

# FELLOWSHIP

# Spirit

WINTER 2024

# GO FOR IT!



**Laura Pascoe**  
Director of Residential Living

**When Laura Pascoe has an inspiration** about anything she wants to accomplish, she doesn't sit around and think about it - she goes for it!

Jump out of a plane? Done. Swim with sharks? Done. Compete in an IronMan triathlon? Mission accomplished.

Surely anyone who completes a 1.2-meter swim followed by a 56-mile bike ride and a 13.1-mile run earns the right to be called adventurous. And that word best describes our director of residential living, Laura Pascoe.

Her energy and enthusiasm doesn't stop! She has met the challenge of competing in the Register's Annual Great Bicycle Race Across Iowa (RAGBRAI). Cyclists ride an average of 72 miles a day and then stop and camp overnight in small towns cross Iowa. "The people are very welcoming," says Laura. "They prepare homemade foods to sell and provide entertainment like a concert or show. It's almost like a traveling block party."

When she's not biking, swimming or running, Laura enjoys traveling, especially with her mom. The two adventurers have traveled all over, but their favorite trip was to Granada with a layover in Madrid.

"I never heard the announcement that there was no place for exchanging money after we got to the Granada airport," says Laura. "When we got there, we didn't have money for a taxi and no one spoke English." Laura finally connected with someone to translate to a cab driver to take them to their hotel, but he stopped at a bank so they could get money to pay him for the ride. "He basically held my mom hostage while I got cash," she adds. When Laura apologized for missing the announcement on the plane, her mom said she had heard it but she thought Laura knew what she was doing!

Laura may not have been at the top of her game on the trip to Spain, but when it comes to her role as director of residential living, Laura knows it all! She earned a BS in psychology from Kutztown University and completed an associate degree in nursing from Northampton Community College.

Laura began her career as a medical surgical nurse at Sacred Heart Hospital. Through her experiences with older adults in the hospital, Laura learned that she had a heart for older adults. She began her career with Fellowship as a RN team leader 12 years ago and has grown into her position due to her level of experience, compassion for our residents and desire to help others.

We're happy to have this triathlete, nurse, super woman as a member of our team.



Dear Friends,

**We have a lot to share in this issue.**

A highlight on Laura Pascoe, our director of residential living, a feature on donor Janet Minnich, and a story on independent living Dynamic Duo Jim and Betty Henderschedt.

There is much to learn about upcoming events and speaker sessions as well as QR codes to view videos of Fellowship in the news.

One of my favorite news stories aired on Christmas Day as team members working on the

holiday were interviewed. The heartfelt words represent the feelings of our exceptional staff members who are dedicated to providing excellent healthcare and improving the quality of life for our residents. Click the QR code below to see the news segment.

All the best,



Mary Kay McMahan  
President/CEO

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**DONOR SPOTLIGHT JANET MINNICH**

**A Penn State Master Gardener**, independent living resident Janet Minnich is a tenacious advocate for the environment and green spaces, both on Fellowship's campus and in the local community. Admittedly "not one to sit still," Janet volunteered on both Fellowship's gardening and beautification committees, and, most recently, has joined the Whitehall Township Environmental Advisory Council as a volunteer.

When Janet and her husband Glenn decided to downsize from their farmhouse, they knew that they wanted a non-profit, continuing-care retirement community where they could age in place. And, above all, a place where Janet could continue to garden.

The Minnichs settled in a corner unit in one of Fellowship's Courts in 2020, where the outside now boasts foot upon foot of glorious annuals, perennials and vegetable plants. Inside, there was plenty of space for Janet's bookshelves lined with all manner of gardening books.

Shortly after their move, Glenn needed skilled care and transitioned to the Manor before passing away in December 2020. "I was so thankful for the ease of visitation, and grateful for the caring support of neighbors and friends in the Courts after

Glenn passed away," Janet shared. "Fellowship is truly a caring community. I feel comfortable here and know that I am not alone. There are so many activities and ways to stay involved."

When asked about her spirit of philanthropy, Janet replied, "What inspired me to start giving was knowing that Fellowship is mission-driven and uses donations faithfully to ensure the well-being of the residents. Charitable care for those who have outlived their funds is a key element."

