

*Open House*  
PG. 21

# Life

Tel Hai

*The Magazine of Tel Hai Retirement Community*



# Longevity

Financial Planning  
*for a  
Longer Life*

Just Add Water:  
*Aquatic Therapy  
and Exercise*

Integrating Technology:  
*Live Longer and  
Work Smarter*





**Tel Hai**  
*Redefining Retirement™*

*Tel Hai Life Magazine*  
Winter 2019

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On the cover: Mrs. Ursula Stewart, 103, Residential Living Resident. Photo by The Premise Studio.

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# Longevity

Jolene Weaver, Director of Communications



Welcome to a new year and latest issue of *Life*!

*Life* is our quarterly magazine brought to your mailbox through the work of the Marketing and Communications team at Tel Hai. The goal of each issue—now in its 28th edition—has always remained the same: to inform and inspire.

We hope to inform you of the advantages of living at a Life Plan Community like Tel Hai. The security and peace of mind found in having priority access to the continuum of care, dedicated team members who are only a phone call away, and the companionship of caring neighbors in a close-knit community.

We hope to inspire you to prepare for your future, explore your options and make the decision to join us at the “Hill of Life.” As you turn each page, we encourage you to discover ways to connect to the faces, the stories, and the opportunities available, from purposeful volunteer roles to educational lectures.

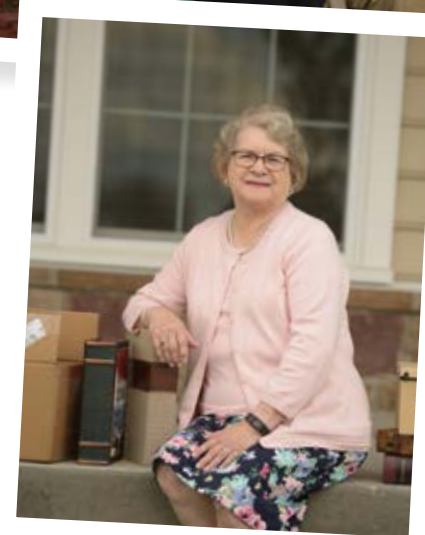
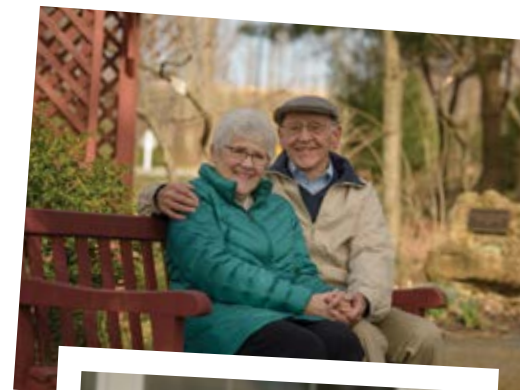
As the editor of *Life*, I have the privilege of sharing the stories and life experiences of residents, team members, family members, volunteers and donors. The process for selecting the theme, content and testimonials featured in this magazine is often years in the making. Each one is carefully created to convey the vibrancy of our community and the people who make it so special.

In this issue, we’re talking about longevity. Many relate longevity to life expectancy. Although this is true, as you’ll read in “Aging Today” on page 16, we looked at how longevity intersects life: living longer, living better, living wiser.

As a team member, each day is a pleasure to witness our residents not just living but THRIVING. Ranging in age from 62 to 103, I hear about their worldwide adventures like traversing Antarctica and their local, impactful work like volunteering at elementary schools and food banks. I never need to search for a story. They are plentiful, unique and utterly amazing.

I’ve profiled residents who have debated and waited for years to move to Tel Hai. After experiencing loneliness, isolation or changing care needs, they finally made the move. It’s been rewarding to see those same individuals shed the effects of isolation and burdens of home ownership, and experience a transformation in their life of purpose and joy. Many share the same sentiments of “I wish I would have moved sooner.” For others, it took less convincing. They’ve planned, prepared and rightsized into a home they always envisioned, in a community they enjoy.

Starting on page 4, you’ll meet Mrs. Ursula Stewart. At 103, she’s an absolute radiant servant of Jesus with a storied past who is independent, spunky, gracious and grateful. She’s the poster woman for longevity—



pun intended since she’s on our cover! Residing in residential living, she has supports in place to help her thrive in her home while remaining safe and connected to her beloved church and the Tel Hai community.

I’m excited for you to read about Dr. Bill and Pat Foxx. Talk about longevity in both life and marriage! The Foxxes are a vibrant couple who continue to outwit and outplay aging. Both in their 90s, they truly defy the clock and remain active participants in the community, from participating in Tai Chi to their rowdy dinner table filled with friends on a Friday night. Read on to find out their “key” to longevity.

And yes, we are already one step ahead of you when you think of the word longevity. Along with life expectancy comes the worry and concern about retiring earlier yet living longer. Check out page 10, where we break down the most common financial concerns and the options available at a fee-for-service community like Tel Hai. And on page 8, we touch on ways we can incorporate connectivity, mobility and accessibility to assist in promoting longevity.

