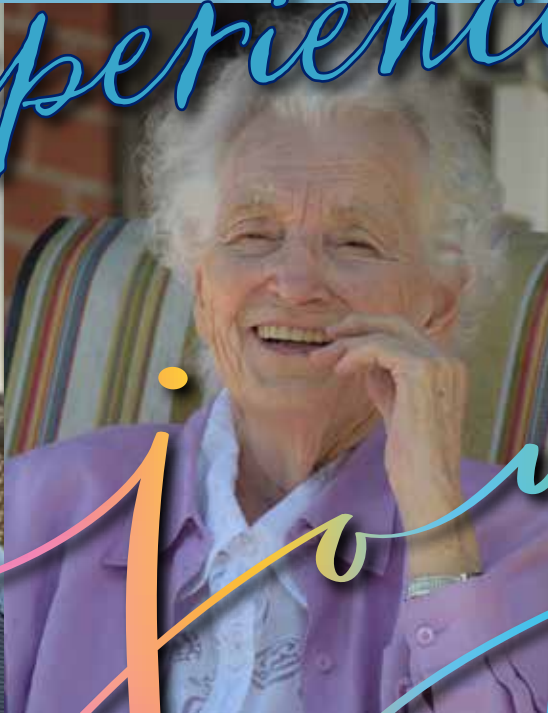


ST. PAUL'S

SENIOR LIVING COMMUNITY

St. Paul's News *Experiencing*



Summer 2022

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St. Paul's News

Published by St. Paul's, a nonprofit senior living community dedicated to serving the needs of older adults, located at 339 East Jamestown Road, Greenville, PA 16125.

724-588-7610. www.stpauls1867.org.

Contributing staff: Michelle Bish, Rita Clemente, Teresa Findley, Dawn Hartman & Jennie Kather

A Message from Chris Wright

Greetings!

We continue to navigate through the Covid-19 pandemic. As health care remains one of the most regulated industries, we are learning to live with Covid and are frequently required to adjust our policies and procedures to keep our residents as safe and as healthy as possible. We encourage families to postpone visits if they have symptoms of any kind.

I continue to be in awe of our team members – their commitment, steadfastness and compassion. I am grateful for their unrelenting spirits as they serve our residents and families all while navigating through uncharted waters.

Throughout the pandemic, one thing that has not faltered is the support we receive from so many individuals and businesses affording us the opportunity to focus on our mission without compromise. Our Auxiliary remains dedicated to raising funds to support special projects that provide great joy to our residents.

Joy is something we've recently experienced an abundance of. Residents and team members were overjoyed to participate in this year's Color Run, an event that had been postponed for two years due to the pandemic. More than 70 runners/walkers participated and were covered with color by the end of the 5K. Smiles and laughter were plentiful.

Another event recently held was a campus-wide Corn Hole Tournament. Fourteen teams battled each week until the ultimate winner was crowned. Joy overflowed as residents and team members created an atmosphere of competition and camaraderie. We are already planning for the next tournament.

It's been a blessing to focus on living life at St. Paul's. Our mission states that we provide health care and support services but most of all we nurture the human spirit by providing richness of life and meaning. In addition to events I've mentioned, so much more is happening on our campus. I hope you enjoy reading about life at St. Paul's – something we are all grateful to get back to.



A handwritten signature in dark ink that reads "Chris Wright".

Chris Wright
President & CEO

Growing and Enhancing Health Care in Our Region

2022 marks the second year that St. Paul's issued scholarships through its Scholarship Fund with the Community Foundation of Western PA and Eastern OH. The Fund is designed to award five scholarships to seniors in five regional schools – Greenville High School, Reynolds High School, Jamestown High School, Lakeview High School and Commodore Perry High School. Recipients must be pursuing education in Nursing or Health Care Administration, carry a 3.0 grade point average and participate in community service.

In addition, a sixth scholarship is awarded to a senior whose family member currently works at St. Paul's. This senior can be from any high school but must be pursuing education in Nursing or Health Care Administration and meet the same criteria as noted above.

The application and selection processes are managed by the Community Foundation and a non-biased committee that reviews all applications. Below are the six recipients for this year. Congratulations to:

- Rachel Cohwer, graduate of Jamestown High School, attending PennWest Edinboro.
- Kayla Gander, graduate of Lakeview High School, attending Crawford County Career and Technical Center.
- Dulce Ortiz, graduate of Greenville High School, attending Penn State Shenango.
- Riley Payne, graduate of Commodore Perry High School, attending PennWest Clarion.
- Samantha Stevenson, graduate of Jamestown High School, attending PennWest Edinboro.



- Alexis Zachrich, graduate of Reynolds High School, attending Indiana University of Pennsylvania.

One of the recipients, Dulce Ortiz will be working towards her Bachelor of Science Degree in Nursing. Dulce is grateful for this scholarship stating, "This scholarship means a lot to me and is a huge achievement. It gives me a sense that my hard work in high school paid off. I'm inspired by St. Paul's giving back and I hope to help others in my future when I have the opportunity."

