

# THE PARCR POST

VOLUME 7, ISSUE 2

JANUARY 2021

A QUARTERLY NEWSLETTER FOR **P**ENNSYLVANIA **A**LLIANCE OF **R**ETIREMENT **C**OMMUNITY **R**ESIDENTS

## President's Message .....

### SPIRIT OF OPTIMISM

By the time you receive this publication, Thanksgiving will be just a memory, the elections will be over and much of the year will be history. It will be the middle of December with Christmas and the New Year just ahead. It is in this time of the year that I like to reflect on the year that was and speculate on what might lie ahead. Most of us will be glad to see 2020 go, myself included. There were not many that would have predicted the arrival of COVID-19 and the far-reaching complications that it inflicted on us as individuals and as a society.



**Nancy Hann**

But, as in many of life's experiences there are always positives and negatives. I prefer to be an optimist – things could have always been worse.

As for PARCR, we on the executive committee have had our share of issues to deal with, resulting from the pandemic. Most of you are aware that due to COVID-19 we were forced to cancel the April and July quarterly meetings — something that we did with great regret but necessary under the circumstances. The flip side of this problem was the successful development of the ability to use a virtual platform — “Zoom” for our meetings. This enabled us to convene the organization for the October meeting. Now, having this capability, we hope to leverage its usage. It may be helpful in allowing us to include distant

communities as we consider expanding our outreach as well as deal with inclement weather situations that we can experience during the month of January.

In this past year we also took the opportunity to revisit our communication tools and our internal processes associated with them. You may have noticed some moderate changes in the look of **THE PARCR POST**, as a result. A more significant effort has been placed on revamping and upgrading our website, something that was long overdue. Our goal is to

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Pennsylvania Alliance of  
Retirement Community Residents

### MISSION STATEMENT

- To educate and inform residents of not-for-profit retirement communities in Pennsylvania by promoting the exchange of ideas, education, and civic responsibilities of residents.
- To encourage members to seek to be a part of informed decision-making in their community.

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JANUARY 13, 2021

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## **CCRCs — NEW STYLES, NEW APPROACHES**

**Larry Zook, January's Guest Speaker**  
**PARCR Advisor & PRESIDENT/CEO,**  
**LANDIS COMMUNITIES/LANDIS HOMES**

January's quarterly meeting guest speaker is Larry Zook, President/CEO, Landis Communities/Landis Homes and serves as PARCR Advisor. He will speak on current and future developments in CCRCs — new styles, new approaches.

Larry has served as President/CEO of Landis Homes since 2007, and prior to that served in various positions at Landis Homes beginning in 1994. He is a licensed Nursing Home Administrator and holds a BS in Business Administration from Millersville University and an MBA with Urban Economic Development concentration from Eastern University, St. Davids, PA.

In 2008 the Landis Homes Board engaged in strategic planning and appreciative inquiry, and in listening to over 150 stakeholders, heard a strong call to keep Landis Homes strong and vital, to offer affordable senior communities, and to expand its offering of home and community services.



**Larry Zook**

In 2011 Larry was appointed to the additional role of President/CEO of a newly formed umbrella organization, Landis Communities. Landis Communities now

includes Landis Homes, a Life Plan Community, Landis HCBS offering a variety of home and community based services, Landis Quality Living offering affordable communities serving low and middle income seniors in Lancaster City and New Holland, and Welsh Mountain Home, an affordable personal care home in New Holland.

Larry and his wife, Dawn, taught English at Chongqing Normal University in China from 1992-94, and from 1982-92 he worked for Eastern Mennonite Missions, the organization that founded Landis Homes in 1964. Dawn and Larry have one son, Ben, who is a second-year master's student in speech language pathology at Temple University. They are members of East Chestnut Street Mennonite Church in Lancaster. They have a 14 1/2 year old yellow Labrador Retriever named Daisy. 🏠

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## **President's Message: SPIRIT OF OPTIMISM** **(continued from page 1)**

make it more current and user friendly in the process. This is still a work in-progress, so we'll let you know when we are ready to roll it out to the public. Stay tuned!

