

‘To touch the Ukrainian heart’



Nancy

Independent Living resident Nancy Schadt has created a unique quilt in honor of the Ukrainian people that will be put on display at the Ukrainian Embassy in Washington, D.C., until it can safely go to its permanent home in Kiev.

Schaadt has no ties to Ukraine other than a great sympathy for its people and their struggle. She spent four months on the project, researching embroidery designs and fabrics, “auditioning” and choosing fabrics, piecing, stitching and sewing on crystals.

The result is an intricate piece of art full of incredible detail and symbolism – from the use of Ukraine’s national colors of blue and yellow and sunflowers to encompass the beauty of the country to the inclusion

of embroidered doves for peace and the trident, Ukraine’s national emblem. She also included approximately 142 crystals to represent weapons, bloodshed and the souls of lives lost. At the center is a heart containing the outline of Ukraine with blue and yellow stars to honor the Ukrainian people’s fight for liberty and freedom.

Schaadt began quilting after she retired from teaching vocal music at Emmaus Junior High School.

“I never even threaded a needle until I was 60,” she said but reported she fell in love with the process.

Form, repetition and motif are used in both music composition and art, which made

the transition from music to art very easy. She said she finds joy in creating her own designs and loves the “thrill of the chase” when using the Internet to track down the right fabrics and spending hours thinking about and trying out new designs.

“One of the original thoughts about donating the Ukrainian quilt was that it should go to a Ukrainian College of Art or something, but it doesn’t belong to the students – it belongs to the people,” Schadt said. “You can give people money and all kinds of things, but art is something that stays in your heart. I wanted this to touch the Ukrainian heart.”

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Dear Friends,

Welcome to the first issue of Fellowship Spirit. Our newsletter is designed to keep you informed, with profiles on some very special residents, leadership updates, upcoming events and the latest news about Fellowship Community.

Please take note of information on our upcoming fundraising events. We'd love to see you participate as we raise funds to support

charitable care for our residents who have outlived their savings.

I hope you enjoy reading our first issue.

Mary Kay McMahan
President/CEO

Planned Giving Basics

“A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit.”

-D. Elton Trueblood

Gift planning is like planting seeds that will reap a future benefit to Fellowship Community. If supporting Fellowship's mission and ministry are important to you, consider these simple gift vehicles that won't spread your finances too thin.

Beneficiary designation. Adding Fellowship as a beneficiary of your retirement plan or other assets is simple and can usually be completed entirely online. Since the funds are granted after your lifetime, you can maintain your family budget today.

Gift in your will. With as little as one sentence, you can create a brighter tomorrow at FC without parting with assets today. You can designate FC as the beneficiary of a specific asset or as the recipient of a percentage of the total estate.

Grant from your donor advised fund (DAF). This popular one-stop giving solution lets you care for multiple causes and organizations with minimal paperwork. Consider it a charitable savings account where money waits until you're ready to

distribute it. And, when you use your existing DAF to recommend a grant to Fellowship, it means you can invest in our future without impacting your budget today.

Distribution from your IRA. Beginning the year you turn 72, you are required to take your required minimum distribution. You can use a gift from your IRA to satisfy all or part of your required minimum distribution.

Supporting Fellowship Community doesn't have to mean giving up assets today. Contact Tracy Bozik at 610-769-9198 or tbozik@FellowshipCommunity.com or to learn more and find the gift that works for you.

Situations vary, so please contact your financial adviser, legal counsel or tax consultant prior to making a gift or change to your estate plans. For beneficiary designations, please use our legal name, Bible Fellowship Church Homes, Inc.



JUST ASK



If you need something done, ask Tim Gilbert. This independent living resident is a volunteer extraordinaire. His strong leadership skills, acquired during his military service with Naval intelligence and his career in the financial industry, make him a valuable asset to Fellowship Community – and to the community at large.

Tim's vibrant personality is ideal as he gives tours to friends and potential residents. He and his wife Pat welcome guests into their home to get a firsthand experience of independent living.