Linda Welch, Scholarship Administrator for the Community Foundation, reported that in 2022 the Community Foundation issued more than \$865,000 in scholarships on behalf of individual and corporate foundations including St. Paul's.

Dulce Ortiz (below, left) accepts her scholarship certificate from Rita Clemente, Vice President of Community Relations at St. Paul's during Greenville High School's senior awards program in May 2022.





CORNHOLE TOURNAMENT



The inaugural campus-wide Cornhole Tournament began on June 14 with a bracket of 14 teams. Games were played weekly all over campus, scores were called in, the

bracket was updated and comedic email commentary was shared. Pastor Julia shared her thoughts in her June 22 email Word of Encouragement: "What a fun idea—a game that screams, 'Summer season, and I am in on it!' What a team-builder between residents and staff! What a good-natured way to increase neighborhood and floor spirit! What a great way to get people acquainted with those living and working in other residences! And, what a return to...the kind of Life Enrichment activity St. Paul's has always been good at, that we have all missed, that we are glad to see back in action."

After weeks of good natured competition and coaching, the winner (Heritage, floors 1-3) was crowned Campus Cornhole Champions! The two-game championship round was played on the Bistro Patio on July 19 with many onlookers and cheerleaders. Along with major bragging rights, the team also will be treated to a lunch of their choice. Everyone had a great time, and we plan to make this a yearly event – let the practicing begin!

Following the last day of play, Pastor Julia again reflected in her daily Word of Encouragement, this time regarding things she learned from our residents through watching:

1.) Whether competing or cheering others on, **being engaged makes for a good day**, month, season, or year.

2.) **Many skills and abilities developed early stay with us life-long.** One Heritage competitor, Charlene McCullough, as it turns out, was a former gym

teacher—and spectators could see evidence of that in her poise, strategy, and accuracy in (the) championship game.

3.) **Many of our resident competitors**

knew how to leverage their strengths. I particularly liked David Varner's and George Moyer's special technique of turning their wheelchairs about 45 degrees to the left in order to maximize the power and aim of their throwing arms.

4.) **They asked for help when needed and relied on it in order to do their best.** Charlene, whose vision is impaired, had Robyn Weaver (former gym class pupil!) at her side to advise where her bean bags were landing so to be able to adjust her next throws as necessary.

5.) **Finally, the residents involved used this opportunity as motivation to help them meet their goals.** The ability to access the starting line alone—whether by wheelchair, walker, rollator, or on foot—is a great goal. The ability to keep one's balance while throwing is a great goal. The ability to represent the team is a great goal. Goals are a great thing in life as is motivation to work on them.

Being engaged; using skills grown over time; leveraging strengths; asking for and taking advantage of help as needed; and motivational goal-setting are all tremendous abilities that enable our residents to shine—in Cornhole and in life more generally. They are universal in application and, in that way, good examples for us all to follow. Thanks again to all who took part in this fantastic summer experience which will keep us smiling—and reflecting—for a long time to come.

Below, left: Second place team Willows B put up a good fight, but in the end Heritage (1-3) took the trophy!



Community Living Homes

To meet the ever-changing needs of older adults in the communities we serve, St. Paul's introduced Community Living in August 2018. Our Community Living home is a three-bedroom ranch-style home located in Greenville offering a residential environment with 24/7 care provided by St. Paul's Without Walls Care Partners.

Care Partners offer assistance with all activities of daily living and services include meals, housekeeping, laundry and transportation. A Life Enrichment Specialist serves in the homes to plan and provide opportunities for group outings or one-on-one interaction. Community Living residents enjoy shopping, going out to eat, local concerts, crafts, games and movies.

At left, residents gather to visit and enjoy taking a walk together outside the Oakview House which is surrounded by a beautiful and peaceful wooded lot.



In October, St. Paul's Without Walls will celebrate 10 years of providing home care services in Greenville and surrounding communities. Starting in October 2012 with a handful of Care Partners and Companions, Without Walls grew to more than 90 team members who have served hundreds of clients.

As the department grew, more services were added. On-the-go Dining provides nutritionally balanced meals delivered to those who live within a five mile radius of St. Paul's. Safety Technology was added offering personal help buttons and medication dispensers. The newest service, Community Living, is designed for individuals who are nursing home eligible and qualify for the Pennsylvania Aging Waiver Program, or who can pay privately and prefer to live in a residential atmosphere.

We are grateful for all of the team members who have provided compassionate care throughout the years and for all of the clients and families who have entrusted us with their care!



Direct Care Worker of the Year Nominee – John Englert

Dedicated, reliable, compassionate, motivated and knowledgeable are just a few words that describe John Englert. John is a Care Partner for St. Paul's Without Walls and was nominated for this year's Pennsylvania Homecare Association's (PHA) Direct Care Worker of the Year Award. Nominations are driven by comments from peers and clients. PHA has been recognizing caregivers with this honor since 2008.

