

# ST. PAUL'S

SENIOR LIVING COMMUNITY

*St. Paul's News*

*Winter 2026*

**ACTIVE LIVING**  
***Every Stage, Every Story***

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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](http://www.stpauls1867.org). Contributing staff: Jennie Kather, Paige Stewart, Tammy Lininger, Dawn Hartman and Grace Fette.

# A Message from Chris Wright

Active living is about more than staying physically well—it's about remaining engaged, connected, and purposeful at every stage of life. That belief guides everything we do and serves as the inspiration for this issue of our magazine: *Active Living: Every Stage, Every Story*.



Within these pages, you'll find stories that reflect the many ways active living comes to life across our community. From a family whose loved ones have experienced the full continuum of our services, to residents who continue to achieve, connect, and grow, these stories remind us that support and opportunity should evolve alongside our residents' needs and aspirations.

We are proud to celebrate an independent living resident whose lifelong dedication to excellence was recently recognized with induction into the West Point Athletic Hall of Fame—a powerful example of how commitment, discipline, and active living can shape a lifetime. You'll also read about the opening of our new fitness center and the enthusiasm surrounding our wellness initiatives, which encourage residents to stay strong, confident, and engaged in ways that are meaningful to them.

Active living also means staying socially and emotionally connected. The seniors-to-seniors pen pal program brings together generations, fostering understanding, shared learning, and joy on both sides of the exchange. These connections are just as essential to well-being as physical activity.

Behind every program and experience is a dedicated team committed to enriching daily life. We are especially grateful for our Life Enrichment professionals, whose creativity and passion help residents discover new interests, maintain routines, and find purpose each day. We are also pleased to welcome new leadership within our personal care residences—a leader who shares our commitment to active, resident-centered living.

As President and CEO, I am continually inspired by the people who make up our community—residents, families, team members, donors and partners. Together, we are creating environments where individuals are supported, encouraged, and empowered to live actively and fully, no matter the stage.

Thank you for being part of our community and for sharing in these stories. We are honored to walk alongside you.

Warm regards,

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

Chris Wright  
President & CEO

**Connection, curiosity, and shared stories bring active living to life through an intergenerational pen pal program.**



# ENGAGED AT EVERY AGE

Through handwritten letters, Greenville High School seniors and St. Paul's residents are forming meaningful connections across generations. The senior-to-senior pen pal program brings active living to life—proving that curiosity, engagement, and shared stories have no age limit.

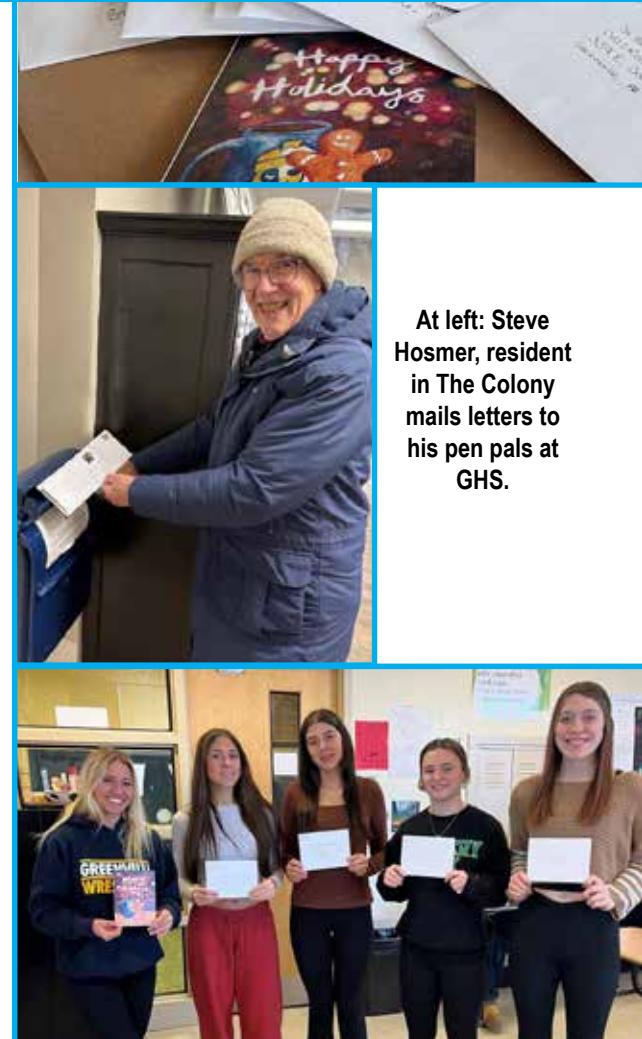
Launched this winter, the program paired 83 graduating seniors with residents from across the St. Paul's campus. The exchange began with a holiday card designed by a Greenville High School student (shown top right), followed by handwritten introductions filled with thoughtful questions about life, family, school, and the future.

For Greenville High School English teacher Johnna Thomas, the project was rooted in something timeless. "I want students to understand the importance of handwritten communication," she shared. "There's something powerful about slowing down, putting pen to paper, and knowing that someone on the other end is truly taking the time to read your words."

When students returned from winter break, letters from residents were already waiting. "Happy New Year, everyone!" Thomas emailed to share the news: "We are back from break and back at school as of today, and... 'we got mail!' My mailbox was full of return letters and notes from the residents. I am so excited to pass them out to the students tomorrow."

The exchange will continue throughout the spring, with conversations ranging from favorite books and hobbies to life lessons and dreams for the future. Plans are also underway to welcome the students to St. Paul's later this year, turning letters into face-to-face connections.