Ask him why they chose to live at Fellowship, and he says, *"Pat and I looked at several communities in the Lehigh Valley, and Fellowship was the ideal choice for us."*

Tim likes the continuum of care.

"We have two fine daughters who have their own families, and we don't want them to worry about us," he says. "Living at Fellowship assures us that we will always be taken care of should our circumstances change."

Tim is very involved in life at Fellowship. A member of the Activities Committee, he has suggested interesting outings

and trips and escorted a trip to a dude ranch last fall. His close ties to businesses in the community have been an advantage to Fellowship's golf tournament fundraiser, as he serves on the committee.

A humble man, he has made a positive impact on the lives of individuals in every stage of life – from young students to retirees. Tim has encouraged students from Whitehall High School by participating in mock interviews, offering suggestions on career pathways, and fine-tuning interview skills. He organizes events and activities for young people that help build character and strengthen values. Tim's commitment to improving the lives of those he meets is inspiring.

A dedicated veteran, he helps coordinate Fellowship Community's Veterans Day program. He continues to connect residents who are veterans with the Lehigh Valley History Project and transports them to be interviewed about their service. The interviews are archived in the United States Library of Congress. He ensures that each veteran is honored for their service.

We're proud to have Tim as part of the Fellowship family.

Magical Memory Table

“Fellowship’s Magical Memory Table greatly improved the quality of life of our residents and replaced complacency with joy,”

Fellowship Community has installed a second interactive Magical Memory Table designed to promote engagement and improve motor skills for residents with Alzheimer’s and dementia. The original Magical Memory Table was introduced in 2020 in our memory care



The computer-generated interactive games increase motor skills and hand-eye coordination by providing visual stimulation in conjunction with physically interacting with the table top and fellow residents. Apathy, which is a symptom of dementia, decreases when residents become more engaged with their environment and one another.

area, and the positive impact it had on our residents led us to build a second system.

“Our first Magical Memory Table was introduced during the pandemic, creating an engaging activity, which was important due to the lack of visitors and interaction with families,” said Mary Kay McMahon, President/CEO of Fellowship Community. *“Fellowship’s Magical Memory Table made a tremendous impact on the lives of our residents with Alzheimer’s disease and dementia. Residents who were previously disengaged began sitting in a social setting and engaging with one another as a group or with a partner to enjoy interactive games.”*

Fellowship’s Magical Memory Table received national, regional and local recognition, including McKnight’s Senior Living Gold Award for Technology. LeadingAge PA recognized Fellowship with its Distinguished Service Award for the 2021 Innovation of the Year. Locally, Fellowship Community received the Lehigh Valley Business Healthcare Hero Award in the 2021 Advancements in Innovation and Health Care category.

“Fellowship’s Magical Memory Table greatly improved the quality of life of our residents and replaced complacency with joy,” added McMahon. *“We’re pleased to share the joy by creating an additional system for the Manor.”*

Congratulations to our Fearless Leader

THE
POWER100
LEHIGH VALLEY BUSINESS
2023



Mary Kay McMahon,
RN, MHA, NHA
President/CEO
Fellowship Community

Your strength, guidance and unwavering dedication to Fellowship Community is an inspiration to us all.

FellowshipCommunity.com
610-799-3000



Mary Kay McMahon Named to Lehigh Valley Business Power 100 List

Congratulations to Mary Kay McMahon who has been selected as one of the top 100 most influential business leaders in the Lehigh Valley by Lehigh Valley Business. Honorees selected are from a diverse group of industries throughout the Lehigh Valley including healthcare, finance, manufacturing, technology and government.

We are proud to have Mary Kay included in this prestigious list and grateful for the acknowledgment of Fellowship Community as an integral member of the business community.

When you see Mary Kay, congratulate her on this achievement which reinforces the Fellowship brand of excellence.



Tracy Roman

Always Moving Forward

Tracy Roman, RN, MBA, NHA, joined the team as Senior Vice President/COO in September 2021 and she has continually been moving forward.

