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with Faith C. Woodward

Director of Admission and Marketing

A CREATIVE OUTLET

Journaling can be a creative and stimulating outlet for older adults, and when combined with scrapbooking, it can get even better. There are beautiful blank journals available that are large enough to incorporate stickers, pasted pictures, old theater tickets, or other scrapbook mementos. The journal part comes in when you write creatively about the memories and the feelings these items elicit in you. You may even develop a goal or a future plan as a result of getting in touch with these feelings. Putting pen to paper and telling your journal your innermost thoughts can help you address anxieties in a gentle way or help you focus on something you have been putting off. Writing in a journal is one of the easiest, low cost ways to improve your happiness, have more emotional intelligence, and to help you reach your goals. Whether you prefer pencil and paper or a computer, writing in journal is also a great way to combat memory loss. The staff at BARCLAY FRIENDS adapts activities to fit the varying physical and cognitive abilities of each resident, stimulating motivation and personal growth. We invite you to visit our community at 700 N. Franklin St. in Chester County. PH: 610-696-5211.

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/>.

## Clinic

FROM PAGE 1

narians have to offer has opened dramatically,” he said. “When I first came out here, trying to find a ‘specialist’ required almost universally referring people into Philadelphia to the veterinary school I attended — the University of Pennsylvania. ... Being a rural practitioner, people weren’t willing to travel and/or couldn’t afford it. So, it forced me to become adept at a number of things that today’s veterinarians aren’t adept at. Whether that is surgery or other things.”

Current practice manager Vicky Sullivan, who has worked with dePlanque for 14 years, said the office changed its name to Fleetwood Dog & Cat Clinic several years ago based on American Veterinary Medical Association guidelines that call for 24-hour staff if using the word hospital in the practice name.

When asked to reflect on the most interesting cases he has seen, dePlanque recalled a case of bloat in a prominent kickboxer’s beloved St. Bernard.

The condition, also known as gastric torsion, can be fatal if not treated quickly.

### Got a kick out of it

“I got a phone call at 8 o’clock in the morning from someone saying ‘we believe our St. Bernard has bloat,’” dePlanque said. “He brought it in and it was bloated. I said the dog needs to have surgery and it may or may not survive surgery. If it does, there is a three-day window after surgery that he could die or normally would need to be hospitalized.”

“The fella that brought the dog in said OK to the surgery, but that the owner was in Hollywood. ‘He’s French, he’s a kickboxer and he’s negotiating to do a movie. This dog is very special to him because he has saved his life several times when he was a ski instructor in the Alps and caught



BLUE-EYES.JPG

in avalanches and his dog found him.”

The pressure was on. The kickboxer was Olivier Gruner, who fought professionally in France from 1984 to 1988 and appeared in a number of movies and television shows.

When the friend was informed that the dog made it through surgery, he said Gruner was on a flight to Berks and that they wanted to pitch a tent in the side yard of the clinic and care for the dog themselves rather than having him hospitalized.

“For three days I had Olivier and his friend camping in my side yard with their dog and it was really fairly entertaining,” he said.

DePlanque explained that his whole staff were females and they swooned each time the muscular good-looking Frenchman would walk through the building to use the restroom.

The dog recovered and lived happily ever after, dePlanque said.

### Driving on

At age 78, dePlanque said he is really not ready to retire, but staffing issues necessitated his ending the practice.

“If I had my druthers and COVID was not a factor, I would continue to see people by myself,” he said. “There would be a limited number of patients I could see, a limited number of things I could do.”

He might be ending the practice but dePlanque isn’t the retiring type.

“I’ve built up a folder of possible things to do in retirement, but they all entail being around people,” dePlanque said. “Volunteering in Africa, volunteering

in South America, I can’t do that. It’s really frustrating I don’t have a good answer to that question at this point with this stupid COVID stuff.”

One thing he will continue doing in retirement is driving a race car in the 24 Hours of LeMons. Not to be confused with the premier racing in Le Mans, France, the event he races in requires a decidedly less fine-tuned machine.

“It’s what they refer to as crap can racing,” dePlanque said. “Your car, without safety gear, isn’t supposed to cost more than \$500.”

Teams are encouraged to develop a theme for the vehicle and members to be carried out during the weekend of endurance racing.

“This was started back in California roughly 12 years ago by some guys saying ‘racing is becoming incredibly complex and too rule-ridden. We’re going to make it simple,’” dePlanque said.

DePlanque and his teammates go all in on the themes.

