

STONERIDGE *Living*

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Living One Day at a Time

Woodrow Wilson was president, the First World War would begin in just over three months and the League of Nations was just a developing idea. It was April 18, 1914, when the oldest of six children was born in her grandparent's farmhouse in Washington Township, Schuylkill County. Frances Raudenbush is that oldest child, and in April of this year she turned 102 years wise. She doesn't quite understand what the fuss is all about. "I'm not the type of person who likes a lot of notoriety. It's just another day. I don't feel one bit older, I don't" she said.

Frances comes from a family of four brothers and a sister, all of whom passed away in their eighties. Two of her brothers served in World War II. Mark, her youngest brother, served with General George S. Patton in his Third Army. Frances has a daughter, Eileen, and two sons, Leonard and Roland, along with ten grandchildren, nine great-grandchildren and two great-great-grandchildren.

Frances Raudenbush, 102 years wise, still plays the piano for church every Sunday.



Frances' husband, Harry, passed away in 1976, and she has lived alone ever since. At the urging of her family and doctor, she looked into the possibility of moving to a retirement community. She recalled that a friend from church, Kristine Tobias, worked as the administrator at Schoolyard Square, the local retirement community in Pine Grove. Frances checked into things there and liked what she saw. In October 2015, she moved into Schoolyard Square.



This is one of Frances' prized possessions, a counted cross-stitch she made of Da Vinci's Last Supper.

She enjoys her spacious room in the personal care section and especially appreciates not having to do laundry, cooking or cleaning. Since October, Frances has made several friends from among the other residents and staff. She very much likes living there, and says it was a good move for her.

Despite her age, Frances keeps busy and is still active in her church, St. Peter's United Church of Christ of Pine Grove, where she continues to play the piano for Sunday services. Every Thursday morning, the church organist picks Frances up, and they practice at church in preparation for the upcoming Sunday service. She doesn't have a favorite hymn, but her absolute favorite psalm is 121 which she began to recite from memory. "I will lift up mine eyes unto the hills, from whence cometh my help. My help cometh from the Lord, which made heaven and earth." And she prefers it in the King James Version as "it seems to lose something in the more modern translations." Looking at the mountains all around Schuylkill County throughout her long life she is reminded of the grandeur of God. "The mountains are large and powerful, but God is the greater power," Frances said.

Asked about what advice she could impart to all of us and without hesitation she said that "young people today want everything all at one time and it gets them into financial trouble. I think we should learn to take things more slowly than what we do." She explained that many people "seem stretched financially, and they have to learn to live one day at a time. After all, you can only live one day at a time."

“After all, you can only live one day at a time”

- Frances Raudenbush

The Heart of a **VOLUNTEER**

“Do all the good you can do while you can!” That’s fine advice from Lucille Putt and Nancie Young who have been volunteering at StoneRidge Towne Centre and at StoneRidge Poplar Run, in Myerstown, and around the world, for more than a decade. Lucille started volunteering after she retired in 2000, and Nancie began her volunteer work after she retired in 2003. When asked about what good advice they could impart, Lucille immediately thought of the famous quote attributed to John Wesley and summed it up for us. Wesley tells us to “Do all the good you can, by all the means you can, in all the ways you can, at all the times you can, to all the people you can, as long as ever you can.” Lucille added that “People shouldn’t be afraid to help, as there is always something they can do.” Lucille and Nancie would definitely encourage others to get involved, because there are so many needs throughout the world. And, like many volunteers, they often receive a great deal more than they give, knowing they have helped someone in need.

The dynamic pair have been friends for years and often volunteer together. Their work at StoneRidge has included keeping track of the residents’ activities, spending one-on-one time with residents and providing encouragement as they listen to their fascinating stories. There were several years when they played Santa Claus by purchasing, wrapping and distributing Christmas gifts to the residents with funds raised by the Auxiliary. It appears that Lucille and Nancie never seem to run out of energy or time when it comes to helping others.