At St. Paul's, active living isn't just about staying busy—it's about staying connected. This pen pal program is a reminder that every stage of life holds value, and every story deserves to be shared!



At left: Steve Hosmer, resident in The Colony mails letters to his pen pals at GHS.

(Above) GHS seniors Aryiana Knauf, Kelsi Russell, Emma Flores, Myah Peterson, Alexis Prager and (Below) Alina McCoy & Cameron Eckley prepare to mail holiday cards to their pen pals at St. Paul's.



# EVERY STAGE, ONE JOURNEY

**Kevin and Letha McElhinny's path through St. Paul's continuum of care highlights how active living, connection, and love evolve across every stage.**

**C**hatting with Kevin McElhinny in the apartment he now shares with his wife, Letha, at The Heritage, it was immediately clear that their story is not just about aging—it's about choosing to move forward together. As staff finished assisting Letha, Kevin spoke easily about their journey with St. Paul's, reflecting on the path that brought them here after decades of marriage, independence, and devotion. "It's the best place for us at this stage of our lives," he said with a smile.

Letha's most recent chapter with St. Paul's began with short-stay rehabilitation at The Villas. Wanting to remain close, Kevin moved into The Heritage in November 2025. "I wanted to be with her," he said simply. Just two days later, Letha was able to move from skilled nursing to personal care and join him.

At 99 and 95 years young, Kevin and Letha will celebrate their 76th wedding anniversary this August—a milestone that reflects a lifetime of shared decisions, steady faith, and deep commitment.

Kevin was born in 1926 in Lincoln Place, the oldest of ten children. He attended St. Vincent College in Latrobe before enlisting in the Navy. Letha was born in 1930 in Linesville, one of four children.

The two met at St. Philip's Church, when Kevin noticed a group of women coming down from the choir loft. "I was checking them out," he said with a grin. Then he spotted one in particular—"the one I'd like to know."

Several weeks later, at a dance in Linesville, Kevin saw Letha again. He was 20, she was just 16 and assumed he wouldn't notice her. He proved her wrong by asking her to the movies. Her mother found him polite, quiet, and kind, and with her parents' blessing, the two began dating.

After high school, Letha attended Mercyhurst College for a year, considering work as a secretary or

teacher. "Options were limited back then," she said. Kevin teased, "I was afraid she'd be too smart for me!" Kevin went on to work with his father, a union carpenter in Meadville.

Four years later, they married. Kevin eventually started his own business, McElhinny Brothers Construction, while Letha supported the operation by answering phones and keeping the books. Together, they raised five children, affectionately referring to them as "the first batch" and "the second batch." Their first batch included three sons—Joe, Chris, and Patrick. Nineteen years later, they welcomed Andy and a daughter, Abigail.

Their home on Mercer Street in Greenville doubled as the headquarters for their business. Later, they moved to Hamburg Road and eventually settled into a retirement condo in Stoney Brook, built by their son Chris, where they lived for 20 years. After a brief stay in Tucson, Arizona, during the COVID-19 pandemic with Abby, the couple returned home in 2021.

Their connection to St. Paul's began long before they became residents. Letha volunteered as a Eucharistic minister through St. Michael's Church, bringing Communion to individuals living at St. Paul's.

Well into their 90s, Kevin and Letha remained fiercely independent. In 2023, they began using St. Paul's On the Go Dining program one to three times a week. Letha, an excellent cook who loved planning meals, was hesitant at first. Abby recalled gently encouraging her mother to try it. "It was very hard for her to give that up," she said.

"Kevin would always help me," Letha shared. "I had neuropathy in my hands, but he helped me reach for dishes, stir the food, and plate it." Eventually, she agreed, and they began receiving hot meals at home. "The office staff and drivers were all very kind, informative, and helpful," Letha noted.

Over time, they expanded their use of St. Paul's

Home-Based Services, adding companion services twice a week for laundry and light housekeeping. Later, after Letha experienced several falls, the family obtained a personal emergency response button through St. Paul's partnership with Philips Lifeline. The button proved invaluable, activating during a fall and alerting both emergency responders and family members.

More recently, Letha experienced a transient ischemic attack (TIA) that required hospitalization. She returned to St. Paul's for short-stay rehabilitation at The Villas, where she worked diligently with therapy staff. "The therapists

were amazing," she said. "Everyone was most kind and helpful. I built relationships and learned about their families."

Highly motivated, Letha was eager to return home to Kevin. But her neuropathy made it clear that returning home safely would be difficult. The family explored multiple options, including Letha remaining at St. Paul's while Kevin stayed behind.

Kevin had no hesitation. "I followed my wife!" he said. On Veterans Day, Kevin moved into The Heritage. "St. Paul's was always our first choice," he said. "In a way, it was an easy decision." A short time later, once her rehabilitation was complete, Letha joined him.

Abby later reflected that although the move began because her mother needed additional care, her father benefited greatly as well. "My mom had time to process the changes and come to terms with her need for more support while she was in rehab," she said. "On some level, my dad still expected her to come home."

Abby admitted she initially struggled with the decision. "I thought it would be hard for him to adapt,"



(Above) Letha and Kevin with their five children.  
(Below) The couple settled comfortably in their apartment at The Heritage.



she said. "He was used to being independent, and realistically, he didn't need as much help as my mom." What surprised her most was the sense of relief her father experienced. Kevin soon began enjoying the amenities at The Heritage, including medication assistance, the whirlpool spa, and frequent visits to the St. Paul's library. "He found fulfillment and value in the move too," Abby shared.