John uses his outstanding personal and professional skills to enable his clients to live independently in their own homes. Even through the pandemic, our Care Partners put their clients' needs in front of their own providing care and companionship.

The time and commitment John provides is simply amazing. Below are a few comments shared by his clients as to why John is worthy of this award.

"John never speaks of his other clients. This gives me great comfort in knowing he keeps my situation confidential as well. I have great faith in him. We can have fun and joke around but I also know I can count on him."

"A true godsend. He has taught me to be more sensitive to my husband's needs. He is a quick study and often picks up on things before I do."

"John does exactly what I ask him to help me with. When he is done, he puts all of the tools away where they belong. I am so grateful for his help."



Michelle O'Malley, Client and Staff Development Coordinator for Without Walls, presents John Englert with his nomination certificate from PHA.

Congratulations, John and thank you for your dedication to your clients and our organization!

funfridays

All-campus Theme Days

(Below) Going all in...Dianna Mills, Life Enrichment Specialist at The Villas dressed like Woody from *Toy Story* and Erica Gulentz, IT Specialist channeled her inner Mirabel from *Encanto* for Disney Dress-up Day.



(Below) Benny McDanel, resident at The Ridgewood, couldn't wait to suit up in his cowboy gear and visit with the miniature horses that came to campus on National Day of the Cowboy.



Another joyful effort currently in progress across campus is Fun Fridays: All-campus Theme Days. Traditionally, when The Villas Life Enrichment Team put out their monthly calendar, each Friday would be marked as a day to wear a certain color or dress according to a special theme. This summer, we decided to get everyone involved and spread the fun all across campus!

We started on June 3 with "Wear a Smile, Share a Smile!" Day. Team members and residents were asked to wear yellow that day and the regular surgical masks at the entrances were switched out with masks with smiley faces on them. June 10 was Roaming Garden Gnomes Day and team members dressed as garden gnomes and handed out treats to residents.

On June 17 (Honor Your Father), July 8 (Be a Kid Again Day) and coming up on August 26 (National Pet Day), we asked for residents and team members to submit photos (of them and their fathers, them as children and them with their pets) and we shared them on the television kiosks throughout campus.

Other fun themes like Disney Dress-up Day (July 15), National Day of the Cowboy (July 22) and Christmas in July (July 29) gave folks a chance to dress up and plan fun events around the themes.

The creative Life Enrichment Team will be meeting again soon to plan Fun Fridays for the remainder of the year. Stay tuned for updates and lots more fun photos, too!

(At right) Mark and Nita Duell both dressed in Christmas red, collect their prizes during White Elephant Bingo at The Colony during Christmas in July festivities.



(Below) Marketing Specialist, Jennie Kather and Peg Lehto, resident at The Colony share smiles on June 3.

