

  
**Riddle Village**  
 We're celebrating our anniversary in style...  
 Come see the big things happening at Riddle Village.  
**CALL TODAY TO SCHEDULE YOUR PERSONAL TOUR**  
 RiddleVillage.org | (610) 891-3700  
 1048 West Baltimore Pike, Media, PA 19063

Wednesday, June 17, 2020 » MEDIANEWS GROUP

**CORONAVIRUS**

# Survivor stories

Though COVID-19 has been devastating to the elderly population, many are surviving the disease.

**By Stacey Burling**  
*Tribune News Service*

Anna Marie Bresnan, who lives at Philadelphia Protestant Home, a retirement community in Northeast Philadelphia, is 84 and has chronic obstructive pulmonary disease.

John and Kitty Stagliano of Exton are both 82 and have diabetes and high blood pressure.

Norma Cammisa is 93, has dementia, takes medicine for high cholesterol, and lives in a nursing home in Collingswood, N.J.

All of them caught the coronavirus. All of them survived.

Why they did so well when thousands of other people over 80 have succumbed to the new disease is a mystery that intrigues and heartens physicians and aging experts. In New Jersey, nearly half of the 11,880 people who have died of coronavirus were 80 and older. As of May 29, 44% of Pennsylvania's 5,464 deaths were in that age group. Age, plus chronic health problems such as heart and lung disease or diabetes, greatly

increase the odds that people with COVID-19 will get very sick or die.

Even in nursing homes, which are populated by frail elders who need hands-on care, a high percentage of residents who test positive for the virus have had no symptoms or mild ones. Most survive.

Joshua Uy, a Penn Medicine geriatrician who is medical director of a West Philadelphia nursing home that had the city's first coronavirus outbreak, said about a third of the 22 residents there with confirmed coronavirus were asymptomatic, a third had mild symptoms, and the remainder got very sick. Five died.

"We had a 96-year-old guy who never had a symptom," Uy said.

Some with mild symptoms have "recovered and it's like nothing ever happened to them."

Uy couldn't predict which residents at Renaissance Healthcare and Rehabilitation Center would be fine and which would "crump" or go into rapid respiratory failure. Patients with obesity — another big risk factor — and frailty sometimes lived. One resident with serious lung disease survived.

"It's really amazing to me," he said. "It blows my mind."

**Felt hopeless**

Early in his center's two-week outbreak, he felt hopeless.

"On my worst day, I was

worried that they were all going to die, to be honest," Uy said.

Then widespread testing revealed how many residents were asymptomatic. Some with symptoms began getting better.

"When you look at the numbers," he said, "I think most people will survive. It just doesn't feel like it at the moment."

Other nursing home medical directors described similar proportions of residents with mild illness and equally surprising survivors. Nina O'Connor, chief of the University of Pennsylvania Health System's palliative care program, cared for a 101-year-old coronavirus patient with no symptoms.

Jim Wright, medical director of Canterbury Rehabilitation and Healthcare Center near Richmond, Va., where 136 residents tested positive and 56 died, said one 91-year-old had poor oxygenation for a long time and kept removing her oxygen mask.

"She's in our memory center now," Wright said in wonderment. "Her favorite thing to say is, 'I love you.' She says it every time."

Jim Clancy, executive director of United Methodist Communities of Collingswood, where Cammisa lives, said a 91-year-old who was already on oxygen for advanced lung disease survived while the virus "wiped out" people who were not as sick.



Anna Marie Bresnan, 84, an independent living resident, stands outside Philadelphia Protestant Home, her retirement community in Northeast Philadelphia. She survived COVID-19.

"This is such a strange, random and devastating virus. ... I don't think any two residents have been affected the same way," he said.

Asked what was different about survivors, he said, "This is the thing. There is no rhyme or reason to it."

**Analyzing numbers**

Wright has started analyzing the numbers at his facility and found no clear trends. He said patients there for rehabilitation, who tend to be younger and stronger than full-time nursing home residents, were more likely to survive. There were no racial differences.

"There was nothing I could put my finger on that determined your course," he said.

Scientists will sort this out eventually. In the meantime, speculation focuses

on differences in the immune system, genetics and possibly medications that could alter response to the virus. One doctor suspects that hydration and even sleeping position could be important.

Coronavirus often does not announce itself loudly in the elderly, a fact that allowed it to take hold in many nursing homes before anyone knew it was there. Instead of the classic symptoms we were all initially told to look for — fever, cough and shortness of breath — people over 80 often lose their appetites, develop diarrhea or become confused, agitated or more subdued. Fevers over 99 are rare.

Sabine von Preyss Friedman, medical director of 50 facilities in Seattle, including one with an early and large outbreak, has

learned to look for very subtle changes.

"People look at you sideways and they don't look right, you're doing a test," she said.

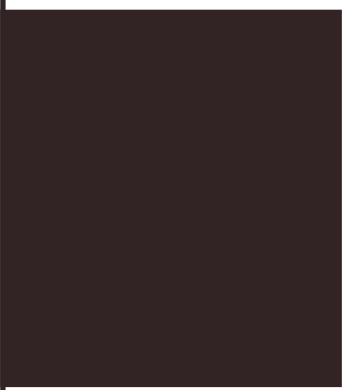
Doctors said some patients never have more than mild symptoms. Wright said some can go from no symptoms to death in a few hours. Others develop what appears to be an overreaction of the immune system, or cytokine storm, a few days into the infection. In all age groups, this is a hallmark of very serious illness. Elderly people who get this sick typically do not do well, doctors said.

George Anesi, a pulmonary and critical care doctor at Penn Medicine who sees only hospitalized patients, said that the virus is harder on people the older they are. Those with low

STORIES » PAGE 2




## 25 YEARS AND GROWING STRONG



Over the years we have devoted ourselves to making sure Riddle Village is always thinking about the future by providing a progressive approach to everything we do. We understand that staying fresh and responding to new concepts and ideas is key to our success. Come see how we have grown, updated and changed, while maintaining our dedication to the foundation of Lifecare.

**CALL TODAY TO LEARN ABOUT OUR LIMITED TIME ONE-BEDROOM SPECIAL PRICING OPPORTUNITIES!**



# Stories

FROM PAGE 1

blood-oxygen levels and high inflammation levels do the worst. Those whose problems are confined to their lungs fare much better than those with multi-organ failure.

## Different reactions

But that doesn't explain why people have such different reactions to the disease, a question at all ages.

"It likely has to do with idiosyncrasies in their immune system and their genetics," said Amesh Adalja, a Johns Hopkins infectious-disease specialist and spokesman for the Infectious Diseases Society of America. "That's part of the bigger puzzle with this virus."

The immune system wanes and becomes less efficient with age. These changes could affect both the initial response to the new virus and the more sustained response, experts said. With aging, underlying inflammation tends to increase and cells may not clear waste products as effectively. All of these things can affect the way older people respond to disease.

Chronic illness can accelerate aging. When it comes to fighting infection, chronological age is less important than biological age. An 80-year-old still living independently is more likely to survive than an 80-year-old who is sick enough to be in a nursing home. But the body can also age unevenly.

"They might have Alzheimer's, but their immunity is pretty good," said Nir Barzilai, director of the Einstein Institute for Aging and scientific director of the American Federation for Aging Research. "Their liver can be younger than their brain."

Barzilai thinks certain common medications, including the diabetes drug metformin, may improve immune functioning. Nicole Osevala, a Penn State geriatric medicine specialist, wonders about angiotensin-converting enzyme



Anna Marie Bresnan, 85, an independent living resident who survived COVID-19 despite having lung disease, in Philadelphia.

(ACE) Inhibitors, which recently were shown to decrease the risk of hospitalization in older people with COVID-19.

Because COVID-19 can increase blood clotting, Stefan Gravenstein, director of geriatrics and palliative care at Alpert Medical School of Brown University, wonders whether people on blood thinners could be protected.

Viral load, or how much virus a patient was exposed to, may also be a factor, Barzilai said.

Because reflux can bring the virus up from the digestive system and lead to aspiration into the lungs, Gravenstein also said older people who go to sleep immediately after a meal — this increases reflux — could be at higher risk. Sleeping with the head el-

evated could be protective, although that's hard to test.

He is among many who think that maintaining hydration is crucial for elders with this disease. Nursing-home survivors may have been better at drinking enough liquids, he said.

