The Messenger



HOMEWOOD
AT MARTINSBURG
A Continuing Care Retirement Community
~ Adding Life to Years ~



From Our Executive Director

As we say goodbye to winter (which seems to be holding on tight this year) and turn our thoughts to welcoming spring, I am thankful for the vibrancy of our community. Homewood at Martinsburg is our little slice of the world and is full of all the things that make the coming of spring so exciting. Beautiful grounds, outdoor activities, and most of all, a community of people who embrace all that life has to offer. During my daily strolls through our campus, I realize it is the wonderful people that make Homewood at Martinsburg so full of life. Our tag line "Adding Life to Years" speaks volumes about the way our community embraces living.

This spring we are blessed with three exciting new beginnings, adventures and opportunities!

First, our new Wellness Director, Melissa Glunt has brought exciting new fitness classes for every level of ability. In addition to the variety of new ways to keep our bodies fit, we are hearing an abundance of laughter coming from the fitness areas. Laughter is good news for those who fear that joining a class might be grueling and even torturous … because to the contrary, they are proving to be a lot of fun! Zumba Gold, Yoga, Silver Cardio, and Silver Toning are just a few of the fun new ways we can prepare for spring.

Second, we are preparing for the construction of 15 new Independent Living Apartments, the expansion of the Independent Living Café and thanks to the efforts of the Homewood Foundation, our capital campaign for the expansion of our Wellness Center is in full swing. Growth is a sign of a healthy community, and we're healthy!

Third, we will be welcoming our new CEO, Thad Rothrock. After over 20 years of successful leadership at Homewood Retirement Centers, Ernie Angell is moving on to enjoy his well-deserved retirement. Though we will miss Ernie dearly, he is leaving us in very capable hands. Mr. Rothrock brings us years of experience and a strong foundation of faith. The fresh vision of our new CEO, combined with our seasoned executive team and dedicated board of directors assure us that we will have continued success and a bright future.

Remember, "good things come in threes" so join me in celebrating a spring full of good things and new beginnings! As we welcome new friends and try new things, remember that life is an adventure for us to enjoy. Let's enjoy it together!

Lisa Defibaugh, NHA, MS, HHSA, CMP
Executive Director, Homewood at Martinsburg

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Visit our website at
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Spring, 2019



Springfield Dining Room Gets a Makeover

On August 8, a day much warmer than today, golfers, volunteers, and sponsors showed their support of Homewood at the 15th Annual Golf Tournament. Thanks to them, our nursing residents have a brand new, Springfield Dining Room. Thank you to all who support Homewood through your gifts!





From the Chaplains' Office



For the righteousness of God goes far beyond mere deeds, and requires of us love and helping mercy as our highest obligation, and justice to our fellow humans, those of them too who have done nothing for us – those even who have done us wrong. Our relations with others, God first and then our neighbors, must one day become as in true nature they are, the gladness of our being; and nothing then will ever appear good for us that is not in harmony with those blessed relations. -Source: George McDonald, Unspoken Sermons

A few thoughts from Pastor Jim…

The above quote came from one of my pre-Lenten devotions, and I wanted to just say a few words about it. As we enter the Lenten season of preparation, and journey forth toward the celebration of the greatest expression of love in all of history, we are reminded of what God requires of us. From the very words of Scripture, from both the Old Testament to the New, even in the words of Christ: Love one another. Yet as simple as this command may seem, the complexities of life with all its dysfunctional relationships, trust issues, betrayals and misunderstandings make love very elusive or at the least difficult to express.

In our communities, many of us have at one time or another been the 'new neighbor', and when the community is made up of those whom we have not chosen, but rather, those who have been given to us, problems can arise in truthfully working toward the goal of love. Despite any difficulties we may encounter in neighborliness at first, we must try our best to live into expressing neighborly love to one another. Here at Homewood, we are a diverse and very special community, a unique combination of individuals with fascinating and extraordinary pasts, and each possessing very hopeful futures. So the question we must continually ask ourselves is, just how neighborly are we? Do our neighbors respond with a resounding "O they love us!"? May this season find each of us – no matter where we live and no matter who our neighbors are – more neighborly and more in harmony with loving one another.

In other news in the Chaplain Department, Pastor Jerry McCuller and I are happy to announce the addition of two new small group sessions being offered by our Department. The first will be at 2:00 p.m. on Thursday March 28th in the Terrace Café in Homewood's Southview Building. "Conversations with our Chaplains: 'What In the world is happening now'" will be a casual conversation led by the chaplains discussing current events and local and world situations and how faith practices can lead us to peace and understanding. The second new offering will be held in the Recreation Room in the Southview Building and will be entitled "Spiritual Journeys and Conversations." This small group will discuss our journeys through life. The first date for this group will be Friday March 8th at 2:00 p.m.

Please know that if you are reading this article, that you are deeply loved, and we thank you for being the blessings to us that each of you become. Our lives are all the richer for these blessings.

May joy be with you all! Pastor Jim Neatrour

News from the Marketing Office



The hustle and bustle of the holidays is behind us and we can all focus on 2019. It is hard to believe two months are already gone! Before we know it the snow will finally turn to warm rain showers and the first crocuses will be poking through the soil - a sure sign that spring is not too far away. I can't wait for that change!

