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A PUBLICATION OF MENNONITE HOME COMMUNITIES

SUMMER 2019

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Gold Games Sparkle: Woodcrest Villa Continues Tradition of Silver Sponsorship & Horseshoe Competition

The first week of May is when spring takes hold and when the Lancaster County Senior Games bloom. Now in its 31st year, the Senior Games are open to Lancaster County residents ages 55 and better. For most of those years, Woodcrest Villa and Mennonite Home have been a proud gold sponsor of this popular event. Coordinated by the Lancaster County Office of Aging, the event has been held in various locations over the years, but has stayed committed to inviting participants to exercise their minds, bodies and spirits.

Events include Badminton to Zumba and everything in between! One of the most popular events—horseshoes—is typically the “Mennonite Home/Woodcrest Villa” event. Held at Amos Herr Park, participants compete in a variety of age groups for first, second and third place medals. Volunteers from Mennonite Home and Woodcrest Villa provide the majority of volunteers needed to ensure the event runs smoothly. This is a great day for volunteers and participants alike as it is a very popular event.

Brandi Rager, Director of Social Work at Mennonite Home, and her mother, Dawn Donough, make volunteering an annual mother-daughter experience.

“We enjoy being able to spend the day together while interacting with the participants,” explains Brandi. “It’s always great to see familiar faces from previous years.”

Kristin Manser, Wellness Manager, and Emily Newman, Wellness Specialist, actively recruit Woodcrest Villa residents to join the fun. “From swimming and weight lifting competitions to pinochle tournaments, the Lancaster Senior Games is a wonderful way for residents to engage themselves both physically and mentally,” enthuses Kristin.

This year’s Woodcrest Villa group included 21 participants—nine of whom brought home a collective 35 medals. Russ Scherer was the Woodcrest Villa athlete of the games with his 16 medals in the 90 years and older age category.

Woodcrest Villa is proud to support this community event—but proudest of our resident participants who demonstrate living life to its fullest every day!

Kristin Manser (far right) cheered on Senior Games participants (left to right) Al Avery, Russ Scherer, Marilyn Beardslee, Ken Kreider and Janet Sweigart.

WOODCREST HAPPENINGS

Woodcrest Villa has fun numerous activities for residents and their families. This February, residents dressed in their very best for the Snow Ball, which featured dancing, live music, delicious food and fun fellowship. In April, residents invited their children and grandchildren for the annual Easter Egg Hunt—a relatively new Woodcrest Villa tradition. Although the rain prevented the hunt from being held outside, attendees still had a fabulous time.



Love in Motion

RESIDENT VOLUNTEERS ON THE GO



At this year's Activities Fair, the Marketing Committee, Pet Interest Group and Luo Pad Group (pictured top to bottom) were just a few of the groups who showcased what they do and how residents can get involved.

Our volunteers serve in so many capacities and are always willing to “add one more thing” to their busy schedules. During the first-ever Activities Fair organized by Community Life Coordinator Becky Wise, residents shared how much they enjoy community life and the common thread of socialization. They love meeting new people and developing and nurturing friendships.

The fair served as a showcase for residents to learn about opportunities to get involved—whether it's serving on a committee, organizing or joining a club or attending one of the many fun planned activities organized by staff. Whatever it may be, the key to success ultimately lies with the enthusiasm and passion of the residents who participate!

Some of the clubs and committees focus on enhancing Woodcrest Villa community life and simply having fun. For instance, Forrest Collier hopes to enhance community life by bringing together others who share his love of taking photos by forming a new photography club. As he states, “I love being outdoors and hope to foster creativity and personal satisfaction with others through photography.”

Another example is our library, which is a beautiful, well-kept treasure thanks to Jerry Bruce and the team of helpers who organize the books and ensure that there is always an appealing title for the many avid readers in our midst. For those who enjoy writing their own stories, Connie McMullin heads an incredible team of talented writers who share interesting stories and tales of the past.