When Gus Cammisia heard that his mother, who will turn 94 later this month, had the disease late in April, he wondered whether "this is what's going to take her." She was in relatively good health, although she had had a small stroke and sometimes had blood pressure fluctuations. She'd lived a clean life. With COVID-19, she had fevers, needed oxygen and stopped eating. The staff at United Methodist Communities gave her intravenous fluids. She has very slowly returned to baseline. Cam-

misa credits good care and Providence.

"God decided, 'Not yet,'" he said.

John Stagliano was still delivering auto parts part time when he got sick March 23. While waiting for test results, he felt weak and feverish. He isolated in his man cave.

"It's not a hardship, believe me," he said.

His wife Catherine — everyone calls her Kitty — took care of him. He admits he was worried.

"I'm damned scared the first week and I'm thinking, 'Is this the way it's going to end?'" he said.

His son, John Stagliano Jr., said his father's doctors at Penn Medicine Home Health urged him to go to the hospital, but he resisted. Meanwhile, the son, who is a cancer survivor, worried

about the fatigue he heard in his mother's voice. He and a brother insisted she go to the hospital. When they arrived to meet her ambulance, she passed out.

"I was just so exhausted," she remembered. "I thought it was from climbing up and down the stairs. ... It was the most exhausted I've ever been."

She never had much of a fever or cough. Doctors said the virus may have attacked her heart.

Her husband never went to the hospital. She went twice. She's getting better, but is still tired. He feels fine.

"I can't wait to get back to work," he said.

Bresnan, who lives in independent living with her husband, tested positive on April 14, but she'd already been sick for quite

a while. She lost her appetite, along with her sense of taste and smell. She had severe diarrhea and terrible chills. Even though she has COPD, her oxygen levels were always normal and she never had a cough or shortness of breath. She was hospitalized for dehydration and her lungs showed signs of pneumonia. She wasn't frightened until she saw all the protective garb that nurses were wearing.

"I just felt so terrible, I didn't even care," she said.

After a week in the hospital, she came home to the rehab unit at Protestant Home. Her energy is back now, but not her appetite. She has no idea why she lived and so many others didn't.

"I am just so grateful," she said.

**STUDIO/ 1-BR LIVING OPPORTUNITIES AT FOULKWAYS**

LIFE, on a  
Scale of You.

**Foulkeways**  
AT GWYNEDD

Foulkeways offers exceptional surroundings, a creative culture, and innovative services for retirement living. *Foulkeways Life Plan Community, Life on a Scale of You.* Please call us today for more information.

**215-234-7031 | foulkeways.org**  
1120 Meetinghouse Rd, Gwynedd, PA 19436

**HEATHERWOOD RETIREMENT COMMUNITY**

Starting this Friday and every Friday, Heatherwood is hosting a

*Family Friday*

DRIVE IN

---

10:00-3:00 families are invited to drive in! we will have a map of the area that their loved one will be seated & can see/talk from their car in timely intervals.

EMS / 1st Responder  
"Dine & Dash" FREE  
June 19th Friday  
at 3:00 – 5:00

**HEATHERWOOD**  
A SENIOR LIVING COMMUNITY

3180 Horseshoe Pike, Honey Brook, PA 19344  
Email: [klmiller@centurypa.com](mailto:klmiller@centurypa.com)  
Call Kelly 610.273.9301 X 324 • [HeatherwoodRetire.com](http://HeatherwoodRetire.com)



## HOME CARE

# Social isolation during COVID-19 can be especially hard on seniors

By Sherry Kutz



Sherry Kutz

While social isolation has become a hot topic for everyone lately, it is nothing new to the senior population. As humans, we are social creatures. We long for belonging and connection to the people around us. This is true for people of any age.

Many of us are dealing with social isolation for the first time. We are separated from our loved ones, family and even coworkers. We are feeling the sadness and loneliness many equate with social isolation.

Social isolation does not mean you are lonely. Many individuals live alone but do not feel isolated. You may

ing to your life, you may be living a completely content, happy life. Therefore, living alone does not make you more or less prone to feeling isolated.

Conversely, you can be surrounded by family and loved ones while feeling isolated. You may have family with you all the time but if you do not find the relationship to be engaging or meaningful, it can feel like you are completely alone.

The bottom line is your relationships and interactions with others need to bring satisfaction and a sense of meaning to your life. If you feel your input is valued, you are more likely to engage and participate.

For many seniors, the isolation could start with the

loss of a partner or significant other. Perhaps this was the person they spent much of their time with, or the person they shared a home with. Creating a new normal can be difficult. Losing the sense of connection has the potential to change your perception of the world around you.

For any one of us, having extended periods of loneliness and isolation can create health issues, thus leaving seniors at greater risk.

Keep in mind this is all assuming what we once called normal living. We have entered the COVID-19 pandemic where all the rules have changed. We are now feeling social isolation, but our seniors are feeling it even harder.

Seniors are more scared than you might imagine; after all, their risk is greater than those who are younger or without health issues. Seniors are no longer able to rely on family for things, for fear of exposure.

Seniors who live in communities may be in their rooms for days at a time to help protect themselves and others. Should they need minor health care, they must decide if the care they need is worth the potential risk of infection. Should they need a hospital, they are facing the situation alone. They enter the hospital to receive care alone. For a senior with cognitive issues, this becomes an overwhelming and extremely scary time not just for them

but for the families as well. I often think about a saying made famous by Maya Angelou: "People will forget what you said. People will forget what you did, but people will never forget how you made them feel."

If you have seniors in your life, take some time to see how they are really doing. Have a longer, more meaningful conversation with them than you may have planned. Share with them things going on in your world. You may find you have more things in common now than you ever have.

*Sherry Kutz is Client Relations Manager for Assured Assistance.*

## SENIOR LIFE

## Pastor leads prayer services for senior living community

Echo Lake, a senior living community in Malvern, Chester County, is fortunate to have as a neighbor St. Peter's Church in the Great Valley. During the shelter-in-place period, the Rev. Abigail Crozier Nestlehutt, pastor of the church, visited regularly to lead a joyful prayer and song service from the courtyard with balconies and patio substituting for pews.



Providence Place  
at the Collegeville Inn

Enhanced Senior Living



# Redefining Home...

- 🌿 INDEPENDENT LIVING
- 🌿 ASSISTED LIVING
- 🌿 MEMORY CARE (Early & Late Stage)
- 🌿 RESPITE/TRANSITIONAL CARE

*Real-time Virtual Tours Available  
Visit us from your home!*

4000 Ridge Pike, Collegeville  
610-222-5007

[www.Providence-Place.com](http://www.Providence-Place.com)





SENIOR LIFE

# Spot of T: Take baby steps as we emerge from coronavirus lockdown

By Terry Alburger

It certainly has been a long few months.

For many, nearly the entire spring was spent indoors, away from those we love and many of the places we enjoy visiting.

I know it was a long spring, seemingly endless and difficult. But here we are: knocking on summertime's door just as our own doors are allowed to reopen.

While the isolation was rough, it was not insurmountable. You persevered and you made it! Give yourself a huge pat on the back for getting through it.

Hopefully, something positive came out of the downtime you had, and you can look back and see a silver lining begin to emerge from those dark days.

So, now what? As things begin to reopen, I highly recommend you go forward with baby steps.

Judging by the reports released recently, we should not let our guard down while out and about in the world. Masks, hand sanitizers, gloves, frequent hand-washing and social distancing are all here for the long haul.

But, with the use of those precautions, you should be able to go out and enjoy yourself a bit.

I truly believe we should support local businesses as they struggle to get back on their feet. I believe we should spend time with friends and family, responsibly, of course.

Did you ever watch as a baby takes its first steps? The steps are slow and tentative, at first, teetering and unsteady. Then, with time, the steps become steadier and faster paced.

Think of that baby as you begin to emerge from the COVID-19 cocoon. As you leave the safety of your home, be aware of the recommended guidelines and act accordingly. Slow and steady.



PUBLICDOMAINPICTURES.NET

As reopening from the coronavirus lockdown begins, go forward with baby steps.

I believe there are advantages to taking life a bit slower as you head out. Be aware of your surroundings and see the beauty that has emerged everywhere during our mandated hibernation.

The trees have all blossomed, flowers are abundant, and wildlife is teem-

ing. The fluffy white clouds contrast with the bright blue summer sky, dotted by the occasional bird in flight. It's truly beautiful.

Rather than sitting inside in a crowded restaurant, you can now sit outside, al fresco, and dine from your first-row seat to the world around you.

