



Vol. 5 No. 3
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Frederick Life

A Publication of Frederick Living, a Continuing Care Retirement Community



Above: Resident gardeners grow flowers and vegetables in the community garden located next to Aspen. Framed by a colorful stand of zinnias are, from left, Bruce Bishop, Mason Linn, Barry Fretz, Dorothy Cox, Lou Brooks, Jean Schell, Diana Channer, and Mia and Bruce Pflaumer.

Below:
Enjoying a game of Wii Bowling are, from left, Patsy Wampole, Fay Katrinak, Joyce Allebach, Barbara Parestitis and Anna Long.



Above: The Tai Chi group helps residents to improve their balance and flexibility through gentle guided movement. From left to right are Barry Fretz, Gail Sugita, Penny Mack, instructor Charles Brynran, and Peg Hoyer.

Living Well in Community

Below: The Busy Hands Warm Hearts Club knits and crochets blankets for a variety of community organizations who distribute them to those in need. Seated, from left, are Nancy Bacchi, Marlene Smith,

Sara Pelesky and Ingrid Dressler. Standing, from left, are Gretchen Rogers, Judy Fryer, Cora Spare, Jo Ann Brooks, Adele Loud and Ruby Ifkowitz.



Living Well in Community

In this issue we highlight the many ways our community's residents live well through group activities that foster a sense of community. *Living well* here at Frederick Living happens through a variety of activities, programs and groups that fit the **Six Dimensions of Wellness**: physical, social (community), intellectual, occupational (volunteering), emotional and spiritual. Well-being is promoted by participation in social and community-building activities that are both resident-centered and often resident-directed. Volunteering – both by residents and volunteers that come in to lead activities – also enhances living well. We've included photos from Residential (independent) Living, Magnolia Personal Care, Aspen Memory Support and Cedarwood Skilled Care. We hope that you enjoy seeing our resident groups in action! – Amy Cummings-Leight, Editor



Residential Living Crafting Group: From left to right Katie Popp, volunteer, and residents Lynn Oliver, Barb Lynch, Joyce Blattner and Jeanette Yoder.



Carol and Dee are busy making cherry cobbler as part of the **Aspen Baking Club**.



Bob Finkelston paints a landscape in the Art Room.



Display near Bistro of paintings done by artists in **Friday Art Class** and quilts by resident quilters.



Residents working out in the Body Shop (left photo) are, left to right: Sara Pelesky, Maureen Butler, Russell Moser and Jeanette Yoder. Residents Sara Pelesky and Maureen Butler build strength (right photo).



Men's Weight Lifting Club: standing from left to right, Dan Ifkowitz, Lou Gentner, Dave Wynn and sitting, Terry Miller. Robert Van Lieu not pictured.



Swan feeding volunteers include, from left, Jean Schell, Barry Mertz, Cora Spare, Gretchen Rogers, Janice Borneman, Jane Genuardi. Not pictured David Wynn.



Gathering to discuss the latest pick are **Book Club** members from left to right Nancy Bacchi, Marlene Smith, Nancy McCreary, Ruth Guimond, Doris Hunsberger and Lynn Oliver, leader.



Cedarwood residents, Ruth Schaeffer and Erna Weidner enjoy a visit from therapy dog, Tara, who is brought for visits regularly by volunteer, Lou Bealer.



Residents Nancy Schroeder and Helen Detwiler enjoy greeting Fabio, the miniature horse who is visiting residents with owner and volunteer, Sharee Kenna.



Container gardeners are, from left Roland Koffel, Shirley Fox, Gretchen Rogers and Charlotte Smith (with help from Lexi).



Residents Cora Spare, Gordon Geissler, Joan Sullivan and Mason Linn enjoy a game of cribbage.



*Hitting the green is the **Mini-golf Club** with residents Sarah and Jim Erb, David Fix, Bob Lynch, Ed Sugita, Dan Ifkowitz and Mason Linn.*



Magnolia residents make seasonal wreaths, which are sold to benefit Benevolent Care. From left to right are residents Jeanette Fry, Diane Ferreri, Helen Detwiler, Volunteer Bonita Mutter, and Sal Swavely.



Below: Residents Thelma Borchelt and Sal Swavely enjoy a fishing game in Magnolia Courtyard.



