

STONERIDGE

LATE SUMMER 2017

Living

A STONERIDGE RETIREMENT LIVING PUBLICATION



BETTY KRALL OF TOWNE CENTRE ENJOYS THE
SUNSHINE ON A RECENT TRIP TO A READING
PHILLIES BASEBALL GAME. GO PHILLIES!

Our Own Dorcas of Poplar Run

Edna and her brother Walter with
grandfather Walter Brower, 1941



The Apostle Paul reminds us to “Work willingly at whatever you do, as though you were working for the Lord rather than for people.” (Colossians 3:23 NLT). This would certainly be Edna Brower’s life verse, as she has conducted her life in this manner ever since she was a young girl. Like the biblical Dorcas (Acts 9:36), who was renowned for helping others and making clothing for them, Edna also has a charitable heart and truly enjoys helping people, especially with their sewing projects.

Edna was born in Pottsville, PA in 1935 and was oldest of three children. Her father was a credit manager at an appliance store, and her mother worked for the telephone company where she was an operator connecting calls by plugging and unplugging cords on a large board. The family was active in their church, and Sundays were especially busy for young Edna. Aside from Sunday school and worship in the morning, the family would attend Christian Endeavor meetings after dinner, followed by a Sunday evening service at church. While this may seem like a busy schedule, Edna truly loved it. She is currently an active member of the weekly Bible study at Poplar Run and still enjoys applying what she learns to her life.

After graduating from high school, Edna worked for 24 years as a sewing machine operator for Van Heusen’s Sewing Factory in Pottsville. Afterward, she worked for 19 years at Pottsville Shirt and Pajama until the plant closed due to increases in health care costs. She worked elsewhere in the textiles field and finally retired at age 70.

Edna lived all of her life in the family house which she inherited after her parents passed



High school graduation, 1953

away. She never married, and when asked about this, she simply described herself as “too bashful and shy.” Besides, she explained, she “never went out anywhere where she could meet someone.” Part of this may come from her Christian upbringing where children “were seen and not heard.” To that, she responded with a broad smile and a hearty laugh, “Now you can’t shut me up!”

Edna has a ministry at Poplar Run, where she has been a resident since 2014. Her heart’s desire is to serve the Lord, and retirement has certainly not changed

this goal. Edna and her trusty sewing machine may be found in Poplar Run’s Hobby Hut, where she blesses others by creating new items or mending pants, hats, jackets, shirts, blouses, curtains

and tablecloths. She says that she is happy to help with sewing tasks for people who do not have a sewing machine or for those who have difficulty seeing the fine

stitches. Like Dorcas of the Bible, Edna leaves tangible evidence of her servant’s heart in all the work she does to help people with their sewing needs. Thank you, Edna. You are our own Dorcas of Poplar Run.

“Work willingly at whatever you do, as though you were working for the Lord rather than for people.”

(Colossians 3:23 NLT)





Wii Bowl for Kids' Sake

When Helen Milliron heard about Big Brothers Big Sisters (BBBS) successful annual fundraiser known as "Bowl for Kids' Sake," she began to think. Throughout her life, Milliron, a retired schoolteacher and independent living resident at Church of God Home (COGH) in Carlisle, had been an active leader working with organizations and projects that help people and the community. For many years, she was active in Habitat for Humanity, Carlisle Cares, the Bethesda Mission and the Kiwanis Club. Just a few years ago, she was the recipient of the Exchange Club's Molly Pitcher Award for Community Service. None of that changed after Helen moved into an apartment at COGH, and she remains steadfast in her earnest desire to help people and create a positive effect on the community.

While not bowlers in the traditional sense, COGH does have a large group of active residents who, along with Milliron, love playing Wii Bowling every week. She began to think, "Perhaps we could hold a Wii bowling fundraiser here?" The idea was presented to BBBS Director Barrie Ann George, who was enthusiastic about the concept and began discussions to make it happen. Soon Helen's idea blossomed into an event that will have lasting effects on the lives of young people throughout Carlisle and the Capital Region.

