

ANTIQUES

A STITCH IN TIME

Boyertown native Judy Bauer discovered a 200-year-old quilt almost 20 years ago and recently returned it to its place of origin.

By Courtney Diener-Stokes
For MediaNews Group

The journey of a historical Berks County quilt to its place of origin began nearly 20 years ago. In 2005, Judy Bauer was at Renninger's Antique Extravaganza in Kutztown when an item caught her eye. The quilt history enthusiast and retired English teacher couldn't believe what she saw. "I looked across the aisle and I saw the quilt," Bauer said. "I was shocked they were using it as a table cover and had items displayed on it." Bauer, 70, a native of Boyertown who has lived in Sunbury, Northumberland County, since 1973, had a hunch it was a signature quilt. When she saw that it was adorned with signatures, dates and pictures, she didn't hesitate to make an offer on the nearly 200-year-old quilt. But the antique dealers were hesitant because it had emotional value to them, since it was a gift from an antique dealer and friend in Virginia who had recently died. But Bauer persisted, making an offer they couldn't refuse. "I made a promise that if you sell me this quilt I will respect it, study it and it will be well taken care of," she said.



QUILT » PAGE 2 Judy Bauer, left, and Laurel Miller at their quilt presentation at Exeter Friends Meeting.

COURTESY OF COURTNEY DIENER-STOKES



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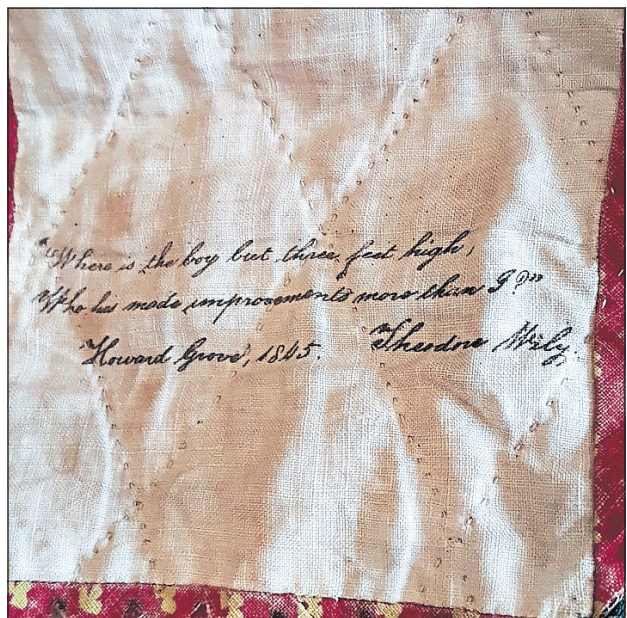
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IN A TIME OF UNCERTAINTY, CHOOSE STABILITY, CHOOSE RELIABILITY, CHOOSE RIDDLE VILLAGE.



From left: A picture of birds drawn on a block by I. & P. Starr; blacksmith David Lightfoot at work; and Theodore Wiley block with poem, 1845.

Quilt

FROM PAGE 1

Bauer's first impression upon buying it was that it was a Virginia quilt. But the answer to that question, along with some other mysteries, remained. One thing that was certain was the dates in which the blocks were made, since every block had a date written on it.

"It was made in 1844 and 1845 and then there is a big gap in dates, and they jumped up to 1850 and 51," she said.

Showed it to a friend

Bauer's desire to learn more about the quilt led her to show it to an old friend, Laurel Miller, 69, a Berks County native who is a missionary in Ivory Coast, West Africa.

Bauer showed it to Miller during one of her friend's visits back to Berks. Miller is a genealogist, historian, author and one of the founders of the Berks County Genealogical Society.

"I admire her knowledge," Bauer said. "It was her genealogical studies that really solved some of the mysteries (of the quilt)."

It didn't take Miller long to determine the origin of the quilt.

"I took one look at it and I knew right away it was a Quaker quilt from the Maiden Creek Meeting due to the family names on the quilt," Miller said.

Miller said she was familiar with the names, such as Parvin, Lee, Lightfoot and Wright, as members of Maiden Creek Friends Meeting in Ontelaunee Township when it was an active meeting. Some names on the quilt, such as Sarah Boone and Elizabeth Lee, were also affiliated with Exeter Friends Meeting in Exeter Township.

Lee's block reads: "Elizabeth Lee in the 91st of her age — 1851."

Through her research in Maiden Creek Meeting records, Miller was able to determine that Elizabeth Lee was a member of the meeting who died at age 92 in 1853 and was buried at the Exeter Friends Meeting burial ground.

"My first thought was, 'How did it get to Virginia and how did it get home?'" Bauer said. "It's almost like the quilt was trying to get home."

Connecting the dots

Miller continued to connect the dots through genealogy, which led her to eventually develop a likely solu-

tion to the mystery.

She started by investigating the name of Mordecai S. Parvin, which is printed on the back of the quilt to signify its ownership. Mordecai was the son of Jacob and Deborah (Starr) Parvin, who were members of Maiden Creek Meeting. Jacob Parvin, whose name is also on the quilt, was the owner of the Parvin Homestead located in Berkley Historic District, Ontelaunee Township.