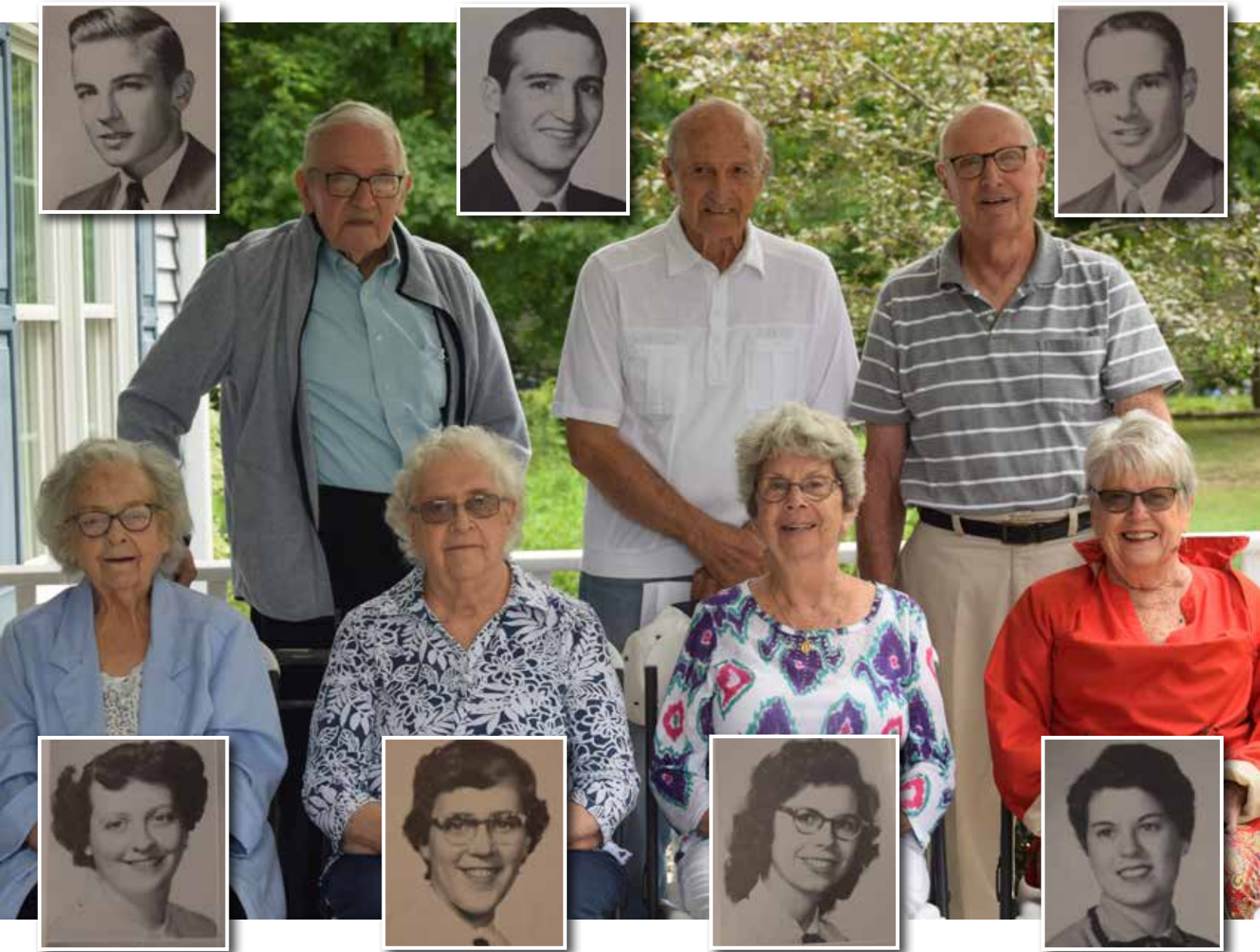


(Below) Cutest selfie winner, Brittney Williams received a \$50 Olive "Garden" gift card from the Roaming Garden Gnome!



In a Class All Their Own

Seven members of Greenville's Penn High School graduating class of 1954 find themselves back together again at St. Paul's.



Standing (l. to r.): Ron Stainbrook, Ken Myers and Bill Sayles.

Seated (l. to r.) Sandy Beckman, Geraldine (Leonard) Dick, Carolyn (Deets) Guerrini and Bev (Stuyvesant) McClimans.

On a sunny July morning, seven St. Paul's residents gathered for a class photo on Sandy Beckman's porch in The Colony. Ron Stainbrook and Geraldine Dick got a ride over from The Ridgewood, but the others were within walking distance, as they are all neighbors in The Colony.

The group, only together for a few minutes that morning, quickly fell into laughter as they reminisced about their teachers and extracurricular activities.

Ken Myers was Vice President of the senior class, Bev McClimans was the homecoming queen and Bill Sayles was a star on the football field and the stage.

Geraldine was a stand-out in home ec and, Ron was destined to be a mortician and Carolyn was the baton twirler. Sandy Beckman, described in their yearbook as faithful to the band as their librarian, has helped keep everyone connected through the decades by helping with class reunions, annual picnics—and this very photo opportunity.

You could tell that the group was happy to see each other and most promised to get together again soon. Most interesting, though, was to see that their personalities have barely changed in all these years!



The Auxiliary of St. Paul's



Arms of Love & Service



The 2022-23 Auxiliary Board

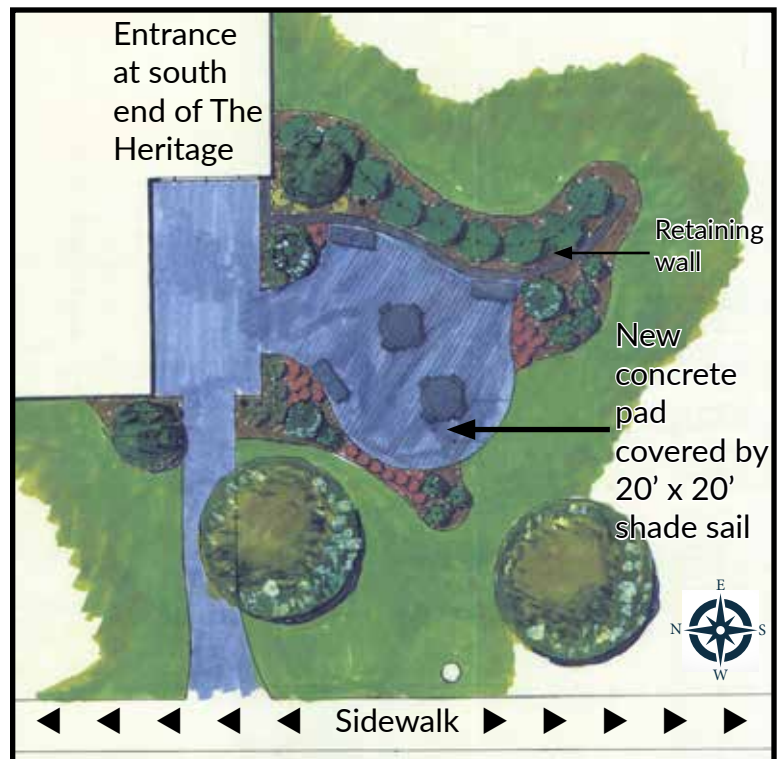
Seated Nadine Buchanan (president) and Gregg Buchanan (vice president); *standing left to right* Donna Roberts (member-at-large), Jennie Kather (member-at-large), Wendy Vaughn (staff liaison), Nancy Hauser (member-at-large), Diana Miller (member-at-large), Carol Langiotti (treasurer), Mary Ellen Bayuk (past president), and Linda Iliff (secretary). *Missing from photo:* Joan Waldschmidt (member-at-large).