As we venture out, remind yourself that everyone is in the same situation. Newly released into the world, they are happy to be free to roam.

Though it's hard to notice a smile behind the masks, a pleasant "Hello, how are you?" a wave of your hand or a nod of your

head in a friendly greeting can all add to the joy of being free.

So welcome back into the world! Take it slow as you venture back out. Take a deep breath, enjoy that summer air, the sights and sounds of the world around.

Look at it all with fresh eyes, eyes that have been

cooped up for so long, and are now free to see the beauty around you.

Baby steps, my friend. Baby steps.

Terry Alburger is the life engagement coordinator at Brittany Pointe Estates in Lansdale, Montgomery County.

**MOVE IN BY JULY 31ST TO RECEIVE A TWO-YEAR RENT LOCK.**



**THE LANDING OF COLLEGEVILLE**  
A LEISURE CARE PERSONAL CARE & MEMORY CARE COMMUNITY

Behind the front door of a Leisure Care community, there's so much more than people would expect.

Behind every exciting experience, there's a **team of passionate experts.** And behind everything we do, there's an unsurpassed commitment to cleanliness, that keeps everyone at ease.

Because behind each Leisure Care community is nearly **50 years of experience** creating environments where seniors thrive.

1421 S Collegeville Road • Collegeville  
(484) 270-6502 • [TheLandingOfCollegeville.com](http://TheLandingOfCollegeville.com)

**Coming Summer 2020**

**Preston**

60 new rooms dedicated to Personal Care, Memory Care and Residential Living

Join our interest list, call 610.696.5211, today.

*Grow with us!*

**Barclay Friends**  
A KENDAL AFFILIATE  
A Continuing Care Community

700 N. FRANKLIN ST., WEST CHESTER, PA | [BF.KENDAL.ORG](http://BF.KENDAL.ORG)

**Among Friends**  
with Faith C. Woodward  
Director of Admission and Marketing

**GET GAMING**

Nintendo sells a video game called "Wii Fit" that will allow you to exercise, track your workouts, and keep an activity log. The concept is that you move your body to control the characters, instead of using buttons or a joystick. It is designed to make you have fun while getting fit. The game is able to determine your weight, your body mass index, and your center of balance, among other things. It can see how well you are doing and how hard you are working. There are many different kinds of games, with many different levels of interaction, so a senior can enjoy activities like golf, tennis, bowling, or basketball while getting some healthy exercise.

Maintaining and improving muscle tone, coordination, balance and strength are important for preventing falls, which can have serious consequences for seniors. Gaming can also provide valuable social opportunities with peers and help bridge the generation gap. Programs and activities at BARCLAY FRIENDS include exercise, organized card games, discussions of current events, trivia, religious services, creative arts, floral arranging and holiday celebrations.

**With Faith Woodward, Director of Admissions and Marketing at Barclay Friends—to learn more, please call 610-696-5211 or visit our website, <http://bf.kendal.org/>.**



PROMOTING SENIOR WELLNESS

# What's new in hip replacement surgery?

By Hugh Bleemer

Hip replacement surgery or total hip arthroplasty (THA) procedures continue to increase. The frequency of THA in the U.S. is projected to grow to 635,000 procedures per year by 2030, according to Drs. Mengnai Lee and Andrew Glassman in the Journal of Bone and Joint Surgery. Hip replacement surgery is a procedure in which a doctor surgically removes a painful hip joint and replaces it with an artificial joint often made from metal, plastic or ceramic components. It is usually done when all other treatment options have failed to provide adequate pain relief. The procedure should relieve a painful hip joint, making walking easier, according to WebMD.com.

There are two main surgical approaches to hip replacement surgery. The first has been in use longer and is often referred to the traditional approach, or posterior hip replacement surgery.

The second type is called anterior hip replacement surgery. It is a newer and more technically complicated surgery but has some advantages over the traditional approach.

However, after numerous studies that measure the success of each approach to hip replacement surgery, neither approach is the clear winner.

To find out more information about the two different surgical approaches, visit [www.arthritis-health.com/surgery/hip-surgery](http://www.arthritis-health.com/surgery/hip-surgery).

A new study from the Hospital for Special Surgery, published in the March 2019 edition of ScienceDaily, says that low-risk hip replacement, using the posterior approach, can skip the standard hip precautions currently recom-

mended for post-surgical recovery.

"The precautions can be limiting and cause fear in patients," said Dr. Peter Sculco, the study's lead author and an orthopedic surgeon specializing in hip and knee replacement.

For a posterior approach, standard precautions include not flexing your hip past 90 degrees, not internally rotating your hip more than 10 degrees, using an elevated seat cushion at all times and a grabber for anything that is on the ground and sleeping on your back for 6 weeks.

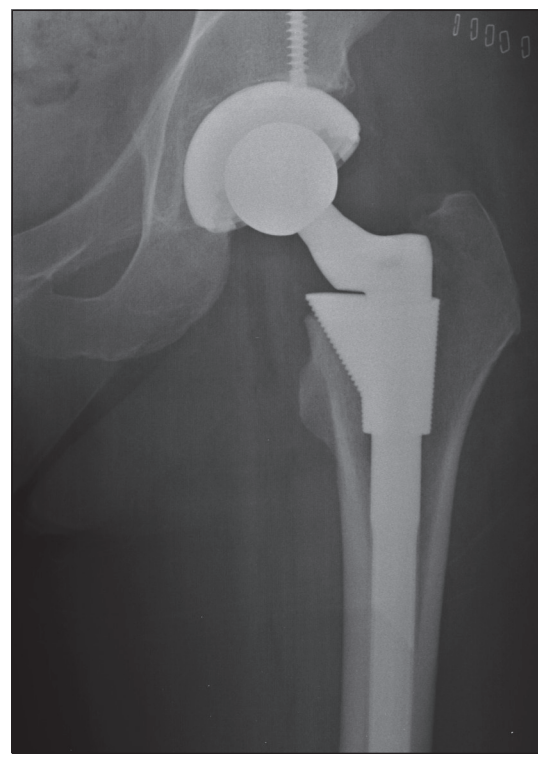
"The bottom line of the study is in recent years, we have learned more about interventions that matter after joint replacement and those that really don't have efficacy," he said. "In most patients, we got rid of powerful anticoagulants, for example, and we are moving toward a

shorter stay and even outpatient arthroplasty (i.e. joint surgery) for total hip replacement.

"Minimizing precautions and simplifying the post-operative recovery is part of the larger simplification of surgery where we are using more selected resources and interventions for people, instead of blanketing everyone with the same kind of protocols."

If you are exploring the possibility of hip replacement surgery or are in the process of scheduling surgery, always consult with your doctor before making any final decisions.

Hugh Bleemer is an outreach and admissions counselor at the Hickman Friends Senior Community of West Chester, a Quaker personal care home. Visit [www.the-hickman.org](http://www.the-hickman.org) for more information.



An artificial hip joint.

Wayne Senior Center YOUR CENTER FOR *friendship*

WSC

community vitality

JOIN in the FUN

FITNESS

108 Station Road, Wayne, PA 19087 | 610.688.6246 | [wayneseniorcenter.com](http://wayneseniorcenter.com)  
 @wayneseniorcenter

Join Narbeth Senior Center on  
**Tuesdays at 12pm for a Virtual Move & Mingle**  
 June 30 • July 7 & 21

This Free Zoom event is ideal for a beginner or someone who is deconditioned due to sheltering in place. Meet some of your neighbors and learn some new moves at your own pace during seated exercise.

*Fox Rehab exercise therapist will lead the class*

**Symphony Square**  
 Assisted Living & Memory Care

Please RSVP to [DSM@symphonySQ.com](mailto:DSM@symphonySQ.com) up to 48 hours prior to the event to receive log on information. Please call if you have any questions 484-436-2603.

35 Old Lancaster Road • Bala Cynwyd, PA 19004 • 610-660-6560 • [SymphonySq.com](http://SymphonySq.com)



**Symphony Manor**  
 of Feasterville  
 Assisted Living & Memory Care

**Assisted Living & Memory Support**

We invite you to visit us and see why so many people have chosen our senior living community.

**Call Today for More Information or to Schedule a Personal Tour!**  
**Lisa McDonough, Executive Director**  
**267-408-4090**

**1730 Buck Road, Feasterville-Trevose, PA 19053**  
**[www.smfeasterville.com](http://www.smfeasterville.com)**



SENIOR LIFE

# The wonders of reflexology

The stress-relieving massage technique can be an important part of a holistic approach to well-being.