One speculation is that the quilt was a wedding present for Jacob and his wife, who were married circa 1844.

"Mordecai, the youngest of Jacob's children, likely ended up with the gift because he was Jacob's only surviving son and one of the executors of his father's estate," Miller said.

After Mordecai died, Miller speculates that the quilt passed to his daughter, Rebecca Parvin Spyker, who was a writer for the Richmond Times Dispatch during World War II.

"That is probably how it got to Virginia," Miller said.

Miller, who has been talking with local historian George M. Meiser IX about the families affiliated with the quilt, plans to further delve into the Maiden Creek Meeting minutes to see if

there is any mention of the quilt so that she can better support her hypothesis.

Online research

Overall, Miller has enjoyed how easy it has been to connect the dots with all of those involved in the making of the quilt through online research in the Exeter and Maiden Creek Meeting records that are now available on www.ancestry.com.

"It was like putting a jigsaw puzzle together," she said. "You could really put together the branches of the tree as to how they were all related."

After learning more about the quilt's origins, Bauer made a commitment to herself.

"I made a pledge to myself that some day I'm going to take this quilt to its place of origin," Bauer said.

She fulfilled that pledge through a presentation she made at Exeter Friends Meeting earlier this month along with Miller, who was visiting from Africa for a few weeks. Among those who attended the showing of the quilt was Deborah Kirlin, a member of Exeter Meeting who helped organize the event.

Quilting guilds attend

Kirlin, a quilting enthu-

siast, said that in addition to local Quakers and members of the public, members of local quilting guilds also attended.

Three blocks were of particular interest to Bauer because they were made of silk instead of cotton.

"Because of their anti-slavery conviction, many Quakers used only free cotton, which was fabric that had used no slave labor in its entire production," Bauer said. "Because free cotton fabric was sometimes difficult to acquire, Quaker seamstresses replaced cotton fabrics with silks."

A descendant of the Starr family who made some blocks on the quilt visited the meetinghouse after the event.

"The next day, a descendant of the Starr family, who now lives in Wisconsin, arranged to have a tour of the meetinghouse," Kirlin said.

Names on the quilt

The quilt, made up of 81 blocks, measures 102 x 105 inches. Names written on the quilt were either the individuals who made them or someone, like their husband or child, that they wanted to include on their square.

A square that Miller suspects was made by the

mother of a 7-year-old boy named Theodore Wiley reads as follows:

"Where is the boy but three feet high, Who made improvements more than I?"

Some individuals drew pictures on their block with pen and ink, such as birds and a blacksmith working at his anvil. Others used stamps typically used on calling cards to imprint their name on the center of their block, but most were handwritten signatures.

Bauer explained that like most friendship quilts, those involved would agree on what the block was going to look like in terms of design.

"Each block uses the same star pattern where the maker of the block was free to choose the fabrics," Bauer said.

Because each block maker chose his or her own fabrics, the quilt features an array of colors and prints.

"Fabric, design and colors, such as Turkey red, Prussian blue and the infamous poison green assist in dating undated quilts," Bauer said.

Despite purchasing the quilt about 20 years ago, Bauer continues to learn from it.

"It is both art and historical artifact," Bauer said. "I love it."

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Senior Helping Seniors offering sign-on bonuses for new caregivers



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Seniors Helping Seniors service aligns caregivers and care recipients based on the abilities and needs of both by offering a wide range of care services.

MediaNews Group

Seniors Helping Seniors, an in-home care franchise with more than 100 franchise partners in more than 30 states and international markets, has grown rapidly in recent years by building a workforce of talented caregivers who create meaningful relationships with their senior care receivers.

Now, the brand is giving passionate caregivers another reason to join by offering generous sign-on bonuses of \$100–\$500, depending on the location.

Seniors Helping Seniors in-home services is also the first senior care franchise to incorporate a charitable donation with its caregiver sign-on bonus, offering franchise owners the option to enhance the incentive by contributing to the Alzheimer's Association. Seniors Helping Seniors locations aim to appeal to community-oriented caregivers who align with the brand's core values by including this donation.

"Our caregivers are at the center of what we do, and we're always looking for ways to attract the best, most qualified and compassionate caregivers around," said Seniors Helping Seniors President Namrata Yocom-Jan.

Participating franchise owners will set the terms for the incentive, including the bonus amount, the donation amount and timeline. Some franchise owners, for instance, may elect to offer \$250 sign-on bonuses paid after three months of service plus a \$50 charitable donation. Others may adjust the terms according to their individual goals.

The new caregiver incentive comes at a crucial time in the senior care industry, when aging baby boomers and increased life expectancy have combined to create a dramatic increase in demand for quality eldercare while fewer caregivers are joining the industry. The result is a fierce competition in the senior care industry to secure and retain the best caregivers.

That's a competition that Seniors Helping Seniors franchise system is winning



"Our caregivers are at the center of what we do, and we're always looking for ways to attract the best, most qualified and compassionate caregivers around."