Now that some of the underlying foundation work is nearing completion, we are starting to refocus our attention. If you recall from the last issue of **THE PARCR POST**, I talked about COVID-19 and the changes associated with it. It is time to look beyond this phase to

consider the mission of PARCR and how we can improve the organization with emphasis on how we serve you, our membership, better. Our objective will be to add value to what we do and reach out to other communities in the State so that they can benefit from that value proposition. We are very early in the process, and at this point, just getting organized. As we move into 2021, there will be a lot more detail to come.

So, as I close, I am happy to say good bye to 2020 but pleased with what we were able to accomplish in spite of it all. Next year holds a lot of potential for PARCR and so, I am very excited about its possibilities. We have a lot of work to do — change is not easy. But, for now, let's take a deep breath and enjoy the holidays. **May you have a very Blessed Holiday Season and a Wonderful New Year.** 🏠




**Susan Martin**  
**PARCR Membership Chair**  
*smart@chuckandsusan.com*  
**717.840.1463**

## PARCR HAS GONE VIRTUAL

The October 14, 2020 Zoom Quarterly Meeting was well received and attended. The Planning Task Force coordinated their efforts to bring an interesting presentation and well organized meeting within the time limit of 1½ hours. The survey feedback indicated how pleased everyone was to be able to meet even though it was not a face-to-face meeting. The guidelines for downloading and navigating Zoom enabled the attendees to feel comfortable entering and participating in the meeting. For the January meeting, the Task Force will provide an explanation of the use of the chat option for posing questions to the presenter.

In preparation for the January 13, 2021 Quarterly Meeting, note the following guidelines. The attendance is taken as attendees enter, we ask that you use your full name rather than an email address or nickname. Individuals may turn off the video of themselves during the meeting and only

the name will appear on the gallery screen. It is important that attendees mute themselves during the meeting so there is no extraneous noise. The Task Force is so pleased that some communities have arranged to have the meeting projected on a large screen for several people to view. If the community does have several people viewing the meeting, we ask that you provide the name and email of all attendees, so everyone who attends can provide feedback.

We want to thank everyone who responded to the survey following the meeting. Your feedback was extremely helpful. The next quarterly meeting notice and agenda will be sent to delegates and members in mid-December. Be sure to respond that you will be attending the meeting by the deadline date. 

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## MEMBERS-AT-LARGE

### Voting Members of the PARCR Leadership Team


***Continuing our series of “Meeting the Leadership Team” of PARCR, in this issue we feature the four Members-At-Large.***

**BILL CLEMENT** is a 5-year resident of Cornwall Manor, Cornwall, PA., who has been involved with the Residents Association Executive Committee for 3 years as the lead PARCR delegate. He became interested in PARCR when asked to serve as a delegate 4 years ago, and after some quick research to see what PARCR was all about, agreed to serve. His working experience includes 26 years with DuPont, retiring as Business & Marketing Manager of Electronics Material Department, as well as a number of years as a bike shop owner after retiring from DuPont, then followed by working part time as Guest Services Supervisor at Longwood Gardens for 10 years.

**ELVIN HECK** is a 14-year resident of Brethren Village, Lititz, PA. His involvement with PARCR began when a vacancy occurred in the community's PARCR delegate position, which he agreed to fill. He continued serving as the community's delegate for a number of years thereafter and has been involved in the PARCR organization for the past 6 years. Elvin retired from ACME Markets as a produce manager after 25 years of service; he then pur-

sued a second career, retiring a second time (after another 25 years), as a heating and air-conditioning technician for a local company in the Ephrata area.

**JIM MARKELL** is a 5-year resident of Quincy Village, Waynesboro, PA, and is currently president of the village council. He spent 40 years in materials management and information technology roles at various multi-national companies, retiring in 2017. Jim has been a PARCR member for 3 years and states “I became interested (in PARCR) through Quincy Village, as a way to share CCRC “best practice” information with our village.