Alarming statistics reflect the immense challenges that face many children today: 70% of adolescents charged with murder and 70% of long-term prison inmates come from fatherless homes; 24,000,000 children live without their biological father, and these children are two-to-three times more likely to be poor, use drugs, be victims of child abuse and engage in criminal behavior. These are the children that BBBS targets. Their mission is to reverse these statistics by working one-on-one with young people who for various reasons do not have the presence of a father, mother or older sibling in their home. The group utilizes adult volunteers who are well vetted, trained and willing to commit to being the "Big" in a child's life.



Pictured from left are John Durnin, Grace Durnin, Alma Stewart, Jean Adams, Joan Wolfe, Ellsworth Miller, Helen Milliron (event organizer), Barrie Ann George (BBBS), Shirley Park, Steve Park, Phyllis Frederick, Eileen Allison, Dolly Jones and Sally Rice.

Wii Bowl for Kids' Sake

Saturday, May 20 was set as the date for "Wii Bowl for Kid's Sake," and the word went out seeking event sponsors and 16 bowlers to compete. The roster was soon filled with volunteers, and the bowling "alley" in the activity room was busy day and night. Even the night owls who couldn't get to sleep came to practice bowling at midnight. One could sense a growing feeling of excitement among the residents.

The tournament day arrived, and Chef Mike Hans prepared some special snack foods and drinks. The bowlers donned their Wii Bowl for Kids' Sake tee shirts, family members arrived to fill up the cheering section and at 10 a.m., Ellsworth Miller rolled the first ball. From that point on, the bowlers did their job and the rest enjoyed the show.

Following a break for lunch, the invited celebrities arrived. Carlisle Mayor Tim Scott, Officer and "Big Blue Brother" Ryan McCormick from the Mechanicsburg Police Department, COGH Independent Living Director Jamie Nye and Barrie Ann George of BBBS were handed the controllers and they bowled 10 frames. Nye won handily setting a new standard for bowling shoes as she competed in her 4" heels. Nice job Jamie!

The championship match followed the celebrities with the winners of each of the four heats competing for the championship. Everyone was on the edge of their seat cheering on the bowlers. It was an intense competition, but Alma Stewart emerged victoriously and received the championship trophy. Congratulations Alma!

When Helen tallied the receipts, she was amazed, as was everyone else, at the final total. During the early stages of planning, \$1500 seemed to be a reasonable goal, but no one would have ever guessed that \$7064.40 would be raised for Big Brothers Big Sisters. What a stellar accomplishment!

While this was a fundraiser, the real story was about the amazing bowlers. One was 98 years old; one bowled from a wheel chair; one has dementia and had difficulty in the technique of using the controller and one had just received an unexpected medical diagnosis.

It is important to note that moving to a retirement community opens doors to opportunities one might not have while living in their own home. Like Milliron, those who live here remain valuable members of the larger community and can



Ryan McCormick, Barrie Ann George, Jamie Nye and Carlisle Mayor Tim Scott



Wii Bowl Championship Trophy

remain as engaged and active as they had always been. The camaraderie that developed among the residents throughout this competition was special to watch. If one were writing goals and objectives for this activity, the fundraising part would probably be near the bottom of the list.

For Big Brothers Big Sisters, however, this first-ever Wii bowling event was no small matter. Knowing that more than \$7000 was raised, they will be visiting other retirement communities to throw out a challenge from the independent living residents at COGH for next year. These wonderful people at COGH may have started something big! Bravo to Helen for her dream, good efforts and organizing skills and to all of the bowlers and sponsors who participated! Mark your calendars, COGH's 2018 Wii Bowl for Kids' Sake will be held on Saturday, May 18.

MEMORABILIA

Fifty Years Ago...

In 1967, there were worldwide protests against the Vietnam War, Elvis Presley married Priscilla in Las Vegas, Montreal hosted Expo '67 and Israel fought and won the Six-Day War against Egypt, Jordan and Syria. On June 1, 1967, the Beatles iconic album, "Sgt. Pepper's Lonely Hearts Club Band," exploded on the music scene to thunderous acclaim and changed music and the world forever. The work incorporated new studio techniques, developed by the Beatles and their producer George Martin, as well as a variety of musical styles including classical, avant-garde, Indian, circus and vaudeville. Upon its release, the album spent 15 weeks at the number one spot on the U.S. charts, and, in 2012, it was named number one album in Rolling Stone Magazine's "500 Greatest Albums of All Time."