Seniors Helping Seniors President Namrata Yocom-Jan

handily, and according to Yocom-Jan, the brand has no plans to take its foot off the gas anytime soon.

"We've put a lot of work into ensuring that Seniors Helping Seniors in-home care is not only the best option for our receivers but also for caregivers across the country," she said. "That's something we are extremely proud of, but it's not something we take for granted. We will continue to make sure anyone who has the passion and skills to be a great caregiver will find a great opportunity to grow and make an impact with Seniors Helping Seniors services. Our care-



COURTESY OF SENIORS HELPING SENIORS

givers truly have... a way to give and receive."

Further differentiating the Seniors Helping Seniors franchise from other brands in the eldercare space is its commitment to hiring senior caregivers, which provides employment opportunities for seniors and better cultivates meaningful relationships between caregivers and care receivers.

"There is so much that goes into high-quality senior care, including both medical and non-medical services, but central to all of that is a genuine and caring relationship between the caregiver and client," Yocom-Jan said. "Our entire business revolves around that relationship, which is why we remain committed to working with only the best, most passionate caregivers."

Seniors Helping Seniors franchise system was founded by husband-and-wife duo Kiran and Philip Yocom. Kiran, who grew up in India, later worked to advance humanitarian efforts alongside St. Teresa. After moving to the U.S. in 1995 and marrying Philip, the Yocoms felt called to provide loving care to seniors and to cultivate an exchange of gifts at every generational level. Together, the Yocoms founded Seniors Helping Seniors in-home services in 1998, opening the brand up to franchising in 2006.

With a mission to be the most respected and rewarding homecare provider in the U.S., Seniors Helping Seniors locations stands apart from competitors as the only company that prioritizes hiring active seniors to provide care

services to their less-active counterparts.

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SPOT OF T

Hurry up and slow down

By Terry Alburger

The other day, I watched as an older couple leisurely walked up my street. I live on a slight hill, and their pace was slow. I am not sure when this couple started taking daily walks early in the morning, but since then, I have observed them every day.

After watching them disappear around the corner, I went about the hustle and bustle of my usual pre-work routine. We all have them, things we do every day, almost to the point of automation.

Each weekday morning is the same: Take the dog outside (which can take up to a half-hour, depending on how much playing she wants to do!), preparing my coffee, taking vitamins, doing hair, make-up, etc. I'm sure you have a similar morning schedule.

So, when I first spotted this couple slowly making their way up the hill, I must admit to a pang of jealousy. They have leisure time ... someday I'll have leisure time too. I wish ... and with that, I went about my manic morning maintenance.

Nearly an hour later, just as I was getting ready to leave for work, I spotted them coming back down the hill, slowly. I contemplated my morning rush and compared it to their leisurely pace, and again felt that pang of envy. I wish ...

Then it hit me. Between where I am and where that older couple is, there is a whole lot of life to live. If I started playing the game of Monopoly and instead of going around the board, I immediately grabbed all the properties and money and claimed victory, would that be fun? Would I feel any sense of satisfaction?

No. Not at all. It is the line that connects point A to point B in each of our lives that is the interest-



PIXABAY

Don't be in so much of a hurry that you let life pass you by.

ing bit!

I remember as a teenager, hanging out with my best friend, and plotting what our futures would hold.

"Gee, I wish we were old enough to drive." Or "Gee, I wish we were done with school!" Or "Gee, I wish we were 21" ...

My best friend's mom used to tell us, "Don't wish your life away."

Wise words indeed, though I'm quite sure we didn't appreciate them at the time.

It is human nature to wish for that next thing. That next level in our lives. But the very best time in your life is now. It is the only time you can do something exciting, different or fun. Make a decision to try something new or improve on something or finish a project. Make now the greatest time.

There will always be great things to look for-

ward to, of course. But in the meantime, enjoy what's going on now. Value each moment, we can never get them back. Use them wisely. And sometimes, the best moments are quiet ones, moments that bring us peace. Those are essential, too.

Certainly, the dream of better things keeps us going, but don't forget to appreciate the now.

Someday I'll retire, move to a beach town and hopefully enjoy leisure time for hobbies and family. But for now, I enjoy the life that I live, a wonderful family and a job that I love. Through all kinds of moments — good, bad, great and tragic, it's all wrapped up in a bow and I call it my life. And it's a gift that I'll never exchange or take for granted.

So, hurry up and slow down! Appreciate now. You'll be glad you did.



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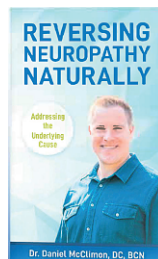
"I cannot believe, it's 3 1/2 months later, and I am able to work in my garden. When I first started, I couldn't even walk 4 minutes, now I am walking 45 minutes. It's like a miracle. I thank God that he sent me here." - Mary S.

"I went from not being able to tolerate wearing my hiking boots to wearing them for 7.5 hours and 3.5 miles over the weekend. No pain in my feet or ankles at all after doing the hiking." - Sharon G.

"To me, it is like celebrating Christmas every day, to be able to get out of bed, to be able to walk in my bare feet, and I also have better balance. I could go on and on because this is so exciting for me." - Susan D.