**CHERYL RHODES**, is a 7-1/2-year resident of Quincy Village, Waynesboro, PA, who served on the resident council for two years, serving as president for one of those years. She retired in 2007 from the Department of Defense (Defense Contract Audit Agency) after 23 years of service as a Program Manager. When she became council president she decided she wanted to attend a PARCR meeting and found it very interesting. On encouragement from former PARCR treasurer, Henry Mathers, an old friend and former employer, to get involved she states “That was 4 years ago and here I am.” 



**Anne Henry**  
**Sr. Vice President &**  
**Chief Government Affairs**  
**Officer, LeadingAgePA**



## **ELECTION UPDATE: Where We Are Right Now**

When I started this article a week ago, there was still incredible uncertainty about the results of the election. Since that time, most races at least in PA have been decided. Some have been a surprise. For instance, incumbent State Treasurer, Joe Torsella (D) lost his bid for re-election. That office will now be headed by Republican, Stacy Garrity. A Republican, Tim DeFoor also defeated his Democratic challenger to hold the Office of Auditor General. These statewide row offices have generally gone to the same party that won the Presidential Election. We are hoping that in particular, we can develop a strong working relationship with Auditor General Elect DeFoor as in the past we have found that individuals in this office were not friends of senior service providers.

We will also see some new leaders in both the House and the Senate. Long term President Pro Tempore, Senator Joe Scarnati (R-Cameron, Clearfield, Clinton, Elk, Jefferson, McKean, Potter, Tioga) has retired. He will be replaced by Majority Leader, Senator Jake Corman (R-Centre, Huntingdon, Juniata, Mifflin). The Leader's position will be filled by Senator Kim Ward (R-Westmoreland), the first woman ever to hold such a prestigious position. Senator Pat Browne (R-Lehigh) will continue as Majority Appropriations Chair. The Senate Democratic leadership wasn't voted until November 19 because of one of the Senatorial races that was neck and neck but ultimately called for the Democrats. Senator Jay Costa (D-Allegheny) will keep his position, as Minority Leader and Senator Vince Hughes (D-Philadelphia) will continue as Minority Appropriations Chair.

In the House, we continue to have the top three leadership roles held by individuals who are helpful to long term care and senior service providers – Speaker Bryan Cutler (R-Lancaster), Majority Leader Kerry

Benninghoff (R-Centre, Mifflin) and Majority Appropriations Committee Chair, Stan Saylor (R-York). On the Democratic side, we will have a new Minority Leader as long-term friend Frank Dermody (D-Allegheny, Westmoreland) lost to his Republican opponent. The new Minority Leader is another woman – again the first time for a woman to hold the position – Joanna McClinton (D-Philadelphia). Matt Bradford (D-Montgomery) will continue as Minority Appropriations Chair.

We are pleased with these new leaders and look forward to working with them in the new session that starts in the New Year.

That brings me to where we are right now – sine die – meaning that all legislation that doesn't pass both the full senate and house by the end of November will cease to be. This sine die session is unlike any other as the General Assembly needs to finalize the state budget. I know you are probably thinking that the budget usually passes in June but due to the COVID-19 pandemic and the unknown effect on the state's coffers, last May the General Assembly chose to only pass a budget for the period of July through November. The budget that is currently working through the process will basically be a status quo budget that gets us through until the end of next June. This means no rate increase for our nursing facilities that accept Medical Assistance even though they are in dire need of one.

However, as happens in many sine die sessions, bills pass that may not otherwise. On November 20, we had a critical bill pass. HB 1737 would give businesses, schools, and healthcare providers – including long term care providers some limited reasonable liability protection if they are sued because of individuals getting sick from COVID-19. I am sure nursing homes, personal care homes/assisted living residences on

*(continued on page 7)*





*Gail Stelger*  
*PARCR Legislative Chair*  
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## FREE COUNSELING RESOURCE INFORMATION AVAILABLE FROM PA

COVID-19 has imposed significant stress on all of us. Free counseling resource information from PA is listed below.