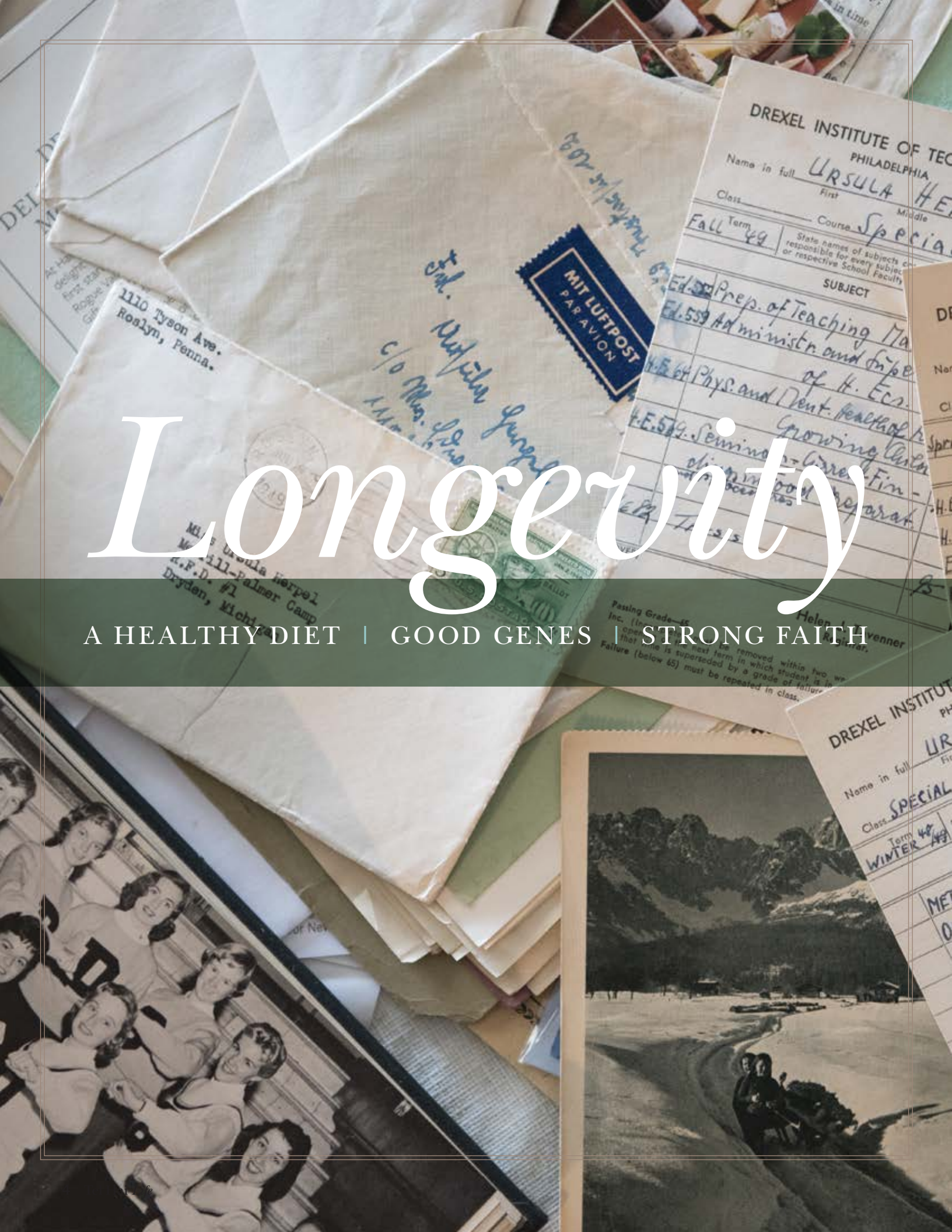
Lastly, I wanted to extend my gratitude and thanks to our partners at Premise Photography—Jeremy Hess and Jen Foster. Together, they perfectly capture the warmth of our

community’s landscape and people in every portrait. They have a keen ability to translate the words found in *Life* into visual storytelling that provides the reader an even greater understanding of what life is like on our campus. We’ve included some of our favorite portraits above.

So what’s your story? What’s your next chapter? Will you fill up those pages at Tel Hai?

Sincerely,





# Longevity

A HEALTHY DIET | GOOD GENES | STRONG FAITH

## Ursula Stewart, 103 *Born in 1916*

**A**s we chronicle the stories and imagery of Tel Hai, we rejoice in the fact that residents of our community are living longer and healthier lives. Whether it's a healthy diet, good genes or strong faith, some individuals are simply blessed with a long life.

As a retirement community, we have built our services around supporting those who are aging: the process of growing old. But as every year passes, it becomes more evident that supporting aging is now secondary to creating experiences for those who are aging.

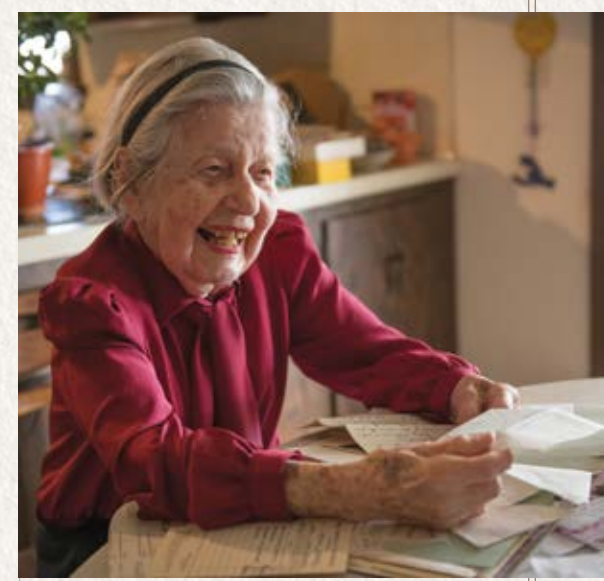
It's no longer about getting older, but spending your retirement years doing what you enjoy, what you prefer to do and, frankly, nothing that you don't. No matter what age, and no matter what ability level.

Whether it's purposeful volunteer opportunities, off-campus bus trips or stimulating educational lectures, it's our role to provide you the community in which to enjoy the experiences that impact your life right now.

**"T**he Lord has blessed my life," exclaimed Ursula Stewart—Tel Hai's oldest and most seasoned residential living resident—as she sorted through a century of cherished pictures at her dining room table.

Born in Frankfurt, Germany, Ursula grew up in a Christian home, as her father was a pastor. One of her earliest memories, she shared she always "knew God" was working in her life. "My father died when I was very young, so my mother then went to work in Cologne as a travel agent. She would meet people, get them on the train and give them tours of Germany."

As a young child, Ursula learned English, which she said was one of her most important life skills. "A friend of my mother was a governess for a family in England. She insisted that my mother learn English, so then I learned English too," she shared.



Coming to America in 1948 as a foreign exchange student, Ursula enrolled in Drexel University to pursue Home Economics. It was there, 10 days after her arrival, that Ursula met Ed—the love of her life and husband for 62 years until his death in 2010. A former U.S. Air Force Captain, who served in the European Theater of Operations during World War II as a B-26 navigator, Ed was pursuing his Master's degree.

With Ed later joining the Drexel staff as Program Director for Mechanical Engineering, the Stewarts lived in a Philadelphia townhome, and later moved to the suburbs of Phoenixville. It was there that Ursula found her "fountain of youth" as a homemaker. Together, they raised their three daughters, Margaret, Barbara and Joanne.

"I had Joanne, my youngest, when I was 46 years old. My girls kept







me young!" she exclaimed. From summers at their lake house in Maine to traveling the world, Ursula shared that her lifetime was spent "never bored" but making memories as a couple and a family.

Moving to Tel Hai in 1989, Ursula resides in the same Maple Knoll cottage that she and Ed "built"

together decades ago. During her time at Tel Hai, Ursula enjoyed swimming at the Garrett Community Center pool for years.

Today, one of her greatest joys is her weekly visits to Eby's General Store with the help of a caregiver, where she still gathers her own groceries.

"I'm small. I think that food is precious, and just as long as I have

something to eat, I don't care what it is," she said.

An active member of Living God Lutheran Church in Honey Brook, Ursula no longer drives but attends church service each Sunday. "I also love to bake, and walk outside, up and down the hills," of the Tel Hai community. "I love the fresh air," she shared.