Janet takes advantage of a tax-smart giving strategy which allows a donor (age 73 or older), through their IRA administrator, to send all or part (up to \$100,000) of their IRS-mandated withdrawal/required minimum distribution (RMD) to one or more qualifying public charities. This is known as a qualified charitable distribution (QCD) or a charitable IRA rollover.

Janet said, "I really encourage everyone to explore this option for giving. It's so easy, yet so impactful!"

For more information on giving to Fellowship Community through your IRA or a beneficiary designation, please contact Tracy Bozik, Development & Communications Manager, at (610) 769-9198 or [tbozik@FellowshipCommunity.com](mailto:tbozik@FellowshipCommunity.com).



# Honoring Our Veterans

*Thank You for Your Service*



We have more than 75 members of the Fellowship family who have honorably served our country. Their service has given us our freedom. Fellowship has created a rotating display of Veterans' photos and their area of service on the wall by the Country Store to honor them. With the help of independent living resident and

Vietnam veteran Tim Gilbert and our Activities Department, photos and information were gathered for the display.

Residents, family members and the Veterans themselves enjoy the display.

## SHARE YOUR BLESSINGS

Sometimes, careful stewardship doesn't account for the many years a resident lives after retirement. Unexpected events can take greater resources than expected, and residents find themselves having less to live on than anticipated.

On an average day, 65 residents in skilled nursing and personal care will find their resources fall short on covering the cost of services they require. For these residents, the feeling of security and calling Fellowship home is more important than ever.

Your investment in our mission and charitable care enables us to provide these residents and their families the greatest blessing of all . . . peace of mind.

Each and every gift to Fellowship, no matter the size, is an investment in our long term ability to provide exceptional care and enrich the quality of life to those who make their home with us.

Make a secure online gift today at <https://www.fellowshipcommunity.com/giving/>.

For more information of the ways your generosity can impact our mission, please contact Tracy Kleppinger Bozik, Development & Communications Manager, at (610) 769-9198 or [tbozik@FellowshipCommunity.com](mailto:tbozik@FellowshipCommunity.com).



**WILL YOU BE FELLOWSHIP'S** *Valentine?*

**Give a gift that comes from the heart.**

Join us in supporting Fellowship and we'll deliver a personalized valentine to a resident, department or floor!



# FELLOWSHIP HOSTS Zephyr Express



The local community came together to make the holidays brighter for area children who have faced challenges in the past year. Fellowship Community was happy to join in the Zephyr Express with the Whitehall-Coplay School District, Whitehall Township Police Department, Coplay Police Department, Lehigh County Greater Lehigh Valley Chamber of Commerce, Whitehall Area Rotary Club, Whitehall Lions Club and Sam's Club Allentown, all of which donated time, talent and financial support to the holiday event.

The students selected faced difficult challenges such as the loss of a family member, homelessness, military deployment, a parent losing a job, economic shortcoming or other life-changing hardships. The goal of the event was to brighten the holiday season for deserving students and their families.

Participants were selected by members of

the Whitehall-Coplay School District along with its School Resource Officer Matthew Christman.

Thanks to the generosity of community members and local businesses, the students each received a \$200 gift card and were paired with members of local law enforcement agencies to shop for themselves and their family members for the holidays. Together, they navigated through the aisles of Burlington to select these special gifts. This experience allowed students to interact with the officers on a personal level and build relationships. The heartwarming event created unforgettable holiday memories for the students and officers and fostered trust and understanding between members of law enforcement and the community.

After shopping, everyone was brought to Fellowship Community on a bus driven

by none other than Santa Claus! The crew was treated to a kid-friendly lunch of chicken tenders, French fries and hot dogs. For dessert there were gingerbread men and donut decorating stations.

Law enforcement personnel and volunteers manned gift-wrapping areas and, with a little tape and ribbon, helped wrap the gifts as if Santa's elves had done it.

Zephyr Express was a tremendous success, bringing joy to the students, law enforcement professionals and volunteers. Fellowship Community was proud to be a part of the celebration!