*Below: Residents Arlene and Sherri prepare chocolate chip zucchini bread as part of **Aspen Baking Club**.*



The Frederick Living Resident's Association officers (from left to right) Joe Guimond, Treasurer; Bonnie Kauffman, Vice President; Joe Genuardi, President and Alice Bishop, Secretary; lead the quarterly FLRA meeting.

Live Well in Community (continued)



Throwing horseshoes are from left, Bonnie Kauffman, Jim Griesemer, Bob Lynch, Joe Genuardi, Dan Ifkowitz, Bob Hottenstein, Richard Townsley, Terry Miller, Bob Van Lieu and Mason Linn.



The Frederick Living choir sings under the director of Pat Weisel. Shown front row, left to right: Daniel Johnson, Hans Scherr, Edna Reiss, Sieglinde Fretz, Nancy Kohr, Joyce Allebach, Judy Moyer, Jo Ann Brooks, Jean Schell, Susie Almendinger and Martha George. Back row, left to right: Pastor Dick O'Hara, Lou Brooks, Jim Erb, Nancy Bacchi, Judy Fryer, Diana Channer, Betty Rader, Fay Katrinak, Gretchen Rogers, Pat Geissler, Arline Christ, Marlene Smith. Inset photo, from left: choir members Dave Wynn, Ron Girton, Bonnie Kauffman and Dorothy Girton.



Volunteers Phyllis and Chet Robinson sing and perform motion songs with Magnolia House residents Sal Swavely, Hilda Kolb, Thelma Borchelt, Jeanette Frey, Sylvia Leedom and Pat Moyer.

Dear Friends & Partners in Mission:

Encouraging the heart by supporting one another...



Whether I am in conversation with residents or team members, there is a theme that comes up when sharing what they appreciate about living and working at Frederick...they feel supported by their neighbors and team members.

Encouragement and support are at the heart of living and working well in community. We all want to feel that we belong and are surrounded by others who have our best interests in mind. So how can we each help to foster this type of environment each day?

- Check in to see how others are doing. Listening and being available can make all the difference in someone's day and overall outlook. To know someone really cares helps us feel supported regardless of our circumstances.
- Invite others to participate. Whether we invite our neighbor or coworker to lunch or encourage participation in a class, activity, or to enjoy the upcoming Fall Festival...having a personal invitation can make the difference between staying home or joining the fun!

This edition of *Frederick Life* will show the many ways that we come together in community and not only support one another...but have lots of fun! Thank you to our residents and team members who live our values of respect, integrity, compassion and excellence every day by encouraging one another's hearts.

"To the world you may be one person, but to one person you are the world." – Dr. Seuss

Thanks for taking care of one another!

Blessings,

Michelle Rassler

Michelle Rassler

Be a Part of “The Amazing Raise” to Support Benevolent Care at Frederick Living!

This past year Frederick Living provided over \$1,800,000 in benevolent care support to residents who, through no fault of their own, exhausted their financial resources. Philanthropy helps us do this.

You can make a difference to residents in need by giving generously to Benevolent Care at Frederick Living during the Amazing Raise from October 1 through October 31, 2022. Your new or increased gift to Benevolent Care made during The Amazing Raise will make your gift eligible for a proportional bonus match (based on matching funds raised by the Tri-County Network Amazing Raise). Every dollar you give brings in bonus dollars for Benevolent Care. All gifts large and small count toward the proportional bonus match and are greatly appreciated.

- **Your gift dated and received between October 1 to October 31, 2022 will count toward Amazing Raise matching funds.** Even money given as a Qualified Charitable Distribution from your IRA or from a donor advised fund during that date range counts. (Checks should be made out to “Frederick Living” and be sent to Advancement Office, Frederick Living, 2849 Big Road, Zieglerville, PA 19492).
- **Target your year-end gift now for October to increase the value of your donation!** It’s a great time to make any kind of major gift such as a gift of appreciated stock that could also give you tax savings.
- **If you, like Stanley and Sandra, are contributing a pledge payment to the *Lighting the Way Campaign*, this is a great time to make this gift as it will be matched!**

If you have questions call Amy Cummings-Leight, Director of Advancement at 610-754-7878 Ext. 1250.



“We consider ourselves blessed by the kindness and care Frederick Living provided to our family when mom and dad were in need. We thought about all the close friends that we made in Frederick and the lives they lived. There may be someone we have yet to meet that may need extra help to continue their good life.

We continue to think of our community’s future with a loving, caring, and giving heart. We gave our Benevolent Care donation by leveraging additional dollars over five years to help with Frederick’s future. We gave during the Amazing Raise last year and are doing so again this year.”

