

# LAMPPOST

MORAVIAN MANOR COMMUNITIES

FALL 2022



Donor Bestows Gift of Tranquility ... PAGE 4

# VISION

Moravian Manor Communities' (MMC) vision is to be a unique community within a community that excels at anticipating and accommodating the changing lifestyles, expectations, and needs of the people we serve.

## CONTENTS:

- 3** A Letter from Our President
- 4** Spotlights
  - Community
  - Team
  - Residents
  - Meet the Neighbors
  - Dining Services
- 18** MMC Moments
- 19** Places to Go, People to See



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**Residential Living** information is available through the Sales Center on the Warwick Woodlands Campus (544 W. 6th Street, Lititz) by phone 717-626-0214 or email info@moravianmanor.org. Open M-F, 8:00 AM - 4:30 PM

**Assisted Living, Memory Care or Skilled Care** information or admissions is available by phone 717-626-0214 or email admissions@moravianmanor.org.

Admission to Moravian Manor Communities is open to people regardless of race, gender, sexual orientation, age, religion, national origin, handicap, or disability.

The official registration and financial information of Moravian Manor Communities may be obtained from the Pennsylvania Department of State's Bureau of Charitable Organizations by calling 1-800-732-0999 or visiting www.dos.state.pa.us/char/site. Registration does not imply endorsement.



# SEEK TO UNDERSTAND

The well-known prayer of St. Francis says, "Lord, grant that I may seek rather to comfort, than to be comforted. To understand, than to be understood. To love than to be loved." Steven Covey's bestselling book, "The 7 Habits of Highly Effective People," borrows part of the prayer as Habit #5. Seek First to Understand, Then Be Understood.

It sounds simplistic. It is not. I recall having a disagreement with one of my children and her saying, "Dad, I have some things to say; just let me say them and do not say a word." It may have been the most difficult 10 minutes of my life. I was viewed quite differently than I saw myself. Though not easy to hear, these insights can be incredibly valuable. I suspect many of you are like me. I have strong opinions that are always correct, and I am always eager to share them! Again, speak to my beloved family for confirmation!

The digital age has made "understanding" even more difficult. We criticize others online and seldom listen. While social media has many benefits, I do not believe it enhances communication. I listen to the folk singer Carrie Newcomer's song, "Don't Press Send." It is an excellent reminder to be less impulsive and slower to respond.

MMC's leadership team is responsible for listening to (and hopefully understanding) over 600 residents. Residents have wants, desires, and needs; it is the responsibility of the leadership team to listen and understand. And, to recognize that depending on the season of life, the conditions vary considerably. A resident on hospice is experiencing different needs than a resident who just returned from a cruise to Europe.

In light of this responsibility, residents had the opportunity for their voices to be heard through the Holleran Satisfaction and Engagement Survey. I am pleased to share that we had an 80% response

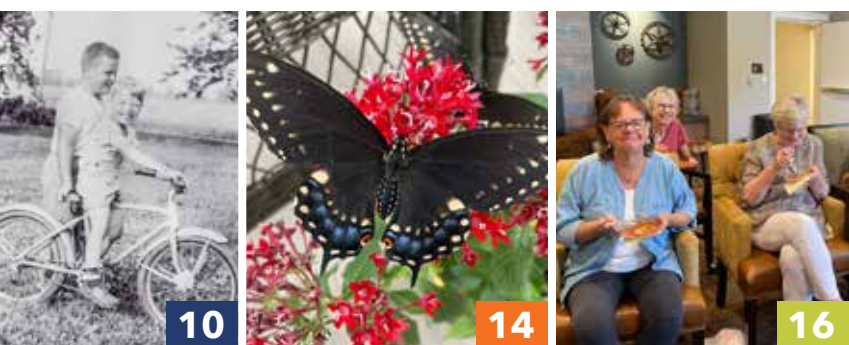
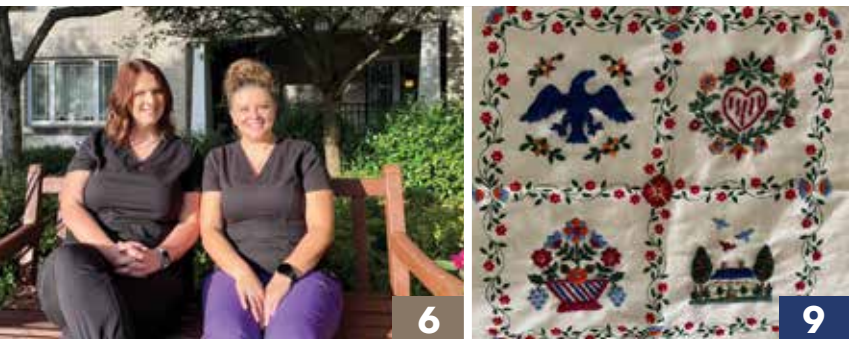
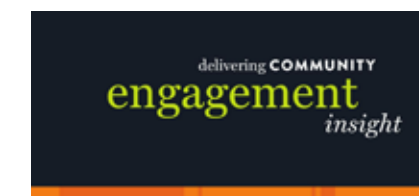


David Swartley

rate. According to Holleran benchmarks, this is a great response rate. We celebrated this outstanding response on Monday, September 12, with an ice cream social.