Since she arrived, Tracy restructured the nursing leadership team in Fellowship Manor, our skilled nursing area. She promoted one of our longtime employees, Jennifer Oswald, to assistant nursing home administrator, and promoted Jennifer Green, from assistant director of nursing to director of nursing. Jill Hoderman was also added to the team as assistant director of nursing. She has created morning collaborative meetings, including this "dream team", instead of holding separate meetings, reducing meetings.

Tracy formed a team to revamp and improve the mentor program for both CNAs and PCAs, introducing new training and education modules. The new program gives the mentors increased responsibilities and accountability. The team then took over and moved forward with revamping the program for nurses, including both LPNs and RNs

The "Queen of Policies", Tracy has worked with others and combined or eliminated policies, reducing the overall number by more than 30%. Active policies are streamlined and easier to locate in the PolicyStat system.

She has a wealth of experience in the health-care industry holding positions as executive director of regional operations, executive director, assistant nursing home administrator, director of nursing, staff development coordinator and nursing coordinator with Phoebe Ministries. Throughout her career, Tracy has prioritized developing talents and promoting growth in others and was happy to bring this passion to her new role.

"I was interested in working at Fellowship Community because I was attracted to the culture. The core values are aligned with my personal beliefs so Fellowship felt like the perfect fit for me," she says.

In her previous employment, Tracy oversaw four facilities and spent most of her time in the office.

"I missed the connections I made with staff and residents that I had earlier in my career. I always enjoyed developing relationships, knowing the staff and residents by name and understanding their histories," she adds.

Tracy and her husband Tony, enjoy traveling to warmer climates like Florida and South Carolina. They have two active dogs, Ghost and Jack, who keep them beyond busy.

She has two step-daughters and two grandsons who love to visit. An excellent cook, Tracy enjoys entertaining. Her dad is a frequent dinner guest and her biggest fan.

We're blessed to have Tracy as part of our team as she brings her extensive experience, management skills and passion for older adults to us.

"Fellowship has created a workforce with a common goal of enhancing our residents' quality of life and I'm proud to be a part of that," she adds.

"I was interested in working at Fellowship Community because I was attracted to the culture. The core values are aligned with my personal beliefs, so Fellowship felt like the perfect fit for me."



YOU'RE NOT ALONE

Caring for those with Alzheimer's and dementia may be challenging and Fellowship Community wants you to know you're not alone. Fellowship offers support groups and education sessions for care partners, families and friends of individuals with Alzheimer's and dementia. Memory Care Specialist Nancy Clee, RN-BC, MSN, will offer education, guidance and support to help you better understand and care for your loved one with cognitive decline.

Dementia Friends Information Sessions

Do you want to have a better understanding of dementia? Do you want to know how to make a positive difference in the lives of people living with dementia? Join others in a one-hour Information Session on Tuesday, June 13, in the Zentz Community Center. There is an afternoon information session at 2:00 pm and an evening session at 7:00 pm.

Support for Caregivers

Caring for your loved one with Alzheimer's or dementia can be challenging, frustrating and lonely. Support groups offer the caregiver the opportunity to gather with others who are on a similar journey. Being able to talk honestly with others who understand what you are going through helps to reduce stress, validate your experience and develop a social network of support. Education and care tips given at the meetings help you to

better navigate situations that arise due to the disease process.

10-Week Dementia Care Partner's Support Group

The group meets weekly providing education on all aspects of dementia from understanding what it is and examining the different stages of dementia to the importance of self-care for the caregiver. The meetings will begin Tuesday, June 20, from 3-4:30 pm in the Villa Conference Room. The support group utilizes Dr. Edward Shaw's "Dementia Care-Partner's Workbook: A Guide for Understanding, Education, and Hope".

The Monthly Dementia Support Group

The monthly meetings are held the third Tuesday of each month from 10:30 am-12:00 pm. Different caregiving tips and coping skills are discussed and there is always an opportunity to share your

personal story, successes or struggles with the group. The next monthly meeting is Tuesday, June 20.

Real Life Strategies for Dementia Caregivers

Dementia caregivers face a variety of challenges in caring for their loved ones. Often times in dealing with Alzheimer's and other dementias, the right thing to do is actually the opposite of what you think it should be and can lead to a lot of frustration. Nancy Clee will share some tips and strategies that will lead to better interactions with your loved one. Join us on Tuesday, July 18, at 6:30 pm in the Zentz Community Center.