–Sandra & Stanley Czapkewicz, Frederick Living Residents



Frederick Living is participating in Boscov’s *Friends Helping Friends* Day on Oct. 19

For \$5 you can buy (at the FL Main reception desk) a 25% off discount shopping pass for Boscov’s Coventry Mall. It also entitles you to a chance to win a \$100 Boscov’s gift card when you enter at the store that day (from 8 a.m. to 11 p.m.) All of the \$5 shopping pass proceeds go directly to benefit Frederick Living Resident Benevolent Care and qualifies for bonus proportional match during the Amazing Raise.







FREDERICK LIVING'S FALL FESTIVAL



.....

SATURDAY OCTOBER 8, 2022

10AM-2PM ♦

2849 BIG ROAD
ZIEGLERVILLE, PA 19492

♦ ♦ ♦ RAIN or SHINE ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

This event benefits the Salvation Army Food Pantry and the Frederick Living Benevolent Care Fund.

Please bring a non-perishable food pantry item or monetary donation. Pet food is also being collected for Animal House Project in Pottstown.

Fun for All Ages !
Open to All

- Bounce House
- Carnival Games
- Pumpkin Painting
- Balloon Artist
- Face Painting
- Craft Vendors
- Mum Sale
- Food -
Wow Wagon
Semper Pie & More!



9 Pet Parade - 10:30 am
Magic Show- 11:00 am
Western Swing Band -
12 pm to 2 pm



For more information call (610) 754-7878

FREDERICK  *Live well with us*

Continuing Care Retirement Community
Rooted in the Pennsylvania Heritage



From Left: Kyle Goodyear, General Contractor from Warfel Construction and Frederick Living's Sr. Director of Strategic Projects, Greg Witters, meet with potential bidders for the demolition of the old Cedarwood building.



Construction underway for a temporary covered walkway from Magnolia House east around to Aspen Village to replace the interior corridor through the old Cedarwood building during the demolition period.



Resident volunteers helped to roll hundreds of towels for Refugee Kits for the Mennonite Material Resource Center in June. Residents and employees also donated several boxes of bath soap for the kits.



In early May, two volunteer recognition teas were held for resident volunteers.



Joel Horst Nofziger, Executive Director of Mennonite Heritage Center, presents a check to CEO Michelle Rassler for a \$1,000 prize won at their Whack & Roll event. Frederick Living's team was led by volunteer Roger Kurtz of Zion Mennonite Church.



After a long hiatus during the pandemic we are pleased that Freddie's Corner Café has reopened for breakfast! Caption: Lisa Moyer cheerfully serves up breakfast with a smile for residents, guests and staff.



A "Longest Day" fundraiser began in June and ended in July with an outdoor movie night (above, staff & volunteers setting up screen). Through item sales and donations from residents, team members and board members, we raised \$1,242 for the Alzheimer's Association's efforts to fund research for a cure.

2849 Big Road
Zieglerville, PA 19492

RETURN SERVICE REQUESTED

If you wish to have your name removed from this mailing list, call Amy Cummings-Leight at 610-754-7878, ext 1250.

Frederick LIFE is a publication of Frederick Mennonite Community, DBA Frederick Living, 2849 Big Road, Zieglerville, PA 19492. Frederick Living is a Pennsylvania non-profit organization. A copy of the official registration and financial information of Frederick Living may be obtained from the PA Department of State by calling toll free within Pennsylvania 1-800-732-0999. Registration does not imply endorsement.



1896 Society

Anyone can create a lasting legacy and keep Frederick Living strong for years to come.

Plan a gift through your will or living trust or do a charitable gift annuity.

Make Frederick Living a beneficiary to an IRA, life insurance policy, bank account or make other planned gifts.

To learn more, call Amy Cummings-Leight at 610-754-7878 Ext. 1250.

Find a welcoming community at Frederick Living!



Join us for a complimentary meal and a chat!

Call us for your personalized visit and lunch or visit our website for any of our other events.

610-754-7878 – FrederickLiving.org

Explore the non-profit retirement community difference and discover why so many older adults and their families call Frederick Living home.

Live well with us

- Independent Living
- Skilled Nursing
- Personal Care
- Memory Support
- Respite Care



2849 Big Road • Zieglerville, PA 19492



Frederick Living does not discriminate on the basis of age, color, disability, national origin, race, religion or sex.