Through healthy eating, staying active and the companionship of her daughters, church members and friends, Ursula shares she is never alone. With a few additional home care supports in place through Tel Hai's Residential Living Services, Ursula truly "thrives in place" as a residential living resident.

Reflecting on her age, Ursula commented, "I'm happy. I'm lucky. I'm thankful. My life is a gift from God." Well said, Ursula.

## Pat Foxx, 93 *Born in 1925* Bill Foxx, 96 *Born in 1923*

"Isn't she just incredible?" asked Bill Foxx as he lovingly gazed at Pat, his wife and partner of 71 years. "That's what I thought when I first met her. She was a lab assistant in my biology class when I was in college. She was a smart girl, so I asked her out. Best decision I ever made."

And in that laboratory, on the campus of the College of Wooster (Ohio), is where it all began. Bill, originally from Zanesville, Ohio, majored in Chemistry before serving two years



in the U.S. Army, 4th Armored Division, during World War II. Bill returned after his military service, graduating in 1947.

Pat, the daughter of the Chief of Chaplains of the U.S. Navy, graduated in 1946 with a degree in biology. Education was paramount in Pat's youth, as she was the third generation in her father's family to attend Wooster. From there, life led them to New York City for additional education, where Bill earned his Master's in Psychology and Pat a Certificate of Physical Therapy.

Their next stop was Ohio State Medical School, where Bill received his M.D. in 1952. While there, they welcomed their first two children, Jaque and Jeff, whom they took with them to Pennsylvania for a one-year internship at the Philadelphia General Hospital.

They then headed back to Lima, Ohio for three years while Bill worked at a family practice. They expanded their family again by adding son Hans and daughter Amy. "Bill was exhausted, and sometimes working 100 hours a week during the peak flu season. We needed a change," shared Pat.

Relocating again to Pennsylvania, Bill took a four-year residency in Radiology and became the first radiologist serving at the Jennersville Hospital and the Coatesville Veterans Affairs Medical Center. Later, he spent 27 years at the Chester County Hospital and retired as Chief of Radiology in 1993.

"We raised our family and made wonderful memories at our home in West Chester. We lived there from 1962 until we moved to Tel Hai



in 2009," reflected Pat. "At the end, I was just tired of working and cleaning that house; it was 2,700 sq. ft. That's a lot of house!"

"I wished we would have moved before we were in our 80s. We love this place," said Bill. Currently residing in a two-bedroom, two-bath Maple Knoll Cottage, "I love how we reversed the floorplan and put the kitchen in the front and the living room in the back. It was all Pat. She saw it, she envisioned it and I'm so glad she did."

Community relationships are critical to the Foxxes' enjoyment of the Tel Hai community. "We have met so many friends, so many remarkable people here. You never plan it, it just happens. We love going to dinner with friends and meeting new ones," shared Bill.



Pat enjoys her time volunteering as a pool monitor or participating in Monday's "Strength, Stretch and Balance" land-based fitness class through the Wellness department. They can also be seen working on their breathing exercises in a Tai Chi class or catching up on the *Wall Street Journal* together, as Pat reads to Bill.

When asked about the key to longevity, Bill shared, "I just do what I'm told. That's the key to 71 years of marriage. I give her all the credit. She's just so fun."

And for Pat, "We eat healthy. Lean meats, vegetables. All the things we know we should be doing. But he's right, we do have fun."



## Integrating Technology to Live Longer and Work Smarter



Tel Hai's Board of Directors and key management team members are shaping the future of the community through the development and execution of an ongoing strategic plan called *20/20: Gaining Perspective*.

The theme addresses our desire to gain insight, perspective and clarity of opportunities that will further strengthen our offerings to current and future residents. Previously, we established three key priorities, including strengthening financial performance, growing team member culture, and re-envisioning health care services.

Over the last few months, we've delved further into the importance of integrating technology into our strategic plan as a fourth priority.



**H**ow has innovation impacted connectivity, mobility, and accessibility? It's not just jargon. It's our present and will continue to be our future. We've said goodbye to the rotary phone and hello to the smartphone and text messages. We've shredded personal documents and now log in to see our electronic medical records and bank statements.

In the continuing care retirement community setting, we have an even greater opportunity to leverage technology to meet our current and future needs in many aspects of our daily lives. How about asking Amazon's virtual assistant Alexa to read tonight's menu for the Stone Hearth Grille? Or perhaps using an online scheduling tool to reserve two hours of housekeeping services for next Friday or save your seat on the Tel Hai bus to the next Fulton Theatre show?

We hope to enhance the resident/customer experience, realize workplace and operational improvements, and work smarter with the help of existing and emerging technology.

Ultimately, we'll determine how we can increase efficiencies and incorporate the functionality desired by residents and team members.

### RESIDENT SAFETY AND DEMENTIA SUPPORT

Residents living with memory loss have a tendency to wander, whether in their home or in unfamiliar surroundings. A critical concern for direct caregivers and team members: sensors that track an individual's location in a broader area—which push notifications to the caregiver or team member—and can indicate an abnormal route of travel or wandering occurrence instantly. Currently, Tel Hai uses the Situational Awareness and Response Assistant (SARA) system, which includes in-home sensors and mobile pendants worn by the resident. We're looking at ways to improve and expand our centralized monitoring, alerting, reporting and response methods to increase resident safety.



### RESIDENT HEALTH MONITORING

Telemedicine systems are being used to help Life Plan communities like Tel Hai reduce hospital readmissions and patient transports, increase access to specialty care, and provide additional weekend and night coverage options through all areas of the continuum of care, including residential living. The technology pairs the coordination of a resident's care plan with a remote patient

monitoring system, allowing the resident to return sooner or remain in their home longer. A personalized remote monitoring kit commonly includes an engagement device such as a tablet but also captures medical data like heart rate, weight, temperature, blood pressure, oxygen saturation and glucose levels. Through data analysis, this health monitoring technology would

allow the resident's physician and Tel Hai care staff to provide even greater timely support to those needing further assessment or treatment. This provides the resident the opportunity to receive needed care from the comfort of their home, removing the challenge of transportation coordination.

### COMMUNITY ENGAGEMENT AND COMMUNICATION

With close to 500 employees and just shy of 1,000 residents—not to mention countless family members, volunteers and guests who visit campus—our community experiences the daily buzz of life. From off-campus bus trips to

medical appointment reminders or team member training sessions, we juggle many balls at one time as an organization. We'll be exploring options for how to engage all our audiences better, in a technologically advanced way that allows us to

be correct and be current. Whether it's customizing a resident-based digital platform for enhanced communication or engaging our mostly deskless workforce, the way in which people prefer to receive information has changed.