**GET CONNECTED WITH A  
FREE CRISIS COUNSELOR**



**CALL 1-855-284-2494**



*Do you feel...*

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*Alone?*  
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This publication was made possible by FEMA Grant Number 4506-DR-PA, in collaboration with the Pennsylvania Department of Human Services.



*Ida Jeanne Smith*  
**PARCR**  
*Immediate Past President*

## EXECUTIVE COMMITTEE RECOGNIZES FORMER PARCR PRESIDENT

At the December PARCR Executive Committee meeting, a decision was made to officially recognize Ida Jeanne Smith for her past service to the organization. Under normal circumstances, Ida Jeanne would have been recognized at the next quarterly meeting following her retirement from office on June 30, 2020. However, due to the cancellation of several in-person meetings, the committee decided to honor her with this letter of recognition.

December 14, 2020

Dear Ida Jeanne:

The Executive Committee of PARCR wishes to thank you for your service to the PARCR organization. We appreciate the countless behind-the-scenes hours spent to organize and plan our executive and quarterly meetings during your 4 years as president of PARCR. In addition, you oversaw the rewriting of the organization's bylaws, a most unenviable task. One of your proudest accomplishments during this time was the expansion of the executive committee to include four (4) members-at-large as voting members of the executive committee. It was your hope that having this level of participation on the committee would help to produce future presiding officers. Your mission has proved successful; our current president, Nancy Hann, began as a member-at-large. Thank you for your insight and vision.

For all your time, effort and service, we humbly say "thank you" and wish you well in your retirement from office. May you continue to have interest in the organization and attend the quarterly meetings whenever and however possible.

### The Executive Committee of PARCR



Pennsylvania Alliance of  
Retirement Community Residents

#### OFFICERS

President, *Nancy Hann*

#### MEMBERS-AT-LARGE

*Bill Clement*, Cornwall Manor

#### COMMITTEE CHAIRS

Legislation, *Gail Stelger*

Vice President, *Lowell Starling*

*Elvin Heck*, Brethren Village

Membership, *Susan Martin*

Secretary, *Susan DiGruttolo*

*Jim Markell*, Quincy Village

Newsletter, *Linda Heck*

Treasurer, *Terry DiGruttolo*

*Cheryl Rhodes*, Quincy Village

Program, *Bill Stelger*



**CROSS KEYS VILLAGE**  
The Brethren Home Community

## QUITE A PAIR

*Mindy Langer,  
Communications and Gift Officer*

The mother of Cross Keys Resident Bob Funt had a twin. A friend of his mother's painted two identical



pictures of Christ and gave one to Bob's mother and one to her twin. At the time of the twin's death (about 30 years ago), her picture was donated. Bob kept his mother's picture when she passed and today has it displayed in his room.

When team member and Chaplain Andrew Seidel visited one day, he noticed Bob's picture of Christ and mentioned that he had the same one in his office.

Andy purchased his picture at a second-hand store in the York area. This picture shows Bob (left) and Chap-

lain Andy (right) reuniting this pair of pictures after 30 years. 🏠

## ELECTION UPDATE: Where We Are Right Now (continued from page 4)

your campuses have seen cases, even though the staff and administration have done everything they possibly could to keep this disease out of the buildings. One would generally think that providers would have insurance to cover lawsuits in these cases, but what you might not know is that most, if not all insurance companies in Pennsylvania, have notified providers that they will not cover any COVID-19 claims. Without some protection from these claims that are often frivolous in nature, your community will be forced to spend precious dollars to defend themselves and likely settle suits even though they were not in the wrong because it is often less expensive to settle than to go to court.

Unfortunately, on November 30, Governor Wolf chose to veto this bill but we will continue to work on this critical issue next legislative session that will begin in January 2021. We will also be urging LeadingAge PA members to educate their elected officials

on the importance on limited protection from frivolous COVID lawsuits. We will share materials with PARCR members should they personally chose to also do some outreach on this issue.