Pictured from left is veteran astronaut Virgil Grissom; the first American to walk in space, Ed White; and Roger Chaffee who was on his first space mission. During a launch test on January 27, 1967, all three were killed after a flash fire erupted inside their space capsule. The event was not without controversy concerning the percentage of oxygen used in the capsule and issues related to how the hatch should open and whether it should carry explosive bolts in the event of an emergency. As a result of the tragedy, the Apollo command module underwent a thorough redesign.



MUSIC: HEALING FOR THE BODY AND SOUL

Nineteenth-century American poet and educator Henry Wadsworth Longfellow told us “Music is the universal language of mankind.” It is a powerful and accessible means of expression that speaks directly to the heart and soul of a person. Music has the ability to transform us and even transport us mentally and emotionally to another place and time. Perhaps you have heard a song that was once very meaningful to you, and upon hearing it again, the memories and feelings of the past come back in a flood, reminding you of an earlier time when you were in school, or with old friends or dancing in the arms of a loved one. In that instant, whatever may have been on your mind, or whatever may have been troubling you, is for the moment gone.

The use of music therapy, which may be thought of as a relatively recent phenomenon, is found in biblical accounts from over three thousand years ago. During the reigns of Israel’s earliest kings, 1 Samuel records that when “the spirit of the Lord departed from (King) Saul, and an evil spirit from the Lord tormented him (1Sam



Tess Warner, Dorthy Kinzer and Heather Nelson

16:14 NRSV),” it was thought that a musician should be summoned to play his instrument and ease the king’s burdened mind. David was called to attend to the king, and later we are told “whenever the evil spirit from God came upon Saul, David took the lyre and played it with his hand, and Saul would be relieved and feel better, and the evil spirit would depart from him (1Sam 16:23 NRSV).”


Tess Warner works as an activities aide at StoneRidge Towne Centre in Myerstown. Currently finishing a master’s degree in music therapy at Immaculata University, she uses music in her efforts to help reach residents, accelerate the healing process and calm anxieties. As part of her studies, Tess recently completed a six-month internship at the in-patient mental health unit at Lancaster General Health. A colleague she works with at Towne Centre is Heather Nelson who also serves as an activities aide. In addition to their other

duties, both women use music in their work. Tess plays guitar, piano, flute and sings, and Heather plays piano, flute and sings.

Tess and Heather have plenty of stories to share about the remarkable power of music and its positive effects on the lives of our residents. A common theme involves a resident who avoids interaction and conversation but whose countenance suddenly changes to warm and welcoming when music is introduced. Another story tells of a resident who played music prior to moving to Towne Centre, but since moving in was not involved with music. Then, one day at dinner, she happened to sit down at the piano in the dining room and began to play. Soon, other residents gathered around her as she provided a mini-concert with many songs she recalled from memory. This experience was transformative for her.

The American Music Therapy Association (AMTA), the professional organization for music therapists, defines music therapy as “the use of music interventions by a board certified music therapist to achieve non-musical goals.” Music therapists have four-and-a-half years of specialized training on how to use the specific properties of music (e.g. tempo, rhythm, lyrics, melody, harmony, etc.) to address very specific treatment goals. They also learn how to adapt songs and interventions to meet different levels of functioning in a group setting. Music therapists also receive specialized training in the use of therapeutic techniques to help listeners process difficult emotions that music may elicit.

MUSIC: HEALING FOR THE BODY AND SOUL

A surreal collage of symbolic images. In the upper left, a portion of a clock face is visible, showing Roman numerals and the number 10. Below it, a violin is positioned horizontally. A butterfly with blue and black wings is perched on the violin's body. Above the violin, a dark red heart floats in the air. To the left of the heart, a decorative, ornate object, possibly a piece of furniture or a lamp, is shown. A small white tag with the text "In This Style" and "10/6" is attached to it. The background is a deep teal color with a subtle, swirling pattern.