There was a lot of great information gleaned from the responses. Several themes stood out and most frequently mentioned were the restricted dining hours and access to health care services. In addition to the executive summary, there were over 37 pages of comments. Overall, it was evident that residents are satisfied and happy to be living at MMC, and our team received numerous comments of affirmation.

As we seek to understand and make improvements, there is much information to absorb. It was rewarding to note that MMC's overall resident satisfaction was in the 89th percentile (rated against Holleran's national database). Over 90% of residents said they would recommend MMC to a friend or relative. Thanks to all of you for your support of our ministry. I appreciate your honesty as we seek to understand.



# Donor Bestows Gift of Tranquility



Milt Machalek (Resident Artist)



David Swartley, President/CEO



Ed & Lucy Meinsler (Resident Donors)

**A space for remembrance, prayer, contemplation, or meditation... welcome to the Tranquility Garden on the Warwick Woodlands Campus.**

On Friday, June 10, MMC residents and staff gathered together for the dedication of the new Tranquility Garden. A brief ceremony included comments from David Swartley, President/CEO and Chaplain Timothy Naisby, who shared an ancient Aramaic translation that suggests the true root of tranquility is a "return to rest after wandering."

Through their generous contribution, MMC residents Ed and Lucy Meinsler hope the Tranquility Garden "will become a special place where residents can both reflect on the passing of a partner or neighbor, and also provide a tranquil and peaceful area for personal thought."

Located at the corner of Lark Lane and Barn Owl Road on the Warwick Woodlands Campus, the garden overlooks the peaceful, neighboring farmland. A "Labyrinth" sculpture, created by resident artist Milt Machalek, serves as an important centerpiece for the garden. During the ceremony, Milt explained that his "inspiration for the vertical finger labyrinth came from having visited Newgrange, the 5,200-year-old passage tomb in Ireland, where an unusual triple spiral is cut into the entrance stone and also on a wall inside; reinforcing the purpose of the space for prayer, contemplation, or meditation. It was only fitting that the ceremony concluded with

the playing of Amazing Grace on the bagpipes by Tom Machalek, Milt's son.

Included in the Tranquility Garden is a sitting area with a "wall of remembrance" that was added to create a special place for residents to add the name of a friend or loved one who was a residential living resident at MMC.

A remembrance nameplate can be purchased for a donation of \$250. The donation will be put toward the Benevolent Care Fund. Contact the MMC Development office for more information at 717-625-6104 or [development@moravianmanor.org](mailto:development@moravianmanor.org).

# COMMUNITY BASICS NEARS COMPLETION WITH SAXONY RIDGE



**Community Basics and Moravian Manor Communities** are proud to announce that after 15 months of construction, the Saxony Ridge Apartments are planned to be open December 1, 2022. The 62-unit apartment building for persons age 62 or older, is currently accepting names for the interest list for 44 one-bedroom and 18 two-bedroom apartments.

In early September, applications were mailed via email or USPS to everyone on the interest list, and a few days later, the applications were made available to the public. Upon receipt of the application and processing fee, credit and background checks will be completed by staff at Community Basics. Based on the order of receipt, those who pass the checks will be contacted for an interview.

Community Basics must adhere to numerous rules and regulations to offer housing for rent. For example, to qualify for Saxony Ridge Apartments a one-person household's income needs to be between \$16,248 and \$37,920 per year, and a two-person household's income needs to be between \$22,392 and \$43,320 per year.

Community Basics plans to have a holiday open house in December; the exact date and time are yet to be determined.

If you have questions about the apartments, how to get your name on the interest list, where to get an application or income qualifications, please contact Community Basics at 717-735-9590 or [info@communitybasics.com](mailto:info@communitybasics.com).

# BUILDING BONDS AT CAMP SUSQUEHANNA



Volunteer group from camp Susquehanna.

If you've never heard of Camp Susquehanna, you're not alone. I recently learned about the 5-day, sleep-away camp for burn survivors from two of my MMC co-workers.

Meet Emily Principe, LPN and Kristina Garman, CNA/Central Supply Clerk. These two inspiring ladies found their calling when they chose to spend a week of their summer vacation at this very special camp for kids. The Burn Prevention Network offers a unique camp experience for children ages 7-17 who have had a burn injury, providing them with the opportunity to have fun, learn life skills, and meet other burn survivors.

I sat down with Emily and Kristina one afternoon and listened as they recalled their transformative and humbling week with the kids. They thought they were volunteering to help change the lives of others ... to give them hope and happiness. Much to their surprise, it was they who were changed for life and for the better.