"I am getting much better. My legs don't hurt when I walk. My feet don't burn at night time. My ankles were extremely painful when I started, and now they very seldom hurt anymore. I can go up and down the steps again. I'm feeling way better, and I'm starting to lose a little weight." - Gerri V.

"I couldn't sleep. I was having terrible pain when I went to bed. I was sleeping less than 2 hours per night. I almost lost my job. Now I can sleep as long as I want. I had blister-like pain under my feet. I don't have that anymore. It is working for me." - Lily N.



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WIKIMEDIA COMMONS

Include plenty of fresh fruit in your diet.

A nutritious diet is important as people age

By Samantha Gordon

When our body is supplied with nutritious foods, it can affect both our physical and mental health and even prolong our life.

When we eat a healthy and balanced diet, this means our body gets the right nutrients it needs to function. This can include minerals, vitamins, carbohydrates, fats, protein and water. However, when we are not supplied with the right foods, it can have a negative impact.

Our health

A great diet not only gives us energy but can even help control our weight and metabolism. With proper nutrition, we can even avoid certain diseases such as osteoporosis,

high blood pressure, type 2 diabetes, heart disease and even some cancers.

But as we get older, our body might require some nutrients more than others. For example, many older adults suffer from dehydration, so enough fluids are important to maintain.

Foods to eat and to steer clear of

There are common foods that are recommended you either avoid or limit the amount you eat. Some of these foods can include avoiding empty calories (chips, candy, soda).

Foods highly recommended to eat just about every day are fruits, vegetables, whole-wheat bread and brown rice. Always remember to include foods that are low in fat and

cholesterol and to drink enough in order to stay hydrated.

Staying active

Another factor to add is the importance of staying active. Whether that means walking to the mailbox to get the mail or joining an exercise class, staying active is a great part of continuing a healthy diet as we get older. Always consult your doctor before any lifestyle changes to ensure it is the right fit for you.

Promoting Senior Wellness is provided by The Hickman, a Quaker-affiliated licensed personal care home in West Chester. Samantha Gordon is the communications and outreach manager. She can be reached at sgordon@thehickman.org or www.thehickman.org.

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HONORING VETERANS

Vietnam Memorial dedicated in Lower Bucks County

MediaNews Group

More than 350 people paid tribute to the 95 servicemen from Lower Bucks County who were killed or missing in action during the Vietnam War, those who suffered the aftereffects of Agent Orange and PTSD and all who served in the conflict.

Local Vietnam veterans, U.S. Representative Brian Fitzpatrick and former U.S. Rep. Patrick Murphy were among those who recounted the heroism and selflessness of individual soldiers who died or went missing during the conflict.

Sculptor Abbe Godwin, whose works include the statue of the Rev. Dr. Martin Luther King Jr. at the Dr. Martin Luther King Jr. Memorial Gardens in Raleigh, N.C.; the Stephen Foster sculpture in the Smithsonian American Art Museum; the North Carolina Vietnam Veterans Memorial on the grounds of the state capitol in Raleigh; and more, talked about the inspiration behind the 600-pound bronze statue that is the centerpiece of the memorial.

From the 11-person Armed Forces Color Guard from the Military District of Washington, D.C., and a military helicopter flyover to a final roll call of both living Vietnam veterans and the dead and missing, the event gave overdue recognition to those who served in the war.

The memorial — which includes the names of the 94 dead and one missing from Lower Bucks County — is a permanent reminder not to forget their service, their sacrifice and their suf-



COURTESY OF PAUL SCHNEIDER
Sculptor Abbe Godwin talks at the dedication of the Vietnam Memorial that she designed.

fering.

“One of greatest spiritual leaders, the Rev. Dr. Martin Luther King Jr., once said if a man doesn’t have anything worth dying for, he isn’t fit to live,” said Godwin in her remarks. “It is deeply sobering to realize that our freedom to simply gather here and to say what we think and feel was bought by the blood and suffering of thousands and thousands of Americans through our nation’s history — leaving families with a lifetime of loss. Giving their lives, suffering grievous wounds to their bodies, their minds, and their hearts — all for us, for the freedom that we take for granted every single day.”

The memorial honors sons of Bensalem Township, Bristol Borough, Bristol Township, Falls Township, Hulmeville Borough, Langhorne Borough, Langhorne Manor Borough, Lower Makefield Township, Lower Southampton Township, Middletown Township, Morrisville Borough,

Newtown Borough, Newtown Township, Northampton Township, Pennel Borough, Upper Makefield Township, Upper Southampton Township, and Wrightstown Township.

The memorial was funded by state and local grants, and through various fund-raising efforts. Donations to current and future projects can be made at www.lbcvvm.org.

The memorial has been created by the PA Vietnam Veterans Memorial Foundation, a grass-roots organization that includes many members of the team that brought the Vietnam Traveling Memorial Wall to the area in 2017. The Wall in Bucks County drew upwards of 25,000 people during its July 14-16 run in Pennel. The event also raised more than \$31,000 in money and goods that was donated to local and national veterans causes. The PA Vietnam Veterans Memorial Foundation is chaired by Ed Preston, who also chaired The Wall



COURTESY OF PAUL SCHNEIDER
The Vietnam Memorial in Lower Bucks County.

in Bucks County and chair the Pennel-Hulmeville Memorial Day Parade.