By Don Botch  
dbotch@readingeagle.com

Kat Romett was struggling and knew she needed help.

About five years ago, the mother of two, including an autistic son, was experiencing loss of feeling in the left side of her body and loss of taste.

Little did she know that physical symptoms such as those could be triggered by the stresses of her day-to-day life.

"I didn't know what was going on," the Montgomery County resident said. "I went to a lot of doctors. One of the neurologists I visited started asking me questions about my home life — really comprehensive questions — and she looked at me and she said, 'You're in an extreme state of chronic stress, and your body is manifesting it this way.'"

Romett said right up until that moment, she had no idea that stress could take such a physical toll on the body. She started to wonder how many other people were going through the same thing she was going through. And she looked into ways to lower her stress, which led her to massage and reflexology.

But she didn't just want to help herself; she wanted to help others going through the same thing as she. She looked into massage schools, but the schedules didn't line up with



ROBYN GRAHAM PHOTOGRAPHY

Kat Romett of Peace Roots Reflexology works on a client's feet.

hers, so she enrolled in a reflexology course offered by the American Reflexology Certification Board.

There, she learned the extent to which stress can affect our bodies, and how to manage it through diet, exercise, reflexology and self-care.

She also started to get reflexology herself, which she continues to this day.

"Sometimes when we are in a cycle of stress, it's

hard to get out of it ourselves," she said. "Getting outside help to turn that mode off, without having to think and just receive, is helpful for me and those I've worked with."

Five years later, her Peace Roots Reflexology business is taking off, mostly through word-of-mouth.

Romett said reflexology is a component of a holistic approach to well-being,

which involves factoring in mental and social factors, rather than just whatever symptoms one might be experiencing. The goal is to coax your body into a state of homeostasis, or equilibrium, through healthy eating and stress management.

Reflexology, she said, is based on the concept that our body is a network of nerves and all of those nerves come to the bot-

## SELF-HELP DIRECTIONS

Kat Romett offered this simple reflex point to target stress and anxiety in our busy lives:

Place the thumb from one hand on the Solar Plexus point on the other hand (near the center of the palm) and perform 10 slow circles, breathing deeply as you do. This can help you relax and feel calm. Use your knuckle if fingers are too tired or achy.

## DEFINITION

Reflexology is a relaxing and rejuvenating wellness treatment that uses specialized compression techniques applied to reflex points on the feet, hands, ears and face. These points relate to certain parts, organs and glands of the body which, when stimulated, trigger that part of the body and help restore balance, reduce stress, relieve tension and promote self healing.

Reflexology is not a medical treatment and does not treat, diagnose or prescribe for specific diseases but does aid your body in its capacity to self-heal.

Once we understand that most "dis-ease" is caused by stress, appreciating the benefits of reflexology in helping manage physical, emotional and mental health becomes clear.

## ABOUT PEACE ROOTS

Kat Romett's Peace Roots Reflexology offers onsite sessions (but not until Pennsylvania goes Green) and will be opening a new office in Souderton, Montgomery County, within the next month or so. To stay updated on future sessions and reopening for Peace Roots, sign up for the newsletter at [www.peacerootsreflexology.com](http://www.peacerootsreflexology.com).

Since reflexologists are not regulated in Pennsylvania, Romett recommends finding one who has gone through the American Reflexology Certification Board training.

sis, or natural self-regulation.

Romett works on the bottom, sides and the tops of the foot — each part correlating to different organs or glands — being careful to avoid anything that might cause pain.

"A lot of people have a preconception that reflexology is painful, but you never need be putting a client in pain to get those nerve impulses working," she said. "So it kind of feels like a very thorough foot massage. A lot of times people will fall asleep because it's so relaxing."

A typical reflexology visit starts with having the client fill out a questionnaire to rule out any contra-indications, which include being on blood thinners for clotting or being in the first trimester of pregnancy. The client will then have a seat in the reflexology chair and she will begin working on their feet.

"All they have to do is relax," she said. "They can talk as much or as little as they want. It's usually a 60 minute session."

WONDERS » PAGE 7



- All Services and Amenities Are Provided Onsite. This Includes Chef-Prepared Dining, Activities, Social Events and More

- Ability to Deliver Onsite Healthcare Services

- Long-Standing Preventative Measures and Expansive Healthcare Supply Inventory

- Access to Industry Associations and the Latest News and Information

- National Buying Power and the Resources to Obtain High-Demand Healthcare Products

- Enhanced Operational Procedures and Protocols in Place from the Onset

- Fully Prepared to Enact New/Expanded Safety Measures

- Community-Wide Preventative Efforts Include Ongoing Cleaning, Sanitization and Housekeeping

## We Are The Right Place To Be Right Now

As a company that's served the best interests of seniors for nearly 30 years, we are no stranger to emergency management. Our commitment to the health and safety of our residents has long been paramount, and although COVID-19 is a new threat, it is by no means the first one we've faced head on.

In any emergency situation, it's imperative to know where trusted resources can be found. For seniors and families specifically, the importance of safeguards required for COVID-19 in many ways highlight the numerous benefits of living in a supportive community setting like the many we offer.

By leveraging extensive prior experience, financial strength, innovative technology and national buying power, we can provide the resources and forward thinking necessary to implement Enhanced Protocols and Operational Procedures immediately at our communities nationwide. We believe you or your loved one can be as confident as we are in our strategies to combat the spread of this virus.

Accepting New Residents | Call 610.422.3975 Today!



SpringMillSeniorLiving.com

3000 Balfour Circle, Phoenixville, PA 19460

Personal Care | SHINE<sup>SM</sup> Memory Care

Equal Opportunity Care Provider. Prices, plans and programs are subject to change or withdrawal without notice. Owned and operated by Discovery Senior Living. Void where prohibited by law. ©2020 Discovery Senior Living. SMAL-0076 3/20





# Wonders

FROM PAGE 6

The sessions cost \$1 per minute, and for an additional fee she offers add-ons such as heated stones, CBD cream, or hand and ear reflexology. A full foot, hand and ear reflexology session typically lasts 90 minutes.

"It just takes reflexology to another level," she said.

A big part of her work is caring for caregivers. She said many of her clients are women who, like her, are mothers of special-needs children, but she also sees plenty of people who are caring for elderly parents.

"I'll get a lot of people who have a lot of anxiety or stress that they're not able to regulate themselves, and sometimes we need outside help to do that," she said. "So stress, anxiety, issues with sleep. I've had a lot of women who aren't able to have kids come

in, having that whole reproductive system regulated.

"I even had a guy come in who was a veteran and he had a lot of foot pain, and he had no idea what reflexology was, but he knew after he came to me he felt better."

She also treats seniors, many of whom have spent their entire lives caring for one person or another.

"I think what's really great is people who are coming to that age is they're starting to understand self-care," she said. "They've been caring for so many people for so long they're finally starting to understand they need to care for themselves. ... So it's definitely a great age to start looking at 'What can I do for myself to feel good on a regular basis?'"

She said reflexologists are not allowed to treat, diagnose or cure, but she has found that her return clients tell her they are sleeping better, or their allergies are bet-

ter, or they're breathing better.

"And it's funny, too, because some people will come in for one condition, like back pain, because working reflexology can really be a support to strain in your spine, and they'll come in for that and then say, 'Oh my gosh, I just realized I slept better. So when the body is getting into that homeostasis, you have no idea how it's going to regulate, so you'll come in for one thing and it might actually help another thing.'"

Romett said she takes great satisfaction in having found something that not only has helped her feel better, but that she can pass on to others.

"As I got into training, I felt so blessed that I could help other people going through the same thing as me," she said. "It's just become such an amazing way for me to help other people."



Hot stones are incorporated into a reflexology treatment.



## Staying *Fit* at Home!

Staying home just got physical! Stay active and be well with these exercises you can do anywhere.

Learn more from Anthony, The Becoming Center's executive director, at [rb.gy/p9hcvw](https://rb.gy/p9hcvw)

To receive additional information, please call 1-877-711-3064 or go to [www.BecomingCenter.org](http://www.BecomingCenter.org)



250 North Bethlehem Pike  
Ambler, PA 19002  
[www.BecomingCenter.org](http://www.BecomingCenter.org)



## Decidedly Different. Decidedly Ready.

A simpler, more convenient lifestyle awaits at Dunwoody Village where you can ditch all the humdrum chores of homeownership. That leaves you with time for your favorite activities like golf and book club. Or pick up a new hobby—be it quilting, pickleball or woodworking. Ready to embrace your newfound freedom? Call us today and arrange a visit.



