

# Seasons

A NEWSLETTER FOR STAFF, RESIDENTS & FRIENDS OF UNITED METHODIST HOMES

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skilled nursing, short-term rehabilitation*

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*Independent living, adult care, assisted living,  
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**Tunkhannock Campus, Tunkhannock, PA**  
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*Personal care*

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## United Methodist Homes Rolls Out “Go for the Gold” Wellness Program

It's a new – and less healthy – world out there. Americans are increasingly stressed, overweight, underactive and less attentive to proper nutrition, and health insurance costs are rising in proportion to this change. In an effort to promote healthier lifestyles for its staff as well as reduce health insurance utilization costs, United Methodist Homes is rolling out a new wellness program called “Go for the Gold.”

Insured staff who sign up for the program, complete an online health risk assessment and participate in four health and fitness modules will receive a \$5 reduction per pay period in their health insurance premiums in 2012. Insured staff who choose not to participate continue to receive health insurance coverage at a reasonable price. Participation in the health and fitness modules is also open to United Methodist Homes staff members who are covered under non-Homes insurance plans through a spouse, parent or other source.

The Go for the Gold program begins on June 1, 2011, and ends on March 1, 2012, with the program starting anew in March 2012. During this nine-month period, more than four different health and fitness modules will be offered, some individual and some team-based. Insured staff seeking a reduction in 2012 insurance premiums must complete a minimum of four modules. The first module is called “Go” – for six weeks, participants are asked to engage in 30 continuous minutes of moderate to vigorous exercise each day and to eliminate at least one source of discretionary calories daily. Enrollment packs are available from each campus point person (marked with an asterisk in the list on page 4). Prize drawings for participants (those covered by Homes insurance and those covered under other plans) will be held at campuses after the conclusion of each module.



Floyd the Flamingo is the “Go for the Gold” program mascot – keep your eyes open for him on your campus!

The online health risk assessment, or HRA, is an important component of a corporate wellness program, giving insured staff as well as the organization a clear idea of health areas needing special focus. The HRA is a survey tool that requires input of some basic personal health data such as height, weight, age and other relevant stats about diseases and conditions, diet, activity levels, family history and more. The HRA takes about 15 minutes to complete, and provides immediate recommendations to the respondent about concerns that should be investigated immediately and potential risks that can be monitored over time. Information from HRAs does not impact individual staff members' current health coverage or access to future health coverage through Excellus or Geisinger. As an organization, the Homes will receive only an aggregate data report which will show, for example, how many staff are at risk for cardiac conditions, diabetes or other concerns that can be addressed through preventative measures. In New York and in Pennsylvania, United Methodist Homes will use the Excellus Blue Cross Blue Shield HRA. Staff who cannot access a PC with an internet connection at work, at home or at a public library should see their campus point person. Access instructions,



## EDITORIAL **Vinni Wingell, Wellness Director, Hilltop Campus**

We each make choices all day long: Go for a walk or go for a smoke? Eat an apple or an apple fritter?

What we decide in each case is dictated substantially by what's available in our environment and the choices those around us make.

With this in mind, United Methodist Homes is gearing up to help employees make their lives healthier. Beginning June 1, all of our campuses will take the first steps toward improved nutrition and encouraging exercise and stress reduction

through a corporate wellness program called "Go for the Gold."

As the cover story in this issue explains, Go for the Gold incorporates task-oriented individual and team modules plus lots of rewards and prizes. Insured staff who participate and meet program requirements receive the added benefit of a reduced insurance premium in 2012. But the real reward for all of us – covered by the Homes' insurance plan or not – will be changing our nutrition and fitness habits for the better.

By changing campus culture to focus on better choices, United Methodist Homes'

goal is to increase the likelihood of sustainable, healthful changes for its entire workforce. Healthy habits are contagious: Studies suggest that if you spend time around people who live a healthy lifestyle, you are more likely to eat well and exercise, too – it becomes the social norm. The built-in support from co-workers participating in the program makes the worksite a perfect place to learn and practice healthy habits.

I challenge each staff member to be part of the change...get involved in Go for the Gold and enjoy the healthy results!

## Around *The* Block

A series featuring our amazing residents

Our "Around the Block" series profiles United Methodist Homes residents who explain what their lives have been like, what their big adventures have been, how they've made a difference, and how they want to be remembered.

### **Judy Casiuk** **Eastwood, Hilltop Campus**

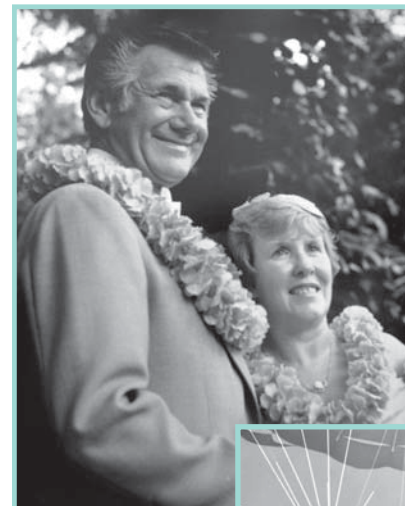
To think that the girl who bounced in and out of a tuberculosis hospital throughout her early childhood would become a secret skydiver seems unlikely. To that we say, "Meet Judy Casiuk."