# Financial Planning *for a* Longer Life

How long will I live? Will my financial resources outlive me? Will I be able to afford the future care I may require?

Along with the discussion of longevity comes the worry and concern of being able to afford growing older. We all want the security of a financial safety net. Can that safety net only be found in our financial portfolio? How much we've saved or invested?



The financial value of a Life Plan Community like Tel Hai can be simplified into three areas which offer a clear, planned and calculable financial safety net: a fee-for-service model, an affordable entrance fee and a predictable monthly fee.

With your current home, you can be saddled with a variety of unknowns. An endless increase in property taxes, with no legislative relief on the horizon. Costly home repairs that can creep upwards to tens of thousands of dollars, like a new roof, HVAC system, or mold remediation. Let alone ongoing insurance, utilities, maintenance expenses, lawn care and snow removal. It adds up.

As illustrated to the right, residents spend the majority of their entire residency at the "Hill of Life" in their residential living accommodation. They are enjoying years of living financially secure, knowing they are in a home and community they can afford—and can continue to afford should future care be required. No surprises, no gimmicks.

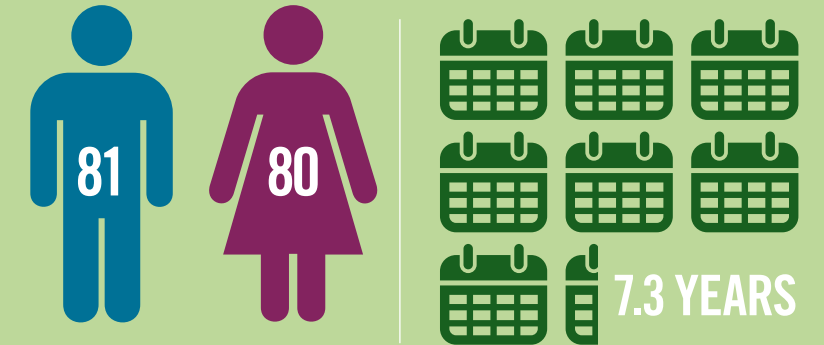


## LONGEVITY AND LENGTH OF STAY *Through the Continuum*

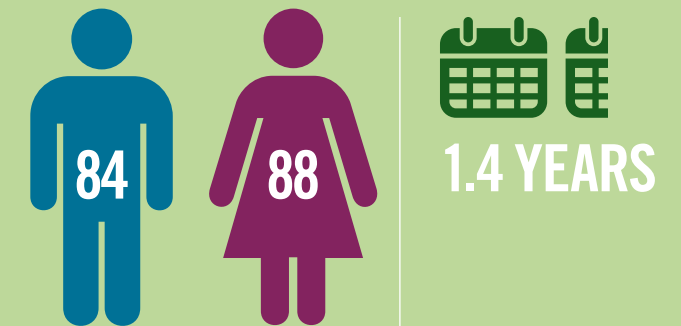
Average Age  
Men | Women

Average Length  
of Residency

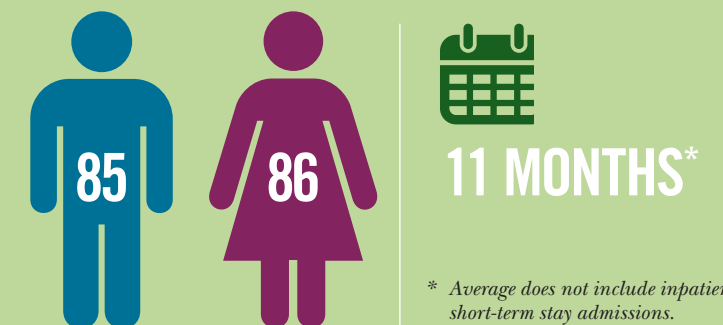
Residential Living



Personal Care



Nursing Care



\* Average does not include inpatient therapy, short-term stay admissions.





## A Fee-For-Service Model

Tel Hai is a fee-for-service structured community, which provides flexibility regarding your future care options. A fee-for-service contract includes all the benefits of residential living and amenities, but often features a lower monthly fee and lower entry fees compared to other continuing care contracts.

The full complement of residential services and amenities are provided, but if personal care, memory care, adult day services or skilled health care is required, the resident's monthly fee will only increase if care is received. No matter how long you live or which level of care you utilize, you only pay for the long-term care services you actually use.

Residents who choose to thrive in place—to remain in their residential living home as long as possible—have the option to access home care or home health services to supplement the care they require. That means they can remain safe and independent longer.



## An Affordable Entrance Fee and Multiple Refund Options

We make it easy when exploring our wide range of accommodations and their associated entrance fee. Paid as a one-time entrance fee when you move to the community, you are then provided priority access to the continuum of care, if or when your health needs change. The fee is based on the accommodation and refund plan selected. We offer three refund options, which are available for all accommodations.

The “Standard Refund Option” includes a lower entrance fee and offers you the advantages of securing your future living arrangements. Amortized at 2% per month, the entire entrance fee is fully amortized after 50 months.

The “Estate Preservation 40% Refund Option” offers the advantage of securing your future living arrangements while preserving 40% of your entrance fee. Each year, 14.4% of the entrance fee will remain with Tel Hai. After 50 months, you will receive a credit of 40% if you transfer to another level of care on our campus, or your estate will receive a refund.

The “Estate Preservation 75% Refund Option” offers the advantage of securing your future living arrangements while preserving 75% of your entrance fee. Each year, 6% of the entrance fee will remain with Tel Hai. After 50 months, you will receive a credit of 75% if you transfer to another level of care on our campus, or your estate will receive a refund.

## A Predictable Monthly Fee

There is comfort in knowing at Tel Hai, you'll have a predictable and affordable monthly fee. For each household, a monthly service fee is paid for a wide range of amenities and services such as building maintenance, lawn/grounds care, life enrichment activities, social programming, fitness facilities, exercise classes, etc.

Best yet, for residents residing in residential living, your monthly fee includes “Flexible Dining Dollars.” That's a built-in benefit that can be used at any on-campus Culinary Services venue for meal service, or within the General Store for pantry staples like milk and eggs.