Her biggest realization came when she recognized how their quality of life had improved. "They didn't have the stress of day-to-day care anymore," she said. "They could just spend quality time together."

When asked if all five children supported the move, Abby answered honestly. "Yes—everyone but me." She described feeling guilt about the transition. "I knew being at home meant so much to them. I questioned whether they could adapt at this age, and I kept pushing that we could find a way to make it work," she said.

Then, one day, both of her parents gently reassured her. "They told me, 'Let's not complicate it. St. Paul's is a wonderful place. We'll be okay.'"

Knowing that her parents actively chose St. Paul's eased her heart. "We all know it was the best decision," Abby said.

Today, Kevin and Letha are content at The Heritage. "It's a very comfortable place to live," Kevin said. Surrounded by faith, family, and compassionate support, they continue to write their story—one defined not by limitations, but by love. After more than 75 years together, their greatest achievement remains unchanged: choosing each other, every step of the way.



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# ENGAGED EVERY DAY

**From weekly favorites to new adventures, enriching life at every stage.**

**G**rowing older should never mean slowing down. At St. Paul's, it means continuing to live fully—with purpose, connection, and joy. Life doesn't stop when you move into a senior living community; it continues, and it can thrive.

At the center of that belief is our Life Enrichment team. More than activity planners, these dedicated professionals are the heartbeat of our community—building relationships, sparking joy, and creating opportunities for residents to stay active, engaged, and connected in ways that matter to them.

Each area of our campus has its own Life Enrichment team, ensuring residents have access to meaningful and personalized programming right where they live. By taking the time to learn residents' interests, abilities, and ideas, the team designs experiences that reflect who they are—while also encouraging them to explore new things.

## **Something New Every Month**

No two months at St. Paul's are ever the same. Each month brings a fresh calendar filled with special events, adventures, and new experiences inspired directly by resident input. If a resident suggests an idea, the Life Enrichment team's response is often, "Let's see if we can make that happen."

Outings are a favorite part of the calendar and may include museum and theater visits, train

rides, sporting events, shopping trips, and dining at local restaurants. Residents also enjoy winery tours, casino trips, and other excursions that keep them connected to the wider community. The goal is simple: keep life interesting, engaging, and full of possibility.

On campus, the energy continues. Sports tournaments, arts and crafts, baking sessions, and TikTok Tuesdays bring active living and laughter into everyday life. Fun Friday events—like pumpkin painting or pet parades—add an element of surprise, while live entertainment from musicians, speakers, and even magicians creates moments residents talk about long after the applause fades.

## **The Power of Weekly Traditions**

Alongside new experiences, our Life Enrichment Specialists create a strong foundation of weekly programming residents know and love. Favorites include weekly church services, bingo, ice cream socials, manicures, birthday recognitions, book clubs, social hours, card games, pool noodle volleyball, and Balance & Strength classes with Ron. These consistent gatherings offer comfort, routine, and countless opportunities for friendship.



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# LIFE ENRICHMENT

## AT THE HEART

### OF ST. PAUL'S



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#### Bringing the Campus Together

Community at St. Paul's extends beyond individual neighborhoods. Campus-wide activities planned by our Fun Committee bring residents together from across campus, creating shared experiences and strengthening connections. These events reflect our commitment to building a vibrant, inclusive community where everyone feels a sense of belonging.

#### Celebrating Family Connections

Each neighborhood at St. Paul's is part of its own Eden family, and that sense of family comes to life during our annual Family Picnics. Residents, team members, and loved ones gather for a day filled with food, entertainment, and fun. Past picnics have featured memorable guests like Abe Lincoln, Jungle Terry, and live local bands—turning ordinary afternoons into lasting memories.

At its core, Life Enrichment is about honoring the whole person. It's about movement and creativity, connection and celebration, routine and discovery. It's about making sure every resident has opportunities to live actively and meaningfully—at every stage of life.

#### Photo captions

1. Mariah Corson (right), L.E. Coordinator at The Colony with Coralee Armstrong enjoying water fun day.
2. Mike Allen (left), L.E. Director at The Villas with Mary Alice Walsh during the 20th Anniversary celebration at The Villas.
3. Julie Young (right), L.E. Specialist at The Heritage with Mike Kozminski at the recent Calendar Tea.
4. Mimi Dreher (left), retired L.E. Director at The Villas who now works per diem, with Cathy Hays at the Jamestown Parade.
5. Nadine Buchanan (left), L.E. Specialist at The Villas with Lida Myers at the annual Greenville Area Public Library Used Book Sale.
6. Terri Descoteaux (left), L.E. Specialist at Jones Serenity Lane with Roy Wilt at the annual Lion's Club Pancake Breakfast.
7. Denise Brown (right), L.E. Specialist at The Villas with Naomi Whitehead at the Fashion Show in The Villas.
8. Dawn French (left), L.E. Specialist at The Ridgewood with LaWanda Johnston at the Family Picnic.
9. Tresa Poling (right), L.E. Specialist at Jones Serenity Circle with Dorothy Dalessandro at the Pumpkin Paint & Sip.



9.

See page 11 for information on how you can support Life Enrichment events and outings by donating to our "It's All About Heart" campaign in February.

# THE CADET SHE KNEW

## SHE'D MARRY

**Now a resident in The Colony and a newly inducted member of the West Point Athletic Hall of Fame, Bob Robbins' extraordinary life—on the mat, in combat, in public service, and in marriage—reveals how active living unfolds at every stage.**

**W**hen Cindy Robbins reflects on her life with Bob, the story doesn't begin with medals, titles, or public office. It begins much earlier, when she was a high school student and Bob was a sophomore cadet at West Point.