Casiuk's parents met at the Chenango Bridge Tuberculosis Sanatorium, where her mother was a patient. Casiuk and her twin brother John were just three and a half when her mother finally succumbed, and at that time, a single man did not raise children, so the twins were sent to St. Mary's Home in Binghamton. Casiuk (who contracted tuberculosis the year her mother died of it) and her brother bounced between St. Mary's and Biggs Memorial Hospital in Ithaca, a tuberculosis specialty center. She explains, "My brother wasn't sick, but we were inseparable, and they figured they'd keep us together. We went back and forth so often the nuns stopped unpacking my bags."

In 1947, when the twins were eight, a Harpursville couple – Mr. and Mrs. Kutniewski (the "K's") – became their long-term foster parents. Says Casiuk, "I'll never forget the day we arrived. It was raining, and there was an incubator on the back of the coal stove in their kitchen, with chicken eggs hatching. We just stood there and watched – we were fascinated."

Casiuk had five years of TB treatment under her belt, but was still on IV medication and reluctant to eat. Her foster mother got her involved in collecting eggs from the farm's chickens, then had her help cook them, and finally eat them. From there, she graduated to soup and then regular food – quite an achievement. After the twins had been with the family six months, Mrs. K. packed Casiuk into the car for a visit to St. Mary's. They arrived unannounced, and Casiuk remained in the backseat, small and not visible from the porch. When Mrs. K. reached the door, the nuns poured out, hysterical, assuming Casiuk had died, when in fact the visit was to show off a newly-healthy little girl. "My foster mother said, 'Oh my, she's fine – she's just in the car.' The nuns stood at the open car door with tears streaming down their faces – I had never seen a sister cry – while they pinched my cheeks and told Mrs. K. what a wonderful job she had done with me," says Casiuk.

Casiuk and her brother enjoyed their country childhood, milking cows and working in the garden. When the twins



Above, Alex and Judy Casiuk on their wedding day in Hawaii, 1988.



Judy Casiuk parasailing on her Hawaiian honeymoon.

were 11, the K's took more children into their big farmhouse, at one point fostering 14 at once. Casiuk reveled in the bustling household, and was active at school as a cheerleader during football and basketball seasons. The twins' father never relinquished custody and never remarried, and they saw him frequently.

After high school, Casiuk worked in trimming for Endicott-Johnson Shoes.

*Continued on page 4*

## Apartment Openings at St. Louise Manor

If you are or a loved one is considering a move to independent living on a continuing-care retirement campus, look no further than St. Louise Manor in Binghamton! Located on United Methodist Homes' Elizabeth Church Campus on Front Street, St. Louise has current openings in its independent apartments.

Highlights of amenities and services at St. Louise include three prepared meals daily, all-inclusive utilities except telephone, weekly housekeeping, on-site beauty/barber shop, activities, scheduled transportation, an emergency call system, private balconies and access to a storage area.

For more information or to tour St. Louise Manor, call Admissions at (607) 729-2305.



*Apartments similar to this one are currently available at St. Louise Manor in Binghamton.*

## Grace View Manor Transfer Finalized

On April 30, United Methodist Homes finalized the transfer of Grace View Manor in Norwich to National Church Residences. The Homes announced its intention to sell Grace View Manor in October 2009, when the sale of the Pearl and Everett Gilmour Nursing Facility was first made public. Sale of the nursing facility to a for-profit owner was completed in December 2010, but since a HUD-certified facility such as Grace View must be operated by a not-for-profit organization, the Homes continued to search for an appropriate sponsor.

Founded in 1961, Ohio-based National Church Residences is the nation's largest not-for-profit developer and manager of affordable senior housing and services, operating more than 330 communities in 28 states and Puerto Rico. A new manager was on site prior to the transfer date, and the transition was seamless for residents.

For more information about National Church Residences, visit [www.ncr.org](http://www.ncr.org).

*Donating  
to  
the Homes*

If you would like to make a donation or consider a planned gift to United Methodist Homes, please call Bonnie Slocum, Director of Planned Giving, at (607) 775-6400, ext. 281. Checks may also be mailed to 10 Acre Place, Binghamton, NY 13904.

## Passover Seder Celebrated at St. Louise Manor

Passover is celebrated in the home. For Jacob Sklover, home is St. Louise Manor, so with the help of activities and chaplaincy staff, Sklover hosted a Passover seder for 16 fellow residents in the St. Louise social center on April 20. Sklover had only expected about half a dozen guests and so, said St. Louise Activity Leader Martha MacMillen, "was gratified by the turnout."

Passover commemorates the flight of the Jews out of Egypt. The story is retold around the seder table each year using a booklet called the Haggadah – a narrative of the exodus – written in both Hebrew and Aramaic with English translation available.