Of course, in addition to watching the elections and legislation, we are immersed helping the communities where you live with guidance on this terrible Coronavirus. If you have any questions about any of the guidance you might see from state government, I would be happy to discuss with you.

Before I write or see you virtually again, I hope that you have the best holiday season that you can.

**Nevertheless, most of all I wish each of you good health. Stay safe my friends!** 🏠

**CONTACT: Anne Henry**  
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**717-433-4788**

## TREX® RECYCLING PROGRAM A Win-Win-Win Situation

*Jo Davis, Bethany Village Resident &  
Chair of Trex Challenge Team*

Coming up on my year anniversary at Bethany Village, Mechanicsburg, I was looking for places to volunteer. An area outside the Skilled Nursing Facility was a barren open space, but The Ecology Team had a vision to make it a *Healing Garden*. Bushes, flowers, and other beautiful additions were popping up. Now seating was needed. That sparked the idea that maybe I could help.

My husband and I had moved to Bethany after fifteen years in Florida. We grew tired of year-round heat and hurricane evacuations. I had worked in a hospital there, where we had collected 500 pounds of plastics and recycled them locally. Trex Company, Inc., the maker of outdoor building materials and furniture, had rewarded us with a park bench for our efforts. Perhaps our Ecology Team would be interested in the TREX Recycling Community Bench Challenge.

Trex is built on green values and produces eco-friendly decking and outdoor living products that last, without leaving a lasting impact on the environment. The high-performance Trex products are manufactured from 95% recycled materials, including a combination of reclaimed wood and polyethylene plastic film recycled from industrial packaging, as well as common household items such as grocery bags, newspaper sleeves and bubble wrap. Trex is one of the largest recyclers of plastic film in North America, repurpos-

ing more than 1.5 billion plastic bags each year in the making of its high-performance, low-maintenance products.

With the Ecology Team's blessing and a team of volunteers the project was launched. I contacted our local Giant Foods Store who put me in touch with the Giant Recycling Center in Carlisle. They said we could bring our plastic to them. We called for an appointment, security checked us in, and the plant fellows unloaded the car. Giant then processed the plastic, sold, and delivered it to Trex. Thus, hundreds of



**Ann Marie Judson, Sandy Jones and Jo Davis organize plastic bags, etc. for delivery to the Carlisle recycling center.**


pounds of plastic avoid the land fill!

I filled out the online registration form and talked to Stephanie Hicks at Trex. She explained everything we needed to know. We had six months to collect 500 pounds of qualified plastics. They supplied collection containers which we received and assembled.

The team met via Zoom and decided where the containers should go. We

have apartments and cottages. The apartments were an easy solution, everyone comes to their mailboxes every day, so we put them there. Two of our cottage folks volunteered to put the boxes out on their driveways, weekly. Another was placed in the associate's break room. Trex provided us with posters that we posted on all the bulletin boards. We have a campus TV station, so I made a "cheerleader" outfit out of a shower curtain and announced how everyone could help. It was determined that we would start on August 18, thus our end date would be February 18, 2021. All was set and the collection started. My husband and I compressed the bags to make them as compact as we could, weighed them with a luggage scale and recorded the weight. On August 28, we loaded up our Jeep and took 154 pounds of plastic to Carlisle. The collection boxes were full and running over. Two more loads of 215 and 131 pounds brought us to the 500 pounds on SEPTEMBER 17.

It took us exactly one month to collect and deliver 500 pounds of plastic and earn our "Sandcastle" bench which will be delivered by Christmas.

This challenge was definitely fun for all and gave us the satisfaction of knowing that 500 pounds of plastic was saved from the landfill and that a beautiful bench now complements our *Healing Garden*. You can do it too! 



## MEADOW VIEW: Living Resiliently

*Juanita Fox, Director of Media Experiences  
and Storytelling*

In late September 2020, Meadow View welcomed its first residents home. The transition for existing memory support residents as well as new memory support residents went very well; people found the new environment to be calming and peaceful.