The Pennsylvania Vietnam Veterans Memorial Foundation is 501(c)(3) organization that is dedi-

cated to preserving the legacy and memory of those from the Commonwealth of Pennsylvania, as well as from Lower Bucks County, who served in Vietnam War, including those who

were killed or are missing in action and those who returned only to suffer the effects of the war for the remainder of their lives. More information is available at www.lbcvvm.org.

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TECHNOLOGY

More seniors are turning to online dating

By John Grimaldi

By now you've probably heard that there has been an increase in computer usage by senior citizens in recent years, an increase that has accelerated since the outbreak of the coronavirus pandemic.

But what you may not know is that more and more of the 55-year-old-plus set are using their PCs, Macs and iPads and dating apps to meet and set up dates online.

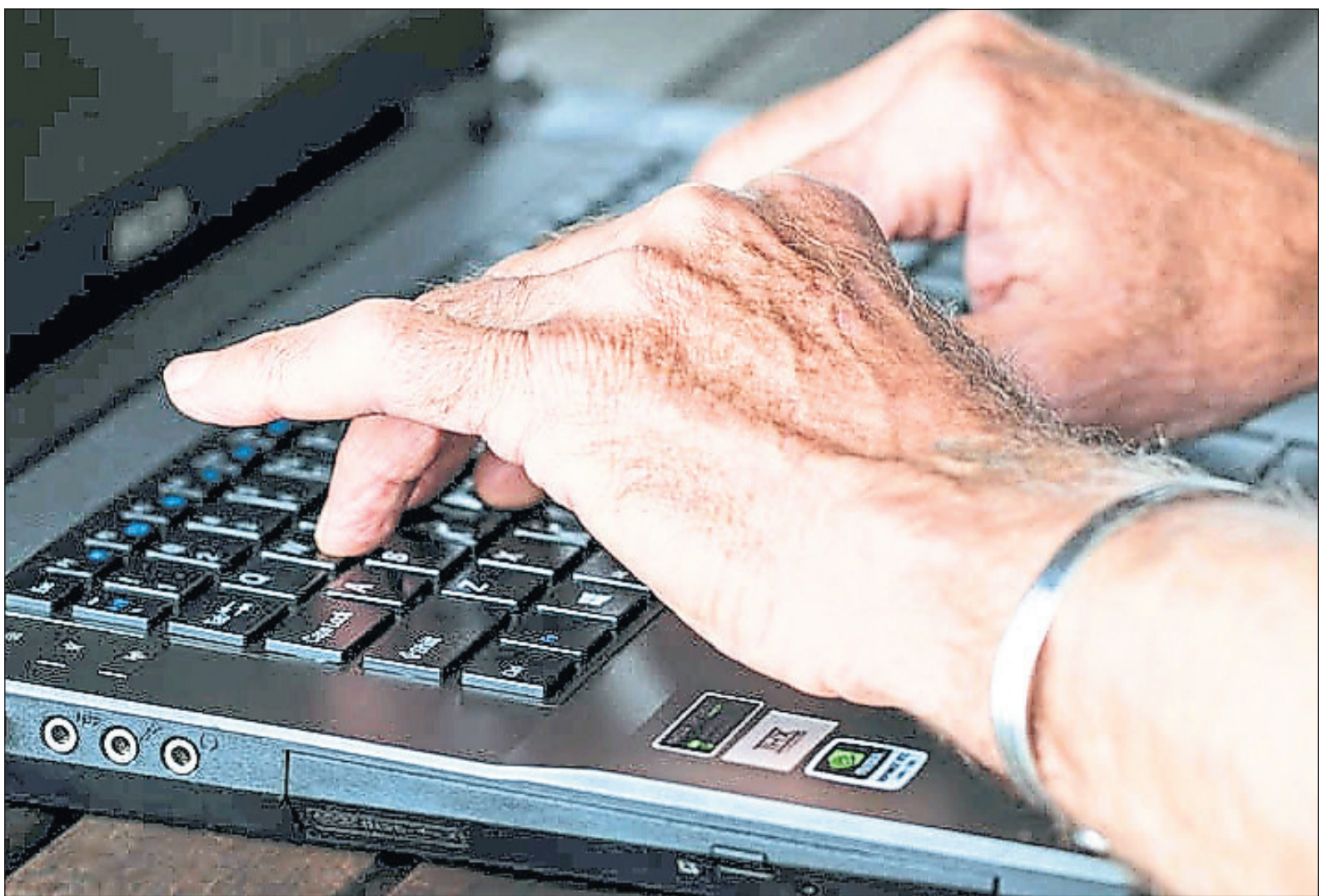
"One survey shows that more than a third of single seniors are into online dating," said Rebecca Weber, CEO of the Association of Mature American Citizens.