## Here are some highlights from those conversations ...

### "Emily, how did you learn about Camp Susquehanna?"

"My dad's best friend, Mike, started raising money for Camp Susquehanna after losing a friend and co-worker in an explosion years ago. When Mike and my dad met, they continued to raise money by starting an all-day golf tournament followed by a bonfire the following evening. In total, our family and friends raised \$278,000!"

Emily's sister started volunteering at Camp Susquehanna about 15 years ago. Emily finally decided to volunteer as a camp counselor, after her sister begged her for years. Emily continued to volunteer and was always trying to recruit new volunteers, just ask Kristina Garman, Emily's newest recruit.

### "Kristina, what inspired you to want to volunteer?"

"After hearing Emily's experience from her first year of volunteering,

I knew I wanted to go as soon as the camp re-opened in-person. Camp was provided virtually for two years due to COVID."

### "What was your role at Camp and how long were you there?"

**Emily:** "I had the pleasure of being part of the "Fun Squad" for five days. Our job was to help set up for all the events such as the glow party, a fancy dinner, and elective activities for the kids."

**Kristina:** "I was at camp for four days and served as a camp counselor for the girls ages 10-13. Normally, camp is five days long for the kids but it was shortened due to lack of volunteers this year due to COVID."

### "How did your involvement change you or change your outlook on life? What do you believe was the impact you had on others?"

**Kristina:** Camp has completely impacted my life in the best way possible. I feel like it has opened my eyes to so much around me. There's the saying "don't sweat the

small stuff" and this resonates so much after being at camp. Some of the things in life that I have worried about or been frustrated about are truly insignificant, and I am trying to focus on the more positive aspects of life. I feel like just volunteering at Camp Susquehanna made a difference in the lives of the campers. Without volunteers, they wouldn't be able to have this life changing experience. Whether people volunteer their time or donate money, they are helping to make a positive impact in a child's life: a child that may not have a family to go home to, a child that has suffered from abuse, or even a child who just needs to know that they're not alone.

### "What was the most significant moment during your week at Camp Susquehanna?"

**Emily:** "There are so many stories about children who are embarrassed by their scars, or worried about what other people will think and talk about. It is truly amazing how after five short days, you can literally see a child completely transform right in front of your eyes. Two examples I have - one little girl was burned on the back of her neck and was scared to show her scars. Her first year at camp, one of the counselors pulled her hair into a ponytail because she was so hot and sweaty. When she went home, her mom was so shocked because she had never seen her little girl have the confidence to pull her hair off of her neck. The other example is a child who was recently burned so severely, he lost both of his arms and his right leg. He had prosthetics that he refused to use.

There happened to be a male counselor, who has a YouTube channel called the "No-Handed Bandit." He also has bilateral hand amputations and uses his prosthetics. This counselor gave this boy tips and tricks on how to benefit from using his new "hands" and next thing you know, this boy was rolling out dough in cooking class, making Boba tea and attempting to climb the high ropes course. It was truly a blessing that this counselor happened to be a part of camp this year."

### "What impact has your camp experience had on your relationships at work?"

**Emily:** "This kind of experience makes you learn not to sweat the small stuff and appreciate everything you have. Life is too short to be anxious, overwhelmed or angry. You learn to work together and help each other out a lot more. Teamwork is so important and everyone's role is equally important as the other when it comes to getting the job done."

**Kristina:** "As far as my relationship with Emily goes, we have always gotten along very well in and out of work. We worked together on the same unit, but through various schedule changes and during the course of COVID, our schedules were not aligned for the longest time. When Emily returned to day shift and we eventually went to Camp Susquehanna together, I feel it has strengthened our friendship in so many ways. While we didn't spend a lot of time together at camp, it was the shared experience that created a special bond. I'll forever be



(l to r) Kristina Garman and Emily Principe

grateful to Emily for asking me to be a part of the Camp Susquehanna family. It's changed my life in the best way possible."

### What do you want others to know about your experience?

**Kristina:** "At camp, I was taught so many things from team building exercises, to ways to help children cope with their feelings and even how to fish! I did so many things that would be normally out of my comfort zone just to make the kids laugh or smile, and it didn't faze me one bit. There's a point when you realize that doing things that make you uncomfortable help you to grow as a person."

**Emily:** "I'm a full-time nurse at MMC and I love my job! This experience has taught me to be more patient and put so much more love and compassion into my job. Camp has affected all aspects of my life. I appreciate the good, and don't worry about the bad. Life is too short to be anything but happy and I will try to spread happiness wherever I go. You never know how a simple smile can change someone's day."