Last year they took the roof off a two-door coupe and made it a station wagon.

“We cut the roof off a comparable car and grafted that on to the back end of the car,” dePlanque explained enthusiastically. “I painted the entire car yellow, we put wood-look vinyl sticky stuff on the sides, we put a roof rack on it, we tied two small surfboards to it and our theme was The Surfin’ Safari.”

The guys dressed up in board or Bermuda shorts, Hawaiian shirts and flip-flops or other beach footwear and a sound system

CLINIC » PAGE 3

THIS AUTUMN, TURN OVER A NEW LEAF



Autumn means a lot to our residents at **Spring Mill Senior Living**. It means the sweet scent of homemade apple pie will fill our hallways, and residents will enjoy activities like making festive wreaths and pumpkin painting. It means that even though the air outside is getting crisper, inside we are warmed by the smiles of team members and the comfort of friendships.

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# Clinic

FROM PAGE 2

also was rigged to play a continuous loop of surfing songs.

“It’s not quite ‘24 hours of LeMons,’ because we’ve had races where we have had cars that couldn’t even complete the opening laps,” dePlanque said. “They came out on the track and the car blew up.”

If the car can make it, the teams trade off driving duties with about two hours for each member on a Saturday and a little less for the four on a Sunday.

The doctor has been racing for 39 years. Prior to the LeMons series, he used to hit the road with the Sports Car Club of America.

“Their last rule book was 800 some odd pages long,” dePlanque said. “That was what the LeMons people were saying was silly.”

## Got to like what you do

The two staffers at deP-



COURTESY OF DR. JOHN A. DEPLANQUE

Dr. John A. dePlanque's team went with an Attack of the Killer Tomatoes theme for a 2016 entry into a 24 Hours of LeMons rally race.

lanque’s clinic are trying to decide what they will do when the doors close at the end of September.

Lori Rhodes, 53, has worked for the clinic since August 1999.

The Richmond Township resident began as a house-

keeper and now helps prepare animals for surgery.

“Doc has taught me a lot, and Sharon as well,” Rhodes said, referring to dePlanque’s veterinary assistant Sharon Gould, who retired a few years ago.

“I’ve seen a lot of every-

thing: hit by a car, cats caught in traps and things like that and cat fights,” Rhodes said. “Sometimes these feral cats are really tough to handle and you get beat up.”

“It’s not a glamorous job. You’ve got to like what you

do or it won’t work for you.”

She is not sure she wants to continue to work at a veterinary office.

“I’ve seen dogs come in as puppies and I see them going out as old dogs that we’ve euthanized because they are at the end of their

life span.

“It gets hard,” she said, pausing a moment to compose herself. “You get attached to them like they’re your family. I don’t know that I want to do it any more. I’m tearing up just thinking about it.”

For Sullivan, 57, what she will be doing is still up in the air.

“I’m going to be weighing my options,” the Oley Township resident said.

She said she has loved meeting the clients that have come through the doors in the past 14 years and had a particular fondness for a Labrador retriever that got into trouble while giving birth.

“One client’s dog gave birth to one puppy at home and then stopped,” Sullivan recalled. “We delivered two more here at the office and that was very interesting and awesome to be a witness to. The family still does have one of the dogs and she’s a mom, so that’s exciting.”

Sullivan said past and present clients are invited to



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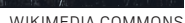


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# It seems as if we've hit the braking point



**Dr. Torrey Albright**

So, what are some possible ways to navigate the obstacles to happier times? Maybe it's time to focus less on the route you travel and

I think one of the best routes to navigate through hard times is through random and unexpected acts of kindness. As someone who works in the health field, my role has changed dramatically, sometimes on a daily basis. The most rewarding days for me are always the days when I can make a positive difference in someone else's life or provide a happy surprise to make someone's day.

Choose beauty. Choose positivity. Choose kindness. Choose to be happy.





## SENIOR LIFE

# Rydal Waters opens with ribbon-cutting ceremony



Rydal Waters, an expansion of the Rydal Park Life Plan Community, officially opened the new cottage neighborhood with a virtual ribbon cutting ceremony.

COURTESY OF RYDAL WATERS

MediaNews Group

Rydal Waters, an expansion of the Rydal Park Life Plan Community, officially opened the new cottage neighborhood with a

virtual ribbon cutting ceremony.

The virtual event brought together local officials, Rydal Waters' charter members, HumanGood leader-

ship and board members, vendor partners and Rydal Waters' team members to celebrate the milestone.