**DUNWOODY VILLAGE**  
A Continuing Care Retirement Community

★★★★★  
Five-Star Rated Healthcare

(610) 359-4400 | [www.dunwoody.org](http://www.dunwoody.org)  
3500 West Chester Pike, Newtown Square, PA 19073

Independent Living • Rehabilitation • Personal Care • Skilled Nursing • Memory Support • Home Care



## Live life like you mean it.

Echo Lake offers breathtaking surroundings, a ground-breaking lifestyle concept, and a wealth of services and amenities — everything you need for truly exceptional living.

### DISCOVER ECHO LAKE

It's the Main Line's newest and most innovative retirement community. Let us show you how good life can be.

Give us a call for a virtual tour.  
484-568-4777



SAGELIFE | Living to the Power of You



YOU ARE INVITED

# Join the Charter Club

**SAVE UP TO \$10,000**



**LEARN MORE**



**RESERVE YOUR SAVINGS TODAY!**

**484-392-5580**

Anthology of King of Prussia / 350 Guthrie Rd / King of Prussia, PA 19406  
 AnthologySeniorLiving.com



CLASS OF 2020

# Chestnut Knoll senior living community celebrates Boyertown graduates

By Jodie Daniels

Many Berks County residents, businesses and school districts are finding creative ways to celebrate the graduating class of 2020. Chestnut Knoll Personal Care and Memory Care in Boyertown took the time to celebrate with three of its employees prior to their high school graduation. Following a handmade

banner that read Boyertown Class of 2020, Madison Denneney, Amanda Garvey and Amy Hansen walked the halls of the senior living community dressed in their caps and gowns to the sounds of commencement music. As they passed eager residents, many held signs, waved and cheered while offering their congratulations to the young ladies along their way. Accompanying staff members fol-

lowed en route with pom-poms, voicing their exhilaration. Shawn Barndt, executive director, with the help of the Chestnut Knoll care team, put together the memorable event. She, like many staff members, proudly displayed school spirit. Many opted to wear red, black or Boyertown School District apparel in their show of support. "Madison, Amanda and

Amy are part of our health care heroes," Barndt said. "As not only a senior community but as a community in general, we are proud of their accomplishments and that of the Boyertown Class of 2020. "This pivotal point in their lives deserves recognition and the Chestnut Knoll family was happy to provide recognition and a celebration for our very own graduating heroes!" Chestnut Knoll is an

award-winning senior community offering personal care and memory care residences at an affordable month-to-month lease with no buy-in fees. Services include 24-hour personal care assistance with medical support, meals, housekeeping, social events, and transportation. All residents have access to FOX Optimal Living, an evidence-based continuum of wellness and rehab services. Chestnut Knoll also

offers at-home services, available to seniors where they live. This includes assistance with medication monitoring, personal care, companion care, light housekeeping and laundry and transportation. For more information on personal care, memory care and home-care services, call Jodie Daniels, assistant executive director, at 610-473-8066 or visit [www.chestnutknoll.com](http://www.chestnutknoll.com).

FITNESS

# Virtual gaming, esports look to engage older adults

By Mark Stevens  
EnableHealth

Social isolation and loneliness among older adults is one of the most serious health issues facing our country. Combating that problem is the goal of a new public-private partnership — the K.A.R.E.S. Community (Keystone Athletics, Recreation and Esports) — which will use virtual technology to bring Pennsylvania seniors together for esports and electronic gaming fun. KARES' partners include its founder, health technology and innovation consultancy, EnableHealth; the PA Esports Coalition; Pittsburgh's Jewish Healthcare Foundation; Geisinger Musculoskeletal Institute; Athletes for Care; RTI International; the KNGDM Group; the PA Office of Rural Health and the Keystone State Games. The partnership is looking to pilot its first virtual activities at the next Keystone Games, re-scheduled for October. Partnership leaders noted that during the COVID-19 pandemic, it is nearly impossible for seniors, especially in rural areas, to congregate. Technology and virtual gatherings, however, have made it possible for older adults to remain engaged and maintain social connections. The ob-

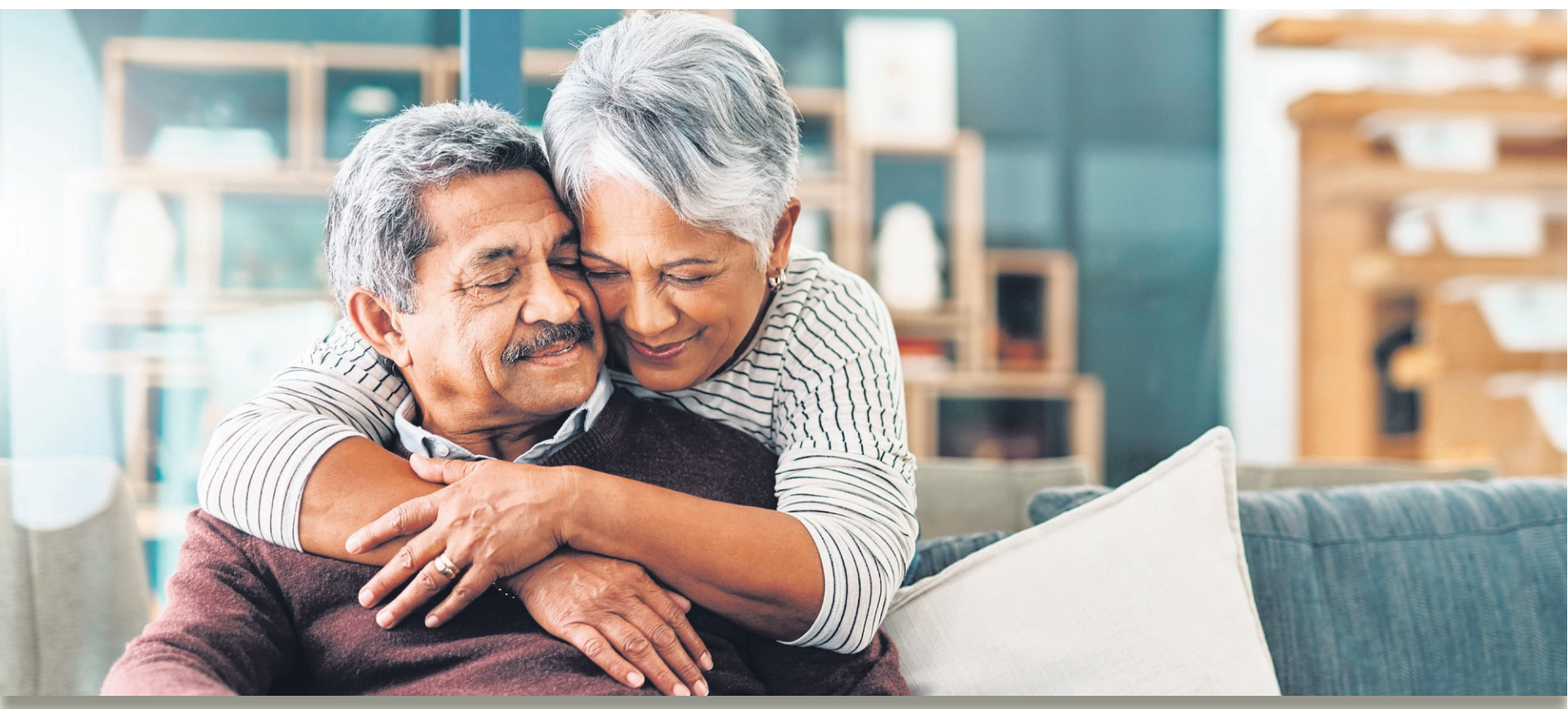
jectives of this initiative are to leverage technology to enable seniors to participate virtually in friendly competitive sports and games in a fun and healthy environment. About 28 percent of older adults in the United States, or 13.8 million people, live alone, and in a 2018 survey of 20,000 participants conducted by Cigna, nearly half (46%) of those surveyed reported that they felt alone sometimes or always. Perhaps no other age group feels the keen sting of loneliness more than seniors, a condition only exacerbated by COVID-19. The National Institutes of Health (NIH) agrees, adding that loneliness can also have clinical consequences. Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, cognitive decline, Alzheimer's disease and even death. Conversely, according to the NIH, people who engage in meaningful, productive activities with others tend to live longer, boost their mood and have a sense of purpose. These activities seem to help maintain their well-being and may

improve cognitive function. The initiative is identifying potential projects and partners from across Pennsylvania and has the support of the Pennsylvania Department of Aging, which recently published the results of a statewide survey. The survey was conducted by the Pennsylvania Council on Aging and sought to assess how older adults have been managing through the current pandemic. The survey reported that more than 25% of the 3,700 respondents said they would like to take advantage of virtual gaming if given the opportunity. "Older Pennsylvanians enjoy sports, games and other ways to socialize and congregate for fun and fitness," said Pennsylvania Secretary of Aging Robert Torres, "I applaud the work of KARES, which seeks to safely and positively engage our senior community through the pioneering application of esports and virtual gaming. "I'm particularly encouraged by their initial project, which seeks to expand recreational opportunities for older adults through a partnership with the Keystone State Senior Games." Founded in 1983, the non-profit Keystone State Games