If you're looking for a life-changing experience and are interested in learning more about the volunteer opportunities at Camp Susquehanna, please visit [www.burnprevention.org/camp-susquehanna/](http://www.burnprevention.org/camp-susquehanna/)

# Wish List

An Opportunity to Meet Tangible Needs and Bless Others

- Bingo Candy or Prizes** .....\$25+
- Craft Supplies for Activities** ..... \$40+
- Special Carry-In Meals for Health Center Residents (in lieu of residents dining trips out)**..... \$50
- Activity Connection for All Care Areas**.....\$175/year  
This software allows for high-tech and low-tech programming that is theme-based content and is used in all care areas
- Exotic Animal Visits**.....\$600/2 hour visit  
The Aldinger Farm raises red kangaroos in Halifax, PA and works with zoos for placement at times. To socialize the babies, they visit retirement communities and hospitals.
- Awning for the Herrnhut Patio** ..... \$1,000
- Lucynt Memory Table; Interactive Entertainment Game for Herrnhut residents (any donation is appreciated)** ..... \$5,000

*Gifts to MMC are tax deductible according to IRS regulations*

MMC is fortunate to have the Lamplighters' Auxiliary and is appreciative for their ongoing fundraising efforts. Funds raised are used to purchase items on the "Wish List" or applied to the Benevolent Care Fund - both of which benefit residents of Moravian Manor Communities. Many thanks for their most recent donation of \$5,000 to the Benevolent Care Fund.

### Volunteer Opportunities

There are many ways you can help support the work of the Lamplighters. Donations of your time, talent, or treasures not only bless you, but bless the residents of MMC. Also, donations or craft items for the gift shops—the Lemon Street Boutique and the Snowy Owl—are always welcome!

If you are interested in volunteering with the Lamplighters Association, please contact Donna Wetzal by email at [dhwetzal7@gmail.com](mailto:dhwetzal7@gmail.com)

## FAYE KANDRA... *Her Greatest Accomplishment*

**FAYE KANDRA** has lived in various locations at Moravian Manor Communities since 2013. Sadly, Faye's husband, George, was a resident in nursing care and passed away prior to Faye's arrival to her Manor Greene apartment.

Faye currently resides in Health Center West on the Founders Campus. When asked what she would say is her greatest accomplishment, Faye did not hesitate. "Marrying George and raising my family." Faye and George enjoyed 63 years of marriage together, and raised their four daughters: Jill, Janet, Jeanne, and Jackie. Her family has been her greatest passion and sense of pride.

Another passion of Faye's is her hobby of embroidery. Faye stated that she first began to embroider when she was between 10-12 years old. She was born and raised in the small town of Shamokin, PA, and she explained that in the summer, she and some other girls would go to Newberry's store and buy square patterns (which were two for a nickel!) and work on their embroidery together as a neighborhood project.

Faye said she comes from a family of quilters, so needlework felt natural to her. However, she did not prefer quilting, sewing or crocheting, as much as she enjoyed embroidery. Her daughter still has a baby blanket that Faye made in her pre-teen years.

Through the years, Faye continued her hobby, but less during "the busy years of raising kids." She met her husband George when he had returned to Shamokin after serving in World War II. They met "at a bus stop," she said with a smile.

George went away to Penn State University to study Civil Engineering, and Faye would go and visit him on the weekends. Throughout their marriage, they and their four daughters lived many different places due



to her husband's career—moving 15 times throughout PA, NY, NJ, and CT. Faye also worked for Bell Telephone Company and held various receptionist jobs.

Faye says that in more recent years, her embroidery has been a wonderful outlet for her that helps her relax, and she enjoys using her beautiful artwork as gifts for her family, such as pillow covers, wall hangings, and most recently, a dress for her granddaughter. She currently is working on an embroidered marriage certificate and baby announcement. She estimates that she embroiders about 1-2 hours per day and she is always willing to show her latest projects to those who stop by for a visit.

Support Our Organization During

# THE EXTRA ORDINARY GIVE

**NOVEMBER 18**  
**EXTRAGIVE.ORG**

On November 18, donate online at [ExtraGive.org](http://ExtraGive.org) and your generous gift will go even further thanks to the Stretch Pool and Prizes from the Community Foundation and our extraordinary sponsors.

Help us go the **EXTRA** mile together!



# Meet Retired Veterinarian Resident Brothers Russ & George Nyland



Early on in life, Russ and George Nyland had a special place in their hearts for animals. They grew up on a 200-acre dairy farm in Jefferson, Ohio close to Lake Erie. The brothers were very involved in 4-H, caring for and showing Holstein cattle (dairy cows). Remembering his childhood, Russ shared, "I admired the two veterinarians who treated our cattle. Because of that exposure, I decided early on that I wanted veterinary medicine to be my profession."

Russ graduated from Jefferson High School in 1957 and enrolled in the Ohio State University in the College of Agriculture. "I took courses that would make me eligible to apply to the School of Veterinary Medicine, and after three years, I applied and was accepted." In 1962, Russ received his undergrad degree from the College of Agriculture, and graduated as a veterinarian in 1964.