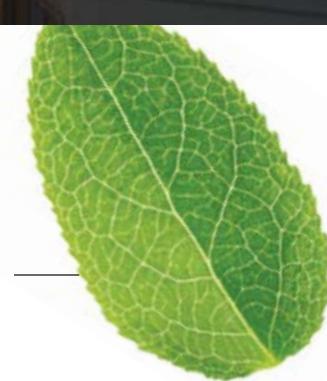


## START PLANNING FOR A SECURE FINANCIAL FUTURE NOW.

*With these four easy steps, you'll be well on your way to calling Tel Hai home.*

- 1. Request Information**  
[telhai.org/information](http://telhai.org/information)  
Request our detailed brochure, which includes information about our services, amenities, refund options and pricing.
- 2. Schedule a Visit**  
[telhai.org/visit](http://telhai.org/visit)  
We encourage future residents and their families to visit our community. We'll discuss what life is like at Tel Hai and tour the spaces and places that interest you.
- 3. Apply for Residency**  
[telhai.org/residency](http://telhai.org/residency)  
Upon successful completion and acceptance of your application for residency, you'll join the Future Resident List. Also, you'll be eligible to enroll in the Ready in a Year Program and access our Moving Resources Program.
- 4. Connect with Us**  
[telhai.org/connect](http://telhai.org/connect)  
There are countless ways to begin connecting within the community. We encourage you to explore our upcoming events and become immersed in life at Tel Hai before you even move in.

**QUESTIONS?** We recommend speaking with our Residential Living Counselor directly to explore all financial options and accommodations that may interest you. Give us a ring at (610) 273-9333, ext. 2700 and ask for Tracy. Or stop over to the Welcome Center, located at 304 Hertzler Drive, adjacent to the Hertzler Apartments. We're open 8 am to 4:30 pm, Monday through Friday.





# Just Add Water: Aquatic Therapy and Exercise

## *Enhancing Your Health and Encouraging Longevity*

**A key ingredient in the recipe of longevity? Just add water!**

**Studies have shown that whether you're swimming laps, water-walking or underwater stretching, you're doing your body a favor. Aquatic therapy and aquatic exercise are proven to have significant effects on pain relief and health outcome measurements in which individuals become more active and improve their overall quality of life.**



**S**o what is the difference between “aquatic therapy” and “aquatic exercise” anyway?

“Aquatic physical therapy” requires the skilled service of a licensed Physical Therapist or Physical Therapist Assistant when a person has an impairment(s) and/or disability(s) which can be minimized/eliminated with aquatic therapy; or when a person has the potential to maximize outcomes to improve their quality of life.

“Our on-staff professional therapists have extensive experience working with physical and medical diagnoses including falls, pain, joint replacements, and balance issues. From speech therapy to aquatic therapy, we are well-versed in providing support to encourage independence and longevity in all our clients,” said Kristin Hoffman, PTA, Director of Therapy Services at Tel Hai.

“Aquatic exercise” is the utilization of water for the implementation of quality-of-life, fitness-related or general health-related goals. It’s often delivered in a group setting and usually has little or no accompanying paperwork, insurance involvement or written follow-up information required.

Held in both the StoneCroft Aquatics Center and the Garrett Community Center pool, Tel Hai offers three uniquely different aquatic classes that are held at various times throughout the week, Monday through Saturday.



**DEEP WATER** is a non-weight-bearing aquatic fitness class that combines the use of buoyancy belts and resistance weights and gloves. Physical benefits include increased cardiovascular fitness, muscular endurance, and core and balance strengthening. Participants combine cardiovascular work, deep-water running, jogging and bicycling movements.

**AQUA AEROBICS** is a minimal-impact cardio aquatic fitness class featuring the use of resistance equipment to strengthen muscles, increase endurance and balance, and tone and condition the body. Set to music, this energizing class also features exercises that can be modified for each person’s abilities such as hip and joint replacements.

**AQUA ARTHRITIS** is a designated Arthritis Foundation aquatic program geared for individuals whose lives are impacted by arthritis or joint pain such as fibromyalgia, rheumatoid arthritis or osteoarthritis. The class aims to increase joint range of motion, build muscle strength and help reduce pain and stiffness.

### FOR AQUATIC THERAPY

Contact Outpatient Therapy Services today at (610) 273-9333, ext. 4005 or [therapy@telhai.org](mailto:therapy@telhai.org) to learn more about incorporating aquatic therapy into your rehabilitative care plan or as you plan for an upcoming procedure.

## H<sub>2</sub>O and Body Benefits

**D**id you know that water provides 12 times the resistance of air? With the water’s buoyancy supporting the body’s weight, aquatic therapy and aquatic fitness programs provide exceptional benefits, including:

- Reduce stress on joints with low-impact exercises
- Improve cardiovascular fitness, balance and range of motion
- Increase metabolic rate, heart rate, circulation and respiratory rate
- Help minimize and soothe pain with heated pools (typically 82 to 88 degrees)
- Burn more calories with increased water resistance fitness than land-based fitness (walking in water versus walking on land)
- Boost your mood and fight social isolation or loneliness with a group class or personalized care with a therapist

*\* Information courtesy of the Arthritis Foundation, Academy of Aquatic Physical Therapy, National Institutes of Health, and the American Physical Therapy Association.*

### FOR AQUATIC EXERCISE

Contact the Wellness Aquatics Coordinator today at (610) 273-9333, ext. 2441 or [aquatics@telhai.org](mailto:aquatics@telhai.org) to learn more about our Community Membership Program and upcoming scheduled water fitness classes. [www.telhai.org/pool](http://www.telhai.org/pool)



# AGING TODAY

## 72: The New 30



That's quite a bold statement, isn't it? 72 is the new 30? Are you sure?

As we all know, human longevity has increased rapidly. But how rapid? And what impact does that have on us now? This is where longevity intersects life. We're living longer, living better, and living wiser.



A study published in the *Proceedings of the National Academy of Sciences of the United States* researched two countries with the longest life expectancy today—Sweden and Japan. The study showed that men in the 1800s would have had lifespans closer to those of the earliest humans than today's adult men in both countries. That means that in the life expectancy of men, the earliest men on earth at age 30 had the same odds of dying as a Swedish or Japanese man would face today at age 72.

What the study didn't conclude was the possible upper limit for life expectancy or whether extending life would decrease the functionality of the individual's ability to enjoy their remaining years.

Looking back to your youth, you may remember receiving a polio vaccine. Today, polio has been all but eradicated throughout the world, with the exception of a few African and Middle Eastern countries. It was entirely eradicated in the United States in 1994. Similarly, smallpox, malaria, and yellow fever have met their own fate of being eliminated through vaccinations and public health campaigns.

So why are we actually living longer? It's all the things we already know: medical interventions and clinical advancements; additional safety features, from seatbelts to pasteurized milk; improved hygiene; drinking water; and access/abundance of healthy foods.