Bob came to Cindy's school to speak at an assembly. Cindy remembers, "Of course, he was this young handsome cadet." When she told her mother he was coming, she learned something unexpected: their mothers had been friends long before either of them were born. Cindy already "knew" Bob through family connections. When the other girls were captivated by the visiting cadet, she told her friends that she knew him and even said that someday she was going to marry him. At the time, it was just a teenage declaration. After that day, she wouldn't see him again for years, not until Bob had completed two tours in Vietnam and Cindy had graduated from high school.

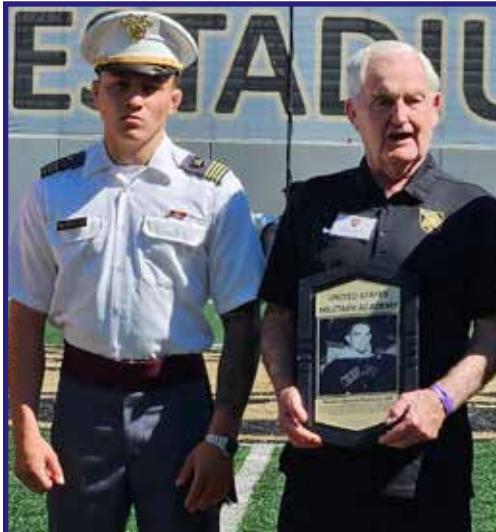
Their next meeting came unexpectedly. Cindy was out with her sister-in-law, Nita, when Bob walked in. She went right up to him and told him she had once said she was going to marry him, and he laughed. That moment marked the beginning of a relationship that led to three years of dating and a marriage that will celebrate 52 years this August.

To many, Bob Robbins is known for his remarkable list of accomplishments. He was a state

wrestling champion, an Eastern Intercollegiate Wrestling Association (EIWA) champion as a freshman, and a two-time NCAA All-American. He is a member of the Greenville School Hall of Fame, Mercer County Sports Hall of Fame, Pennsylvania Wrestling Coaches Hall of Fame, West Point Athletic Hall of Fame, Army National Guard Hall of Fame, Air National Guard Hall of Fame and The National Wrestling Hall of Fame (PA Chapter). He was also the first inductee into the Army National Guard Hall of Fame, an honor created specifically to recognize his impact on the organization.

But when asked what people often overlook about Bob, Cindy pauses. She says most people have no idea what he did during his military service in Vietnam or how many awards he earned for bravery and heroism, largely because Bob doesn't talk about it. "He is," she says, "a very humble man."

Cindy believes that humility was shaped long before his time in combat. Bob didn't begin wrestling until his sophomore year of high school, yet by his senior year at Greenville High School, he became a state champion. Much of that success came from the influence of his wrestling coach, Dave Clelland, who put education ahead of wrestling and encouraged Bob's desire to attend college, guidance that ultimately led him to West Point.



Bob Robbins (right) is recognized as a newly inducted member of the West Point Athletic Hall of Fame.

Bob graduated from Greenville High School in 1962 and went on to attend West Point, where he earned an engineering degree and continued to excel in wrestling. As a freshman, he became an Eastern Intercollegiate Wrestling Association (EIWA) champion and later earned recognition as a two-time NCAA All-American. After graduating from West Point, Bob fulfilled his commitment to military service, serving five and a half years in the Army, including two tours in Vietnam. He was just 21 years old when he went overseas and became one of the youngest infantry company commanders in Vietnam.

During his service, Bob earned a Bronze Star Medal for Valor and a Soldier's Medal for Heroism. In one incident, an armored personnel carrier (APC) struck a landmine, blowing Bob roughly 50 feet into the air and about 30 feet backward. The vehicle was burning, and his men were trapped inside. Despite the danger and the presence of enemy snipers in the area, Bob returned to the APC to rescue them.

In another instance, Bob and his men were caught between two rapidly rising rivers after a typhoon hit the area. When his commanding officer refused to send a helicopter, Bob made the decision to call one in on a different channel, disobeying orders to save his men's lives. By the time the helicopter arrived, the water had risen to his chest, and Bob was the last one aboard after ensuring everyone else was safely out. Bob was put in for a Silver Star but turned it down, believing he had simply done what he was there to do.

After leaving the military, Bob returned home and began teaching and coaching. When his former wrestling coach, Dave Clelland, retired, Bob applied for and received the coaching position. He later transitioned into the insurance business, where an unexpected announcement at a dinner party set him on a new path. A business associate publicly stated that Bob was going to run for a seat in the House of Representatives. Bob agreed and won.