George, although interested in veterinary medicine, took a different path and headed off to Case Western University in Cleveland to study architecture and civil engineering. However, during his studies, he realized he wanted a more independent vocation. Changing course, he applied to veterinary school at Ohio State University in 1964 and graduated in 1968.

### Their Families

During Russ's third year at Ohio State, he met his wife, Shirley, who had transferred from the University of Delaware to Ohio State to become a bacteriology major. She grew up in Gettysburg, PA. After Russ completed his first year of veterinary school, and after Shirley graduated Ohio State, the couple was married. Shirley got a job at the Ohio Department of Health Lab and supported them until Russ graduated. They have three children, Peggy, Scott (who passed away) and Brad.

George and his wife, Marilyn, met each other in first grade. They were married in August 1964, the summer before George started veterinary school. They have two children, Craig and Kathleen.

### Creating a Family Business

After graduating from veterinary school in 1964, Russ practiced in a small animal clinic in Youngstown, Ohio for 15 months. At one point, he had made a deal to buy a practice in Hershey, PA. However, on the night before settlement, the seller sent Russ a telegram saying he changed his mind. His wife, Shirley, had an aunt and uncle who lived in Lancaster and introduced Russ to Dr. George Mattern, who he joined in a mixed practice with both farm animals and pets. Russ

worked with him for four-and-a-half years. About the work, Russ commented, "In that type of practice you are busy day and night; a sick cow cannot wait until morning."

Since he had young children, Russ decided that a small animal practice would give him more time with his family. So, Russ purchased a vacant lot just south of Neffsville on the Lititz Pike and had a building designed by an architect who had designed other veterinary hospitals. In August 1970, Russ opened the Neffsville Veterinary Clinic, with the plan that George would eventually join in the practice, which he did in June 1972. George practiced 38 years at Neffsville Veterinary Clinic. "I enjoyed working with clients and animals all those years. I wouldn't have changed a thing," he fondly recalled.

The practice hired a third veterinarian in 1976 and continued to grow. In time, George's daughter, Kathy, joined the practice and was with them for 23 years. Today, Kathy is currently practicing with her husband, Jeffrey, at Manheim Veterinary Clinic.

For Russ, retirement came in January 2005 and for George in 2010.

### Life After Work

After fulfilling careers, both brothers enjoy their free time. As George jokingly explained, "I enjoy being extremely busy." George, and wife Marilyn, spend time at their cabin on the Catawissa Creek in Columbia County. He enjoys hunting, fishing, cooking, woodworking and most of all photography and travel. Russ' favorite pastimes are fishing, hunting, golfing and barbecuing, as well as vacationing with wife Shirley, family and friends. Before moving to MMC, he did a lot of gardening which included caring for 30 or more tea roses and growing veggies.

When asked why they individually chose Moravian Manor Communities, Russ shared, "When it was time to plan for the future, we visited the retirement communities in the area, some several times. MMC stood out because it was part of the greater Lititz community. We loved the idea of walking to downtown Lititz to shop, eat, and stroll through the Lititz Springs Park. We liked the attractive design of the carriage homes too and thought the staff was very accommodating and friendly. We're very happy and have no second thoughts about our decision to move here."

For George and Marilyn, "It was a great move for us. We moved onto the Warwick Woodlands Campus in March 2018. Marilyn and I both enjoy our neighbors, staff, and the location."

# The Butterfly Lady



It was a beautiful summer morning when Carol Minnich and I met at her Warwick Woodlands Campus home. Sitting on her front porch with a smile on her face and wearing a beautiful felted wool butterfly pin, a recent gift from her daughter, it didn't take long for me to understand why she has been coined by many as "The Butterfly Lady."

A loving mother of two, Carol was a stay-at-home mom until her kids, Kristen and Marshall, were teenagers. To help with college tuition, Carol re-entered the workforce eventually landing a position with Fulton Bank, where she was happily employed for 25 years until her retirement.

As a child, Carol recalled, "I was always fascinated by all things nature," but as would hold true with most people, the responsibilities of work and raising

children didn't allow much time to pursue new hobbies. It was only when her children were grown and out of the house that Carol learned about raising butterflies from a close friend and her sister-in-law.

Nearly twelve years later, Carol shared, "I'm always learning something new." A hobby that started when she was living in her former home in Lancaster, PA, Carol didn't think it would be possible to continue raising butterflies when she moved to Moravian Manor Communities. So, she reluctantly gave away all her cages. Shortly after her arrival here, while tending to her parsley, she noticed it was loaded with Swallowtail caterpillars. Carol has officially been raising butterflies ever since!