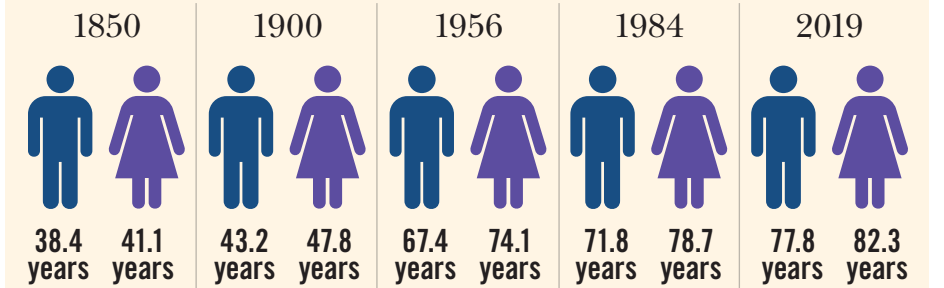
But with the extension of human life through all these advancements comes the potential need for future care no matter what age. Whether you are 89 or 109, many would argue it's the quality of your life that matters, more so than age itself.

When the Tel Hai Rest Home was opened in 1956—then only a single farmhouse—would our founders be shocked by the Tel Hai of today? After six decades of expansion, we've grown to offer distinctive accommodations, dynamic amenities, and the full continuum of aging services, including residential living, personal care, respite care, memory care, adult day services, health care, home care and inpatient and outpatient therapy services.

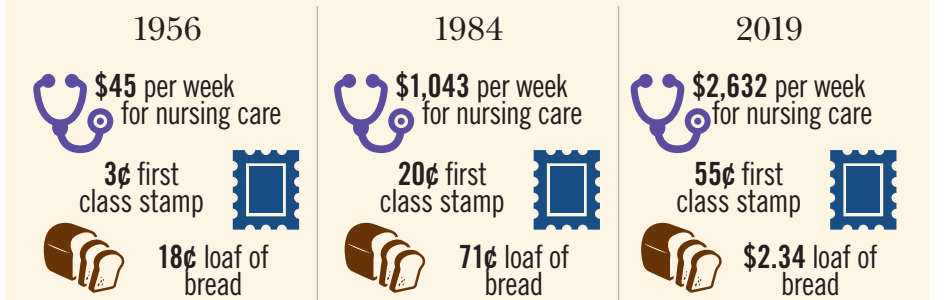
A lot has changed over the past 60 years. From person-centered care and residents' rights to telehealth technology and dietary tracking, there is no better time to be 62, or 72, or 82, or 92, or 102 at Tel Hai.

## BY THE NUMBERS

### Life Expectancy at Birth



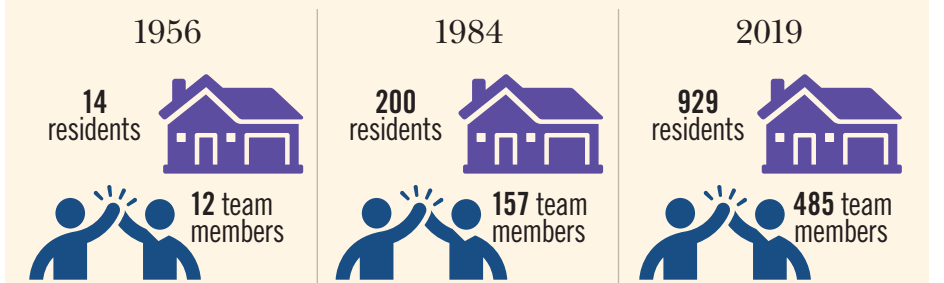
### Average Cost



### Community Growth

	Nursing Beds	Apartments	Cottages	Personal Care Beds	Townhomes
'50s (1956)	14				
'60s (1967)	56	5			
'70s (1978)	56	5	4		
'80s (1988)	139	42	73	125	
'90s (1996)	139	96	96	100	
2000s (2008)	139	96	96	100	
2010s (2019)	128	247	184	100	10

### Resident and Team Member Growth



\* Life expectancy at birth statistics assuming birth is in the United States. Statistics courtesy of the following sources: Central Intelligence Agency, World Factbook, National Institutes of Health, Proceedings of the National Academy of Sciences of the United States of America.



Life at Tel Hai is enriching and rewarding. Join us for dynamic events, including educational lectures, entertaining concerts and enrichment opportunities.

# COME *to Life*

CALENDAR of EVENTS WINTER AND SPRING 2019

**A Classical Concert with James Correnti and Joseph Smith: A Tel Hai Performing Arts Series Event**

Tuesday, February 19, 7:30 pm  
StoneCroft Center for Worship and Performing Arts

James Correnti, piano, studied at New York City's Juilliard School and has been a soloist with the Garden State Philharmonic Orchestra and the Plainfield Symphony, New Jersey. Performing more than 250 performances annually, he is presently Director of Keyboard Activities at Eastern University and also teaches piano at Philadelphia Biblical University. Joseph Smith, Sr., clarinet, has performed with the Pennsylvania Ballet Orchestra, the Philly Pops Orchestra, the Opera Company of Philadelphia, the Fairmount Woodwinds Quintet, The Concerto Soloists Chamber Orchestra, and the Lyric Opera Company of Philadelphia.

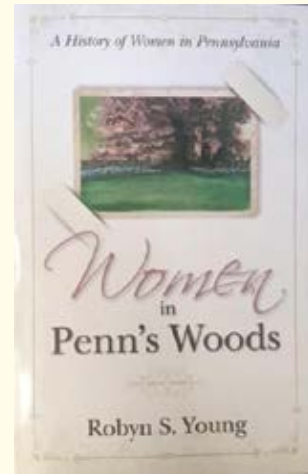


**Muse Camerata: A Tel Hai Performing Arts Series Event**  
Saturday, March 16, 7:30 pm  
StoneCroft Center for Worship and Performing Arts

Muse Camerata is a new chamber ensemble specializing in music of the 16th, 17th and 18th centuries. Playing period instruments in historically informed style, their dramatic and fiery performances have won them fans up and down the East Coast.

**23rd Annual High School Student Art Show**  
Thursday, March 21, 9 am-4 pm  
Friday, March 22, 9 am-7:30 pm  
StoneCroft Center for Worship and Performing Arts

A longtime favorite of Tel Hai residents and the local community, the high school art show is back with 8 categories including ceramics and glass, design, drawing, mixed media, painting, photography, printmaking and sculpture. Juried artists will review the installation and select works to receive honors in accordance with published Scholastic Art Awards categories.



**Women in Penn's Woods: A History of Women in Pennsylvania**

Monday, March 25, 1 pm  
StoneCroft Center for Worship and Performing Arts

Take a step back into history from the 1852 Women's Rights Convention and explore the women who made a difference in Pennsylvania history through the 20th century. The educational lecture will be led by Robyn Young, a women's historian, artist, author, speaker and founder of the PA Women's History Project.

Visit [telhai.org/connect](http://telhai.org/connect) for additional programming highlights.