The independent insurance agency, Choice Mutual, conducted that study, and CEO Anthony Martin told Forbes Magazine: "Senior citizens are actively playing the dating game, and in the last five years alone, 37 percent have dated. They're using a lot of the same methods for meeting people as the younger generations, including going online to meet potential partners via dating apps and websites, and even social media."

Charles King of Pund-IT, which publishes technology news, says dating apps are easier to use for seniors these days. He says they've become almost like familiar home appliances.

In addition, he says, the prevalence of social media such as Facebook and Twitter have become easy ways to stay in touch with friends and family "so taking a step forward into dating apps is neither as difficult nor as unusual as it would have been a decade or more ago."

Dr. Mayda Antun, chief medical officer of Florida's IMC Health Medical Centers, said: "Staying romantically and sexually active in your later years is now more common than ever."



Many senior use online dating sites.

"Staying romantically and sexually active in your later years is now more common than ever. We can see that seniors are casually dating further into their later years than previous generations."

Dr. Mayda Antun, chief medical officer of Florida's IMC Health Medical Centers, said

We can see that seniors are casually dating further into their later years than previous generations.

"This can be attributed to better health among seniors, longer lifespans, more divorces, more open attitudes toward sexuality and internet dating, and recognizing the importance and value of companionship."

In an article published by Miami's Community News recently, Antun offered advice for those who might be seeking to go on an internet date. To be on the safe side, she noted that it is important to use a safe dating site, perhaps one recommended by

a friend or family member.

"There are many online dating sites, even some catered specifically toward seniors, where seniors can meet others from the safety of their own home," she said. "However, seniors tend to be even more susceptible to catfishing, identity theft and money scams."

Some tips:

- Speak through video call — or at least over the phone — before meeting in person.
- Check your date on social media and other public websites.
- Meet for the first time in a place you know, never

at your home.

▪ Share the location of the date, the person's name and any other important information, with a trusted friend or family member.

As for setting up a face to face meeting, she said: "Seniors, especially, should also take health precautions in the time of COVID-19, due to their susceptibility to the virus."

Some tips:

- Wear a mask — and possibly gloves.
- Go to a location that is following COVID-19 safety guidelines or where it is easy to keep social distance, like a restaurant or park.

▪ Wash your hands before touching your face and after hand holding. Avoid hugging and kissing, until you are sure your date is not sick!

The 2.4 million member Association of Mature American Citizens, www.amac.us, is a vibrant, vital senior advocacy organization that takes its marching orders from its members. AMAC Action is a nonprofit, non-partisan organization representing the membership in our nation's capital and in local congressional districts throughout the country.



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VOLUNTEERING

RSVP volunteers find purpose in helping others

RSVP

What's your vision of a happy retirement — unlimited time to enjoy hobbies, travel, TV and reading? According to the AARP, staying mentally and physically active isn't enough. To avoid depression, it's important to have a sense of purpose.

When asked what they enjoy about their volunteer experiences, a cross-section of RSVP volunteers said helping others gives them that purpose. Some help children learn to read. Others pack produce at a food pantry, teach seniors to use the internet or engage in numerous other community service projects.

After Al Dell'Angelo retired as a counselor at Upper Dublin High School, he became a trail ambassador for Friends of the Wissahickon, assisting Wissahickon Valley Park visitors. But when COVID-19 shut down that program, he turned to RSVP.

"I filled out an online form," he said, "and (community outreach coordinator) Kathy Stocker got back to me with some options."

Dell'Angelo chose to help people through the Jenkintown Food Cupboard, which distributes needed food to some 250 Montgomery County families, up more than 50 percent since the pandemic began.

"On Friday I help with the setup, preparing bags of produce. On Saturday I run shopping carts full of food to the storeroom for people who have registered for the program," he said.

"The amount of food that's given out is really incredible. Families are well taken care of for the week," said Dell'Angelo. "The main thing for me is that it's purposeful. I feel like I've been able to contribute at a time when everybody is called on to step up. I'm so im-

pressed with the Food Cupboard and the team I got assigned to."

A sense of giving back

At the height of the pandemic last year, Donna Knowles, a retired surety claims adjuster, joined the Vello Reading Program. An RSVP collaboration with United Way, the program matches home-based volunteers with elementary students to improve their reading skills. She spends 3 to 6 hours per week coaching kids to read books online.

"It's absolutely brought me a sense of giving back," said Knowles. "When I was working and raising a family I didn't volunteer. I've been very fortunate in my life, and giving back now is very important. It's not just about keeping busy; there's always something to do around the house. It's that plenty of people need help, and being able to help them is a real plus."