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ELECTION

# NCOA urges older adults to vote safely



NATIONAL COUNCIL ON AGING

Many older Americans may opt to vote by mail in November.

National Council on Aging

The National Council on Aging (NCOA), a trusted national leader working to ensure that every person can age well, is urging all older Americans to make a plan to vote safely in this year's election, and it is sharing unbiased tips and resources to do so.

"Most older Americans have been lifelong voters, and they are an important voting bloc in many elections," said NCOA President and CEO Ramsey Alwin. "The 2020 election poses a unique challenge because of the COVID-19 pandemic.

"We want to ensure that all eligible older adults can vote safely and continue to participate in the vitally important democratic tradition. We believe aging well includes making your voice heard at the ballot box."

NCOA has partnered with We Can Vote to share important information about how older adults can vote safely by mail or in person following COVID-19 safety precautions. Information is also available in Spanish.

"Older Americans and

their caregivers are some of the most vulnerable for COVID-19 and deserve to know about their options for safe and healthy voting this year," said Jessica Barba Brown, senior advisor. "Our Healthy Voting guides are informed by leading public health and elections experts to help older Americans in every state and territory understand how they can cast their ballot safely and successfully this year."

NCOA also is continuing its decades of support for nonprofit aging services organizations with best practices on how they can effectively educate and support older voters in their communities. NCOA's Election 2020 Toolkit (<https://tinyurl.com/y6awrocy>) includes unbiased voter and nonprofit resources, as well as suggested questions to ask the candidates and links to both presidential candidates' relevant campaign positions.

Nonprofit VOTE has been a key NCOA partner in sharing ways nonprofits can educate older voters this year.

"With COVID-19, a lot has changed, including how people will participate

in the 2020 election," said Debi Lombardi, director of partner engagement. "Older voters are no exception. They need trusted information on how to vote this fall — and local nonprofits have an important role to play."

About NCOA: The National Council on Aging (NCOA) is a trusted national leader working to ensure that every person can age well. Since 1950, our mission has not changed: Improve the lives of millions of older adults, especially those who are struggling. NCOA empowers people with the best solutions to improve their own health and economic security—and we strengthen government programs that we all depend on as we age. Every year, millions of people use our signature programs BenefitsCheckUp, My Medicare Matters and the Aging Mastery Program to age well. By offering online tools and collaborating with a nationwide network of partners, NCOA is working to improve the lives of 40 million older adults by 2030. Learn more at [ncoa.org](http://ncoa.org) and [@NCOAging](https://twitter.com/NCOAging).

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# Eating well is a key to healthy aging

By Dr. Alla Zilbering

Getting the right nutrition is essential for people of all ages. While we know that growing children need the proper nourishment to thrive, good nutrition also helps older adults stay active and vital. It can even help defend against or better manage chronic conditions as we age, such as high blood pressure and diabetes.

But for some seniors, a nutritious diet can be challenging. Tastes may change and appetites can fade due to a person's physical condition or dental issues. The ability for an older person to eat healthy food on a regular basis can also depend on where they live, their economic situation or whether they have access to transportation.

The COVID-19 health crisis is another factor. For good reason, seniors may not be venturing out to the grocery store as much now. But that means they may be missing out on the food they need to stay strong and healthy.

Nutrition is a key to taking care of your body and your life. The right food improves your mood, your health and your abilities. Here are a few nutrition tips and resources:

## Talk with your doctor

If your appetite is changing or you're losing weight without trying, talk to your primary care physician. There could be an underlying reason for these changes. For instance, your medication might be affecting your appetite or you could be dealing with depression. Your doctor can work with you



TRANG DOAN/PEXELS

A healthy pasta dish can provide a nutrient-rich, fiber-filled meal.

to identify possible causes. Remember, staying connected to your doctor is always important, so ask about telehealth or virtual health care appointments to get the advice you need if you're sticking close to home during the pandemic.

## Make healthy choices

Add plenty of fruits and vegetables to your plate for colorful, nutrient-rich, fiber-filled meals. Add flavor with spices and herbs instead of salt. Drink plenty of water to stay hydrated throughout the day. Even light exercise can stimulate appetite and strengthen bones and muscles. Check your health plan, as some even offer a

fresh produce card or coupons to use at the grocery store as part of their benefits package.

## Adapt to your changing tastes

There are many ways to change your habits to improve your nutrition, from eating more frequent, smaller meals to trying new foods and cooking styles. For tips on preparing healthy meals, visit [ChooseMyPlate.gov](#).