Speaking of creativity, the Woodshop Committee (led by Ron Sheehan) and the Crafters Group (led by Shirley Fitzsimmons) bring together residents who enjoy making the most beautiful works of art. The Crafters

donate the proceeds of everything they sell to support Benevolent Care and several of the Woodshop Committee members do the same.

In addition to these clubs and groups, residents also have the option to take part in outreach to the greater community. Examples include the Christmas in July Committee, which collects school supplies for local children in need, or the Luo Pad Project, where residents gather to sew sanitary products for women in other countries. Another glowing example is our Spiritual Life Committee, which organizes an annual food drive for our local food banks (and does an outstanding job of supporting our Pastoral Care team).

There are a number of opportunities where residents can serve. The Marketing Committee is one example that stems from Resident Council. All of these committees have a positive impact on community life in amazing ways. Similarly, we are so thankful to the Trips Committee, which suggests ideas for fun trips. And, to our Dining Services Committee, which meets with our Dining Services team to talk about one of everyone's favorite topics—food!!!

Whatever the club, group or committee, our residents are involved and volunteer to help because they want to make Woodcrest Villa a very special place to enjoy life.

There are so many more activities, committees and groups—the list goes on and on! Obviously, our residents are often on the go—both within and outside our community! All of these activities are possible because of our volunteers who are willing to share so much of their time, their hearts, their minds and their resources to make things happen. Kudos to each of you!

Those who knew Cecilia Cunnion were drawn by her warm smile and friendly nature. She chose to relocate from Williamsport to Lancaster in 2008 two years after her husband of 52 years, Robert, passed away. Her new home on Elderberry Place in Woodcrest Villa served as a hub for her five children and seven grandchildren as they enjoyed and experienced life together for the next 10 years.

Cecilia and Bob were a team of generous supporters of their local church, hospital, and other organizations in Williamsport as well as their Alma Maters in New York City.

Continuing that tradition, Cecilia chose to donate to the Person Centered Care Campaign in 2009 by naming a room on Wissler Run in honor of the Cunnion Family. Cecilia had first-hand experience with the excellent care on Wissler Run having stayed there more than once for rehab care.

She continued her generous support through the years by giving to the golf outing, the annual campaign and other giving opportunities within the Mennonite

Home Community. A person of deep faith, she was a member of and supported St. Leo the Great Church, The Towne Club of Lancaster, and other local endeavors.



Changes in her life led her to downsize from her villa to a beautiful apartment in Robin Ridge. Around the time of her move, the VIVA Centre opened and she enjoyed living closer to the hub of activity of the beautiful new space.

When naming opportunities arose during a Quiet Campaign for the VIVA Centre, Cecilia consulted her family and announced she would love to support the fire pit on the rooftop plaza since she knew it would be a place of fun and friendship for residents and families.

Life comes full circle. Little did Cecilia know that she would spend her last days with her family in the same room on

Wissler Run that she had named in honor of them a decade earlier.

Cecilia's story is a testament to the beauty of living at Mennonite Home Communities. Her journey began with an exciting relocation and a new beginning in her villa. Vibrant friendships and community involvement blossomed along the way. She benefitted from the caring environment of rehab at Mennonite Home and the excellent guidance from the physical therapy team at Woodcrest. Her final days were full of compassion and care. While we miss her and her smile, we are thankful that she left us a gentle reminder at the fire pit with the inscription: “Smile, God loves you.”

Numerous naming opportunities exist throughout Mennonite Home Communities. Please contact Greg Pierce, Director of Development, at 717-390-4903 or Kim Peters, Development Coordinator, at 717-390-4105 to find out more.

Hilma Mumma, Linda Fuller, Shirley Stauffer and Sandy Krantz (pictured left to right) enjoy conversing around the fire pit on the rooftop plaza.



Rightsizing Tips



Mara Clements



Packing up and moving can be a major source of anxiety for those looking into retirement living. The reasons are understandable—but not insurmountable! Woodcrest Villa recently welcomed professional organizing expert Mara Clements to our campus for a special educational session where Mara shared her observations and tips.