The St. Louise seder meal included a sampling of traditional Passover fare, including matzo (unleavened bread served during Passover to commemorate the hurried nature of the flight from Egypt – there was no time for bread to rise), maror (bitter herbs that symbolize the bitterness of slavery), charoset (a sweet paste that calls to mind the mortar the slaves used to cement bricks in Egypt), a roasted shank bone (symbolizing the lamb offered in the temple in Jerusalem), a roasted egg (a symbol of festival sacrifice), parsley dipped in salt water to represent tears, and afikomen, dessert matzo served at the end of the meal.

Although children traditionally ask "the four questions" about the meanings of certain Passover rituals, Chaplain Janet Abel filled in as the youngest person in attendance. Residents played the roles of the long list of animals that appear in the folk song "Chad Gadya."

After the blessings, psalms, prayers and folk songs, participants lingered to thank Sklover for leading the event and providing insight into his tradition. MacMillen emphasized the impact the event had on attendees: "A number of residents commented on the feeling of expectation and how the formal setting, candlelight and inclusive rituals created a sense of sacred space. Several people said this took them back to significant chapters in their own religious educations and traditions. There was quite a buzz the next day even among people who did not attend."



*St. Louise Manor resident Jacob Sklover (right rear) reads from the Haggadah as wine is poured while residents Lena Martin (left) and Dorothy Wooster (partially obscured) listen.*



## United Methodist Homes Rolls Out “Go for the Gold” Wellness Program *Continued from page 1*

including the URL and login information, will be provided to each insured staff member.

As a special component of the program kickoff, the Homes will offer up to \$50 in reimbursement per insured staff member to start staff on the road to better health. Reimbursement will be offered toward a gym membership, a Weight Watchers initiation fee, new sneakers or group fitness, smoking cessation, nutrition or stress reduction classes. Submit proof of your expense to your campus point person.

Meetings to introduce the Go for the Gold program were held at each campus in May; staff members who were unable to attend and have questions about the program should see a member of the wellness committee on your campus (see list at far right).

Beginning in June, staff copies of each issue of *Seasons* will include a special wellness insert with valuable tips and information designed to help staff members be even more successful in meeting and exceeding health, nutrition and fitness goals. Stay tuned for more information about the Go for the Gold program and United Methodist Homes' exciting journey to better health!

*Note: Insured staff who are protected under the Americans With Disabilities Act or any other federal or state program, or who for other legitimate health reasons are unable to participate in the health and fitness modules should speak with Wellness Program Director Vinni Wingell (Hilltop Campus, 607-798-7818, [vwingell@umhwc.org](mailto:vwingell@umhwc.org)) about reasonable accommodations.*



**If you have questions, comments or would like to get involved in the wellness committee on your campus, contact:**

**Corporate Office:**

Sal LaMantia, Kate McHugh, Karen Smith\*, Sarah Soden

**Elizabeth Church Campus:**

Denise Johnson, Marie Woody\*

**Hilltop Campus:**

Joe Lacapara\*, Vinni Wingell

**Tunkhannock Campus:**

Joe Corey, Stephanie Rubino-Mills\*

**Wesley Village Campus:**

Barb Perlock\*, Janie Schneider

## Around the Block *Continued from page 2*

When she met her first husband, Bill Wiley, she transferred to the accounts payable department under manager George Sweet (also a current Hilltop resident!). The couple had two sons and a daughter, and Casiuk now has three grandchildren. During her first marriage, Casiuk worked at various local drugstores, then in food service for IBM.

Although her obligations on the ground kept her busy Monday through Friday, Casiuk took to the air in her spare time. In 1980, she fulfilled a long-held wish to fly an airplane, taking lessons for six months. She didn't earn her pilot's license, but did surprise her husband by buzzing the house as he mowed the lawn. From flying planes, Casiuk moved on to jumping out of them, traveling secretly to the Hancock Airport after Sunday Mass for two years to skydive. She says, "Imagine my husband's surprise when an acquaintance congratulated him on his adventurous wife!"

After 25 years of marriage, she and Bill separated. In 1988, when she was 44, she married carpenter Alex Casiuk in a ceremony in the Fern Grotto on Kauai, Hawaii. They were married for 25 years before Alex's death in 2007. "He brought so much into my life," she says. "We traveled, polka danced, rode his motorcycle – I had everything with him." Casiuk moved to Hilltop in April 2009. Although she hasn't jumped out of a perfectly good airplane recently, don't put it past her.