Found throughout the world and across cultures, music has been part of the human experience from the earliest foundations of civilization. Tess reminds us that as babies, our parents sing to us, and nursery rhymes are set to music. As children, we learn our ABCs and other important things to prepare us for life by singing them. Music uses our whole brain, not only auditory but also the motor, speech and executive functioning

centers as well. These centers control self-regulation skills and mental processes that enable us to plan, focus attention, remember instructions and juggle multiple tasks successfully. When we store memories, music is bound to those memories. "When dementia

targets one part of the brain, music can bridge that gap," Tess states.

"That is why music therapy is useful for traumatic brain injury patients as well.

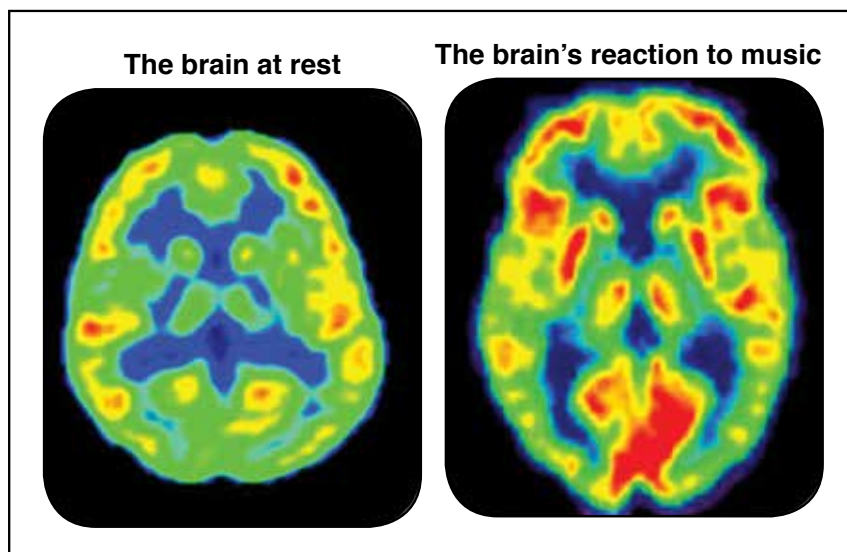
You may have an injury to one part of your brain, but music can create new neural pathways in the brain around that damage to access that area," she adds.

MUSIC: HEALING FOR THE BODY AND SOUL

Research also indicates that music can directly reduce blood pressure, and in long-term studies, researchers learned that those who had music in their lives maintained their physical and mental states better than those who did not have music (Takahashi and Matsushita, Journal of Music Therapy, 2006). Other research highlights reported by AMTA show that music therapy reduces depression among older adults, and that music experiences can be structured to enhance social and emotional skills and assist in recall and language abilities. It may also be used to assess cognitive ability in people with Alzheimer's disease and is effective in decreasing the frequency of agitated and aggressive behaviors. "Residents with dementia, especially those in advanced stages, are often in a different reality," Tess shared. They may be unaware of their surroundings, "but music has the ability to pull them out of that."

"IF I WERE NOT A PHYSICIST, I WOULD PROBABLY BE A MUSICIAN. I OFTEN THINK IN MUSIC. I LIVE MY DAYDREAMS IN MUSIC. I SEE MY LIFE IN TERMS OF MUSIC."
- ALBERT EINSTEIN (1879-1955)





Dorothy Kinzer has been a resident of Towne Centre since 2013. A few months ago, Dorothy spent a brief period in the rehabilitation unit, and the transition was difficult. Tess was able to reach Dorothy with her guitar and the playing of cherished hymns in her room. Dorothy was delighted and opened up to Tess. She learned that music had been an important part of Dorothy's life, as she loved to sing harmony and especially to play her harmonica.

One day, the afternoon's scheduled entertainment did not arrive, and the audience was filled with people expecting a musical program. So, Tess with her guitar and Heather got on the stage and began to sing songs that everyone seemed to enjoy. Soon, Dorothy came up from the audience and joined them with her harmonica, and the trio played music and sang for nearly an hour to everyone's delight.