Called “Mission Possible: Rightsizing,” the event attracted more than 150 interested attendees. Mara, who owns MoreSPACE Professional Organizing, helped attendees overcome some of their fears and start to create a plan of action.

Mara’s relatable style made it clear that she understands the emotion involved with going through “stuff”—much of which may have sentimental value. She has helped people do it all—from organizing a closet to packing up an entire home.

*As you clean out
make a plan to organize
your belongings.*

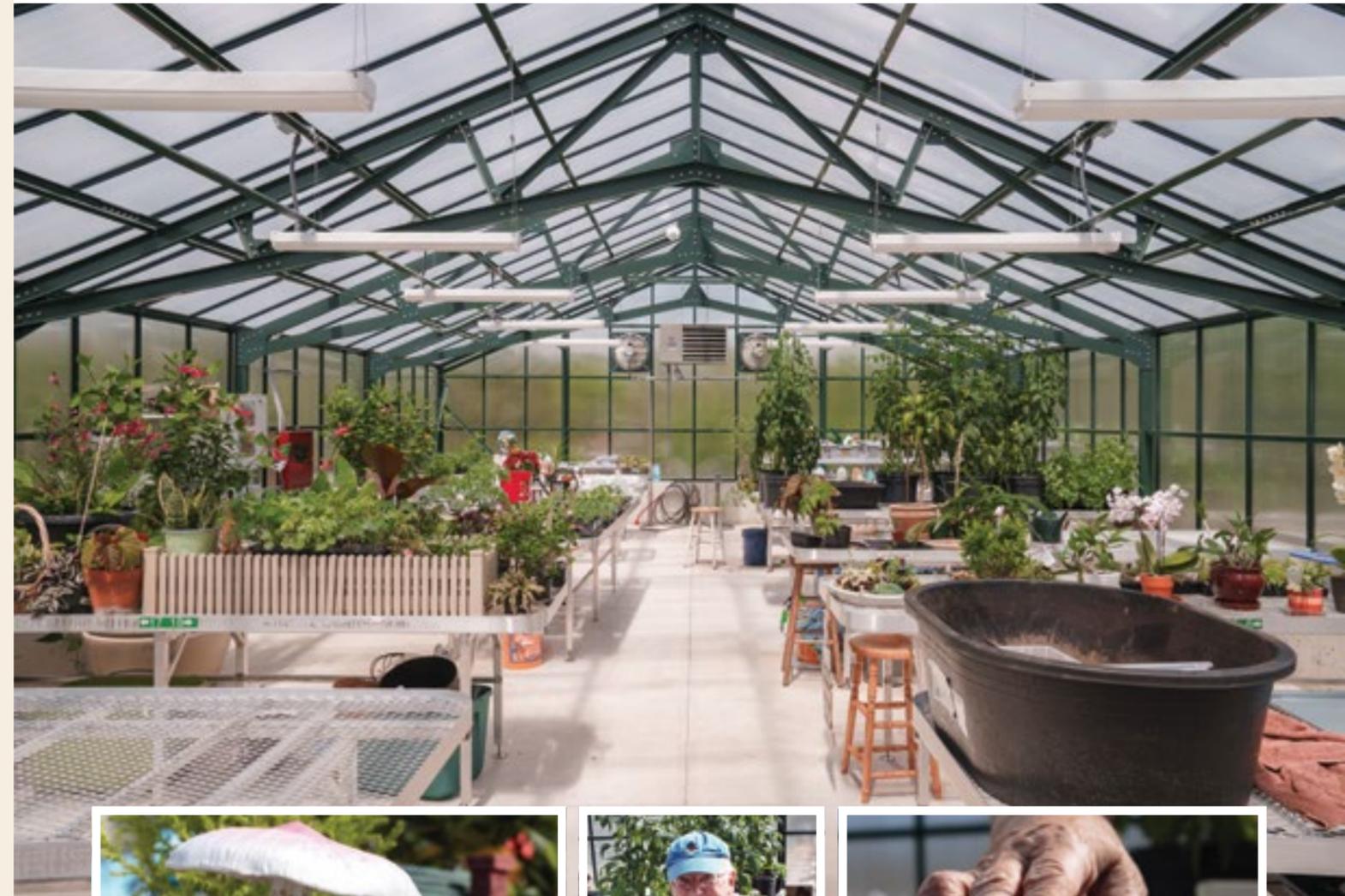
A few of her top pieces of advice include:

- Feeling overwhelmed is normal. To make it easier, start the rightsizing process early and only do a little bit at a time. Don’t feel you have to do everything all at once.
- When sorting through items, create different piles/categories for keep, sell, trash, donate.
- Keep what you actually use and enjoy. If you haven’t used it in a year, you probably don’t need it anymore.

- If you have something that you don’t use anymore, try selling it.
- There are many community organizations that accept and even pick up donations.
- As you clean out, make a plan to organize your belongings.
- Put some time into staging your home before you put it on the market. Spruce it up starting with a deep clean and de-personalize the space.

The presentation certainly motivated those in attendance as they begin the journey of taking the next steps to rightsizing and living with less “stuff.” Mara gave all in attendance hope that the “mission” is indeed “possible.”

Greenhouse Opens



This past winter, the Woodcrest Villa greenhouse officially opened! Residents were excited to have a dedicated place to use their “green thumbs” throughout the year. This beautiful new addition has room for demonstrations as well as space for residents to work on plantings, seedlings, flowers and even a fairy garden! The greenhouse is adjacent to the raised garden beds which continue to be in high demand. Woodcrest Villa residents sure do love to see their gardens grow and bloom!

Mennonite Home Communities

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Featured on the cover:

(Pictured left to right) Brandi Rager, Jane Gamble, Kristin Manser, Shaun Metzler, Josh Bashore-Steury, Rhonda Edgell and Greg Pierce are a few of the volunteers who help out annually with the Lancaster County Senior Games horseshoe competition.

Photo by Arielle Breuninger

SOARING COMMITTEE MEMBERS:

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

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

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

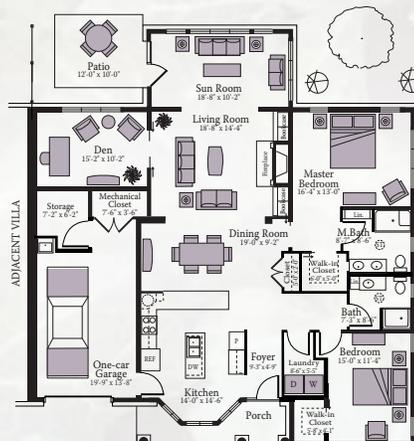
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Introducing the new Jefferson and Lancaster villas

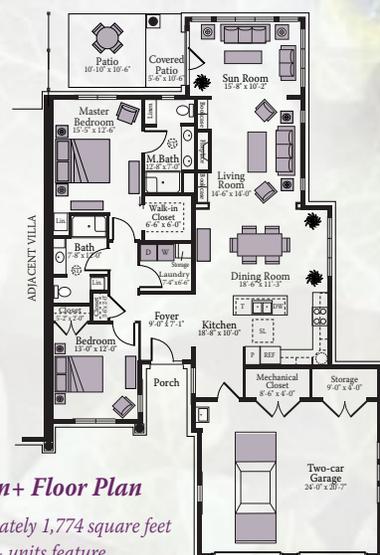
What happens when you take your two most popular villa designs and make them even better? You get an exciting new style of living! These spacious and elegant villas feature ample storage, open kitchens and all the incredible amenities that Woodcrest Villa has to offer.

The Lancaster and Jefferson villas will be built in two new cul-de-sacs—Hedera Place and Morelle Place. Priority reservations are now underway.



Lancaster Floor Plan

Approximately 2,058 square feet
(All Lancaster units will feature a one-car garage.)



Jefferson+ Floor Plan

Approximately 1,774 square feet
(Jefferson+ units feature a two-car garage and Jefferson units will have a one-car garage.)

* Floor plans are for marketing purposes only and may not be to scale. Variations may occur.