*To make a suggestion for the Around the Block series, contact Sarah Soden, Director of Marketing and Public Relations, at (607) 775-6400, ext. 288. Residents are welcome to suggest themselves!*

## Spaghetti Dinner Raises Dough



On April 14, the Hilltop Campus welcomed residents, staff, family members and guests from the community to its second annual spaghetti dinner fundraiser to benefit the Walk to End Alzheimer's. Attendees enjoyed a traditional spaghetti dinner along with homemade desserts and the opportunity to bid on more than a dozen baskets in a basket raffle. Between the sale of 162 dinners and basket raffle proceeds, the event netted \$2,000 for the Alzheimer's Association – thanks to the dietary department for whipping up the fabulous meal, staff and residents who baked desserts and volunteered to staff the event, and everyone who attended! Shown tucking into their meals are (from left) Hilltop residents Eleanor Ronk, Judy Humphrey and Florence Vaughan.

Special thanks to the following businesses and individuals for basket donations: the Binghamton Mets, Brozzetti Pizza, Consol Family Kitchen, Dr. Bronner's Magic Soaps, Hillcrest Wine & Spirits, Imagika, Medicine Shoppe Pharmacy, Midway Lanes, Hilltop resident Irmgard Parrington, A Salon for You, Sugar Mountain, and Tom's Coffee, Cards & Gifts, and Licensed Massage Therapist James Felton, who donated his time to give massages at the lunch and dinner seating.

## Shorts

Special thanks from the St. Louise Manor Resident Council to all those who supported the council's spring community service project. Five carloads of gently-used clothing and other donated items were taken to the Thrifty Shopper on Upper Front Street in Binghamton. Proceeds from sales at the store benefit the Rescue Mission, which has served the homeless and needy of central New York since 1887.

As part of her role on the American Dietetic Association's nutritional informatics committee, United Methodist Homes Clinical Informaticist Amy Miller, RD, CDN, RAC-CT, spoke at the New York State Dietetic Association's Annual Meeting and Expo in Rye Brook, New York, on May 14, on the subject of nutrition informatics.

In May, Hilltop Campus Chaplains Lea Harding and Diane Prentice taught a four-part dementia workshop at Hilltop for lay speakers interested in offering worship in a senior living setting. Participants had the

opportunity to plan and lead worship for independent and skilled nursing residents, including individuals with dementia. The course was sponsored by the Binghamton District of the Upper New York Conference of the United Methodist Church.

Congratulations to the following Corporate Office staff on their promotions/title changes: Joyce Clegg to Director of Business Applications; Gary Gardner to Vice-President of Finance; Heather Morgan, RN, RAC-CT, to Vice-President of Clinical Services; Brian Picchini to Senior Vice-President and Chief Financial Officer; Randy Reynolds to Vice-President of Information Technology; and Rick Runyon to Senior Vice-President of Trust and Investments. Congratulations also to campus administrators Joe Corey, Jerry Halbert, John Lopatka and Vicky Morabito, who have been elevated to senior vice-presidents.

On May 6, the Wesley Village Campus hosted a professionals luncheon for hospital discharge planners, social workers and other professionals that help seniors make care planning decisions. More than 20 individuals from 11 agencies attended and learned about the services and levels of care available. Admissions staff offered tours. See a photo from this event on our Facebook page!

On April 19, President and CEO Keith Chadwick was interviewed by WBNG-TV about how proposed Medicare cuts would affect long-term care.

Thank you to all the Hilltop Campus residents, staff, family members and community members who made generous donations of gently-used items such as glassware, jewelry, electronics, games and more to be sold at the April 28 bargain sale. Without selling any furniture or clothing, the event netted \$876.75 for the Hilltop Resident Council, which will decide how to spend the money. See a photo from this event on our Facebook page!

## Meeting With a President

Brooks Estates residents Robert Taylor and Catherine Cavanaugh enjoyed a once-in-a-lifetime opportunity when they were invited to attend a private party at the Stegmaier Mansion in Wilkes-Barre, featuring special guests former President Jimmy Carter and his wife Rosalynn. Proceeds from the April 12 fundraiser, an auction called "Plains Helping Plains," will be used toward revitalization and preservation of Carter's hometown of Plains, Georgia. Taylor and Cavanaugh attended the post-auction, invitation-only cocktail party. Said Taylor, "It was exciting to be greeted by the president. When he sat down for a few minutes, I asked if I could join him, and we talked for about 15 minutes, touching on our time in the service – I served with the Army Corps of Engineers in the Philippines during World War II, and he was in the submarine corps."



Shown together at the event are (from left) Cavanaugh, the Carters and Taylor.

## SUN Unit Carnival



When the carnival comes to town, it doesn't always need a big tent! Residents of the SUN Unit at the Hilltop Campus enjoyed a carnival day on April 13, complete with a ball tossing game, clowns, cotton candy, corn dogs, lollipops and music! Special thanks to eight-year-old Teka Scott, daughter of Activity Leader Jessica Scott, who took time out of her spring break to perform as one of the clowns! Little clown Scott (left) and big clown Tara Scales, Activity Leader (center), take turns making funny faces with SUN Unit resident Mary Alyce Thomson (seated right), while resident Mary Holowack (right rear) looks on.

## Volunteers Recognized for Dedication

The Hilltop and Tunkhannock Campuses honored their volunteers with recognition events in April, the month when National Volunteer Week is celebrated annually.