If you need help determining which group is best for you, contact Nancy at 610-769-9193 or nclee@FellowshipCommunity.com

Dignified Dining

Our Dignified Dining program offers true cuisine for residents with difficulty swallowing traditional food textures. Our chefs create stunning renditions of the foods we all love. Artfully prepared, and super nutritious, it uses the same core ingredients all diners enjoy, with the added dimension of a few classic techniques for presentation, including piping or layering to enhance the appearance of pureed foods.



RED PEPPER MOUSSE



Red Pepper Mousse

1 ounce canola oil
3 ounces white onion
1 clove garlic, finely minced
3 red peppers, finely diced
2 teaspoons salt
1 teaspoon black pepper
8 ounces chicken stock
½ teaspoon honey
1 ounce tomato paste
1 tablespoon gelatin
¼ cup cold water
6 ounces whipped topping

- Heat the oil in a pan, then add the onions and garlic. Sauté them until they are lightly caramelized.
- Add the red peppers, salt, pepper, chicken stock, honey and tomato paste. Simmer until all the ingredients are tender and the liquid is reduced.
- Bloom the gelatin in cold water.
- Puree the red pepper mixture in a blender. Add the dissolved gelatin while the mixture is still hot, and

blend to combine all ingredients thoroughly. Strain the mixture through a wire mesh strainer.

- Cool the red pepper mixture in the fridge for 30 minutes to an hour.
- Fold the whipped topping into the pepper mixture just before serving. Serve the mousse on a toasted crostino (toasted bread).

*You can add any protein to the dish of your liking.

Poached Shrimp

3 ounces chicken stock
1 ounce white wine
1 tablespoon pickling spice
1 tablespoon lemon juice
16-20 shrimp, peeled

- Bring liquids to just a barely a simmer. (Do not boil.)
- Add shrimp, cover and let stand 5 minutes, or just until shrimp turn pink.
- Stir shrimp into ice water; let stand 10 minutes.

WOULD YOU LIKE TO RECEIVE A DIGITAL NEWSLETTER?

If you would prefer to have Fellowship Spirit in a digital format, please send your name and email address to Que Ward, qward@FellowshipCommunity.com

PLEASE LEAVE A GOOGLE REVIEW



Fellowship Community Achieves HIPAA Compliance with Compliancy Group

Fellowship Community has completed all necessary steps to prove its good faith effort to achieve compliance with the Health Insurance Portability and Accountability Act (HIPAA). Through the use of Compliancy Group's proprietary HIPAA solution, The Guard™, Fellowship is able to track its compliance program and has earned the Seal of Compliance™. The Seal of Compliance is issued to organizations that have implemented an effective HIPAA compliance program.

HIPAA is made up of a set of regulatory standards governing the security, privacy and integrity of sensitive health care data called protected health information (PHI). PHI is any individually identifiable health care-related information. If vendors who service healthcare clients come into contact with PHI in any way, those vendors must be HIPAA compliant.

"As society progresses forward with new technologies, it is more critical than ever before to protect our residents' data and protected health information. Fellowship Community is proud to have taken a proactive approach in securing this information by taking the necessary steps to achieve the HIPAA Seal of Compliance," said Michael Lackman, executive director of corporate information with Fellowship Community.





"Our parents always taught and showed us how to donate our time, talents and financial gifts to any place or person that was in need. Fellowship provided a safe, loving and enriched environment for our loved ones to live out their lives."

The Painz Family

Residents, visitors and staff are enjoying a beautiful new seating area outside of Fellowship Terrace, thanks to the generosity of the Painz family.

A WWII U.S. Army veteran, Floyd Painz was a printer by trade. Always quick to smile, he had a great sense of humor and, in his later years, was recognized by the horn affixed to his walker. Wife Pearl was a hairdresser for many years while raising her family, which included daughter Marlene and son Ed.

Floyd and Pearl Painz came to Fellowship Community independent living in 2005.