Word spread fast about Carol's hobby and now friends and

neighbors regularly bring her caterpillars found in and around their gardens. In cages sheltered on her front porch away from the harsh elements, Carol provides a safe haven for a variety of butterflies, mostly Swallowtail, but some Monarch as well. In each cage, Carol carefully places the larvae or caterpillars and provides them with the appropriate food source. "They are voracious eaters," Carol laughed, "I'm always checking to make sure they have the nutrients needed to continue their development." She recounted a recent visit from one of her neighbors that provided an opportunity seen by few. In one of her many cages, there was a Swallowtail going into chrysalis. And only a few moments later, they witnessed a butterfly emerging from its chrysalis. Truly a site to behold.

*Continued on page 15*

## The Moravian Manor Communities Work Immersion Program

Moravian Manor Communities welcomed 10 enthusiastic interns from the IU13 Work Immersion Program on Tuesday, August 30, 2022. The interns are from Warwick, Cocalico, and Manheim Township school districts. They will be based out of a classroom on the Founder's Campus for the 2022-2023 school year. The interns spent the first few weeks in the classroom preparing for their internships. IU13 Teacher Kate Weiler and Job Trainer Nathaniel Wright have been working with the interns on job



skills and physical conditioning. Once their classroom training is complete, the interns will be spending four days per week performing their internships in various departments such as Dining Services, Housekeeping, Grounds, and Activities. The interns are thrilled to be part of Moravian Manor Communities and are very excited to have the employee experience. Please give them a warm welcome when you see them out and about on the Warwick Woodlands and Founder's campuses.

*The Moravian Manor Communities (MMC) Work Immersion Program is a partnership between Lancaster-Lebanon Intermediate Unit 13 (IU13) and MMC. This program is designed to prepare students with disabilities for competitive employment in diverse vocational career fields while learning valuable independent living and employability skills. It also provides high-quality special education services and promotes individual students success for a seamless transition to life after school.*

More moments  
as a daughter  
... and fewer as  
a caregiver!



Balancing work, family, self-care, and caregiving is a challenge. Wouldn't it be reassuring if mom or dad had access to care 24/7, a supportive neighborhood, and life enriching activities to stay active, social, and safe?

Feel confident in the care your parent receives at Moravian Manor Communities... a dedicated team of caregivers for continuity, health management programs, freshly prepared meals served in the dining room and scheduled activities (*following CDC guidelines*).

Call Cindy Redinger, Assisted Living & Personal Care Administrator, at **717-625-6126** for more information or to schedule a tour.

  
**MORAVIAN MANOR**  
COMMUNITIES

[moravianmanorcommunities.org](http://moravianmanorcommunities.org)



# Excellence in Customer Care Recognizes Team Members

Moravian Manor Communities takes pride in maintaining a strong set of standards and ethics, delivering superior services that make a difference in the daily lives of residents. Through the Excellence in Customer Care recognition program, which started in early 2022, MMC's leadership and management team nominate and acknowledge the contributions made by team members who rise to challenges and go above and beyond the call of duty.

We're pleased to recognize Excellence program recipients from the past few months ...



**APRIL: Audrey Landis** is one of a few housekeepers that has the ability to work in many different areas on the Founders Campus. Because of her knowledge and versatility, she is frequently pulled from her primary assignment to fill in elsewhere. Audrey always responds positively to special requests, even when it disrupts her daily routine. She is always willing to make the switch in a moment's notice and always with a smile. Her flexibility and positive attitude is very much appreciated.



**MAY: Tom Keany**, a member of our amazing Grounds team, works tirelessly to help maintain the beautiful landscape of Moravian Manor Communities. I see Tom almost every day and always with a smile on his face and a spring in his step. He is always on the move. Never once have I seen him in "slow motion". He's like the Energizer Bunny! Tom is friendly and always willing to lend a helping hand when needed. And, he's extremely knowledgeable in his field.

We tend to forget that our Grounds crew not only keeps our campuses looking good but they clear snow in the winter to help maintain a safe environment for MMC residents. Most people would love to have Tom's job when it's sunny and 70 but not when he is working all day in unfavorable conditions such as extreme heat and cold.

On many occasions I've had residents comment to me about Tom's commitment to MMC "I see Tom on evenings and weekends just stopping by to check on something or to finish a small task" and "MMC has a true treasure in Tom....don't let him go!"



**JUNE:** When I think of Excellence in Customer Care, my mind immediately goes to **Stacy Eshelman**. For as long as I can remember, Stacy has been a reliable member of the MMC team. I look forward to my visits to the café....not just for the great food but because I enjoy seeing Stacy and very much appreciate her pleasant attitude and friendly smile. When I'm in line I see how patient and attentive she is to the needs of residents and always goes the extra mile to help them. It's evident that Stacy takes pride in all that she does and enjoys her work here at MMC.