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## Zephyr Pep Rally



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Fellowship residents hosted a Pep Rally for our home football team, the Whitehall Zephyrs.

The cheering was robust as many residents were cheerleaders during their younger days! The football team, cheerleaders and residents had a great time cheering, chatting and enjoying refreshments together!





FELLOWSHIP COMMUNITY IS PLEASED TO PRESENT

# Taking Control and Living Your Dream: The Power of a Plan

By **Jill Kearney**

Founder & CEO of Specialty Moves by Design



**1:00-2:00 pm**

Fellowship Community Zentz Community Center

- Friday, February 9** From Frustration to Freedom: The Joy of a Decluttered Home!
- Friday, February 16** Choosing Your Next Home in Retirement: So I'm Ready to Move... But to Where?
- Friday, February 23** Prepping for Sale: How to Make Home Buyers Fall in Love!
- Friday, March 1** The Joyful Move: Avoiding the Chaos of an "Unmanaged Move"
- Friday, March 8** Aging-in-Place: Temporary Fixes and Permanent Solutions
- Friday, March 15** Taking Control and Living your Dreams: The Power of a Plan

A frequent speaker on the topic of "living your best life" especially in retirement, Jill has entertained and empowered individuals locally, regionally and nationally. Fellowship Community has witnessed the changes as folks who had sat on waiting lists for years finally found the courage to step out and move up to their new best life!

Jill Kearney founded Specialty Moves by Design right here in the Lehigh Valley 14 years ago and has grown the company to thirty-three employees. They enjoy partnering with clients to get them where they want to be, smoothly and efficiently. They also believe that what they do is as much a ministry as a business.

**About the Series:** Recent attendees of this six-part series have called it "life-changing." No where else can you find the wealth of information you will receive in this free seminar series. If you have not started dreaming about what your retirement years can look like - or if you know where you'd like to be but are stuck and unable to move forward, you are going to love this series. Sign up, bring a friend and be ready to be inspired and empowered to live your best next life!

**To register, please contact Laura Long, [llong@FellowshipCommunity.com](mailto:llong@FellowshipCommunity.com) or 610-769-4332.**



*Jim & Betty*

## The Dynamic Duo

**Jim and Betty Henderschedt** are a vibrant, active independent living couple. Whenever they're together you can see a twinkle in their eyes. Proof that after 62 years, they're as much in love as the day they met.

Jim and Betty moved to Fellowship in 2015 after visiting other senior living communities. "We walked on campus and felt at home," says Jim. "We loved the atmosphere and the walkability of the campus. Betty and I are so happy here."

And we're happy to have them as part of the Fellowship family.

They offer encouragement and support while taking action to always do what is right. As members of the Abiders Program they spend time with residents facing the end of life so they are not alone.

A Lutheran pastor for more than 61 years, Jim has a true love for people and is always willing to lend an ear and listen to those who are going through challenging times.

He previously served as president of the independent living advisory council, led

workshops on writing life stories and had his own show, "That reminds me of a story", on the Fellowship TV channel.

A talented artist, Jim has shared his drawing knowledge and techniques in art classes designed for beginners through advanced students. He continues painting and drawing and recently designed their Christmas cards.

An accomplished author, Jim has written and published 9 books.

Better-half, Betty has a kind heart and visits people in personal care who don't have family nearby and seldom get visitors. She brightens the day for many by offering comforting words, an engaging story or two and conversation on shared interests.

An experienced seamstress, she leads "Helping Hands", a group of independent living residents who create sewn items for residents in personal care and skilled nursing. Some of the projects this past year included chair pockets, walker bags, lap robes, and cell phone holders. The group

designed "fidget pads" for residents in our memory care unit with different textured fabrics, buttons and zippers, which the residents greatly enjoyed.

Betty is a member of the Fellowship Choir and was happy to sing the National Anthem with them when they made their debut at the Lehigh Valley IronPigs this past September.

Musically talented, Betty plays piano at weekly Bible studies and is a member of Fellowship's bell choir.

Betty is a panel member of the Impact Program of Lehigh County, designed to help teenage first offenders. The students are given assignments to complete such as community service. If the assignments are completed, their records are expunged.