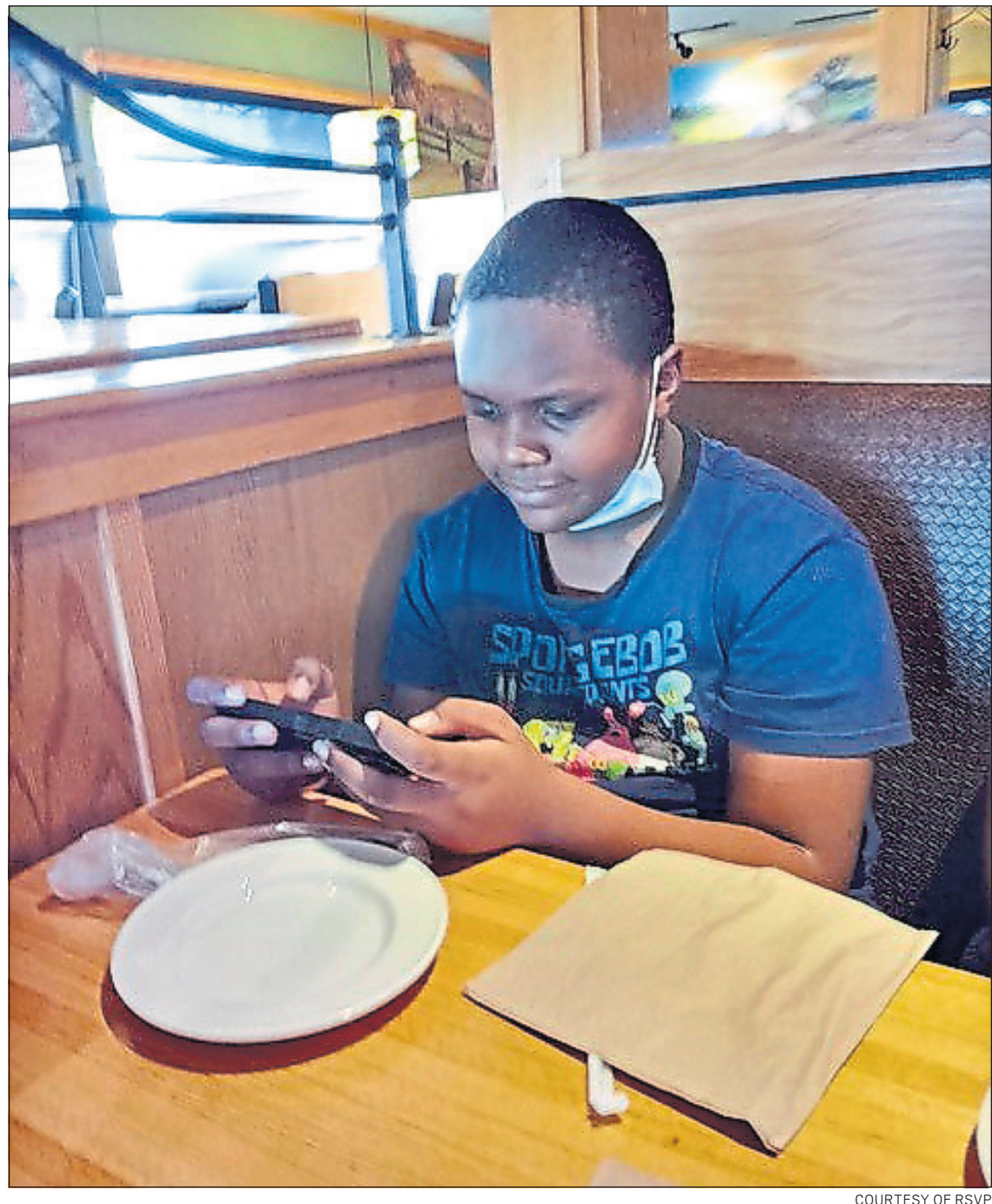
Knowles also restocks shelves and packs bags at a food cupboard in Upper Merion.

After she retired from an information technology career, Jan Dalzell took on a variety of volunteer roles. She reads to 3- to 5-year-olds, mentors college students through the Penn State Alumni Association and most recently, she joined RSVP's Tech Training program, which helps seniors to use the internet.

"It gives me a sense of purpose," she said. "It's giving back instead of just writing checks. I can be involved. I have the time now to have personal connections that make a difference in others' lives."

Paying it forward

Ron Landes retired as a software engineer in April 2020.



COURTESY OF RSVP

RSVP » PAGE 2 Jamal, 12, is an RSVP youth mentoring student.



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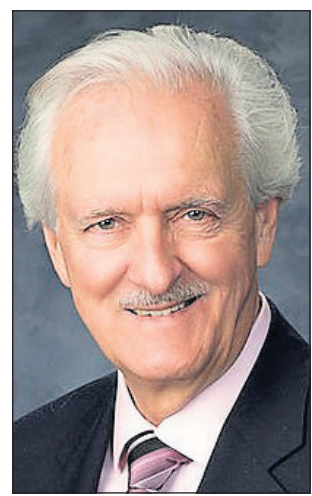
COURTESY OF RSVP

Jan Dalzell is an RSVP technology training volunteer.



COURTESY OF RSVP

John Krzeminski is an RSVP VEC volunteer.



Ron Gawel is the RSVP board president.

RSVP

FROM PAGE 1

“I made the mistake of thinking COVID would be around for a month and then gone,” he said.

Having volunteered as a coach, Scout leader and mentor in the past, Landes looked for a way to help out during the pandemic. A friend connected him with RSVP, and he began mentoring 12-year-old Jamal.