**AUGUST: Emily Principe**, LPN is not only an experienced and seasoned nurse, she is a critical thinker, trainer and resident advocate. She is forward thinking and proactive in her approaches. She is self-motivated and flexible - often taking on roles as supervisor or nurses' aide without skipping a beat. Emily is a leader and manages crises with a cool head and works to train new staff to assume similar roles. Residents, families and staff always have a great sense of comfort when Emily is working. We are extremely lucky to have Emily on the MMC team.



**SEPTEMBER: Donna Gerofsky**, RN, is MMC's Infection Preventionist. Since I arrived in May, I of course, have witnessed COVID within MMC and the unbelievable uncertainty there is in our everyday lives. Will there be another positive? Will another neighborhood need a zone change? Who was positive and where did they work so it can be certain we can keep residents and staff as safe and healthy as possible. Any questions I have, and concerns I voice, it is heard and answered with great discernment and knowledge. I believe Donna has worked endless hours to ensure we are safe, but also to ensure we are following any regulations and safety guidelines of the state. There is attention to detail and I think a great care for what she does.

Thank you all for your dedication to Moravian Manor Communities and our Excellence in Customer Care! All honorees are listed on our website at [www.moravianmanorcommunities.org/category/excellence-in-care/](http://www.moravianmanorcommunities.org/category/excellence-in-care/).

## Butterfly Lady (continued from page 12)

I was captivated by Carol's vast knowledge as she described in great detail the cycle of a butterfly and the important role butterflies play in our society. That's when I knew Carol's love for butterflies wasn't just a hobby...it was a passion. I asked Carol what she would like readers to know. Carol's heartfelt response was this, "Monarchs are important pollinators, along with bees, hummingbirds, moths and bats, playing an important role in pollinating food crops and approximately 75% of the world's flowering plants. Sadly, the Monarch population, although not yet extinct, is plummeting

(recently officially added to the endangered species list) due to pesticides, development, deforestation, climate change, and loss of their only food source as caterpillars, which is the milkweed family of plants. Monarchs are attracted to flowers for its nectar (thus the need for pollinator gardens), but also need milkweed to lay their eggs on, which is the food source for their caterpillars, which in turn become butterflies and thus completing the cycle of life. It is essential to protect the Monarchs (and other pollinators) because of their important role in our ecosystem!"

In addition to her work with butterflies, Carol loves playing cards. At any given time, she can be found playing cards with friends and neighbors on both the Founder and the Warwick Woodlands campuses. During the winter months, when life isn't quite as busy, she also enjoys the art of quilting.

To learn more about Monarch butterflies and what you can do to help save this endangered species, visit <https://www.pbs.org/newshour/show/monarch-butterfly-declared-endangered-amid-declining-numbers>.



# THE RIGHT INGREDIENTS FOR A THOUGHTFUL RETIREMENT

At Moravian Manor Communities, the Herbal Society is spicing up retirement living in Lititz. Residents Sue Burrell and Lucy Meinsler, founding members of the society, sought to create an herb and edible flower garden for the chefs to use in a variety of dishes served in the Owl's Nest Restaurant. The resident-initiated collaboration's mission also includes providing programs such as how to cook with herbs, incorporate herbs in flower gardens, use herbs in craft projects, and more. In addition to zesting up the menu at MMC, the society also is seasoning up the lives of residents who take turns watering and maintaining the garden.

Herbal Society co-founder Sue Burrell, an elementary school teacher with a love for gardening, was pulled down a different career path by her passion for gardening. Susan inquired about an open position at JB Hostetter, True Value Hardware, and helped build

up its garden center business and ultimately became the full-time buyer and manager of the garden center. While Sue did not have a formal education in horticulture, she was self-taught and continued her education by enrolling in various classes. Sue retired from JB Hostetter with 30-years' experience. Susan recalled "one of proud Mom moments was when my son, who initially attended college to be a school guidance counselor, decided to follow in my footsteps and pursue a career in landscape architecture."

For co-founder Lucy, she discovered her passion for herbs while living in Connecticut as a frequent visitor to Caprilands Herb Farm, whose owner was a nationally known expert and author on herbs. After moving to Pennsylvania, Lucy continued her interest by attending talks and classes on herbs and gardening sponsored by the Penn State Extension



Service in Lebanon. Lucy enjoys applying what she has learned while she is cooking and experimenting with different herbs.

Sue and Lucy connected at a campus program on herbs, discovered their common interest, and the Herbal Society bloomed to life. With a background in association management and meeting planning Lucy enjoys writing and distributing the monthly Herbal Thymes newsletter for the society and works with

Sue to develop workshops and presentations for its members. Most recently, they coordinated a cooking demonstration with Executive Chef Derek Miller, of the Owl's Nest. Using fresh herbs from the garden, Derek prepared salmon cakes w/fish sauce and a vanilla shake with chocolate mint. Delicious!

To learn more about MMC's Herbal Society, visit [www.moravianmanorcommunities.org/blog](http://www.moravianmanorcommunities.org/blog).