Bob served four terms in the House of Representatives before running for the Senate when the seat opened. Running for the Senate presented a significant challenge, as the campaign cost nearly a million dollars, money the Robbins did not have. Cindy recalls laughing at the thought. Fundraising became a family effort. Cindy cooked and catered homemade meals in Harrisburg and hosted a barbecue at their home, keeping it

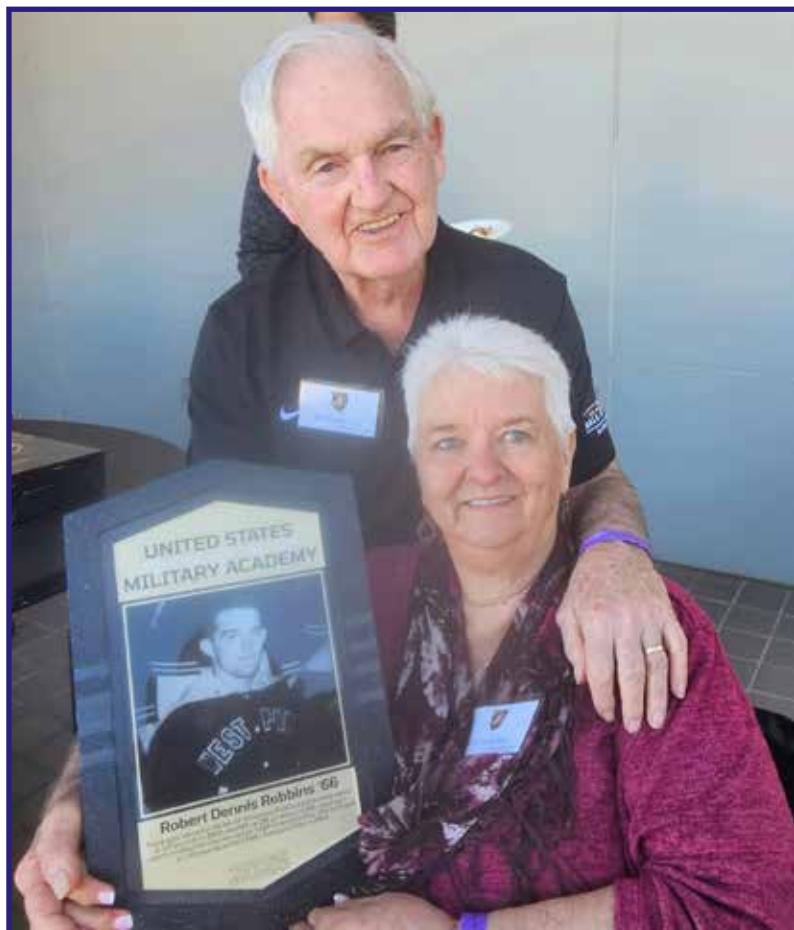
affordable so community members could attend, some purchasing tickets for \$10, others simply bringing a dish to share. Bob won the Senate seat, continuing his lifelong commitment to public service.

Looking back, Cindy says it was fun supporting Bob through public office and throughout their life together. Of all his qualities, she says simply, "he's the most honest person I've ever known."

When asked about a favorite memory, Cindy says there are far too many to choose from. Still, she returns to the beginning. On their very first date, Bob came to her door holding a single long-stemmed red rose. The gesture touched her deeply, and Bob kept that tradition alive throughout their nearly 52 years of marriage.

Now residents of The Colony at St. Paul's, Bob and Cindy's story reflects a life of active living across every stage, through athletics, service, leadership, family, and enduring love. Cindy attributes Bob's lifelong leadership to his time at West Point and his years in wrestling, both of which shape the man she knows today as a cadet, a commander, a public servant, and, always, her husband.

Bob and Cindy following Bob's induction ceremony in West Point, NY.



# The Bells of Christmas Rang

The annual Resident Christmas Appeal ensures every resident at The Villas, The Ridgewood, and The Heritage experiences a little holiday magic. Each resident receives a personalized Christmas gift, delivered by Santa and his elves.

The goal this year was to raise \$40,000, and thanks to you, the bells of Christmas rang loud and clear, surpassing our goal by almost \$5,000!

John & Nancy Kokoski of Greenville, Pa. have always donated to the Resident Christmas Appeal, and now as St. Paul's residents, they benefit from other generous donors.

John was a high school biology teacher, Nancy an elementary school teacher. After retiring, they moved to The Colony in 2020. Today Nancy lives in The Villas, and John lives in Jones Serenity Circle at The Heritage.

"I think [the Christmas Appeal] it's a wonderful thing. I donated before I lived here," said Nancy. "People our age don't have a Christmas celebration like when we were raising our children. That gift we get from St. Paul's is very meaningful to us."

An avid Steelers fan, Nancy received a Steelers blanket this year, which she has on her bed. She enjoyed the holidays at The Villas, especially because her family was visiting the day Santa came. Special activities are one of the many things she loves about life at St. Paul's.

"I like how the staff treats you. I've become very close to staff. When I'm feeling down, they are always there to cheer me up," she said. When she's not participating in activities, she likes to read.

After Christmas, any remaining funds are used for wishlist items throughout the year, as well as the



Nancy Kokoski with her new Steelers blanket.

music therapy program.

Music therapy uses music to help reduce stress and pain, improve and exercise memory (especially for those with Alzheimer's or dementia), as well as enhance motor skills, emotional expression, communication and social skills.

A music therapist encourages residents to sing or play an instrument with them, create their own songs, listen to music, or talk about how music makes them feel.

Dave Varner, who has lived in The Villas for four years, is a big fan of music therapy. He grew up in Hadley, Pa., and spent most of his adult life in Greenville, working as a machine operator for Werner Co.

Dave loves when music therapist Cindy Legwaila comes for their sessions. "I used to do a lot of singing and used to play guitar and mandolin. I had a band in high school," he said. "After my accident, I couldn't play anymore." Today, Dave still enjoys singing and participates in the Music Therapy Talent Show each year.

In addition to supporting music therapy and musical entertainment, the Resident Christmas



Carol "Skip" Bonvetti receives a present from Santa at The Heritage.



Martha Anderson visits with Santa at The Ridgewood.



Dave Varner performs "I Can't Stop Loving You" at the talent show.