Inc. is a public/private partnership that has attracted over 500,000 participants of various age groups to their events, which provide a statewide, multi-sport program with an Olympic format to encourage and assist in preparing Pennsylvania's athletes to enter national and international competitions. "The Keystone Games are excited to be the first in the country to introduce a virtual element to senior games," said longtime Executive Director Jim Costello. "We will be looking to begin gradually by introducing a handful of online games for participants in our upcoming Fall Games and Expo, and then look to launch our first-ever virtual Winter Games in 2021, leveraging several esports applications. "And it's fitting we launched this new initiative in May, which was National Physical Fitness and Sports Month!" "The Pennsylvania Esports Coalition is also excited to work with the other partners on this initiative to bring the inherently social nature of Esports to a demographic that will no doubt benefit from the entertainment and technology the industry brings," said Bill Thomas, chairman of the coalition. "The current COVID-19 pandemic has shown

that we need to do a better job of addressing isolation in our older adult population, and we believe strongly that esports and competitive video gaming can be a significant part of the solution." The Jewish Healthcare Foundation, a nearly 30-year-old organization based in Pittsburgh, has been committed to reducing isolation and loneliness among seniors since its founding. Over the last several years, it has focused on the application of technology to increase connection and engagement among older adults in Western Pennsylvania. "We have always been committed to keeping seniors safe and well, and this includes keeping them engaged and connected with their communities," said Mara Leff, director of innovation at the Jewish Healthcare Foundation. "We think esports is a fantastic outlet to foster this type of connection, and we are thrilled to be partnering to make it a reality." "Geisinger has a long history of supporting the Keystone Games," said Dr. Michael Suk, head of orthopedics at Geisinger and a clinical leader in esports. "This year we're excited to help the games make the transition to a virtual environment, including the intro-

duction of an online platform for health and fitness, a first for senior games in the country." "RTI International is thrilled to partner with KARES to offer its researchers and expertise to help combat senior isolation in new and effective, innovative ways," said Jamie Pina, Ph.D., director, Applied Health Informatics Program. "We commend Mark Stevens and his team at EnableHealth for bringing instrumental partners together to find creative solutions to address the health and fitness needs of seniors in these unprecedented times," said Anna Valent, executive director, Athletes for CARE. "Our team of more than 200 elite athletes are honored to be part of this important initiative." "EnableHealth is proud to bring such an amazing group of individuals and organizations together for such timely and important work," said EnableHealth Managing Director Mark Stevens. "We're grateful to Secretary Torres for his vision and support, and to Jim Costello for allowing us to make history while launching the Initiative's first project together at this year's Keystone games!"



## Your peace of mind is always top of ours.

Acts is one of the most trusted, most experienced names in retirement communities. Our worry-free Acts Life Care® plan protects your nest egg with predictable monthly fees. Add nearly 50 years of financial stability and a long-tenured staff known for loving-kindness, and you'll see why we earn a 98% satisfaction rating with current residents. Contact us today.



Where Loving-Kindness Lives

FOR PRICING AND MORE INFORMATION VISIT [ABOUTACTS.COM/SENIORLIFE](http://ABOUTACTS.COM/SENIORLIFE)



BRITTANY POINTE ESTATES - LANSDALE, PA | FORT WASHINGTON ESTATES - FORT WASHINGTON, PA | GRANITE FARMS ESTATES - MEDIA, PA  
GWYNEDD ESTATES - AMBLER, PA | LIMA ESTATES - MEDIA, PA | NORMANDY FARMS ESTATES - BLUE BELL, PA  
SOUTHAMPTON ESTATES - SOUTHAMPTON, PA | SPRING HOUSE ESTATES - LOWER GWYNEDD, PA





NARVON

# Family, friends celebrate Ella McHenry's 100th birthday at Zerbe Sisters

By Lisa Mitchell  
lmitchell@21st-centurymedia.com  
@facebook.com/northeastberksnews/

Family flew in from all around the country to celebrate Ella McHenry's 100th birthday at Zerbe Sisters retirement community in Narvon on June 5.

Dozens of people came out to visit Ella, including nieces, nephews, cousins, and close family. About 10 to 15 visited throughout the day, and another 25 people celebrated her birthday outside the front window of the home in the evening.

Michael McHenry, grandson of Ella, said there were three different times set up throughout the day to spread out the crowd. Michael was among the last group to visit, which included three other grandchildren and 8 great grandchildren.

"We used a telephone to talk to her through the glass. Some of her grandchildren she hadn't seen in many years were in attendance," said Michael. "She was overwhelmed with emotions when recognizing and talking with each of them, and other family members from behind the glass, crying multiple times. She repeatedly blew kisses and touched the glass mentioning she wanted to hug everyone."

On behalf of the entire family and many friends, Michael shared birthday wishes to Ella.

"I would just like to wish her a wonderful 100th birthday and let her know that the minute we are allowed inside the home, she will be receiving much love and many visitors, and receiving hugs and kisses in person," said Michael. "I would also like to thank

the staff at Zerbe Sisters for chipping in and making sure she had her lobster tail dinner, and their assistance in communications through the window with her and all the family members," added Michael.

Ella was born June 5, 1920 in Philadelphia, a daughter of Dorothy (Sennett) Klein of Philadelphia, and Rudolph Klein, an immigrant from Austria. She was one of three children.

Her sister Dorothy has passed. Her brother Albert, age 95, was in attendance at the birthday celebration.

"Although the Spanish flu had some residual cases into 1920, most either died from it or had immunity, and neither her, nor her parents had any serious complications with that strain of H1N1 to my knowledge," said Michael.

She married Harry McHenry (1914-1999) of Philadelphia in 1940 and they had four sons. One died shortly after birth. Her oldest son died in 2018. Two still remain, one in Honey Brook and one in Linesville, PA.

Ella has 12 grandchildren, 24 great-grandchildren, and 7 great, great-grandchildren spread all across the country.

"She was a good artist and wonderful singer. She was one of the first women to sing live on a Philadelphia television station in 1949," said Michael.

Ella has been a resident of the Morgantown and Elverson area since 1976. Previously, she resided in Phoenixville and Philadelphia.

"Ella has always been loving and generous. She's an excellent story teller and likes to read. Her past favorites were Reader's Digest condensed books, and now enjoys Patterson mystery novels."



Ella McHenry, left inside, greets visitors gathered outside Zerbe Sisters in Narvon as they wish her a happy 100th birthday.



Ella McHenry greets family for her 100th birthday. Family visited from the other side of a window at Zerbe Sisters retirement community in Narvon on June 5.



Ella McHenry celebrates her 100th birthday at Zerbe Sisters retirement community in Narvon on June 5. Dozens of people came out to visit, talking via telephone on the other side of the window. Some of her grandchildren she hadn't seen in many years were in attendance.

**Feel Certain.**

It's a big decision. Finding the right supportive living community is not just about a nice apartment. It's about finding attentive care, meticulous housekeeping, engaging social programs, excellent dining, and responsive leadership.

**Call for a virtual tour: 844-865-5568.**

*Senior Living, but different.*

Since 2015, Daylesford Crossing has been living up to its mission: To create the best home for each resident every day by encouraging, empowering, and celebrating successful aging.

*A Healthy Tradition of Care and Wellness*

**MAIN LINE SENIOR CARE ALLIANCE**

Within our communities at Main Line Senior Care Alliance, our dedicated and professional care teams are at the heart of the quality care and services we provide.