The Hilltop Campus honored over 100 individuals for their service at an April 13 dinner, and Tunkhannock recognized nearly two dozen volunteers at an April 19 luncheon. President and CEO Keith Chadwick spoke at both events, paying tribute to the loyalty and hard work of the campuses' dedicated volunteers. Said Chadwick, "Volunteers play such a critical role in serving our residents, whether it's helping transport residents to worship or facilitating a special activity. We are grateful for their service throughout United Methodist Homes."

*Elizabeth Church Manor honored its volunteers with an event on May 19 – look for coverage in the June issue of Seasons. The Wesley Village Campus recognizes its volunteers in August.*



Hilltop volunteers Jack and Kathy McAuliffe enjoying the Hilltop volunteer recognition dinner.



President and CEO Keith Chadwick, Board member Jan McCabe, 23-year Tunkhannock Campus volunteer Mary Arcuri, Assistant Administrator and Director of Nursing Michele Garey, LPN, and Board member Allan Kinsman posed for a photo at the Tunkhannock volunteer recognition event.



## Tunkhannock Wine and Cheese Party



On April 15, Tunkhannock Campus residents enjoyed an afternoon wine and cheese party (with sparkling peach juice available on request). Partygoers could select from an array of wines as well as strawberries and a variety of cheese, crackers and chocolate. Musician Tom Faulkner provided pre-snacking entertainment. Shown toasting the afternoon are (from left) residents Helen Green and Marion DeGraw.

## "Goin' to the chapel and we're gonna get married..."

United Methodist Homes may be located across the pond from England, but the royal wedding of Prince William and Kate Middleton in London's Westminster Abbey on April 29 called for a celebration at Elizabeth Church Manor anyway! Therapy department staff hosted a special scone-baking event, enlisting residents to help measure and mix ingredients. When baking was complete, everyone enjoyed tasting the traditional English treats and reminiscing about royal weddings past. The 15 residents in attendance each wore a paper crown festooned with hearts and an individualized royal title – created with a grandmother's or grandfather's first name, the name of their first pet, and name of the street they grew up on – to be used for the day. Lady Sylvia Maggie of Charles, also known as Olga Sprague, perfects her stir while Speech Language Pathologist Kasey Folger, MS, CCC-SLP (who works at both the Elizabeth Church and Hilltop Campuses) looks on.



## The Most Egg-citing Eight Seconds in Sports

Between Easter and Kentucky Derby Day, the Elizabeth Church Campus hosted its own special event – the running of the hard-boiled eggs! Under dry and sunny conditions, a field of 12 racers took to the hill between St. Louise Manor and Elizabeth Church Manor. Egg jockeys directed the action while the "owners" cheered on their eggs from private seats in the stands. The course, although hilly, was mowed moments before the race began to assure a fast track. The winner's circle included St. Louise resident Margaret Wagner's "MW Racer," which finished first in time trials, jockeyed by Elizabeth Church Manor volunteer Fred Hinman, followed by Elizabeth Church Manor resident Beverly Smith's egg in second, and St. Louise resident Barbara Hutter, whose egg came in third. The distance award went to the egg jockeyed by St. Louise resident Art Dewing. Shown at the center gate is egg jockey Elaine Cheng, daughter of St. Louise Manor resident Julie Cheng, steadied by rival jockeys Dewing (left) and Hinman (right). According to Activity Leader Martha MacMillen, "No eggs were broken or had to be put down as a result of the event."

# Easter Happenings!

**“...in your Easter bonnet with all the frills upon it...”**



Residents of the Partridge-Tippett Nursing Facility on the Wesley Village Campus staged their annual Easter bonnet parade on April 21. Nearly three dozen residents decorated hats to wear, and staff, volunteers and resident family members helped the residents make their way through the entire facility – led by none other than the Easter Bunny himself – to show off their handiwork. Said Activity Director Tami Chesniak, “It was fantastic – everyone was smiling, waving, singing Easter songs and wishing ‘happy Easter’ to everyone as they passed. Special thanks to the staff, volunteers and resident family members who assisted.” Shown after completing their rounds are some of the parade participants, including (back row, left to right) the Easter Bunny (aka Activity Aide Mary Ann Battista), Margaret Davies, Marion Perks, Sophie Konieczny, Mary Gavigan, (front row, left to right) Lena Pastorelli, Alvira Dominick, Nancy Zadora and Sophie Stascavage.

Origins of the Easter bonnet: Wearing new clothes at Eastertime has been a tradition since at least Shakespearean times, with new garments representing spiritual renewal and redemption as well as supposedly conferring good luck. The Easter bonnet came into play in the 1870s, when New York City parishioners leaving church on Easter Sunday would parade down the streets, showing off their new hats to each other and to onlookers. The Easter bonnet was enshrined in popular culture thanks to Irving Berlin’s 1933 hit song “Easter Parade.”