Working alongside modern medicine, music is a powerful medium that can affect positive change. At Towne Centre, and throughout all of the StoneRidge Retirement Living Communities, music enhances and enriches the lives of our residents, bringing joy, healing and peace to their lives. Early 20th-century Lebanese-American artist, poet and writer Khalil Gibran wrote, "Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife." Truly, music is one of the few things in life that is both transcendent and sublime.

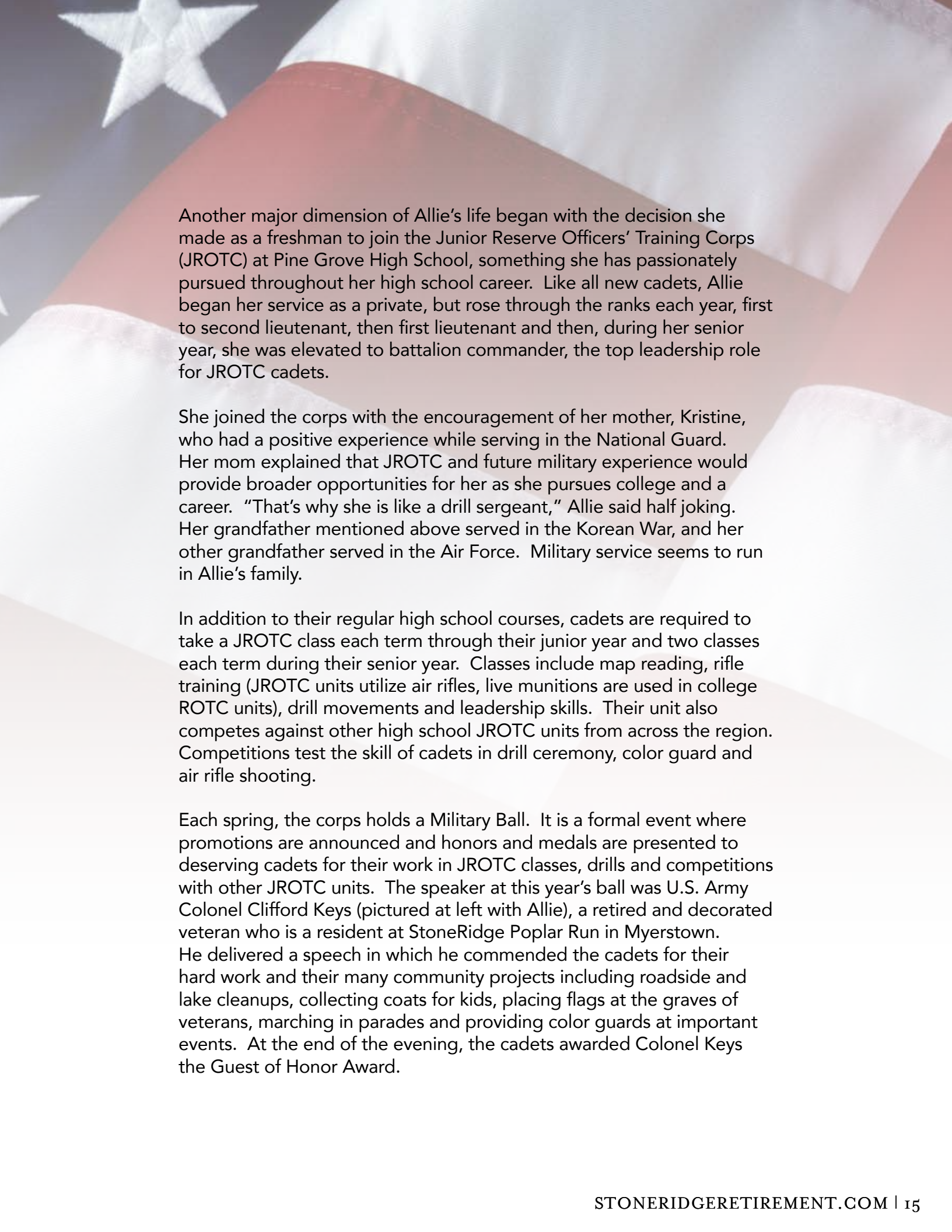
If Grandpa Could See Me Now

“Grandpa, tell me ‘bout the good old days. Sometimes I feel like this world’s gone crazy. And grandpa, take me back to yesterday, when the line between right and wrong didn’t seem so hazy.”