Increasing the presence of The Auxiliary on campus was one of past president Mary Ellen Bayuk's goals while she held the office of president. That goal was accomplished through the change in Auxiliary's fundraising style due to the pandemic. Instead of hosting one single, large event that brought in the majority of the organization's donations, The Auxiliary has been holding bake sales throughout the year, keeping The Auxiliary's name in front of team members and families all year long. Since May 28, 2021, The Auxiliary has hosted eight bake sales on campus and a Christmas cookie tray sale, raising approximately \$3,776 to support its mission.

The Spring Plant Sale fundraiser was resurrected and potted spring plants with personalized notes were sent to residents across campus. The new option of placing orders online gave friends and family members from several different states the opportunity to send a gift and a greeting to their loved one. The spring sale was such a success that we decided to do it again—see page 14 for information on our upcoming Fall Mum Sale!

Another reason The Auxiliary will be on top of people's minds is that soon, construction for the new patio area outside of The Heritage will begin (see tentative plan at right). If all goes well, the site should be completed this year and residents will be able to enjoy another beautiful outdoor space on campus.

A second goal of past president Bayuk's was to increase diversity on the Auxiliary Board — that goal also was accomplished with the installation of the board's first-ever male member, Gregg Buchanan, VP of Information Technology.





***New member Becky Beck
with Director of Strategic
Giving Dawn Hartman***



***Members Dale & Barbara Deist
enjoy the luncheon***



***Member Diann Kuder with
Director of Annual Giving
Teresa Findley***



November 2019 due to the pandemic.

The Legacy Society was created in 2000 to recognize individuals who have set up a planned gift, also known as a legacy gift, for St. Paul's as part of their estate planning.

Each year the members are invited to St. Paul's for an annual celebration and special program.

The theme of this year's program was "A Life-Giving Legacy."

St. Paul's Director of Strategic Giving Dawn Hartman welcomed the attendees and talked about the impact the Legacy Society has on St. Paul's.

"As I look around this pavilion at our Legacy Society members, I see a group of people who believe in St. Paul's charitable mission and take action to support it," said Hartman. "There can be no mission without action."

Since the 2019 luncheon, 13 new members have taken action and joined the Legacy Society—Greenville residents Becky Beck, Gordon & Pastor Julia Fraser, Keith & Sandra Hittle, Jean Hodge and Ted & Patty Marantis; Robert McConnell & Inis Bardella of Fayetteville, Ark.; Terry Starry of Brunswick, Ga.; and two members who wish to remain anonymous.

Beck, Hodge and the Frasers were in attendance and were publicly recognized for the first time.

Hartman then went on to introduce the concept of "A Life-Giving Legacy."

"When we talk about a life-giving legacy at St.

St. Paul's held the 9th annual Legacy Society Luncheon on June 28, 2022 in the Rust Colony Pavilion.

It was the first time this group has been able to get together in person since

Paul's, that gift can take many forms. A legacy gift that is designated to the Good Samaritan Fund for benevolent care—that gives a life of comfort and peace of mind to residents and family members," said Hartman. "A gift directed to the Life Enrichment Fund creates a life of purpose, meaning, joy and enrichment for all the residents at St. Paul's."

She then introduced guest speakers Sharon Nystrom, Sheila Wasser and Rita Clemente to talk about the "Life-Giving Legacy" of former Colony resident Autumn Colby.

Nystrom was Colby's closest friend and shared personal stories about her and why she chose to make her gift to St. Paul's.

Wasser, the Social Services Coordinator for The Villas, highlighted the impact of Colby's gift with real stories about residents who depend on benevolent care.

V.P. of Community Relations Clemente finished by outlining the plans to renovate the Colby Gift Shop and Bistro, also made possible by this gift.

In closing, Hartman said, "We hope you felt inspired today as we

took you on a journey to hear about the who and the why behind one person's legacy gift and the different ways it can make an impact. Thank you again for your commitment to St. Paul's."