This Dynamic Duo has improved the lives of Fellowship Community residents by giving selflessly of their time and talents, all with a smile and a word of encouragement. We're grateful to have them as part of the Fellowship family.





# The Fellowship Community CHOIR

The Fellowship Community Choir was honored to sing the National Anthem at the Lehigh Valley IronPigs in September. Scan the QR code and listen to their beautiful rendition.

(Video courtesy of Service Electric Cable TV.)



## A Recipe from Our Executive Chef

### Grilled Pork Chop with Pumpkin Peach Glaze and Cauliflower Parmesan Mash & Grilled Asparagus



#### Grilled Pork Chop

Arrange 3 pork chops on a plate or sheet pan. Season with salt and pepper of your liking.

On a preheated grill, arrange the seasoned chops in rows. This will allow you to more efficiently keep track of doneness. Allow the chops to cook for 2-3 minutes before rotating and cooking 2-3 minutes more at a time. The chops should cook for a total of 8-12 minutes or until an internal temp of 155F has been reached. Rotating the chops will give you nice grill marks. Allow to rest 3-5 minutes before serving.

#### Cauliflower Parmesan Mash

Set a stockpot of water to boil over high heat.

Clean and cut 1 whole cauliflower into small pieces. Add to boiling water and cook for 6 minutes, or until done. DRAIN WELL; do not let cool.

In a bowl with an immersion blender or in a food processor, puree the hot cauliflower with 1 tbsp of cream cheese, 3 tbsp butter, 1 tbsp sour cream, 1/4 cup parmesan cheese, 1/2 tsp garlic powder and 1/8 tsp white pepper until smooth.

#### Grilled Asparagus

Remove hard ends of asparagus and discard. Toss remaining spears with oil. Over medium hot grill, grill the asparagus until grill marks appear and asparagus has begun to soften. It should still be al dente. Remove from grill and cool on a large sheet pan. Toss with salt and pepper of your liking.

#### Pumpkin Peach Glaze

1/3 cup pumpkin purée  
1/2 cup apple cider  
1/2 tsp of salt and pepper  
1 tsp of garlic powder  
1 tsp of onion powder  
1/3 cup honey  
1 cup chicken stock  
2 tbsp unsalted butter  
1 cup of sliced peaches

Mix everything except butter and peach slices in a blender. Blend well and then place into saucepan and bring to a simmer. Reduce heat for 5-10 minutes. Turn off heat and add butter and whisk. Pour glaze over peaches and serve.





# Fellowship Community

3000 Fellowship Drive  
Whitehall, PA 18052

## SPECIAL EVENTS YOU WON'T WANT TO MISS!

### **March 14 - 2:00 pm - Villa Conference Room** **"Five Financial Questions Every Senior Should Be Able to Answer"**

Join us for a check up on your finances. We will look at five ways to make sure your financial life remains strong and healthy.

Our time will conclude with a Q&A so come with your questions. Presented by Randy Nyce, Everence Financial

### **May 16 - 5:00 pm - Zentz Community Center** **"The Best Laid Plans" - Mystery Dinner Fundraiser**

Come to this quintessential Old Hollywood whodunnit thriller at the estate of Sir Warren Peace and get thrown into a night of mystery, intrigue and suspense you will never forget.

Event proceeds benefit Fellowship's Spirit Fund and charitable care for our residents who have outlived their savings.

### **May 31 - June 17 - Online Auction**

There's something for everyone up for bid, from themed baskets, handmade items and seasonal décor to local dining, and VIP 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.

### **June 17 - 20th Annual Golf Tournament** Olde Homestead Golf Club, New Tripoli, PA

This year, funds raised through our annual Golf Tournament will benefit our Spirit Fund for charitable care. Charitable Care supports residents in personal care who are not eligible for government programs and helps cover shortfalls in reimbursement for those in skilled care, allowing our residents to age in place.

Whether you choose to hit the greens to golf or assist in securing a sponsorship, you are helping Fellowship to make a difference in the life and peace of mind of our residents, who need the security of knowing their changing healthcare needs will be met as they age.