Aside from their local volunteer work, they are also active missionaries, having visited seven countries and several U.S. states to help meet immediate needs and spread God’s love to His people. They went with Josh McDowell Ministries to Russia and Siberia to help deliver 50-pound bags of food to orphanages and bring comfort to the children there. The two carried cement blocks and cut rebar as they helped build a church in Costa Rica and a gymnasium in Guatemala and also constructed wooden desks in India. In the states, they visited Mississippi five times in the aftermath of Hurricane Katrina. Their hearts were broken to see so many people lose all they had, and, even after all these years since the hurricane, the devastation can still be seen throughout the region of the Mississippi Delta and Gulf Coast.

They also visited Alaska, where they helped Camp Li-Wa, which stands for “living water,” with insulating, painting, cleaning and cooking. Another passion of theirs is Operation Christmas Child, a project of Samaritan’s Purse, which brings shoeboxes filled with personal items, toys and hope to children in third-world countries. Just last year, they traveled to New Mexico where they assisted two missionaries in their work with the Navajo.

Nancie shared a touching story of a six-month old baby boy she nurtured and held while visiting orphanages in Russia. Her heart really connected with him, and she often prays for him. She wonders if he is still alive and what has happened to him. He would be 19 years old by now.

Nancie and Lucille are frequently in prayer for the people they’ve met on their journeys throughout the world, and they’re also seeking the leading of the Holy Spirit for open doors and future opportunities. The two truly are willing vessels doing what they can, to everyone they can, whenever they can, and they’re good examples for all of us as well.



*Lucille Putt and
Nancie Young*



Meet Robert Fodor!

Robert Fodor has been named StoneRidge Retirement Living's **vice president of clinical operations**. He assumed his duties on Monday, May 16, and he will oversee clinical operations for all four of StoneRidge's retirement communities in Myerstown, Carlisle and Pine Grove. Robert most recently served as executive director of the Church of God Home in Carlisle, a StoneRidge Retirement Living community. Mary Shrader, Church of God Home's director of nursing, was selected to replace Robert as executive director.

Robert started his career in the long-term care industry in 1989 as a nursing assistant. He quickly climbed through the nursing ranks, first as a licensed practical nurse, an LPN charge nurse and then as a registered nurse upon his graduation from Geisinger Medical Center School of Nursing. Robert then served as the director of nursing of a long-term care facility, while at the same time completing a long-term care administration program. He served as administrator at another facility and in 2002 he was selected as the executive director at another campus within that organization. As the vice president of clinical services and corporate compliance from 2009 through 2014, Robert oversaw 30 retirement communities throughout Pennsylvania, Ohio and West Virginia. He was selected as executive director of the Church of God Home in 2014.

Robert and his wife, Shena, have five children, two girls and three boys: Emma, 12; Adison, 8; Christian, 6; Roman, 3 and Brandt, 9 months. In their free time, the family loves to do things together especially go camping.

Meet Keith Rothermel!

Keith Rothermel has joined StoneRidge as the new **director of human resources**. Keith most recently was the director of human resources for Bethany Village in Mechanicsburg and prior to that he served as the VP HR for a Lancaster County retirement community. Even after more than 20 years of experience, Keith still enjoys the fact that each day working in HR is another opportunity to make a positive impact upon the organization. He most enjoys getting to know other associates and building strong relationships. As a result, team members are comfortable coming to Keith sooner rather than later, when small concerns can be resolved before they become larger issues.

Keith graduated from Lebanon High School, earned a Bachelors of Science in human resource management and psychology from King's College and a master's degree in management from Penn State. He lives in Lititz with his wife, Lisa, who is a kindergarten teacher. Their older daughter, Megan, will be attending Duquesne Law School in the fall. Their younger daughter, Meredith, is spending her junior year of high school as an exchange student in Spain. In his free time, Keith is a captain with the Brickerville Volunteer Fire Company, tries to play soccer, spends time with his family and is active in their church.

Keith has found his niche working in not-for-profit retirement communities that provide exceptional services for seniors. While he does not often have the opportunity to relate directly to the residents, he sees the role of HR as providing exceptional service to the associates, so they may in turn provide that same level of service to the residents.