## SALMON CAKES

*Courtesy of Derek Miller, Executive Chef, The Owl's Nest*

### Ingredients

- 12 ounces salmon
- 4 water chestnuts - sliced thin
- 1 tsp fresh ginger - grated
- 1 green onion - sliced thin
- 2 T fresh coriander - chopped
- 1 T fresh parsley - chopped
- 1 chili pepper - remove seeds and dice fine
- 1/8 tsp black pepper
- 1/8 tsp salt
- 2 T oyster sauce
- 2 eggs - whisked
- 2 T olive oil

### Directions:

Cook salmon. Allow to cool. Break salmon apart into strainer and press out water. Place salmon and all remaining ingredients, except olive oil, into mixing bowl and blend well. Form into 3-ounce patties. Set aside.

Heat a medium sized non-stick sauté pan over medium-high heat. Add in oil once pan heats up. Let oil heat up prior to adding in salmon cakes.

Gently place salmon cakes into hot oil. Give a small shake to ensure cakes are not stuck to pan. Cook for 3-4 minutes on each side, or until both sides are browned.



## FISH SAUCE

### Ingredients

- 3 T sugar
- 2 T rice vinegar
- 2 T oyster sauce
- 2 T fresh coriander - chopped
- Lime juice from 1/2 of a lime

### Directions

Heat a small non-stick sauté pan over medium heat. Add in all ingredients, except coriander, and blend well. Cook for about a minute, stirring constantly, then add in coriander. Pour over salmon cakes or serve on the side.

# MMC Moments



Summertime back-yard bash and pig roast!



Care neighborhoods experienced a sweet visit from Aldinger Farms' baby kangaroos!

Celebrating National Assisted Living Week!



Wood carvers at work!



Happy July 4th!



It's always a good day out on a local course!



BUNCO, a new game of chance, has gotten a lot of play (along with shouting and laughter) in the Warwick Woodlands Oaks Campus Center)



Residents out on the town at Lombardo's Italian American Restaurant.

## PLACES TO GO, PEOPLE TO SEE in Lititz COOLEST SMALL TOWN



**Thursday, October 20**

**Lititz Farmers Market**  
4 pm - 7:30 pm

Lititz Springs Park - Last market for 2022! The Lititz Farmers Market brings together our favorite fresh foods and flowers, granola, dog treats, fermented goods, and more!  
[lititzpa.com](http://lititzpa.com)

**Monday, October 24**

**Lititz Lions Halloween Parade**  
7:00 pm - 9:00 pm

Trick or Treat, Spooky and Sweet! The Annual Lititz Lions Halloween Parade offers all of the above. Starting at Locust and Main Street

**Friday & Saturday, November 11 - 12**

**Lititz Art Association Holiday Gift Show**  
8 am - 5 pm

Put the work of local artists on your holiday gift list this year. Hosted by Lititz Church of the Brethren.  
[LititzArtAssociation.com](http://LititzArtAssociation.com)

**Friday, November 18**

**The Extra Ordinary Give**

Be part of Lancaster County's community-wide celebration of giving! Donate from half a day of care to a full week of care.  
[www.extragive.org/organizations/moravian-manor](http://www.extragive.org/organizations/moravian-manor)

**Saturday, November 26**

**Small Business Saturday**  
9 am - 6 pm

Visit downtown Lititz and celebrate the 70+ locally owned retailers and restaurants.

**Thursday, December 8**

**Annual Christmas Carol Sing**  
7 pm - 9 pm

Join the Lititz Moravian Archives Committee to sing the songs of the season in Moravian Church Square.  
[LititzHistoricalFoundation.com](http://LititzHistoricalFoundation.com)

**Friday, December 9**

**Annual Christmas Candlelight Tour**  
5 pm - 9 pm

Tour the 1792 Johannes Mueller House by candlelight and learn how Christmas was celebrated centuries ago. Tours by donation.  
[LititzHistoricalFoundation.com](http://LititzHistoricalFoundation.com)

### Supporting MMC's Ministry of Caring

Moravian Manor Communities is dedicated to the care of seniors. Our Benevolent Care Fund is an assurance that each day residents who need our help will continue to receive the exceptional care they deserve, in a community they love and call home. For family members, this promise of security is a great comfort and provides peace of mind. Each gift we receive, regardless of size, makes a profound difference in the lives of residents and is deeply appreciated.

To help support our legacy of benevolent care, please consider making a gift at [www.moravianmanorcommunities.org/donate-now/](http://www.moravianmanorcommunities.org/donate-now/)



or use the QR code below to go directly to the donate page. Thank you for your generosity.

# CONNECT WITH US!



One of the best ways to stay connected with our community is following us on social media! Online, you can get a sneak peek into a day in the life of residents and team members, as well as get to “meet” them with exclusive posts. We also highlight available careers at MMC.

Be sure to **FOLLOW** our pages, **LIKE** our posts and **SHARE** them to help us reach others!