## Hoppin’ Down the Bunny Trail

Children and grandchildren of Elizabeth Church Campus staff members were treated to an Easter egg hunt on campus on April 9. Divided into two groups (age five and under and age six and up), more than two dozen kids took to the Elizabeth Church Manor courtyard to search for 450 plastic eggs filled with candy that had been hidden in advance by volunteers. Shown at the conclusion of the egg hunt are (from left) Joe and Joey Vredenberg, son and grandson of Elizabeth Church Manor Receptionist Sue Vredenberg, and MacKenzie Shear with her grandmother Sharon Shear, RN, Elizabeth Church Manor Infection Control Nurse, along with the Easter Bunny (aka Activity Leader Ellie Johnson). Congratulations to Joey and MacKenzie, who each found a special egg containing a certificate for a plush Easter bunny!



## Blessing the Easter Meal at Wesley Village



Father Richard Cirba (left) and Father Hugh McGroarty, both of St. John the Evangelist Church in Pittston, visited Wesley Village on Holy Saturday to bless Easter food and baskets, an Eastern European Catholic tradition. The priests blessed the components of the communal meal served on campus – including cheese, ham, kielbasa, paska bread, specialty cakes, hard-boiled Easter eggs colored by the residents and much more – as well as food residents or staff brought in for blessing. Thank you to all the volunteers, family members and staff who assisted at the event, which was attended by about 60 residents and 20 family members, plus staff.



## Letters of Appreciation

### To the Tunkhannock Campus

Thanks to Director of Nursing Michele Garey for your extra help in getting Dad back to the Manor last week. I appreciate the effort!

### To the Elizabeth Church Campus

I would like to thank the third floor staff for the wonderful care you gave my dad. Words cannot express our gratitude for the loving care you gave him. We always knew he was in capable hands with you. It helped so much to know you were there, giving him the attention and respect he needed and deserved. You cared for our mom as well, and the wonderful care and friendship you gave her was a blessing. Knowing she was receiving the best care possible made the situation easier for us all. We hope you all know how much she liked and appreciated you. The respect you all show to the residents makes it easier for families. Your kindness and care was a blessing, and we cannot express in words how much we appreciate all of you. You always made us feel at home when we visited. Thank you again from the bottom of our hearts.

### To the Wesley Village Campus

Our family would like to thank every level of staff at Wesley Village for providing our loved ones with the comforts of home and the highest level of competent professional care.

### To the Hilltop Campus

How do my brothers and I begin to thank you for the years of love and kindness your staff gave to our mother, Eleanor Dopf, who passed away recently? Mom was reluctant to make the move to Hilltop, but within days knew she made the right choice as she had been very isolated in her apartment in the community. My brothers and I were amazed at the friendliness of the other residents and the kindness of the staff. She loved all the activities and she was a regular at many of them. She raved about the energy and creativity of the activities staff and loved special events like dances and concerts. She also loved the wellness staff and they encouraged her to keep on exercising! Nursing, housekeeping and maintenance staff were always attentive to Mom and her every need was met. When Mom moved to rehab and later to unit two at the nursing home, we couldn't have asked for better care. Every staff member treated our family and especially my mom with dignity, respect, kindness and compassion. They treated her in the same loving way they would a family member. Toward the end, they granted our every request and answered our multitude of questions, and Pastors Lea and Diane provided spiritual comfort. Since Mom considered Hilltop her home, we held her memorial service in the auditorium, and Hilltop dining services provided a wonderful lunch afterwards. I'm sure you can appreciate how hard it is to move a parent to a nursing home. But for Mom, Hilltop truly became her extended family and she loved her life with you. Thank you so very much for loving our mom.

Sincerely,  
Claire Ligeikis-Clayton and the Dopf Family  
(names included at the family's request)

## Service *Anniversaries*



### Corporate Office Staff Service Recognized

Corporate Office honorees included (standing, from left) Controller Sal LaMantia, Senior Vice-President/Chief Financial Officer Brian Picchini, Senior Accountant Lisa Nickerson, President and CEO Keith Chadwick, and (seated, from left) Data Entry/Payroll Clerk Joann Dudek, Resident Accounts Representative Karen Charlier, Courier/Office Clerk Pat Harmalik, and Human Resources Director/Payroll & Employee Benefits Coordinator Karen Smith. (Not pictured: Administrative Assistant Laurie DeMarco.)