## Take care of your teeth

A dentist can help address any dental problems impacting your ability to enjoy food. If you have a Medicare Advantage plan, you

may have access to dental benefits at no extra cost. Check your health plan for details.

## Explore options

If mobility is an issue, look for local organizations that offer transportation or meal delivery to older adults. Using home delivery services to shop for groceries online is also helpful for anyone who still wants to cook your own meals, but doesn't want to leave home during the pandemic. If you have a Medicare Advantage plan, you may have access to home-delivered meals following a hospitalization. One-third of hospital patients are malnourished at admission and poor nutrition in-

creases their risk of having to return to the hospital after being released. Good nutrition helps patients regain their strength and energy faster for better recovery. Check your health plan for details.

## Get help

Some older adults with limited resources may qualify for assistance with food purchases through programs such as the Supplemental Nutrition Assistance Program (known as SNAP). Many older adults qualify for this program but don't even know it.

One way to verify eligibility is to visit [Cigna.BenefitsCheckup.org](#), scroll down and click "Get Started" under the "Food & Nutrition" section. If you aren't eligible for this type of assistance, you can still find ways to save on food bills, including asking for senior discounts, using coupons, having a store discount card and buying store brands.

Remember, every person has unique needs. Talk with your physician to get guidance tailored to your own personal nutrition requirements.

One last tip: The annual election period when people eligible for Medicare can shop for their plan runs through Dec. 7. It's a perfect time to make sure your health plan has all the benefits you need to stay healthy and strong throughout the coming year. For more information, visit [Medicare.gov/plan-compare](#) or [www.cigna.com/medicare](#).

Dr. Alla Zilbering is a board-certified internal medicine physician in Philadelphia. She graduated from SUNY Buffalo School of Medicine and completed her internal medicine training at Temple University Hospital. She is the market medical executive for Cigna's Pennsylvania region.



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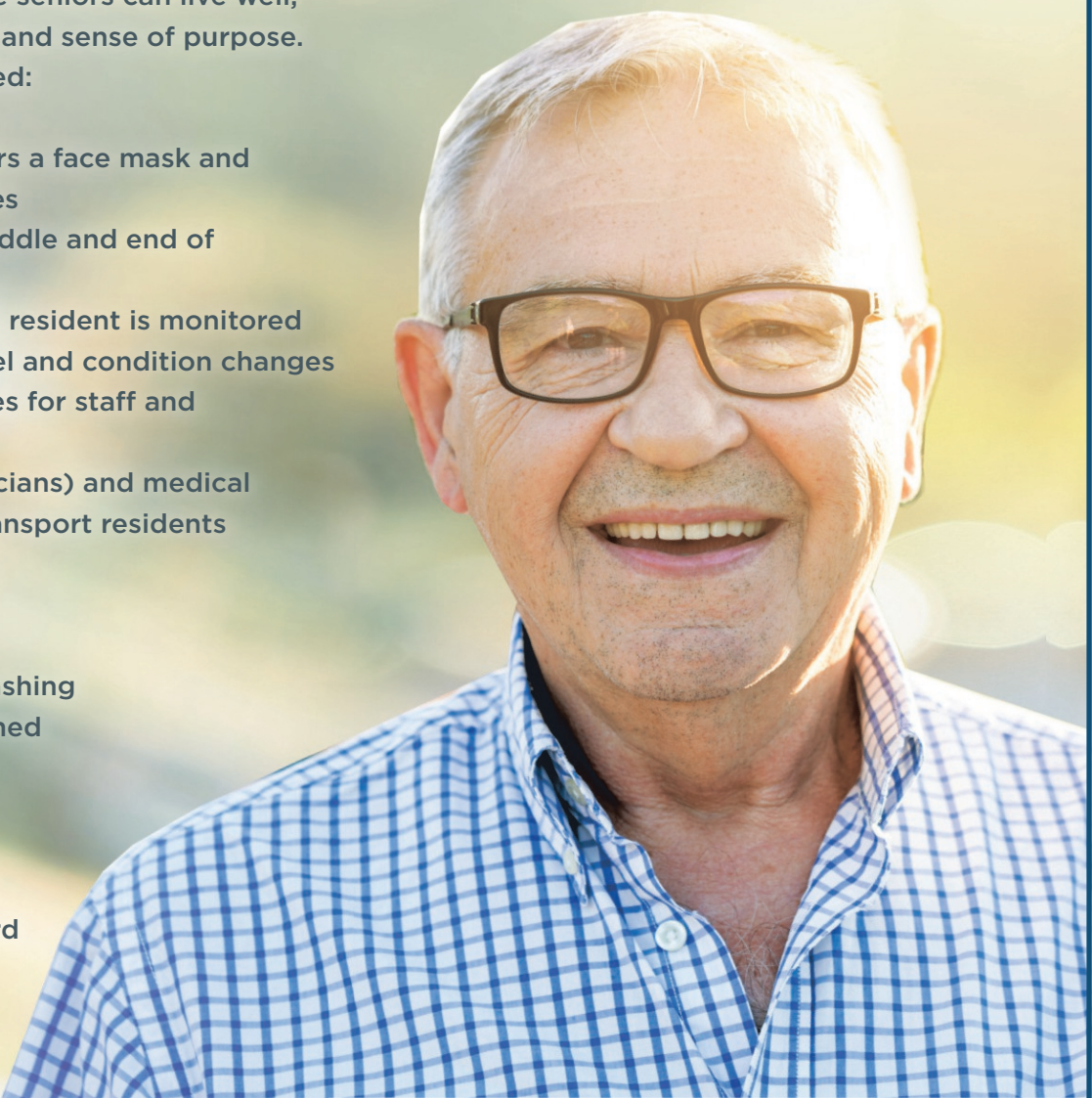
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# Echo Lake opens two new programs