***Guest speaker
Sharon Nystrom***

***Want to make a difference with your own
legacy gift? Contact Dawn Hartman at
724-589-4611 or dhartman@sp1867.org.***

Cutting Edge Technology

Over the last few decades technology has vastly changed how we communicate, providing new and innovative ways to connect with our family, friends, co-workers and healthcare providers. Yet the adoption of new technology isn't always easy and can be frustrating, especially for older generations. One positive outcome of the pandemic was our comfort with technology grew and improved through sheer necessity. When visitation at St. Paul's was restricted, we were very grateful to have access to cell phones and iPads so that our residents could keep in touch with their family members and loved ones. Those same devices are now being used regularly by our rehab team to conveniently communicate personalized therapy updates to families.

This new program is called Family Link and has garnered a very positive response from those families opting to use it. Family Link is being offered through Symbria®, St. Paul's partner that provides the rehab services we offer. Jessie Reavis is the Program Manager for Symbria® at St. Paul's and manages a team of 13 full-time therapists who have all been trained to use Family Link Technology. Jessie presented the software and its capabilities to the management team at The Villas early in 2022. After they were satisfied that all security and HIPPA measures were in place, "it was easy to agree that this is a good thing for residents and families," Jessie said.

The first to use the technology were Lori Peterson and Linea Blake—daughters of Rip Campbell, a

resident at The Villas. At a care plan meeting in mid-April, they were told their dad would benefit from therapy services. They wanted to be able to encourage him, but were going to be out of town and couldn't be here to do so. Family Link technology was a welcomed solution! After viewing the first update, Linea emailed Jessie: "Thank you so much! I'm in tears over here in Ohio. This is a wonderful way for family to see updates."

The technology is especially helpful for residents in The Meadows, our short-term care neighborhood where the resident's goal is to get strong enough to go back to their own home. "Families love to see their loved ones up and moving after an illness or operation," said Jessie.

How it works—

Family members (the power of attorney plus three additional members) can simply request or opt in with an email sign up and then activate their account with a username and password. Family Link can be accessed anywhere you check your email (desktop, laptop, iPad, smart phone, etc.). Updates arrive in email inboxes approximately two times per week. When a family member logs on, they can see the number of therapy sessions that have taken place and any attachments the therapists have uploaded.

Therapists can send photos, videos or simple text updates and families can respond with positive emojis (smiley face, celebration, heart) or comment back to the therapy team. "Our therapists are pretty creative," said Jessie. "But we try to keep the messages and updates general enough and not too

Below Nicole Hunt records while Zane O'Brien assists a resident during a therapy session. (Opposite) Zane then updates the resident's record, uploads the video and sends an email to the family alerting them that more progress has been made!



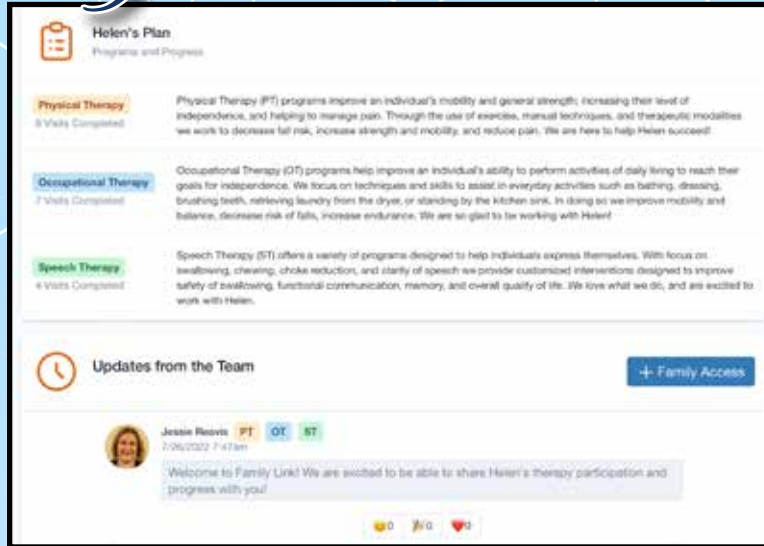
Now Being Used at St. Paul's

technical, so that the families reading them can easily understand.”

“Zane O'Brien, one of the newer 'younger' therapists on staff loves it and really takes advantage of all the features,” said Jessie.

Therapists can see the communication frequency and reactions from families. They can also see the number of times photos and videos are viewed. Some are being viewed upwards of 30 times! You can imagine family members sharing these images saying, “Look! Grandpa was walking today!” For our therapists, those thoughts solidify their purpose and appreciation for being such a big part in our resident's recovery and well-being.

Family Link also provides education for family members who may not understand the difference between therapies (physical, occupational, speech). The home page gives a description of each therapy and the benefits. “I really love this feature,” Jessie said. (See screen shot above) Each therapist also has a profile photo uploaded so families can



recognize them. At the bottom of the home page is information about the entire therapy team.