“He didn’t have a computer, and I gave him one that was given to me,” Landes said. “He wants to learn programming, but his knowledge was not where it needs to be. So we’ve been working together, doing puzzles and visiting a site that has math problems for 6th graders. He’s really a sharp kid. I’m certain he’ll get there.”

“Ron’s a good mentor for Jamal,” said the boy’s grandmother Amanda Mosely. “It’s amazing how he gets him to concentrate. Ron figured Jamal out. He’s learning a lot from him.”

“For me, the main benefit of volunteering is to pay it forward,” Landes said. “I was fortunate to have had people who mentored me and gave me my start. I always feel better about everything when I’m helping others.”

Friendships and good feelings

A retired manager for Unisys, Bill Maclean has

received extensive training as a Medicare counselor for the PA MEDI program, administered in Montgomery County by RSVP, as well as a tax counselor for the AARP Foundation’s Tax-Aide program.

“I wanted activities that would give back to the community and allow me to grow in new areas,” he said.

There is a social dimension to volunteering that Maclean enjoys.

“Both these roles allow me to help people one-to-one. You meet really interesting people who face all sorts of different challenges,” he said. “And in my (Medicare counseling) group, we support each other and it’s led to friendships.”

A retired senior executive for SEI Investments, John Krzeminski works through RSVP’s Volunteer Executive Consultants (VEC) to assist nonprofits with strategic planning and other vital business functions. He currently leads a four-volunteer team assisting Eldernet, which provides services that enable Lower Merion and Narberth seniors to remain in their homes.

“The volunteers I’m working with are great,” said Krzeminski. “they’re very high-quality people. RSVP provides good support and guidance. It doesn’t feel like work. Everybody seems happy to be part of what we’re doing. The time involved is very manageable and flex-

ible.”

Through volunteering, RSVP Board of Directors Chairman Ron Gawel has “met a lot of people. Some are good friends. As you get older, you lose some of your circle of friends. Volunteering gives me the opportunity to meet new people. And it gives me the chance to do the thing I like doing — coaching, discovering how we as individuals can be better people. There’s a continuation of new ideas. The gray matter is continuing to work.”

A retired senior executive with Lockheed Martin, Gawel said volunteering “helps people do things they enjoy doing. RSVP provides a cafeteria menu of activities you can involve yourself with that not only make you feel more satisfied, but also give the people around you a sense of contributing to that feeling. There are lots of ways to get involved. You can put your toes in the water and try things, see what you really like to do.”

Nonprofit RSVP connects volunteers to dozens of community service opportunities. Its programs improve the lives of vulnerable populations in the community by focusing on education and wellness. For more information, visit rsvpmc.org, email volunteer123@rsvpmc.org or call 610-834-1040, ext. 123.



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ADMINISTRATION

White Horse Village promotes Tina Boukalis to VP of operations



Tina Boukalis

MediaNews Group
White Horse Village has promoted Tina Boukalis, a senior living industry professional with over 30 years of experience, to the new role of vice president of operations. In her expanded role, Boukalis will align the organization with the long-

term strategic plan and master plan to build a new Healthcare Center, lead culture and service delivery changes of healthcare services and support day-to-day operations. "Tina has demonstrated her leadership ability throughout an extensive career at White Horse Village and maintains a com-

mitment to improving experiences for our residents," said Len Weiser, president and CEO. "She is a trusted partner and colleague, and I look forward to the great things she will achieve in her new role with the expansion of our services and facilities." Boukalis joined White Horse Village, in Edgmont, Delaware County, in 1997 and has served in numerous healthcare positions during her tenure, including senior director of resident services, director of social services and admissions/social services coordinator.

She has made significant improvements to the nonprofit community, including developing the Resident Support Services Program (RSSP), which offers companion care to help residents maintain an independent lifestyle, and creating a caregiver support group for the greater Newtown Square community. "This is an exciting time in White Horse Village's history — the new Health-

care Center will support a resident-centered and resident-directed care philosophy, an innovative approach to care for seniors," Boukalis said. "I am fortunate to continue serving our residents, and I am honored to be a part of this unique organization." Boukalis is a licensed Nursing Home Administrator and certified Personal Care Administrator. She obtained a bachelor's degree from Dickinson College and received the LeadingAge PA Award for Professional Advancement. About White Horse Village: Situated on 96 acres in southeastern Pennsylvania, White Horse Village is an active senior living com-

munity offering a full range of living options and healthcare services. The community intentionally creates opportunities for extraordinary living in a vibrant, diverse community through personal growth, connectedness, and relationships. As a nonprofit organization, White Horse Village reinvests earnings back into the organization to further the mission and vision. For more information, please visit www.whitehorsevillage.org.

FOOD

Former White House chef shares memories of his time serving three first families

Former White House Chef John Moeller presented "Dining at the White House" at Echo Lake, an innovative SageLife senior living community in Malvern. Moeller discussed his fascinating 13-year journey serving three first families: those of George H.W. Bush, Bill Clinton and George W. Bush, including behind-the-scenes tales of cooking for dignitaries and presidential children alike.

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