Appeal recently made possible the purchase of a resident wishlist item: new furniture for the living room in Jones Serenity Circle and Lane. Eight comfy recliners and a couch were purchased from Bear's Furniture in Greenville.

"Because of generous donations, our residents can enjoy a space filled with comfort, care, and respect," said Dianna Jones,

Administrator at The Heritage.

**Thank you to everyone who donated and helped make this year's Christmas celebration—and year-round enrichment—possible.**



February is the month of love, reminding us to cherish our loved ones and spread kindness wherever and whenever we can. What better way to do this than to give to your favorite charity or non-profit?

This month consider giving to the St Paul's "It's All About Heart" campaign! St Paul's strives to promote active living that creates a life full of purpose and meaning for each resident, regardless of age or ability. We do this through a philosophy of care called The Eden Alternative.

When you give to "It's All About Heart," you help make this approach a reality. Your generosity supports experiences that foster friendship, fun and a true sense of belonging.

Thanks to donations from supporters like you, residents are able to enjoy memorable experiences, including outings, picnics, musical performances, music therapy sessions, and neighborhood pets —cats Cookie, Boots, and Shadow; birds Jonah, Conway Tweety, Sonny, and Snowball; and the many beautiful songbirds in our aviaries.

In July, residents of The Villas from Willows neighborhoods had the opportunity to go to Keystone Safari in Grove City, Pa. It's an interactive zoo that has many opportunities for patrons to have close encounters and pet some of their animals. Residents and staff were able to spend the day together, touring the zoo and

seeing all the animals. They were even able to feed some of them, like the giraffes and goats.

When Jane Adams was trying to pick her favorite part of the trip, she couldn't pick just one moment, "All of



Staff member Alexis Doebrainer and resident Jane Adams feeding the llamas.

it! There wasn't one thing that I went around and looked at that I didn't like, it just grabs you."

The staff also thought the trip was a success. Life Enrichment Specialist, Denise Brown agreed, "This is our family... it was really nice to be able to go as a family group and the only way that was able to happen was from the Eden Alternative." She talked about how staff take their children to the zoo, but the residents loved the trip just as much. Entertainment and education don't have an age limit.

"Put a lot of smiles on the resident's faces, some that don't smile much at all, smiled the entire time," said CNA, Jessica Luckock. You can help put smiles on residents' faces and give them unique experiences they may not have otherwise with your support.

Throughout February, you'll see videos via email, on St. Paul's Facebook, Instagram, and Tiktok pages featuring residents and staff who shared why the Eden philosophy is important to them.

Thanks to a generous donor, from February 1—28 your donation during "It's All About Heart" will be **matched** dollar-for-dollar, up to \$5,000. That means your \$50 donation becomes \$100, doubling your impact!

By donating to "It's All About Heart" this February, you'll help create more special moments like these for our residents, and team members. Thank you for your generous support!

## Heart Ways to Give: Heart

**Facebook** - Visit St. Paul's Facebook page and click on the "It's All About Heart 2026" fundraiser.

**Online** - Scan the QR Code or visit <https://www.stpauls1867.org/giving/make-a-donation>.



**Check** - Mail to: Charitable Giving Office at 341 E. Jamestown Rd., Greenville, PA 16125. Be sure to put "It's All About Heart" in the memo line.



# WILLIAMS LEADS WITH HEART AT THE RIDGEWOOD

**F**or Brittney Williams, active living has never been a single moment in time—it's been a journey shaped by movement, teamwork, growth, and connection.

Today, as Administrator of both The Ridgewood and The Ridgewood at Shenango Valley, Brittney brings that same energy and purpose to supporting residents and team members across two personal care communities.

Brittney's St. Paul's story began in September 2021, when she joined the team as a Personal Care Attendant (PCA). Drawn to the hands-on side of caregiving, she quickly found meaning in supporting residents in their daily lives. That role soon expanded, as she worked weekends as an administrative assistant at The Ridgewood and later entered the Administrator-in-Training program from April through October 2025. On November 1, Brittney officially assumed the role of Administrator at both Ridgewood communities.

"I really enjoyed the hands-on aspect of caring for residents," Brittney shared, "but I also enjoy the business side of things. I love knowing that our residents are moving into the best residence around and getting the best quality of care."

Her connection to St. Paul's runs even deeper than her career path. Growing up in Atlantic, Pa., Brittney spent much of her childhood around the St. Paul's campus. Her grandfather lived in The Colony and later became a resident in The Villas, where he lived until his passing in 2017.

"I remember riding my bike through the independent living neighborhood and walking with my grandpa to the Keifer Building to get his mail," she recalled. "St. Paul's has always felt familiar to me—it's been part of my life for as long as I can remember."

That lifelong connection adds meaning to Brittney's leadership today, especially as she guides residents through their own life stages. Her approach is rooted in person-centered care.

"When it comes to managing staff, I know that at the end of the day, the answer is always going to be resident-focused," she said. "Everything we do should come back to what's best for the people who live here."

A natural leader, Brittney has been building toward this role for years—both on and off the field. She attended Penn State Behrend and Penn State DuBois, graduating with a degree as a Physical Therapy Assistant. A standout athlete, she played softball all four years of college as a pitcher and served as team captain her senior year. That year, her team made



**Above: A teenaged Brittney visiting her grandpa, Lloyd Harter in The Villas.**

## **Now guiding two Ridgewood communities, Brittney Williams' story of growth, teamwork, and connection brings the theme of Active Living: Every Stage, Every Story to life.**

history as the first in the school's history to reach the Softball World Series.