These lyrics tell of a young girl reminiscing about her grandpa and asking him to tell her stories of when he was a young man and things in the world seemed simpler. This country gospel song made popular by The Judds and by The Isaacs is a favorite of Allie Tobias, a 2017 graduate of Pine Grove High School and a team member of Schoolyard Square, a StoneRidge Retirement Living Community in Pine Grove. The song is also a part of the repertoire of Mended Hearts, a country gospel group with whom she sings at church functions and retirement communities. She is an amazing young woman who has fond memories of her grandpa who died when she was just 14 years old.

Allie began working at Schoolyard Square in dietary during her senior year. After a few months, she changed positions and started working as a personal care aide, a position she very much preferred, as nursing is her chosen career path. In fact, this fall Allie will begin her studies in the nursing degree program at Widener University. When asked why she chose nursing as a career, she explained that she enjoys the relationships she has with residents while working with them and the health care team to overcome health challenges they may face. Allie plans to continue working as a personal care aide at Schoolyard Square while on breaks from Widener.



A close-up, slightly blurred background image of the American flag, showing the stars and stripes in a diagonal orientation.

Another major dimension of Allie's life began with the decision she made as a freshman to join the Junior Reserve Officers' Training Corps (JROTC) at Pine Grove High School, something she has passionately pursued throughout her high school career. Like all new cadets, Allie began her service as a private, but rose through the ranks each year, first to second lieutenant, then first lieutenant and then, during her senior year, she was elevated to battalion commander, the top leadership role for JROTC cadets.

She joined the corps with the encouragement of her mother, Kristine, who had a positive experience while serving in the National Guard. Her mom explained that JROTC and future military experience would provide broader opportunities for her as she pursues college and a career. "That's why she is like a drill sergeant," Allie said half joking. Her grandfather mentioned above served in the Korean War, and her other grandfather served in the Air Force. Military service seems to run in Allie's family.

In addition to their regular high school courses, cadets are required to take a JROTC class each term through their junior year and two classes each term during their senior year. Classes include map reading, rifle training (JROTC units utilize air rifles, live munitions are used in college ROTC units), drill movements and leadership skills. Their unit also competes against other high school JROTC units from across the region. Competitions test the skill of cadets in drill ceremony, color guard and air rifle shooting.

Each spring, the corps holds a Military Ball. It is a formal event where promotions are announced and honors and medals are presented to deserving cadets for their work in JROTC classes, drills and competitions with other JROTC units. The speaker at this year's ball was U.S. Army Colonel Clifford Keys (pictured at left with Allie), a retired and decorated veteran who is a resident at StoneRidge Poplar Run in Myerstown. He delivered a speech in which he commended the cadets for their hard work and their many community projects including roadside and lake cleanups, collecting coats for kids, placing flags at the graves of veterans, marching in parades and providing color guards at important events. At the end of the evening, the cadets awarded Colonel Keys the Guest of Honor Award.

“There is little doubt that had her grandfather been alive to see what kind of young woman Allie has become, he would be very proud.”



While at Widener University this fall, Allie will continue her cadet career by joining the Reserve Officers' Training Corps (ROTC). During her sophomore year she will officially sign up with the Army, and, if all goes according to plan, she will be commissioned as a second lieutenant and begin active duty soon after graduation. All of us at StoneRidge Retirement Living wish Allie the best in her future endeavors. There is little doubt that had her grandfather been alive to see what kind of young woman Allie has become, he would be very proud.