Other changes abound on our campus. We have completed the renovation to the Springfield dining room in our Health Care Center (photos on page 3) and have several other renovations in the works. They include major renovations to the Terrace Café and to the Wellness Center located in our Community Center; the addition of new Independent Living apartments and cottages; and the relocation of our Rehab Therapy Room. It's going to be a busy year!

We have some other changes right here in our Marketing Department as well. Monica Knauss, our Associate Marketing Director, will be leaving Homewood at the end of February as she and her husband will be moving to eastern Pennsylvania. Monica's contributions to the department and to the community as a whole are so numerous I couldn't begin to name them all. Suffice to say that her input has made everything we do better than we originally anticipated. She helps to raise the bar. That kind of dedication to quality is rare and we will surely miss her valuable insight.

That said, after searching through numerous applicants, we are very excited to announce the newest member of our team, Teresa Patterson, who will be taking over the role of Associate Marketing Director. Teresa brings many years of experience in marketing and related fields. She is an exceptional writer and in addition to numerous other responsibilities, she will be the new editor of The Messenger. We are so fortunate to have her join our team. Please stop in the Marketing Suite to meet Teresa on your next visit to Homewood.

One thing that hasn't changed - and will not change - is Homewood's commitment to provide compassionate, professional and caring service in order to enhance the quality of life for residents, clients and co-workers. It is the foundation upon which Homewood was founded and continues to be the driving force behind everything that Homewood does.

Aimee Lozinak, Marketing Director
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The Homewood at Martinsburg Auxiliary is raffling a beautiful, 76" x 76" square, "Quilt of Remembrance" that was made by Homewood resident Carol Williams and quilted by Patti Wilson of Farmhouse Quilting. The quilt is valued at $800. The $5.00 raffle tickets can be purchased by contacting Debbie Pierce, Volunteer Director, at 814.793.1350. The drawing will take place at the end of the day of the Silent Auction, April 27, 2019.

Homewood Happenings



Home for the Holidays performed by the Altoona Symphony Orchestra under the direction of Maestra Teresa Cheung for the residents of Homewood at Martinsburg on Firday, Noveber 30, 2018.

The residents had the opportunity to enjoy an evening of incredible music right on our campus.

It was a wonderful way to start off the Christmas season and get into the Christmas spirit.











Above and right: The Allegheny Ballet Company once again entertained residents and guests with excerpts from The Nutcracker.

Above: Co-workers from the Therapeutic Recreation and Social Services Departments stopped long enough to get a picture taken while they were preparing for the Health Care Center Candlelight Dinner for nursing residents and their families in December.













Left: Meet Oscar! He's over five feet tall and was brought to life by the grandchildren of cottage resident Lynn Gardner during one of the season's first major snowfalls. The grandchildren were visiting from Georgia and were excited for the opportunity to play in the snow. The grandchildren were promised daily pictures as Oscar began to lose weight or his eyesight due to solar radiation.





Staff in the Spotlight



Melissa Glunt

Homewood at Martinsburg is pleased to announce Melissa Glunt as the new Wellness Director. Melissa is a graduate of Slippery Rock University in Slippery Rock, PA earning a Bachelor of Exercise Science degree and brings over 20 years of experience to the position.

Melissa has worked in various capacities throughout her career including as a supervisor and manager of a large group of instructors, as a personal trainer, as an activities specialist, and as a Silver Sneakers, yoga and overall fitness instructor. She has found her niche while working with seniors and is excited to be working at Homewood.

Melissa is originally from the area, graduating from Central High School. She lives in Roaring Spring with her daughter and their Chihuahua, Todoe. Her hobbies include traveling, working out, watching movies, playing trivia and board games, and spending time with friends.



Michael Koehle

Homewood at Martinsburg is pleased to announce Michael Koehle as Director of Rehabilitation. Michael is a graduate of St Francis University in Loretta, PA earning a Bachelor of Health Science degree and a Master of Occupational Therapy degree. Koehle also minored in Psychology, Exercise Physiology and Diving Physiology.

For the past several years, Michael has worked in short-term rehabilitation as well as in long-term skilled nursing in both Pennsylvania and Maryland. As the Rehab Director in a senior living community, Michael coordinated treatment for home health services, assisted with the transition from home health services to outpatient and in-home training, and conducted training and education to promote increased safety and independence. Michael also worked as Rehabilitation Clinical Coordinator where he collaborated with nursing and social work staff to increase the quality of life for each patient.

Michael is originally from Central Pennsylvania, and is excited to be working close to home. He enjoys competing in triathlons, fishing, camping and hiking.

Considering Increases in Long-Term Care Insurance Premiums



Many clients come to me with concerns about increases in their long-term care insurance premium. Some even consider dropping coverage, often at a time when the likelihood of needing such insurance is becoming greater.

Many individuals have the misconception that their policy's premium will never increase; however, that is not always the case. When faced with an increase in premium for long-term care insurance coverage, there are several things to consider before deciding to cancel the policy.