Questions? Contact Judy Schweitzer, Community Life Coordinator, at [jschweitzer@telhai.org](mailto:jschweitzer@telhai.org) or (610) 273-9333, ext. 2154



**Captive: With Donna Stoltzfus**  
Monday, April 1, 1 pm  
StoneCroft Center for Worship and Performing Arts

Journey through *Captive*, a historical fiction by Donna Stoltzfus, which centers on the storyline of WWII prisoners of war who worked on a Mennonite farm located in Smoketown, Lancaster County, in 1945. Donna's presentation will include photographs and video that highlight the history of POWs in the United States and the local region.



**Hunger in Chester County**  
Monday, April 8, 1 pm  
StoneCroft Center for Worship and Performing Arts

Living in the midst of productive farmland where food is available and plentiful, it's difficult to imagine that anyone can go hungry. But many do. Led by Jeanne Banyacski, discover how together — with Honey Brook Food Pantry, Chester County Food Bank and others — we can help stop the hurt of hunger.



**Pianist Jeffrey Uhlig and Violinist David Kim: A Tel Hai Performing Arts Series Event**  
Saturday, April 13, 1 pm  
StoneCroft Center for Worship and Performing Arts

Pianist Jeffrey Uhlig returns to Tel Hai for a captivating evening of entertainment with his violinist David Kim. A regular performer with members from the Philadelphia Orchestra, Uhlig is an in-demand chamber music player, vocal coach and accompanist. As the Philadelphia Orchestra Concertmaster and an acclaimed soloist, Kim graduated from Juilliard and teaches at several universities and conservatories.

**History of Tel Hai Camp**  
Monday, April 15, 1 pm  
StoneCroft Center for Worship and Performing Arts

Howard Moss, Executive Director of the Tel Hai Camp and Retreat, will provide an overview of the origins of Tel Hai Camp from 1951 through today. Through a pictorial narrative, learn more about Tel Hai Retirement Community's neighbor to the south and why we share the same name.



**Faith and the Romanian Revolution**  
Good Friday, April 19, 8 am  
StoneCroft Center for Worship and Performing Arts

Luminitza Nichols—the first native-born female Romanian Baptist pastor in the world and the first female pastor at First Baptist Church in Lancaster—will share her harrowing experience as a Christian teen imprisoned during the Romanian Revolution in 1989. Registration is required by April 9 by calling Pastoral Care at (610) 273-9333, ext. 2009 or email [therr@telhai.org](mailto:therr@telhai.org). Fee charged: \$12 per person.



**Baseball Legends**  
Monday, April 29, 1 pm  
StoneCroft Center for Worship and Performing Arts

Explore America's favorite pastime and some of the greatest players who ever graced the mound, including Ted Williams, Joe DiMaggio, Yogi Berra, Jackie Robinson, and Mickey Mantle. Walter Cook brings Cooperstown to Honey Brook with this informative and enjoyable home run of a talk.



**Martin Luther King Jr. and Germany**  
Monday, May 6, 1 pm  
StoneCroft Center for Worship and Performing Arts

Join Tel Hai resident Herb Davis as we look back at Dr. King's visit to Germany in 1964. Explore how Dr. King might speak to Germany today in the midst of growing political unrest, the focus of last year's theology conference in Berlin. Part travelogue, part history review, and part theological reflection, we'll visit the church where Dr. King preached in Berlin and learn of his teachings on suffering and justice.







**G**riefShare is a special seminar and support group designed to help you rebuild your life after losing a loved one. Through this group, you will have friends to walk alongside you through one of life's most difficult experiences.

If you've lost a spouse, child, family member, or friend, you've probably found there are not many people who understand the deep hurt you feel. It may be a confusing time when you feel isolated and have many questions about things you've never faced before. You don't have to go through the grieving process alone. Participants can join us for all thirteen weeks or select workshops of interest.

Led by caring members of the Pastoral Care team, sessions include video seminar with experts, support group discussion, and focus on personal study and reflection. Registration is recommended. Contact Chaplain David Hicks at dhicks@telhai.org or (610) 273-9333, ext. 2443. Nominal fee charged.

### GriefShare Workshop Series

March 11-June 10  
13 Weeks-Mondays, 2 pm  
Scalies Private Dining Room, StoneCroft Commons

### Declutter: Get Serious

**A**re you ready to rightsize your belongings in preparation for your move to Tel Hai? Let us help you on your journey to dejunk and downsize. The Resale Shop graciously accepts donations from future residents and the greater public who no longer have a need or find value in unused items.

- Get started by asking yourself the following questions:
- When was the last time I used or enjoyed this item?
  - Would I buy this again right now?
  - When was the last time I even thought about this item?

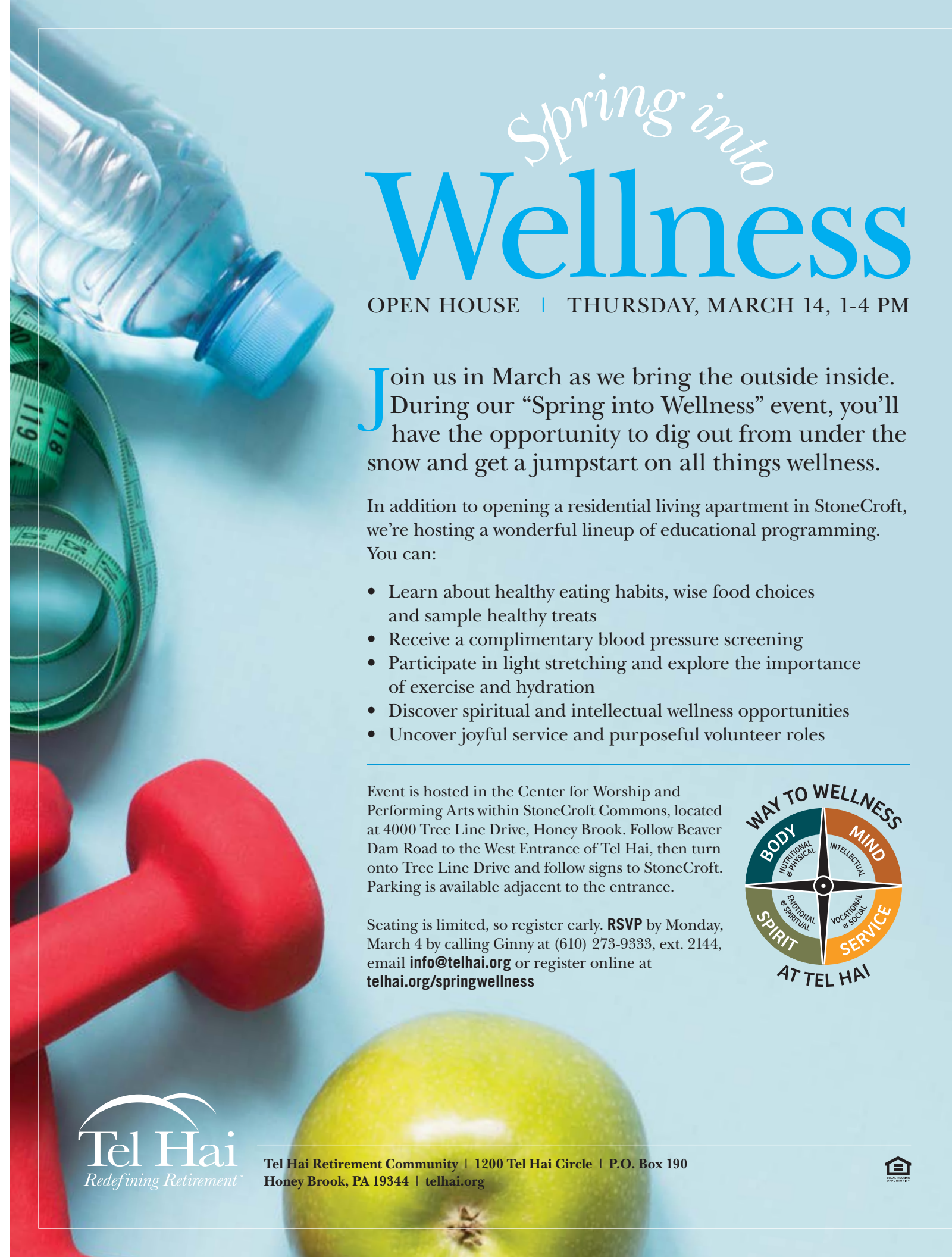
**DONATION DROP-OFF**  
Every Monday\* The Resale Shop  
11 am-12 pm Hertzler Apartment Building  
*\*Except Holidays*