There are many benefits to Family Link: improving care coordination, communication and health management, as well as providing resident and family education just to name a few. “One of the main goals with Family Link is to keep families

updated,” said Jessie, “but also to be proactive. Conversations with families are much more positive when we have all the details in front of us and can show the visits and progress.” All therapists can see the data for each resident, therefore they all are sharing the same, accurate information.

“In the future, once we get comfortable using this, we hope to introduce it during the admissions process. As soon as we have the first therapy visit/evaluation, the families will be able to see it,” said Jessie. Whether we like it or not, technology is here to stay so isn't it wonderful that there are ways in which we can use it to cultivate joy in our lives!?



Jessie Reavis was the recipient of the Presidential Award from Symbria® last year and accepted the award this summer in Chicago. Jessie (below, center) is pictured with Heather Amy, Regional Director (left) and Jill Krueger, President & CEO. St. Paul's is truly on the cutting-edge, as Symbria® which is nation-wide and is introducing this technology throughout the country. There are only two or three senior living communities in this region (covering Erie to Pittsburgh) currently using Family Link. Jessie is considered a “super-user” of the software and has helped incorporate it into all of the communities in the region that use it.





Making up for lost time

Tuesday, July 12 we made up for a little lost time and recognized board members and team members who celebrated years of service anniversaries and/or retirements in 2020 and 2021. The group gathered at the Iroquois Boating and Fishing Club in Conneaut Lake. Thank you to all for the many, many years of dedicated service to our residents!

Honorees in attendance were: front row seated (l. to r.) Missy Rowles (15 years), Lucy Wheaton (35 years), Heidi Engel (20 years), Sherri Hauser (40 years), LeAnn McCurdy (10 years), Heidi Emerick (10 years), Mickie Chapman (20 years), Mary Ann Palmer (retiree), Kara Doddo (10 years); second row standing (l. to r.) Amber DeLong (10 years), Mariah Corson (10 years), Doris Neal (15 years), Barb Good (retiree), Salle Spurlock (retiree), Mamie Rice (retiree), Tina Jones (30 years), CeCe Corp (30 years), Kim Bielobocky (40 years), Nancy Bielobocky (retiree); third row standing (l. to r.) Dave Mazurkewiz (retiree), David Reeves (Board Member 15 years), Jason Irvine (10 years), Bill Kirker (retiree), Tom Luckock (20 years), Scott McElhinny (15 years), David Miller (retiree), Julie Hills (Board Member 15 years), Casey Parker (10 years) and Don Watt (15 years).

The Color Run Returns!



We missed two years of Color Run fun, but one of our favorite campus activities returned this summer as more than 70 runners/walkers completed a 5K across campus. The real joy ensued as we watched our residents participate in the action! Above (left to right) Colony residents Nancy Hoffacker (left) and Carol Hosmer cheer on the runners and hand out cold water at a hydration station; Marge Fenton has some fun with color at the end of the race; and residents at The Ridgewood take an opportunity to douse Donny Yankle with pink powder as he runs past!



SPORTING CLAY SHOOT

Sandycreek Conservancy
688 Polk Cutoff, Polk, PA 16342

SEPTEMBER 10, 2022

Event presented by
lead sponsor:



First National Bank

All proceeds benefit benevolent care at St. Paul's!

REGISTRATION 8:15-9:15 A.M.

SHOTGUN START 9:30 A.M.

Early Bird Registration:
\$55 per shooter

Day of Registration:
\$65 per shooter

Sponsorship Opportunities Available!

Breakfast & Lunch provided by:



Ayco Personal
Financial
Management



Register by August 31 to be in the drawing for a **Christensen Arms Mesa-caliber of your choice OR \$1,000 cash!**
(Donated by McCullough Grain.)

More prizes and raffles available the day of the event!

100 sporting clays provided - Bring your own gun

Limited ammunition available - \$10 per box

You are welcome to bring your own golf carts or side by sides.

Register by mail or online by scanning the QR code.
For more information please contact Chris Wright at 724-589-6916.



JOY ON WHEELS



Mary Alice Dean at The Villas enjoys a ride with her daughter Linda Oman.

In April, a custom-built golf cart that can accommodate residents with or without their own set of wheels (i.e. a wheelchair) arrived at St. Paul's—just in time for nicer weather.

A special vehicle like this needed a special name. Residents and staff came up with several contenders, mostly paying homage to its bright red paint job—Red

Rocket, Red Rambler, Red Rover to name just a few.

After a popular vote by the residents and staff, the cart was officially christened Big Red.

Since its arrival, the Life Enrichment staff have used Big Red to take residents for rides all around St. Paul's beautiful campus.

The cart can carry a total of five passengers - two seated in wheelchairs with three more in the vehicle's seats, or five passengers all in the seats.

Mike Allen, Life Enrichment Specialist for Jones Serenity Lane at The Heritage,

is a fan of Big Red and so are his residents. "They've been loving the rides. It's so quiet and smooth. We plan to go out at least once per week, if not more!" he said.