Years of dreaming and planning were finally complete: the 40,000-square-foot state-of-the-art memory support building was finally ready for residents. The new, innovative community offers two households with 40 memory support suites and two independent living apartments.

### Person-centered perspective

Throughout the design and building process, Melody Karick, director of Meadow View, maintained a person-centered perspective.

“At the end of the day we want to empower people to live their best lives and help them to rebuild their purpose. We want to provide opportunities for them to live resiliently,” Melody says.

This desire is evident throughout Meadow View. Using recent research on ways people with dementia can live resiliently, the team included interior design elements to improve space recognition. For example, each suite has a unique front door and doorknob, and the two households have different color schemes. These simple touches can often help people with dementia subconsciously recognize spaces that are familiar.

### Emerging technologies

In addition, emerging technology, such as wellness bracelets alert team members to resident movement, which can help reduce falls. In addition, the wellness bracelets track how frequently residents are drinking, which helps deter-

mine their risk for dehydration. The bracelets also allow residents to move freely throughout the households while enhancing their safety and security.


Circadian lighting throughout the community is designed to help residents have more restful sleep and increase daytime wakefulness.

Melody has always wanted to find a way to keep families together, especially when a spouse receives a dementia diagnosis. Meadow View’s independent living apartments allow that to happen. Spouses can remain together, even if one of them needs memory support care. The two apartments include a kitchen, living area, bedroom and bathroom and are attached to a memory support suite. “The suite encourages a healthy marriage, provides independent living for the spouse without dementia, and allows the healthcare team to take on the responsibility of caring for the person living with dementia,” Melody says.

### Engaged living

Meadow View’s Resilient Living Aides help to keep residents engaged. The Town Square includes a beauty salon/barbershop, bistro, chapel/theater, fitness room and more.

Melody says, “We want to insert purposeful activity into people’s lives wherever we can.”

The community also includes five outdoor courtyards, sensory gardens and walking paths. Outdoor activities in the main courtyard include an interactive splash pad, beach area, toolshed, sensory gardens and so much more. Social gatherings including a book club, prayer group, sewing club, craft club and memory café provide opportunities to connect and build community. 

**Town Square**



**Kitchen Area**



Meadow View, Garden Spot’s newest memory support community, offers state-of-the-art technology and incorporates recent dementia research to help people live resiliently.

# PARCR LEADERSHIP TEAM

## OFFICERS

President  
*Nancy Hann*

Vice President  
*Lowell Starling*

Secretary  
*Susan DiGruttolo*

Treasurer  
*Terry DiGruttolo*

## MEMBERS-AT-LARGE

*Bill Clement*  
Cornwall Manor

*Elvin Heck*  
Brethren Village

*Jim Markell*  
Quincy Village

*Cheryl Rhodes*  
Quincy Village

## COMMITTEE CHAIRS

Legislation  
*Gail Stelger*

Membership  
*Susan Martin*

Newsletter  
*Linda Heck*

Program  
*Bill Stelger*

## ADVISORS

*Steven Lindsey, CEO*  
Garden Spot Village

*Ray Tierney, COO*  
Masonic Village

*Larry Zook, CEO*  
Landis Homes

## OFFICIAL WEBSITES & REPRESENTATIVES

### LeadingAge PA — *Anne Henry, Representative*

Pennsylvania's leading trade association for nonprofit aging services providers that advocates for quality care and services for seniors.


**[leadingagepa.org](http://leadingagepa.org)**

### NaCCRA (National Continuing Care Residents Association) — *Dan Seeger, Representative*

Representing CCRC (Life Plan) Residents Nationwide

**[naccra.com](http://naccra.com)**

## THE PARCR POST INFORMATION

**THE PARCR POST** newsletter shares ideas and happenings from PARCR member not-for-profit CCRCs, with a focus on residents. If you are a PARCR Member Community Staff Contact and would like to have an article of interest involving your community included, please contact the PARCR Newsletter Editor, Linda Heck, using the contact information listed below. 

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*Linda Heck, Editor*



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