Corporate Office staff celebrating service anniversaries between one and 30 years of service were honored at a luncheon on April 20. President and CEO Keith Chadwick addressed the honorees, thanking them for their dedicated service. Congratulations to:

#### 30 Years

Joann Dudek, Data Entry/Payroll Clerk  
Sal LaMantia, Controller

#### 15 Years

Pat Harmalik, Courier/Office Clerk

#### 10 Years

Laurie DeMarco, Administrative Assistant  
Lisa Nickerson, Senior Accountant  
Karen Smith, Human Resources Director/Payroll & Employee Benefits Coordinator

#### 1 Year

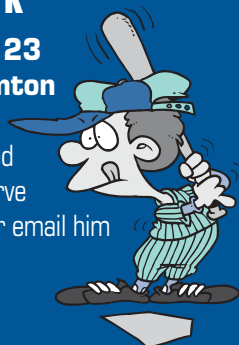
Karen Charlier, Resident Accounts Representative  
Brian Picchini, Senior Vice-President/Chief Financial Officer

## Fourth Annual United Methodist Night at the Ballpark

6:30 PM, Thursday, June 23  
NYSEG Stadium in Binghamton

Tickets are \$9 each, and a portion of ticket proceeds benefit charitable missions of the United Methodist Men. For more information or to reserve tickets, call Ken Summers at (607) 770-7314 or email him at [kensummers28@gmail.com](mailto:kensummers28@gmail.com).

Sponsored by the United Methodist Men.







### Elizabeth Church Campus Honors Staff

St. Louise Manor Dietary Assistant Claudia Brown (left), with Administrator Vicky Morabito, shows off her certificate commemorating 45 years of service.

Elizabeth Church Campus staff celebrating between five and 45 years of service were honored at a recognition dinner in the St. Louise Manor dining room on April 21. Each honoree was invited to bring a guest, and all attendees listened to remarks by President and CEO Keith Chadwick and Administrator Vicky Morabito. Supervisors also said a few words about each honoree.

Said Morabito, "This dinner allows us to show our appreciation to employees and their loved ones for the service they provide to our residents. This year was extra-special, as we were able to honor Claudia Brown, the Homes' longest-serving employee, for 45 years of service." Dietary staff members presented Brown with a vase of flowers. Congratulations to:

#### 45 Years

Claudia Brown, Dietary Assistant, St. Louise Manor

#### 25 Years

Cheryl Knapp, Skilled Nursing Admissions Coordinator, Elizabeth Church Manor

#### 20 Years

Kim Garey, Director, St. Louise Manor  
JoAnn Kunkle, Social Services Director, Elizabeth Church Manor

#### 15 Years

Maria Barnhart, Scheduler, Elizabeth Church Manor

#### 10 Years

Stephanie Boland, LPN, Elizabeth Church Manor  
Joyce Kahrl, Dining Services Supervisor, St. Louise Manor  
Elaine Vandermark, CNA, Elizabeth Church Manor

#### 5 Years

Dave Leader, Plant Operations Director, Elizabeth Church Manor  
Michele Miner, Home Health Aide, St. Louise Manor  
Sue Vredenburg, Receptionist, Elizabeth Church Manor



### Wesley Village Recognizes Staff Service

Thirty-year honorees (front row from left) Ireta Martinelli, RNAC; and Sally Krause, Accounts Payable/Gift Shop Manager/Receptionist with Director of Nursing Patt Vitale, RN, and (back row from left) Board member Calli Berg, Administrator John Lopatka and Board chairman Warren Watkins.

On April 14, Wesley Village Campus staff celebrating between five and 30 years of service were honored with a recognition brunch in the Partridge-Tippett Nursing Facility dining room. Congratulations to:

#### 30 Years

Sally Krause, Accounts Payable Coordinator/Gift Shop Manager/Receptionist, Partridge-Tippett Nursing Facility; Ireta Martinelli, RNAC, Partridge-Tippett Nursing Facility

#### 25 Years

Mary Lou Kowalczyk, Residential Services Coordinator, Partridge-Tippett Nursing Facility

#### 20 Years

Diana Basham, RN, Partridge-Tippett Nursing Facility; Audrey Zeller, Beautician, Anderson Personal Care Facility

#### 15 Years

Nancy Augustine, Dietary Aide, Anderson Personal Care Facility; Liz Corradino, RNAC, Partridge-Tippett Nursing Facility; Kathy Harrington, RN, Assistant Director of Nursing, Partridge-Tippett Nursing Facility; Dave Ksiezopolski, Maintenance Assistant, Partridge-Tippett Nursing Facility; Joann Leone, PCA, Anderson Personal Care Facility; Donna Dolinich, CDM, CFPP, Dietary Manager, Partridge-Tippett Nursing Facility; Maureen Givnin-Haas, PT, Physical Therapist, Partridge-Tippett Nursing Facility; Tina Hritzak, LPN, Partridge-Tippett Nursing Facility; Danielle Janeski, NHA, Assistant Administrator, Partridge-Tippett Nursing Facility; Romayne Kowalczyk, RN, Restorative Nurse, Partridge-Tippett Nursing Facility; Cheryl Lavallee, PCA, Anderson Personal Care Facility; Becky Psolka, CNA, Partridge-Tippett Nursing Facility; Mary Ann Semyon, Business Office Manager, Partridge-Tippett Nursing Facility; Eric Traver, Village Café Cook, Anderson Personal Care Facility