MediaNews Group

Echo Lake, SageLife's independent living community in Trydyffrin Township, Chester County, has expanded, opening its Supportive Living and Connections Memory Care programs.

These new neighborhoods encompass three floors and 90 apartments at the live-work-play style community at Atwater.

Supportive Living at Echo Lake includes a full spectrum of services and a dedicated team of care providers including an on-site wellness nurse who is available 24 hours a day.

This coordinated care includes everything from managing medications to arranging transportation for doctor and diagnostic visits outside the community.

"Living life on your own terms shouldn't stop when you need supportive care," said Executive Director Kathy Ardekani.

Echo Lake's Supportive Living neighborhood includes a Wellness Spa and Clinic that connects residents with podiatry, physical therapy, lab and imaging services, pain management and more.

"Our 'Move for Life' program improves strength, balance and flexibility — key components for aging well," Ardekani said. "It's all part of a personal health plan that keeps your wellness goals in focus. But when your needs change, your community shouldn't have to."

Connections offers a holistic approach to memory care, with thoughtfully



Ardekani

designed spaces that include apartments for safe and secure living, as well as adaptive, life-enriching programming for each individual.

All of SageLife's memory care programs employ the Positive Approach to Care philosophy, which was developed by internationally acclaimed dementia care expert Teepa Snow.

The approach incorporates the recognition of an individual's changing abilities, leading to an adjustment of expectations and delivery of the most appropriate care at every given moment.

"At Connections Memory Care at Echo Lake, we remove the mystery surrounding dementia and its treatment," Ardekani said. "We understand that our residents and their loved ones are navigating through an emotional and confusing time in their lives. We partner with each

resident's family and offer them personalized support, guidance, and counsel."

The Connections team — from Echo Lake's health and wellness team, medical director, to nurses, care and support staff — are specially trained and share an affinity for serving the unique needs of those with dementia.

By working together with a diverse team of specialists, Echo Lake offers a collaborative approach, allowing Connections team members to consider all aspects of the emotional, social, physical and spiritual needs of each individual in order to develop a very individualized plan of care.

"We also recognize that each Connections resident is unique," Ardekani said. "They may be limited by their cognitive abilities, but each person possesses a rich history, singular experiences, and distinctive gifts."

Connections residents are given abundant opportunities for self-determination within the safe environment of Echo Lake's beautiful indoor and outdoor Connections living and life enrichment areas. The boutique-style space features many of the special amenities found throughout Echo Lake at a "right-sized" scale for the Connections community.

"We provide a personalized daily routine to give each resident the structure that empowers them to succeed," Ardekani said.

For more information, visit [www.livingatecholake.com](http://www.livingatecholake.com).



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## BIRTHDAY MILESTONE

# Resident of Spring Mill Senior Living celebrates 100th birthday



COURTESY OF SPRING MILL SENIOR LIVING

Floyd L. Segner with a cake marking his 100th birthday.

### MediaNews Group

Floyd L. Segner was born on Oct. 1, 1920, in Kimberton, Chester County, and still lives in that area off of Route 113.

From his apartment at Spring Mill Senior Living in Phoenixville, he can see the farm where he grew up.