The first question to consider: Is the increase affordable? Dropping the coverage completely should be a last resort and only happen if the premiums are unaffordable and unsustainable. If, on the other hand, the increase itself is unaffordable, then there are options such as reducing the level of benefits or retaining the policy without additional premiums but the policy maximum benefits would be reduced to the total of premiums paid.

Some insurance companies may offer the option to reduce your premium. This is a decision that may be different for each insured, and each company may offer choices that may be different, as well. It is important to take into consideration what benefits will actually be lost by reducing premiums; the short-term savings in reduced premiums does not always make long-term financial sense. An insurance agent can provide a careful review of your policy and offer options based on factors such as age, health and finances. It is important to keep in mind that there are numerous benefits in long-term care policies that some people are unaware that they have. For example: Your policy may cover all levels of care so that you may have many choices on how you receive care. Your policy may pay for revisions or remodeling of your home to prepare for you to stay in your home. You may have a waiver of premium (no more premiums required) that may occur when your policy benefits begin. Your policy benefit amounts may continue to increase even after you begin receiving benefits. Your policy may pay for a care coordinator to help make decisions with your plan of care. Your policy may pay to relieve a family caregiver if they need to be relieved to receive much needed rest for a period of time. These are just a few examples of valuable benefits that are available on some long-term care policies and may be on your policy, also.

Renee Krider is an insurance counselor with Senior Ministries Insurance Alliance and has contracted with Homewood at Martinsburg for twenty years. Her services are available at no cost to Homewood residents and members of the surrounding communities. Her office is located on the first floor of the Southview Building of Homewood at Martinsburg. For an appointment please call Renee at (814) 793-1339

Homewood at Martinsburg welcomes Teresa Patterson as the new Associate Marketing Director. Patterson has had over 20 years of office and managerial experience, ranging from marketing to municipal government.

Before coming to Homewood, Teresa was the Business Development Manager for a local marketing company where she worked closely with Blair Senior Services on events and marketing projects, including the lead in writing, design and layout of their quarterly magazine, SEASONS. She has additionally written outdoor articles for the Pennsylvania Sportsmen Portal and Generations Magazine. For several years, Teresa was the seminar coordinator for the Jaffa Shrine Sports Show.

Teresa resides in Hollidaysburg and has one son, Jim, who works for Norfolk Southern and Coaches JR High football for Hollidaysburg. When not working, Patterson enjoys spending time with her significant other and family; time in the outdoors and with her dog, Buck.



Teresa Patterson

Volunteeer Appreciation Dinner







A"Volunteer Fair" will be held in the EACC on Saturday, April 13th from 11AM until 2PM. The purpose of the event is to advertise the many volunteer opportunities we have here at Homewood and to recruit new volunteers from our community.

Doris Replogle Retires





When Doris Replogle began her career at Homewood at Martinsburg 42 years ago, she could not have imagined all the changes that the campus has undergone. Nor could she have imagined that, at the age of 87, she would still be devoting her time to Homewood's residents!

On November 15, 2018, residents and staff celebrated Doris's retirement.

Doris's work as a Dietary Aide on the Springfield Nursing Unit has seen many changes. Expansions and renovations of the Springfield unit as well as of the dining room and of the kitchen. Changes in equipment and processes. Changes in staff and in leadership. And changes in residents.

Yet through all the changes, Doris's commitment to serving Homewood's residents has been unwavering. "Homewood has been an extended family to me. It's my second home." Doris reflects, "I remember one resident in particular that liked to have her back rubbed, and so when I would bring her breakfast tray, I would rub her back for her." It was a daily ritual."

Not only has Doris considered Homewood part of her family, but several of her family members have joined Homewood's family: sister Romaine lives in an apartment, and brother Bob is in the health care center.

Doris's dedication and work ethic were apparent in the care she extended to residents and in the relationships she had with her fellow co-workers. At times, when inclement weather was expected, Doris would stay overnight in order to be here for her 6:00 AM shift.

Thank you, Doris, for your unwavering service to our residents!







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A CONTINUING CARE RETIREMENT COMMUNITY

Mark your calendars now! Don't miss these upcoming events at Homewood at Martinsburg

(814) 793-3728 437 Givler Drive Martinsburg, PA 16662 www.homewoodmartinsburg.com



3:00 p.m. on the
Second Tuesday of Every Month
(March 12, April 9, May 14, June 11)
In the Club Room on the third floor of the Northview Building at
Homewood at Martinsburg

Homewood at Martinsburg Auxiliary's
SILENT AUCTION
SATURDAY, APRIL 27, 2019
11:00 a.m. to 4:00 p.m.

Red Cross Blood Drives:

12:30 - 5:00 p.m.
March 15 – Legends Game Room
May 10 – Givler Cultural Center
July 19 – Givler Cultural Center

16th ANNUAL GOLF OUTING:
WEDNESDAY, AUGUST 14, 2019

Parkinson's Support Group

2:00 - 3:00 p.m. on the
Last Tuesday of Every Month
(March 26, April 30, May 28, June 25)

In the Legends Game Room in the Southview Building at
Homewood at Martinsburg