We offer:

- Short-Term Rehabilitation
- Skilled Nursing Care
- Personal Care
- Respite Care
- Memory Care

**Saunders House 610.658.5100**  
**Bryn Mawr Terrace 610.525.8300**  
**Impressions Memory Care at Bryn Mawr 484.380.5404**

Voted Best of Main Line 11 years!

www.MainLineSCA.org

**Daylesford Crossing**

Sophisticated Surroundings, Customized Support, Unparalleled Hospitality.

THE MAIN LINE'S FAVORITE SUPPORTIVE LIVING & MEMORY CARE

DaylesfordCrossing.com | 1450 Lancaster Avenue, Paoli

**SAGELIFE** | Living to the Power of You



**GARDENING**

# Pottstown couple shares their garden's bounty with neighbors

By **Kathy Folk**  
 kfolk@readingeagle.com  
 @kfbick on Twitter

When the coronavirus pandemic put the world on lockdown, many people decided it was a good time to plant gardens, especially vegetable gardens, to become a little more self-sufficient when it came to their food supply.

Even for longtime gardeners like Stephen Toroney and his wife, Barb, of Pottstown, it's a good feeling to see their plants thrive during this time of uncertainty.

"I've been gardening since I was about 5 years old and have always enjoyed it," Stephen, 66, wrote in an email. "This year it is

extra special seeing our garden starting to flourish as the world is in some sort of lockdown.

"I don't need a mask, or gloves, (work gloves however), and I can get side by side with my plants ... no social distancing!"

The Toroneys grow tomatoes, string beans, peas, cucumbers, squash, zucchini, onions, garlic, potatoes and peppers.

They are happy to share what they harvest with their neighbors.

"We are and have always been giving individuals," Stephen said. "There are two of us, and we have plants that will provide enjoyment for many of our neighbors.

"They were happy to see

that I was able to get plants to do a garden this year."

When it comes to the neighborhood critters, though, that's where the couple's generosity stops.

Stephen said even though their yard is fenced in, he has to cover most of the plants to stop the squirrels and rabbits from eating them.

Of all the veggies he grows, Stephen said he's partial to tomatoes.

"That first ripe tomato of the season is the best," he said.

His small garden gives him a greater appreciation for farmers.

"My hat's off to the farmers who provide most of our food," Stephen said. "Unless you garden even on a small

scale, we have no idea how hard their jobs are."

The Toroneys have been recognized for their gardening efforts beyond their neighborhood.

"Over the years we have entered our garden in our local garden club contests, and the two times we entered, we received a first-place and a second-place ribbon, mainly due to the variety of plants we have in a small patch," Stephen said.

In addition to the wildlife who want to nibble their plants, Stephen said other problems they encounter are weeds getting out of hand and weather that's too dry or too wet, or too hot or too cold.

In addition to the vegeta-



COURTESY OF STEPHEN TORONEY

Stephen Toroney and his wife, Barb, planted tomatoes, string beans, peas, cucumbers, squash, zucchini, onions, garlic, potatoes and pepper in the backyard garden at their Pottstown home.

ble garden, Stephen said he also enjoys growing roses.

**SENIOR LIFE**

# Stuck at home? Start decluttering

By **Petra Shaw**

Of all the tasks associated with moving, downsizing can seem the most daunting. Sorting a lifetime's worth of possessions takes time. It also can be emotional, because we associate items with people and events that mean something to us.

Due to the recent COVID-19 situation, many people have contacted Jan Schechter, personal moving consultant for Maris Grove, about making a move the Erickson Living managed and developed senior living community in Glen Mills, Delaware County, to ensure they are in a community where needed services and safety measures are in place.

"Now is the best time to get a handle on organizing and downsizing, so you can be in a position to easily make a move when you are

ready," Schechter said. "We're all following stay-home directives, so you have an excellent opportunity to make real progress without the pressure of a firm deadline."

### Top tips for decluttering

Schechter says that decluttering has multiple benefits.

"You want the highest sales price for your home and to simplify your move," she said. "Decluttering helps you accomplish both. Buyers will be able to envision themselves living in the space, and you'll take only things you love and need to your new home."

She reminds everyone that your home is your most valuable asset.

"The box that holds all your stuff — your house — is worth more than everything in it," she said. "What you'll get for your used furniture is tiny in comparison, so fo-

cus on making your house look its best."

Here are her top tips for getting through the process:

1. Imagine your new living space: Think about the rooms you'll have in your new home and get rid of the stuff in the rooms you won't. If there's no den, you won't need that extra couch.

2. Start small: Leave the garage, basement and attic till last. Start with a small space you can complete relatively quickly.

3. Work on it daily: Think of it as your part-time job and show up ready to work a minimum number of hours each day. If you're motivated to put in some overtime, even better.

4. Box by category: Keep, trash, donate and sell. Clearly mark each box, its contents and its final destination. Group boxes by category for easy identification.

5. No maybe piles: Each item gets a yes or a no, or you'll have to downsize

again after you move.

6. Keep one, toss one: If you have duplicates, give away the extras. How many can openers and cookie sheets do you really need?

7. Apply the six-months rule: If you haven't used or worn it in six months, you probably never will. Don't box and cart it to your new home. Let it go.

8. Take time to reminisce: Things spark memories, so enjoy those as you sort. But don't hold on to things unnecessarily. Memories, not stuff, are what matters.

9. Keep the best, leave the rest: If you're a collector or have tons of family mementos, retain the items with the highest monetary or sentimental value. Take photos of the rest. Create a real or digital album that you can view any time. It won't take up space, and your collectibles won't sit in boxes.

"These tips can help you complete this project in



Schechter

a timely, methodical, and practical way," Schechter said. "Don't think of it as leaving things behind, but as getting ready for a new, exciting phase of your life."

"Decluttering your home declutters your life. You might find it freeing to be rid of stuff you don't use anymore. Go at the pace that works for you, and make progress every day."

People moving to Maris Grove have direct access to Erickson Realty and Moving Services. This special program offers complimentary coordination of all realty

and moving needs, including downsizing, home staging, packing and choosing a real estate agent. Schechter will help guide you through the entire process. Call 800-520-2916 to learn more.

About Maris Grove: Maris Grove, one of 20 continuing care retirement communities developed and managed by Erickson Living, is situated on a scenic 87-acre campus in Glen Mills, Delaware County. The not-for-profit community has more than 1,900 residents and 1,000 employees.



## Downtown Living at its Finest

Discover the comfort of a service-rich environment and experience the value of a caring community. Come see why so many of your neighbors are moving to **Elm Terrace Gardens!**

**Residential Living • Skilled Nursing  
 Respite Care • Personal Care • Memory Care**



**Call Erin Trout today!  
 215-361-5656**

**660 North Broad Street, Lansdale, PA 19446  
 www.ElmTerraceGardens.org**



**Schedule Your No Contact, Personal Tour Today!**



**ARBOUR SQUARE**  
of Harleysville

BY TRUE CONNECTION COMMUNITIES  
**Living Senior.**



**We invite you to experience what your life could look like at our community.**

**CALL TODAY TO LEARN MORE 267-677-1200**

At Arbour Square of Harleysville, our residents are still enjoying the same signature lifestyle—with a socially distant twist.

We are taking precautionary measures to help keep our residents safe, healthy, and entertained during this era of COVID-19, and we don't want you to miss out. We invite you to experience what your life could look like at our community.

**INDEPENDENT LIVING**

695 Main Street • Harleysville, PA 19438  
267-677-1200 • [www.ArbourSquare.com](http://www.ArbourSquare.com)



**TOPTON**

# Library organizes Happy Mail for residents, staff of The Lutheran Home

Brandywine Community Library asks community to send cards, notes of encouragement

**By Lisa Mitchell**  
*lmitchell@21st-centurymedia.com*  
*@facebook.com/northeastberksnews/*

The Brandywine Community Library organized Happy Mail asking the community to send cards and pictures of encouragement to residents of The Lutheran Home at Tipton.

"We are trying to send some sunshine to our friends who live at The Lutheran Home as well as the essential workers who care for them," said Heather Wicke, Library Director at the Brandywine Community Library. "We miss seeing the residents and staff members and look forward to the day when we can gather again in the library."

Called Happy Mail, the project came together with the help and collaboration of a Lutheran Home employee, Jessica Bortz, and library board member Amy Crouse.

"These residents are our neighbors and a part of our library family," said Wicke. "We wanted to help them and are still looking for more ways to do that but believe encouragement is needed the most right now."