St. Paul's began to raise the funds for the purchase of two golf carts with wheelchair accessibility in 2021. Big Red was ordered in December 2021, and the second cart will be ordered soon.

A very special **THANK YOU** to resident family member Dick Jones, who made a very generous gift for the purchase of the carts, as well as Pat Brugler, Jan Easler, Jean Hodge, Marilyn Michael, Jack Redmond, Service 1, Ronald Stoyer and Rev. Dr. Paul Westcoat Jr.

In addition to these nine individual donors, a \$10,000 grant was received from the A.J. & Sigismunda Palumbo Charitable Trust for the purchase of the carts.



Martha Anderson (front left), Grace Wagner (back left) and Aleen Danner (back right) go for a ride with Ridgewood Life Enrichment Specialist Dawn French.



Donna Peterson and Bernadette Mathieson are ready to roll at The Heritage.

Fall Mum Sale

All 8" plants are \$10 each.

Choose from: red/burgundy • yellow • orange • purple • white

Visit www.stpauls1867.org/events to place your order online.
If you would like mums delivered to a resident with a personal note, please indicate when ordering.

All orders need to be placed by Wednesday, Sept. 7.
Plants will be available for pick up or delivered to a resident on Friday, Sept. 16 from 2 - 4 p.m.

All proceeds benefit The Auxiliary of St. Paul's.

"To plant a garden is to believe in tomorrow."

– Audrey Hepburn

The Joy of Gardening

Gardening takes many forms at St. Paul's. Some residents find joy in planting and working in a garden and some by simply being amongst flowers and plants.

There are many opportunities at St. Paul's for residents to find joy in gardens and gardening. For many years, there has been a "Garden Gang" at The Heritage. The members change, but inevitably, each spring there are residents that can't wait to dig in and get their hands dirty! This year the group planted flowers and vegetables. Several of the plants were donated by team members to support the group's hobby.

The Ridgewood purchased several raised garden beds for their residents who enjoy working the earth. Beautiful beans, tomatoes, and fennel along with colorful flowers adorn their outdoor patio.

At Jones Serenity Lane – in the appropriately named "Garden of Love" – stand alone planters and garden plots built into the landscape were filled with several different types of vegetables, including lettuce that the residents made salads with for lunch one day!

Digging in the dirt really does lift your spirits. The digging stirs up microbes in the soil. Inhaling these microbes can stimulate serotonin production, which can make you feel relaxed and happier. (*Forbes Magazine*)

Excursions to local gardens are often well-attended by

residents at The Colony. This spring, a group of residents traveled to Fellows Riverside Gardens, a public botanical garden included in the Mill Creek Metro Parks system near Youngstown, Ohio. Another favorite place to visit is Perennial Post in Mesopotamia, Ohio, where the owner, Clara Miller, encourages patrons to walk through her abundant perennial garden and choose which plants they would like to purchase. After selections are made, Clara digs up the plants on the spot!

An environment that includes natural elements and plants brings a positive outlook on life and boosts people into feeling more alive and active. And that's exactly how we want our residents to feel!



Edna Riffe is currently the "main gardener" at The Ridgewood.



(Far left) Dorothy Dalessandro and Life Enrichment Coordinator Mike Allen plant tomatoes with help from Terry Webber (center) in The Garden of Love outside Jones Serenity Circle. (Far right) Judging by the size of that lettuce harvest, someone has a green thumb!



Ed Shelly (left) and Condit North admire their handiwork on 3rd Floor Terrace outside of The Heritage.



Colony residents enjoyed several trips to local gardens. (Left) Cathy and Dan DeWeese at Fellows Riverside Gardens (Right, from left) Bev McClimans, Aldra Ritter and Becky Beck at Perennial Post.





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OUR MISSION

The mission of St. Paul's formed and sustained by the Judeo-Christian faith, and historically related to the United Church of Christ, is to provide meaning, richness of life, health care, and other support services, while maintaining and enhancing the dignity of human life.

OUR VISION

To create a sense of belonging and purpose by providing a nurturing environment in the place you call home.

OUR CORE VALUES

Security • Compassion • Person-Centered

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Save the Date!



Saturday, Sept. 17
Buhl Park | Hermitage, PA

Registration at 9 a.m.
Opening Ceremony at 10 a.m.
Walk at 10:30 a.m.

Join our Team!

REGISTER ONLINE:

- Visit: alz.org/walk
- Click: "Find Your 2022 Walk"
- Enter zip code: 16148
- Select: Hermitage, Pa.
- Click: REGISTER
- Enter: "St. Paul's" to search teams
- Follow the prompts to complete registration
- Start collecting donations

OR EMAIL:

tlininger@sp1867.org if you're interested in joining the St. Paul's Team.

First-time participants: please include your first and last names, address, phone number, email address (if available) and t-shirt size in the email.

Thank you!