### Repurpose: Help Others

**A**t The Resale Shop, it's true that one man's trash is another man's treasure. You can find unique, "one-of-a-kind" items from jewelry to housewares. Do you know someone starting out with their first house? Need a new, challenging puzzle or looking for a replacement plate for your serveware? Look no further! All sales support the *Care Assurance Fund*, which provides financial support to residents who outlive their ability to pay for the care they require. Visit [www.telhai.org/resale](http://www.telhai.org/resale) for additional details.

**RESALE SHOP OPEN**

9 am-1 pm	11 am-1 pm
Friday, February 15	Tuesday, February 19
Friday, March 15	Tuesday, March 19
Friday, April 26	Tuesday, April 23



# Spring into Wellness

OPEN HOUSE | THURSDAY, MARCH 14, 1-4 PM

**J**oin us in March as we bring the outside inside. During our "Spring into Wellness" event, you'll have the opportunity to dig out from under the snow and get a jumpstart on all things wellness.

In addition to opening a residential living apartment in StoneCroft, we're hosting a wonderful lineup of educational programming. You can:

- Learn about healthy eating habits, wise food choices and sample healthy treats
- Receive a complimentary blood pressure screening
- Participate in light stretching and explore the importance of exercise and hydration
- Discover spiritual and intellectual wellness opportunities
- Uncover joyful service and purposeful volunteer roles

Event is hosted in the Center for Worship and Performing Arts within StoneCroft Commons, located at 4000 Tree Line Drive, Honey Brook. Follow Beaver Dam Road to the West Entrance of Tel Hai, then turn onto Tree Line Drive and follow signs to StoneCroft. Parking is available adjacent to the entrance.

Seating is limited, so register early. **RSVP** by Monday, March 4 by calling Ginny at (610) 273-9333, ext. 2144, email [info@telhai.org](mailto:info@telhai.org) or register online at [telhai.org/springwellness](http://telhai.org/springwellness)




**Tel Hai**  
Redefining Retirement™

Tel Hai Retirement Community | 1200 Tel Hai Circle | P.O. Box 190  
Honey Brook, PA 19344 | [telhai.org](http://telhai.org)







**UNDERSTANDING CONTINUING CARE**  
*An Educational Panel Event*

**Wednesday**  
**April 3, 12 pm**

Hershey's Mill Golf Club  
1500 Greenhill Road  
West Chester, PA 19380

Planning for your future can be tough, and it doesn't have to be. Enjoy lunch on us and get your questions answered during an interactive, educational event on all things continuing care.

This panel discussion—composed of Tel Hai's trusted and experienced team members—will explore the ins and outs of living at a Life Plan Community like Tel Hai, and you'll learn about the full range of residential living options and health services.

Seating is limited, so register early. **RSVP** required by Wednesday, March 27 by calling Ginny at (610) 273-9333, ext. 2144, email [info@telhai.org](mailto:info@telhai.org) or register online at [telhai.org/hersheysmill](http://telhai.org/hersheysmill)

SAVE THE DATE  
13TH ANNUAL  
**Day in the Country**  
OPEN HOUSE  
*Saturday, May 4, 11 am-2 pm*

Enhance your retirement experience and start your journey today. **RSVP** by calling Ginny at (610) 273-9333, ext. 2144, email [info@telhai.org](mailto:info@telhai.org) or register online at [telhai.org/DIC](http://telhai.org/DIC)

Take the first step to securing your future by exploring Tel Hai's full range of expansive accommodations, amenities and services. Discover the different neighborhoods of Tel Hai and visit residential living apartments, cottages and townhomes.

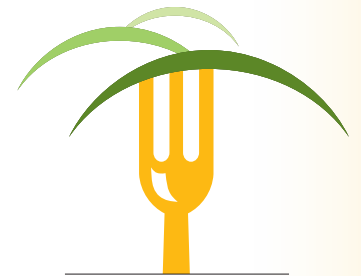


**“Taste of Tel Hai” Luncheons**

If you haven't already, join us for a “Taste of Tel Hai Luncheon” to learn more about the Tel Hai lifestyle. In addition to a delicious, complimentary lunch and presentation, you'll explore the residential living options at our community and hear from the residents who live here. We hold them at 11 am monthly.

**Wednesday, February 27** *RSVP by February 18*  
**Tuesday, March 19** *RSVP by March 11*  
**Wednesday, April 24** *RSVP by April 15*  
**Thursday, May 30** *RSVP by May 20*

Seating is limited for each event, so register early. **RSVP** by calling Ginny at (610) 273-9333, ext. 2144, email [info@telhai.org](mailto:info@telhai.org) or register online at [telhai.org/tasteoftelhai](http://telhai.org/tasteoftelhai)



A TASTE of  
**Tel Hai**