennonitehome.org

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Featured on the cover: (Left to right) Woodcrest Villa Wellness Manager Kristin Manser holds tennis and pickleball lessons with Woodcrest residents Sylvia Howells, guest helper Dorothy Barron, Jack Neal, Linda Mullen, Tom Templeton and Lew Kauffman.

SOARING COMMITTEE MEMBERS:

Connie Buckwalter, Jane Gamble, Kathleen Maule, Dan Mortensen, Kim Peters, Greg Pierce, John Sauder

Create a lasting legacy

by supporting Mennonite Home through your estate and/or your will. Call Greg Pierce at 717-390-4903 to learn more.

If you would like to receive information about **Residential Living at Woodcrest Villa**, call 717.390.4103.

If you would like to receive information about **Personal Care or Health Care** at Mennonite Home, call 717.390.7979.

If you wish to have your name removed from our mailing list, call Kris at 717.735.2647.

JOIN US FOR ONE OR BOTH!

SATURDAY, OCTOBER 20



8 a.m. | VIVA Centre

Open to residents, employees and the general public.
Register online at: WoodcrestVilla.org/vivalamile

OPEN HOUSE

10 a.m.-4 p.m.
Welcome Center

No RSVP Required

Tours, refreshments, fellowship, fun!



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717-390-4103 | WoodcrestVilla.org
2001 Harrisburg Pike, Lancaster, PA 17601