UPCOMING EVENTS

STONERIDGE POPLAR RUN SUMMER BAND CONCERT SERIES

KEYSTONE BAND OF REHRERSBURG



June 27, 2016 at 6:30 p.m. on the patio

The Keystone Band is a versatile group of musicians from all walks of life committed to providing musical service and education to our local communities. The band is one of the longest, continuously rehearsing concert bands in the nation. Since its origin in 1888, the band has continuously made music throughout Central PA.

July 18, 2016 at 6:30 p.m. on the patio

On October 3, 1861, the entire band enlisted in the service of the Union Army. During the period following the Civil War, the fame of the Perseverance Band spread throughout the state. The band performs show tunes, marches, overtures, and stirring patriotic and sacred music. In the past several years the band has performed extensively throughout Central PA.

PERSEVERANCE BAND



LEBANON COMMUNITY CONCERT BAND



August 22, 2016 at 6:30 p.m. in the Theatre on Main

The Lebanon Community Concert Band is a group of approximately 50 musicians from all walks of life and ages, from 15 to over 85. The band has lived up to its name as it supports the community and performs concerts at various venues around Central PA. They are also active in raising money for a variety of causes.

Be sure to mark your calendar and plan to attend. All concerts are held at StoneRidge Poplar Run, 440 East Lincoln Ave., Myerstown, PA and are free and open to everyone. For more information, please call Sherry Heim at 717.866.3204.



BBQ Mango Salmon

This is a recipe developed by StoneRidge Poplar Run Executive Chef, Rob Lownes. It is a dish that speaks summer! If you enjoy salmon, try this mango, spicy BBQ recipe that you and your dinner guests will savor. This recipe may also be made with chicken or pork. Feel free to add more, less or eliminate the jalapeno peppers. And, you may also use mango puree rather than fresh. Serves 4.



INGREDIENTS

- 3 teaspoons 80:20 canola/olive oil blend
- 2 tablespoons yellow onion, diced
- 1 teaspoon garlic, chopped
- 2 tablespoons jalapeno peppers, seeded and chopped
- 2 tablespoons red peppers, chopped
- 3 teaspoons apple cider vinegar
- 2 tablespoons ketchup
- 1^{1/2} tablespoons BBQ sauce
- 4 tablespoons water
- 4 tablespoons fresh mango, diced
- 1^{3/8} teaspoons grated lemon rind (zest)
- 5/8 teaspoon grated lime rind (zest)
- 4 4-ounce salmon fillets

PREPARATION

1. Preheat oven to 350 degrees.
2. Heat saucepan over medium heat. Add oil, onions and garlic. Sauté for 3 to 5 minutes or until soft but not browned.
3. Add jalapeno and red peppers. Cook for 4 minutes.
4. Add vinegar, ketchup, BBQ sauce and water. Cook for 10 minutes or until reduced by half.
5. Transfer to a food processor. Add mango, lemon and lime rind. Process until the mixture is chunky in texture.
6. Place fillets in oven proof pan. Top each fillet with 2 tablespoons of mango BBQ sauce
7. Bake in a preheated 350 degree oven for 10 minutes or to a minimum internal temperature of 165 degrees.

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StoneRidge Retirement Living is the parent company of four retirement communities in South Central Pennsylvania. These communities include StoneRidge Towne Centre (717.866.6541) and StoneRidge Poplar Run (717.866.3200), both in Myerstown, Church of God Home in Carlisle (717.249.5322) and Schoolyard Square in Pine Grove (570.345.4075). Visit us online at www.StoneRidgeRetirement.com.



Residents and guests of StoneRidge Poplar Run dined and danced at the 3rd Annual “Senior” Prom on May 19, 2016. The Moonlight Romance theme lent the ambience for a spectacular evening which featured Erich Cawalla and the Uptown Band. The event gives residents and guests a chance to get gussied up, enjoy a five-star quality meal and kick up their heels for an evening of fun. Next year’s prom is tentatively set for May 18, and several different themes are currently being considered. Tickets will go on sale on April 1, 2017, but if you would like to get on the mailing list for the prom and other Poplar Run events, please call Stacia Dial at 717.866.3553.