"My parents decided to move to a senior community when my dad felt he could no longer take care of the yard the way he wanted it to look - meticulously manicured," said daughter Marlene Chaney.

Son Ed added, *"They liked the idea of still*

living independently with the option to transition to higher care levels as needed in their later years."

Marlene and her husband Dick have been supporting Fellowship for over 15 years through various fundraisers and events and wanted to create a special family memorial that represented her parents and that other family members could support as well. She said, *"We were pleased to donate to a place that made my parents so happy to be living there. We continue to give for the same reason and to honor Mom and Dad."*

The idea for a new seating area was an obvious choice for Marlene.

"Weather permitting, my parents enjoyed sitting outside together every day, making conversation with passersby while serving as the self-proclaimed 'welcoming

committee,' she said. "We know they would be so happy that many residents and their families now have a comfortable and inviting space to sit outside of the Terrace to enjoy the fresh air and sunshine."

"Our parents always taught and showed us how to donate our time, talents and financial gifts to any place or person that was in need. Fellowship provided a safe, loving and enriched environment for our loved ones to live out their lives. This is what we think our parents would have wanted," mused Ed.

For more information on giving to Fellowship Community and tribute opportunities, please contact Tracy Bozik, development and communications manager, at 610-769-9198 or tbozik@FellowshipCommunity.com.



Everyone deserves to continue living a full life as they age – one with joy, purpose and meaningful connections.

iN2L MAKING CONNECTIONS

Everyone deserves to continue living a full life as they age – one with joy, purpose and meaningful connections. Thanks to the support of The Charles H. Hoch Foundation, Lehigh Valley Aging in Place and the Leona Gruber Charitable Trust, we have added the exciting technology of iN2L and the iConnect program to our activities department.

Engagement technology like iN2L is specifically designed to enrich the lives of our residents. With an easy-to-use touch screen, iN2L helps connect residents with their loved ones, with each other and with their unique interests and hobbies to keep them engaged with the world. The system has more than 4,000 content items, including videos; activities for fun, exercise, brain function/cognition and therapy; and Internet and communications applications.

The newly developed iConnect feature offers multiple ways to stay connected, including video calling, a live scrapbook feed with photo sharing and commenting, and two-way texting that includes auto-saving of pictures and media in a "My Photos" folder.

"The iN2L system has provided us new ways to engage the residents in a group, one on one and independently," says Kim Cseh, director of activities. "The residents are enjoying all that iN2L has to offer. With the Manor residents, we use the tablets for games, trivia and individual sing-alongs. The larger, portable system has been invaluable throughout all buildings. We use it for our hymn sings before church every Sunday, as well as for large group word games and TV game shows (one of the residents' favorites). We have also tried the fitness videos for a change of pace and the travelogue for visiting faraway places."

**JOIN US for our
19th annual golf tournament!**

**Monday, June 19
Olde Homestead Golf Club
New Tripoli, PA**

Whether you sponsor the event or hit the greens to golf, you'll be improving the lives of our residents. Proceeds from the event benefit the Spirit Fund, providing charitable care for our skilled nursing and personal care residents who have outlived their savings.



**WHAT
ARE YOU
WAITING
"FORE?"**

To register for or sponsor the event, contact Tracy Bozik, tbozik@FellowshipCommunity.com or 610-769-9198, or scan below.

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3000 Fellowship Drive
Whitehall, PA 18052

Don't miss our online auction!

Many unique items and experiences will be available for bid until **June 19.**



- Are you ready for a getaway? Bid on a stay on a private island in Belize or in a charming cottage in Ireland.
- Enjoy an IronPigs game from the comfort of an executive suite or a "Behind the Scenes" tour of WFMZ Channel 69 News.
- There's something for everyone up for bid, from themed baskets, handmade items and seasonal décor to local dining and family-friendly experiences.

Auction proceeds benefit the Spirit Fund, providing charitable care for our skilled nursing and personal care residents who have outlived their savings.

Questions? Please contact Tracy Bozik, development and communications manager, at 610-769-9198 or tbozik@FellowshipCommunity.com.

Scan!



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