Her love of the game extended beyond college. In the summer of 2016, Brittney played travel softball and competed in the Senior League World Series, placing third in the world. Her team even appeared on ESPN and toured the Pennsylvania State Capitol, meeting Governor Tom Wolf after raising funds for the trip by canvassing communities.

Those experiences shaped Brittney's leadership style—grounded in teamwork, adaptability, and trust. Now overseeing two personal care residences, she recognizes the challenge and the importance of collaboration.

"This arrangement wouldn't be doable if I didn't have a great team in both buildings," Brittney said. "Everyone has been adaptable to the change, and that makes all the difference."

Brittney officially began her role at The Ridgewood at Shenango Valley on August 1 and later assumed leadership at The Ridgewood at St. Paul's following the retirement of Administrator Mickie Chapman in October. She credits her teams for helping ensure residents, families, and staff all feel supported and heard.

What Brittney values most, however, are the relationships she builds every day.

"My favorite part of working here is getting to know the residents—hearing their stories, learning about their backgrounds, their families, their outlook on life," she shared. "They give really good life advice."

Outside of work, Brittney continues to embrace active living in her own life. She recently purchased a home in Greenville and enjoys playing pickleball in the Keifer Gym with coworkers or at Riverside Park in the summer. She also plays in a church softball league and unwinds by reading psychological thrillers – "a good way to keep my mind off other things," she noted with a smile. As the youngest of four siblings and an aunt to seven nieces and nephews, family remains a central part of her life.

From childhood bike rides on campus to leading two vibrant personal care communities, Brittney Williams' story reflects the heart of Active Living: Every Stage, Every Story. Her journey is still unfolding alongside the residents and teams she proudly serves.

**Below: Brittney poses with Rita Hause, resident at The Ridgewood, at the annual Christmas Tea in December.**



# THE RIGHT PLACE, THE RIGHT TIME

## Meet Luke Faber as he brings Active Living to The Colony's New Fitness Center

**A**ctive Living comes to life in a powerful new way at St. Paul's with the opening of a brand new fitness center in The Colony, our independent living neighborhood. Designed with wellness, accessibility, and year-round activity in mind, the center is already becoming a hub of energy, connection, and movement—for residents and soon, for staff and volunteers as well.

Housed in a beautiful, newly constructed building, the fitness center features brand new, top-of-the-line equipment tailored to a wide range of abilities and fitness goals. Residents will find seven pin-loaded, cable weight machines, ten cardio machines, a dual-cable "functional trainer" for versatile strength and balance work, and a full set of dumbbells ranging from 5 to 80 pounds. A standout feature is the indoor walking track, which circles the entire inside of the building, offering a safe, comfortable place to stay active regardless of weather. The center also includes a Smith machine—a guided barbell system that allows users to perform strength exercises with added stability and safety, making it ideal for older adults who want the benefits of weight training with extra support.

Interest and participation have been strong from the start. More than 70 independent living residents were oriented to the fitness center over a two-week period in December, with



Luke Faber (center) with Ron Ashbaugh, Fitness Specialist (left) and Sherry Hauser, Fitness Assistant at The Villas.

more still "trickling in" as word continues to spread. And spread it has. Since opening, the center has been filled with activity—especially residents walking the track.

"Winter was the perfect time to open," said Luke Faber, St. Paul's new Fitness Assistant. "I've heard that lots of residents enjoy walking their dogs and biking through the neighborhood. This center is a picture-perfect place to be active when it gets cold—you don't have to worry about snow or ice. And it will be a great place for them in the heat of summer, too."

Luke joined St. Paul's in July as a Personal Care Assistant (PCA) at The Heritage. A Greenville native, he graduated from Reynolds High School in 2021 and went on to attend Thiel College, where he earned his exercise science degree in May 2025. A four-year graduate and former defensive lineman on the Thiel football team, Luke commuted from home but describes Thiel as a "home away from home." He also worked as a student ambassador in the admissions office, giving campus tours and connecting with prospective students and families.

After graduation, Luke knew he wanted to pursue a career in healthcare—possibly physical therapy or a related field—and he also



knew St. Paul's had a strong reputation. Taking a PCA position allowed him to gain valuable hands-on experience. Then, what he describes as "perfect timing" occurred: an internal posting for a Fitness Assistant opened up.

"I'm really happy and feel very lucky that the timing of everything worked out the way it did," Luke said.

In his new role, Luke shadowed Ron Ashbaugh, St. Paul's Fitness Specialist who has served the community for nearly 15 years.

"Ron is the best mentor I could have ever asked for," Luke shared. "I've never met anyone like him. His consistent positive attitude and the energy he brings are enough to make residents feel better even without exercise. The exercises might look simple, but Ron is incredibly knowledgeable about the human body—and as a new exercise science graduate, I gravitate toward that."

Today, Luke is leading chair workout classes three days a week, with 10–12 residents consistently attending. "I love that the word is spreading and more people are coming in," he said.

**With 10–12 residents participating three days a week, fitness classes at The Colony are quickly becoming a favorite part of the weekly routine.**

"Without the opportunity [to work as a CNA], I wouldn't have gotten to know so many people around campus. I love recognizing people and making connections—especially with this age demographic," he said.

Luke grew up spending every day after school with his grandparents, alongside his great-grandmother, who lived into her 90s. "That was part of my life every single day," he said. "Not everyone gets that opportunity, and I'm grateful for it."

Looking ahead, Luke is excited to develop more advanced classes, take on personal training clients, and welcome staff members, who will soon have the opportunity for orientation and access to the center.