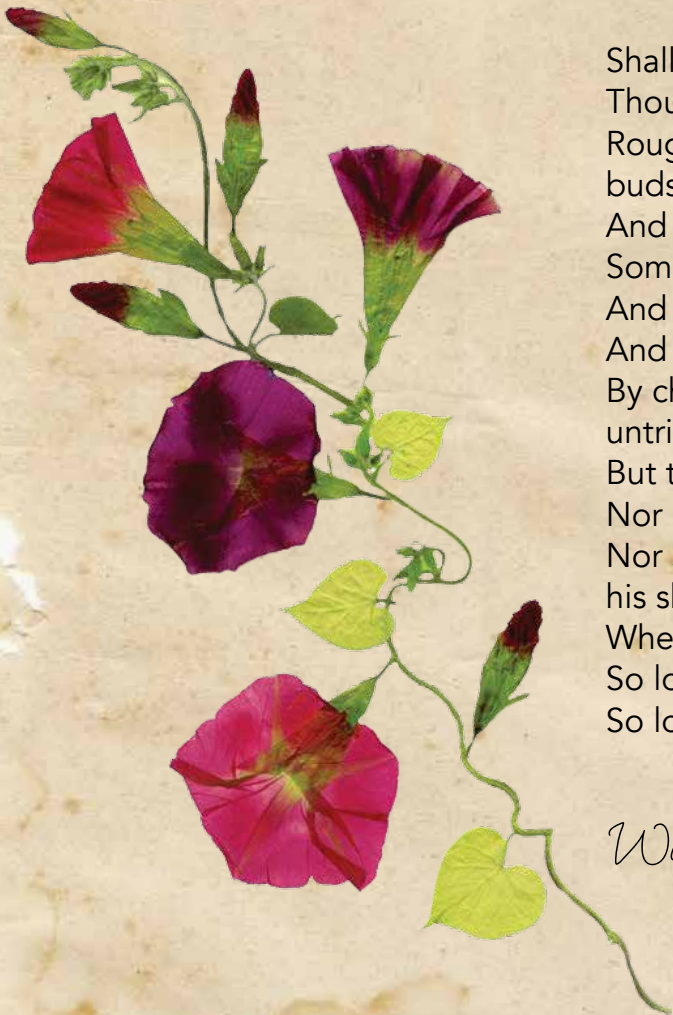
Literati



Shall I Compare Thee to a Summer's Day? (Sonnet 18)

Shall I compare thee to a summer's day?
Thou art more lovely and more temperate:
Rough winds do shake the darling
buds of May,
And summer's lease hath all too short a date:
Sometime too hot the eye of heaven shines,
And often is his gold complexion dimmed;
And every fair from fair sometime declines,
By chance, or nature's changing course,
untrimmed;
But thy eternal summer shall not fade
Nor lose possession of that fair thou ow'st;
Nor shall Death brag thou wander'st in
his shade,
When in eternal lines to time thou grow'st;
So long as men can breathe or eyes can see,
So long lives this, and this gives life to thee.

William Shakespeare (1564-1616)



Almond Trout

Ingredients

1/4 tablespoon sliced almonds
1/4 all-purpose flour
4 (6-oz.) skin-on trout fillets
1/2 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
1 tablespoon fresh chopped parsley
1 tablespoon canola oil
4 lemon wedges

Method

Preheat oven to 400°F.

Place almonds, flour, salt, pepper and parsley in the bowl of a mini food processor, and pulse until almonds are roughly chopped. If a food processor is not available, rough chop almonds and mix ingredients by hand. Place mixture in a shallow dish.

Check trout fillets for bones, if found remove with kitchen pliers.

Lay trout fillets meat side down in almond mixture and lightly press down.

Heat an ovenproof skillet over medium-high. Add oil to the pan and swirl to coat. Add fillets to pan flour side down; cook 2-3 minutes or until browned. Turn fillets; place pan in the oven. Bake at 400°F for 4 minutes or until fish flakes easily when tested with a fork. Serve with lemon wedges.



Culinary Landscape

StoneRidge Poplar Run Executive Chef Nate Schumacher provides this almond trout recipe for our summer issue. It is an easy and nutritious dish to prepare, and the mild flavor of trout is a choice most everyone can enjoy. It works well in the warm days of summer or any time of year. Pair it with a fresh garden vegetable as a side dish and a salad of arugula and sliced peaches.



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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.