He attended Phoenixville High School and graduated in 1938. A veteran of World War II, he was in the Army Air Corps, 11th Combat-Cargo in the China Burma India Theater (CBI).

He was married in 1942 and has two sons who live

in Phoenixville. Floyd and his wife were married for 60 years before she passed away in October of 2002.

He worked as a machinist for Superior Tube in Collegeville for 44 years. He is also a Mason. The Masons wished him a happy birthday with a banner at Spring Mill.

Floyd has vast knowledge of the history of the Kimberton, Spring City and Phoenixville areas, and he still reads the Pottstown Mercury every day.

"Floyd is a kind man who lives his life with honesty and never burdened

others," said Laura Vasko, a family friend. "I admire him so much. What he and his wife had happens for so few. As with others, this COVID situation over the past months has stolen many visits from his two sons and his friends.

"I wish I could give him a great big hug for his birthday, but he and I will have to settle for waves from across the street. I just want him to know."

His family and friends and the entire Kimberton and Spring Mill Senior Living communities wish Floyd a happy 100th birthday.



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## HEALTH

# Maris Grove has integrated health and wellness system

By Petra Shaw

Moving to a senior living community is a big decision, and you want to make the right one. In addition to enjoying a vibrant, maintenance-free lifestyle, state-of-the-art amenities, clubs and activities, you'll want the peace of mind that comes with having quality health care just steps from your door.

That's exactly what you'll find at Maris Grove, an Erickson Living-managed senior living community in Concord Township, Delaware County.

The Erickson Health Management Group (EHMG) is a fully integrated health and wellness system that provides a range of medical services to residents at the on-site medical center, rehab facilities and pharmacy.

The medical team is comprised of board-certified physicians, nurses, physical, occupational and speech therapy professionals, and social workers, all of whom specialize in geriatric medicine. Care is available 24/7/365.

Residents not only have the experience of the nuances of senior health, they benefit from daily engagement with fitness instructors, nutritionists, chefs, medical specialists and dozens of other experts working to help them live a healthy lifestyle.

This integrated, team-based approach also features the latest tools and technologies, like a proprietary patient portal with convenient access to electronic medical records and telehealth options. The combination of expertise and access enables Maris Grove to provide the highest quality, personalized

care to residents.

"Residents and their families find great value and peace of mind knowing that our full-time doctors, who are among the best in the retirement health care industry, are on site and available whenever needed," said Erickson Living Chief Medical Officer Dr. Matt Narrett. "Our integrated approach is unmatched in the senior living industry."

## Patient-centered care

"Seniors want a personal relationship with their health care providers, and we provide that," said Maris Grove's Medical Director Dr. Cathy Smith, a board-certified internist who has been with Maris Grove for 10 years.

Time spent with patients far exceeds national averages: Initial visits last 60 minutes, and follow-ups last 30 minutes. When residents can't come to the medical center, the staff provides in-home visits, telehealth and phone consultations.

"We care for the whole person, not just their conditions," Smith said. "Everything that impacts the quality of their lives receives close attention: the physical, emotional, cognitive, social, spiritual, and wellness components. If we can make it better, we address it."

After hours, 99% of calls are answered within 10 minutes. All security personnel, who are on campus 24/7, are trained EMTs, so medical emergencies can be handled quickly.

Because of those fast responses and longer, more comprehensive visits, 80% of Maris Grove's residents use the medical center for primary care.

"Several things set us apart: We offer access that

private practices can't," Smith said. "We focus exclusively on senior health. And we have strong, clear communication with patients. Residents appreciate those differences."

Resident Bill Amend, a retired physician and professor who chairs the resident Health Committee, agrees that the quality of health care at Maris Grove is unsurpassed.

"I'm so impressed with their understanding of senior medical care," he said. "The convenience is wonderful, because almost everything you need is on campus. And if you need to go off campus, there's a full-time liaison nurse whose only responsibility is tracking your care. That ensures first-rate continuity of care, which is vital when treating acute and chronic conditions."

That kind of personal attention extends to every department at Maris Grove. The staff know the residents well; if they see something amiss, they alert the medical center immediately.

"We're a village," Smith said. "We contact those residents, with an eye toward catching emerging issues early. It's another big advantage of living here: Everyone participates in keeping residents healthy."

## Planning ahead

This year, more than ever, it's important to get the annual flu vaccine. The medical team is being proactive, going door-to-door to offer residents a flu shot.

"It's the best way to protect everyone on campus," Smith said. "It will take about two weeks to reach all residents, and we'll be done well before flu season starts."

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