When Wicke wanted to do something for the residents, Crouse said she reached out to Bortz who is a former coworker and an occupational therapist at The Lutheran Home.

"We wanted the staff to know their efforts day in day out are appreciated by the community," said Crouse. "The residents have not been able to see their families for more than two months. I hope that the cards and drawings bring a



SUBMITTED PHOTO

Brandywine Community Library's Sheldon with Happy Mail collected for residents and staff of The Lutheran Home at Tipton.

smile to the residents' faces to know someone is thinking about them."

"I'm so happy to be part of organizing this Happy Mail for the residents and staff. It's been a rough time for all for the last few months," said Bortz. "What I like most about this project is that I'm giving back and doing something for others. I hope it brings smiles to their faces and makes them feel like someone is thinking of them and feel loved."

The library asked community members to mail in cards and children's drawings and pictures to share with the residents of The Lutheran Home. Their hope is to give a card and picture to every resident and the staff members who are working directly with those

residents.

"It's been a great start—we have collected approximately 50 cards for residents and 25 for staff," said Wicke. "Our goal is 200 more cards. At this time we are still focusing on the residents and staff because they are in the middle of the crisis right now. We can't imagine what they are going through as we sit safely at home. We'd love to continue making and sending cards to other groups if there is a need after The Lutheran Home."

The second batch of cards was delivered recently and more letters are still needed.

Bortz said that this pandemic has really taken a toll on both the residents and staff.

**LIBRARY » PAGE 13**

# Do You Suffer With NEUROPATHY? ...Suffer No More!

**Imagine no more medication... but a proven long-term solution you can do at home for your:**

- Numbness
- Diabetic nerve pain
- Sharp, electric-like pain
- Burning or tingling
- Muscle weakness
- Difficulty sleeping from leg or foot discomfort
- Sensitivity to touch
- Pain when walking

**We offer a scientific, 4-step, proven approach that heals your nerves and reverses your symptoms by:**

1. Increasing blood supply to your nerves.
2. Repairing and re-educating your nerves.
3. Increasing the blood flow in your feet or hands.
4. Increasing your balance and mobility.



**Get Relief with No Surgery, Shots, or Addictive and Dangerous Medications**  
**100% Non-Invasive – No Side Effects**

*"To me it's been a miracle. I can wear regular shoes again. I don't have the burning, pins & needles now. I am thrilled." - Leah M.*

*"Before the program I never knew how hard I was pushing the brake pedal. Now, I can feel the pressure." - Tony Z.*

*"At night, I couldn't sleep well because my feet were shocking me. They aren't doing it now and I can sleep all the way through." - Cheryl G.*



**FREE SEMINAR DETAILS**

**Date: Tuesday, June 23, 2020 Time: 11:30 am**

**(610) 906 - 0636**

Call to Reserve your seat for this seminar or to receive our ONLINE WEBINAR VIDEO you can WATCH FROM HOME.

**Dr. Daniel McClimon, DC, BCN**  
**Board Certified Neuropathy Specialist**



**Beacon of Life Chiropractic & Neuropathy Specialists**

70 Buckwalter Rd., Suite 412  
Royersford, PA 19468

Doctor supervised program



## SURVEY

# Pennsylvania Department of Aging seeks input on its plan on aging

MediaNews Group

The Pennsylvania Department of Aging released a survey for the general public and community stakeholders to provide input on the department's strategies and priorities as part of the process of completing a State Plan on Aging for 2020-2024.

The brief survey asks respondents to prioritize services and quality-of-life issues that are most meaningful to them in ensuring age-friendly communities across the commonwealth over the next four years. Adults aged 60 and over are strongly encouraged to take the survey. It is available in English and Span-

ish on the Department of Aging's website through Sunday and can be completed on a computer, tablet or smartphone.

Anyone doesn't have internet access and is interested in taking the survey can call the department at 717-783-1550. Leave contact information and indicate that you want to participate in the "State

Plan on Aging Community Survey." A department staff member will call you to complete the five-minute survey over the phone.

"The survey is user friendly, and the Department of Aging hopes to have community members, consumers of services, caregivers and advocates give us their in-

put," said Secretary Robert Torres. "We truly value the feedback that we receive in order to craft a plan that continues to prioritize the needs and services of older Pennsylvanians now and in the future."

The State Plan on Aging is designed to help Pennsylvania meet the objectives of the Older

Americans Act and will be submitted to the Administration for Community Living (ACL) containing a vision and direction for Pennsylvania's network of aging services.

The Department of Aging is required to submit a plan every four years, with the next plan due by Oct. 1.

## Library

FROM PAGE 12

"Residents are sad, lonely and scared and some are weak and sick with the virus. Staff are physically and emotionally exhausted, ridden with anxiety, scared and are acting as family to all of the residents," said Bortz.

Families and visitors have not been allowed to visit in more than two months or so.

"The residents are very lonely and sad as some had family come to visit then everyday normally," said Bortz. "The residents aren't allowed out of their rooms right now (so no activities, dining room) so they can't socialize even with the other residents."

Bortz said that this project gives a great opportunity for the community to reach out to the staff and residents to show they care and are thinking about them.

"Our elderly community are often thought of as people we need to care for. The truth is they give so much back to us in wisdom in their stories," said Crouse.

"The library, as it resides on campus at The Lutheran Home, is a connection between young and old and we can't wait for them to all come through our library doors again."

Wicke also gave Girl Scout cookies to deliver to the staff at The Lutheran Home as well as cards which are still being collected.

"I have a dozen more and the school shared the option to participate in our project this week as well. We hope to bring a smile one card at a time," said Crouse.

Cards and pictures are still needed. "It takes 5 minutes to write a note, letter, have a child draw or color a picture for them," said Bortz.

Community members are asked to mail cards and notes of encouragement. Address the envelopes and mail to this address: "Happy Mail for residents" or "Happy Mail for staff," 1110 Woodside Avenue, Mertztown PA 19539.



The Brandywine Community Library organized Happy Mail asking the community to send cards and pictures of encouragement to residents of The Lutheran Home at Topton. Address the envelopes and mail to this address: "Happy Mail for residents" or "Happy Mail for staff," 1110 Woodside Avenue, Mertztown PA 19539.

SUBMITTED PHOTO



# When you're here, you're home.

**Is this the right time to explore senior living, yet pandemic concerns have slowed your plans? Let us help!**

The Hickman Senior Living Community has provided quality home-like care for 129 years. We have steadily held people *In The Light* during wars and epidemics, movements for civil rights, and other major events. This year, our early pandemic response involved adjustments to daily practices to maintain community health. **Working together, we developed a process to allow new people to move in to The Hickman with community safeguards in place. We would love to tell you more!** Our dedicated team of nurses, caregivers, physical therapists, nutritionists, and activity leaders are following the guidance of our Infection Preventionist and COVID-19 Task Force. Our administrators and Board ensure that our evolving plans are in keeping with our Quaker values.

The *Hickman*  
Friends Senior Community of West Chester

Contact any of our friendly Admissions staff at  
(484) 760-6306 or  
[info@thehickman.org](mailto:info@thehickman.org)

400 N. Walnut Street,  
West Chester, PA 19380  
[www.TheHickman.org](http://www.TheHickman.org)

Personal Care | Memory Care  
All-inclusive Monthly Rental  
No Buy-in



# NOW LEASING

## RETIREMENT LIVING

### THAT'S ANYTHING BUT HO-HUM



**THE PINNACLE IS NOW LEASING.  
RESERVE YOUR PLACE EARLY FOR AMAZING PERKS!**



**Presentation Center Now Open. Come Visit Today!**

Introducing The Pinnacle—the newest senior living community in Plymouth Meeting. With resort-level amenities and amazing service you can truly live at The Peak of Retirement Living.

And we're taking reservations now. Call 610.292.3030 or stop by our Presentation Center today to find out more.

And be sure to ask how the first 30 residents can join The Pinnacle Club for amazing incentives and perks.

Or visit [PinnacleAtPlymouthMeeting.com](http://PinnacleAtPlymouthMeeting.com) for more info.



215 Plymouth Rd ▲ Plymouth Meeting ▲ PA  
610.292.3030  
*PinnacleAtPlymouthMeeting.com*

THE PEAK OF RETIREMENT LIVING ▲ INDEPENDENT LIVING ▲ PERSONAL CARE ▲ MEMORY CARE