"I'm mostly just interested in helping people get active and enjoy themselves that much more at this great community," Luke said. "I love that St. Paul's thought this fitness center was a good idea and a necessary addition to campus."

As residents walk the track, lift weights, join classes, and build connections, the new fitness center at The Colony is more than just a building—it's a place where Active Living is happening every day.

# **WORTH THE WAIT: WATCHING OUR FITNESS CENTER COME TO LIFE**



**F**rom her home in The Colony's independent living neighborhood, resident Pat Donner had a front-row seat to the fitness center taking shape just across Woodland Way. What began as cleared lots in March 2024 quickly became a daily point of interest – and a project Pat chose to document step-by-step through her photographs.

Her images follow the building's steady progress: lumber arriving in December, walls rising days later, and trusses carefully set in place by Amish craftsmen before the end of the year. By early January 2025, the structure was under roof. Over the following months, windows, doors, stone, siding, and landscaping came together, with lights glowing from inside on summer evenings as crews worked to get the final details in place.



By the end of 2025, the long-anticipated fitness center officially opened—and for Pat, the transition from watching construction to using the space was seamless. “With the fitness center just across the street from my home and open 365/24/7, I am spoiled!” she shared. “The facility is beautiful, very well equipped, and so well maintained.”

Designed with both comfort and motivation in mind, the center offers a walking track, modern equipment, and bluetooth technology. “With an app providing access to the content on eight different televisions, it's so easy to be entertained as you put in the work,” Pat noted.

Pat also credits Luke, the fitness center assistant, with helping her feel confident and supported from day one. Through one-on-one guidance, he helped her learn each piece of equipment and recorded her personal settings to ensure she gets the most out of every workout. His group exercise sessions provide both socialization and a great workout, and his encouragement keeps residents motivated.

Pat added one more enthusiastic recommendation: “If you haven't contacted Lynn Moyer for a massage, DO IT! Her hour-long treatment is so relaxing. As a first-timer, I was reluctant to make an appointment; Lynn dispelled the hesitation. Treat yourself!”

Contact Lynn Moyer, LMT to book an appointment (Mon. – Fri.)  
at the Fitness Center. Text or call 724-456-5129  
or visit “Kindness Counts Massage Therapy” on Facebook.



# **HERITAGE IN MOTION: *EVERY MOVE COUNTS***

**A wellness challenge proving that Active Living looks different for everyone.**

**A** new program is bringing fresh momentum, motivation, and friendly competition to life in The Heritage.

On January 5, residents officially kicked off Heritage in Motion, a wellness challenge created by our partner VNA Alliance and introduced at St. Paul's to encourage movement in ways that are meaningful and realistic for every resident. VNA Alliance was on site for the launch, providing a presentation that explained the program's purpose, how points are earned, and what participants could expect over the coming months.

During the kickoff event, teams were announced, and residents completed initial fitness assessments to establish a baseline for the challenge. The excitement was evident from the very beginning, with many residents eager to show what they could do, some moving so quickly during testing that it looked more like a race than an assessment.

Participants were divided into five color-coded teams, each easily recognized by their matching bandanas. The Purple Team is led by captains Dianna Jones and Holly Stumpff, the Pink Team by Rita Clemente, the White Team by Julie Young, the Blue Team by Ron Ashbaugh, and the Red Team by Shannon Chriswell. While teams compete for points, the overall focus remains on participation, encouragement, and keeping residents active in ways that fit their individual abilities.

The goal of Heritage in Motion is not intensity, but consistency and inclusion. Residents earn points for everyday movement such as walking, wheelchair-friendly exercises, attending meals, participating in fitness classes with Ron, joining activities with Julie, and even going out with family members or attending appointments. All movement counts, reinforcing the idea that staying active looks different for everyone.





Each week also features Walking Wednesday, when residents wear pedometers and earn points based on the number of steps they take throughout the day. In addition, exercise-themed activities are being incorporated into the activity calendar, and residents are given opportunities to walk in the new fitness center in The Colony, adding variety and excitement to the challenge.

Participation and point totals are tracked by VNA Alliance and Holly. Weekly updates are shared so residents can see team standings, follow progress,

and celebrate milestones together, adding to the sense of teamwork and anticipation.

The Heritage in Motion challenge will run through April and will conclude with a Closing Ceremony on April 6, to

recognize the dedication, effort, and enthusiasm shown by all who participated.

Already, Heritage in Motion has brought increased energy and connection throughout the community. Through movement and friendly competition, residents are proving that staying active isn't about how fast or how far you go; it's about continuing to move forward together.





SENIOR LIVING COMMUNITY

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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

Compassion  
Person-Centered  
Respect  
Security



# “Ask an Expert” 2026 Series *Lunch & Learn Event*

## Walking With You: Coordinated Care at Home Home-Based Services, Home Health & Hospice

**Thursday, Feb. 26  
11 a.m. to 1 p.m.**

Wallace Commons in The Keifer Building

**Q & A Session will follow the Expert Panel Presentation, then lunch will be provided.**

Reservations are required. Seating is limited.

**RSVP by scanning the QR code or**

Contact: Tammy Swem at

[tswem@sp1867.org](mailto:tswem@sp1867.org) or 724-589-4667

Option 7.



**Michelle O’Malley**  
Administrator of St.  
Paul’s Home-Based  
Services

**Kari Shoup**  
Community Liaison  
VNA Alliance

**Rhonda Eck**  
Senior Hospice Care  
Consultant  
Gentiva Hospice