#### 10 Years

Frank Bryk, Maintenance Assistant, Brooks Estates; Ruth Charnogursky, LPN, Partridge-Tippett Nursing Facility; George Chronowski, Head Chef, Partridge-Tippett Nursing Facility; Paula DeMark, CNA, Partridge-Tippett Nursing Facility; Donna Dolinich, CDM, CFPP, Dietary Manager, Partridge-Tippett Nursing Facility; Maureen Givnin-Haas, PT, Physical Therapist, Partridge-Tippett Nursing Facility; Tina Hritzak, LPN, Partridge-Tippett Nursing Facility; Danielle Janeski, NHA, Assistant Administrator, Partridge-Tippett Nursing Facility; Romayne Kowalczyk, RN, Restorative Nurse, Partridge-Tippett Nursing Facility; Cheryl Lavallee, PCA, Anderson Personal Care Facility; Becky Psolka, CNA, Partridge-Tippett Nursing Facility; Mary Ann Semyon, Business Office Manager, Partridge-Tippett Nursing Facility; Eric Traver, Village Café Cook, Anderson Personal Care Facility

#### 5 Years

Jill Brogan, MPT, Physical Therapist, Partridge-Tippett Nursing Facility; Maryann Bullock, CNA, Partridge-Tippett Nursing Facility; Antoinette Cella, Dietary Aide, Partridge-Tippett Nursing Facility; Loretta Chmura, Activities Aide, Partridge-Tippett Nursing Facility; Jane Corcoran, LPN, Staff Development Assistant Director, Partridge-Tippett Nursing Facility; Elizabeth Gage, Dietary Aide, Anderson Personal Care Facility; Gayle Gromala, PCA, Anderson Personal Care Facility; Ellen Heffernan, LPN, Anderson Personal Care Facility; Beth Hemingway, CNA, Partridge-Tippett Nursing Facility; Caitlyn Kern, Dietary Aide, Anderson Personal Care Facility; Marikay Kmitch, CNA, Partridge-Tippett Nursing Facility; Kevin Kosisky, Dietary Aide, Anderson Personal Care Facility; Brittany Koza, Dietary Aide, Anderson Personal Care Facility; Ellen Machovec, Social Services Coordinator, Anderson Personal Care Facility; Karen Mattioli, CNA, Partridge-Tippett Nursing Facility; Mary Mazzitelli, CNA, Partridge-Tippett Nursing Facility; Amy McKitish, BSW, Social Services Director, Partridge-Tippett Nursing Facility; Shelli Ratchford, ADC, Assistant Activities Director, Partridge-Tippett Nursing Facility; Rose Sell, PCA, Anderson Personal Care Facility; Jerome Sulkoski, Jr., Maintenance Assistant, Partridge-Tippett Nursing Facility; Debbie Waters, LPN, Partridge-Tippett Nursing Facility; Cathleena Wright, LPN, Partridge-Tippett Nursing Facility

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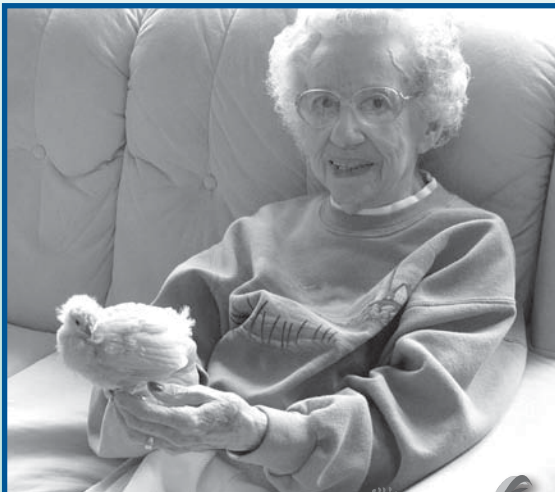
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## Cheep Date at the Tunkhannock Campus

On April 30, Tunkhannock Campus residents enjoyed a visit from some feathered friends, including a four-week old Bantam chick named Pip – shown below catching a little limelight with resident Georgette Piper – as well as a red rooster named Squeaky and a hen named (of course) Penny. Residents enjoyed holding the chickens and feeding them bread out of their hands.

Everyone then spent time chatting about the days when they raised chickens. Special thanks to Activity Director Terri Tyler's sister Becky Cooley and Cooley's daughter Alayna, both of Montrose, who brought the birds.



## Bon Voyage to Long-Time Volunteer

On April 28, Tunkhannock Campus staff and residents honored long-time volunteer Mary Arcuri with a special going-away party. Arcuri, who is moving out of the area, has given 23 years of volunteer service to the campus and its residents. The event included cake and punch and a serenade by Tunkhannock Campus Chaplain Lori Robinson and Activities Assistant Laurel Bonner, who sang a song written in Arcuri's honor by resident Marion DeGraw. Said Activity Director Terri Tyler, "In her time as a volunteer, Mary has read to residents, helped deliver mail, led reminiscing groups, assisted on outings and called bingo. All of us at the Tunkhannock Campus will miss her." Arcuri (center) is shown receiving a flower basket from Tyler (left) and Administrator Joe Corey (right).

