

FELLOWSHIP

Spirit

FALL 2024



Tom Bartek, Vice President of Facility Services

Tom Bartek, Vice President of Facility Services, brings a wealth of experience and versatility to his role. Prior to joining the team, Tom served as a project manager of facilities design and construction with PPL Electric Utilities and has held prominent leadership positions at Lehigh Valley Health Network, East Stroudsburg University and Lehigh University. He has provided construction oversight and management on projects from \$110,000 to \$74 million. His extensive background in facilities management has made him an invaluable asset to Fellowship Community.

But Tom's skills don't stop at managing buildings and teams. From architectural design to landscaping creative gardens and developing a secret recipe to grow moss on rocks, he has his hands in just about everything. Perhaps his most surprising talent? Baking. Known among family and friends as the "Kiffle King" Tom bakes what he proudly claims are the world's best apricot and raspberry kiffles, a traditional Eastern European pastry.

A creative mind in and out of the office, Tom designed his home himself, complete with an impressive

18-foot cathedral ceiling with floor-to-ceiling shelving throughout the living room. He enjoys sitting in the living room to watch TV under the 16-foot-high-by-10-foot-wide avocado tree he nurtured from a seed. His passion for hands-on projects continues to complete the construction and landscaping master plan envisioned for his family.

Outside of work, Tom leads an active life. He grew up as one of seven siblings, learning early on how to juggle many tasks at once — an experience that has clearly shaped his approach to life and work today. Even after celebrating a milestone birthday this year, Tom still makes time to hit the gym five days a week, staying fit and full of energy.

Tom and his wife Jill have one daughter Malia, who resides in Conshohocken. Jill and Malia work for Dun & Bradstreet, for 29 years and three years, respectively. Tom's story is one of dedication, to his work and his wide array of interests, making him a uniquely dynamic member of the leadership team.

Dear Friends,

Welcome to the latest edition of **Fellowship Spirit!**

We are excited to share stories that highlight the vibrant community connections we've established with both Whitehall High School and Bethlehem Christian School. These partnerships are a true reflection of the values we hold dear and demonstrate the positive impact of collaboration and engagement.

As the holidays approach, we also invite you to stop by our **Holiday Bazaar** on **November 22 and 23**. With a variety of unique vendors and handcrafted items, the bazaar is the perfect opportunity to find one-of-a-kind gifts.

Looking ahead, mark your calendars for **December 8**, when we'll host a **festive evening celebrating Christmas** here at Fellowship Community. Join us for a night filled with spectacular music and a Christmas carol

sing-along that will surely get everyone into the holiday spirit.

In addition, we invite you to pay tribute to your loved ones by purchasing **luminarias** to benefit the Spirit Fund, which supports charitable care for our residents. Your contributions help ensure that everyone in our community receives the compassion and support they deserve.

We hope you enjoy reading through this issue, and, as always, we are grateful for your continued support. Please don't hesitate to reach out with feedback or suggestions for future editions.

May you be filled with the joy of Christmas,



Mary Kay McMahon
President/CEO

THE ABIDER PROGRAM: A Ministry of Presence

Recognizing that many individuals may not have loved ones nearby during their final moments, Fellowship established the Abider Program to provide emotional and spiritual support to residents. This "ministry of presence" ensures that residents are not left in solitude.

Through this initiative, the staff and independent living residents at Fellowship Community emphasize the importance of ensuring that those approaching the end of their lives have a comforting presence by their side if they wish.

People's needs can vary, but having someone beside them to offer a calm, supportive presence often brings peace. The Abider Program addresses these needs by assigning volunteers to sit with residents for periods ranging from two to four hours. During this time, abiders offer care, reassurance, prayers and Christ-exalting music or simply their silent companionship, providing comfort in ways that the resident requests, helping to create a sense of serenity during their last hours.

Launched in October 2023, the program has had a profound impact — not just on the residents, but on the abiders, their families and the staff as well. The volunteers, made up of staff members and independent living residents, find deep meaning in their role.

As Pastor Phil Yerrington shared, "This program allows us to minister to people. It also gives volunteers a sense of purpose and value, knowing that they are fulfilling a critical need."

Vanessa Miller, social worker and Abider Program developer, further highlighted the program's significance, calling it "deeply cherished by our staff" as they witness the positive impact it has on everyone involved.

Additionally, the program offers peace of mind to the families of those benefiting from the companionship. For many, the inability to be present during a loved one's final hours can be heartbreaking. However, knowing that an abider is present offers relief and comfort, easing the emotional burden and ensuring that no one passes away without care and companionship. The Abider Program provides vital support not only to the resident, but also to their loved ones during the transition.

"Being a part of the Abider Program is truly a blessing," adds Pastor Phil. "Those who participate in the Abider Program have the pleasure of knowing that they were used by the Lord at a critical time in the life of a resident. There truly is great joy in serving Jesus."

PEP RALLY FOSTERS CONNECTIONS ACROSS GENERATIONS

Fellowship Community residents held a dynamic pep rally for the Whitehall Zephyrs with uproarious cheers to kick off the season. Many residents in the crowd were alumni and some had been cheerleaders and football players when they attended, escalating the excitement. While chanting cheers of encouragement and victory, the cheerleaders formed a pyramid that nearly touched the ceiling and dismounted like gymnasts. Following the pep rally, residents and local high school students had the chance to further bond over soft pretzels and punch in a lively post-event gathering. The occasion not only launched the upcoming football season but also served as a unique opportunity for intergenerational mingling and friendship building.

The event held a special significance for some, particularly for those who had participated in the "Living History" sessions at Whitehall High School. These sessions, which explore different historical eras, had previously brought together some independent living residents and students in an engaging learning environment where students heard real-life experiences of people living in the era and had the opportunity to ask questions of someone with firsthand knowledge. For some, the pep rally reunion was a delightful extension of these earlier encounters.

During the "Living History" classes, residents shared their experiences and insights about

various decades, including the 1960s, with the students. This educational exchange fostered meaningful connections, and the pep rally provided a perfect venue for these connections to deepen.

The soft pretzels and punch served as more than just refreshments; they were a backdrop for conversation and camaraderie. As people chatted, laughed and reminisced, it became clear that the event had successfully bridged generational gaps. The residents, many of whom have rich personal histories, and the students, eager to learn and engage, found common ground and mutual respect.

The evening was a testament to the power of community events in bringing people together. The blend of excitement from the pep rally and the warmth of shared experiences created a memorable night for all involved. As the Zephyrs prepare for their season, the friendships formed and rekindled at the event stand as a reminder of the strong ties that unite Fellowship Community and Whitehall High School.

In the end, the pep rally was more than just a pre-game celebration; it was a celebration of community, history and the enduring connections that bring people of all ages together. With newfound friendships and a sense of shared enthusiasm, the residents and students left the event with a renewed appreciation for the strength of their local bonds and the joy of coming together in support of their team.



Lee Tress: A Neighbor Who Strikes All the Right Notes

Everyone has a blast when independent living resident Lee Tress wows our personal care residents with his incredible singing talent and witty comments! From classic hymns to old country favorites, Lee has the whole crowd clapping, tapping their feet, and singing along. What a treat it is to have such a talented and kind-hearted neighbor sharing his gifts with our community!

For those who might not know, Lee is a man whose love for music runs deep, even though he didn't start singing publicly until later in life. Growing up, he was captivated by the timeless melodies of the 1940s Big Band era—a decade that resonated more with him than the popular tunes of his own teenage years in the 1950s. Although Lee was too shy to join the school chorus or glee club, his passion for music found a home in his church.

Lee sang with his church choir for over 50 years and has lent his voice to a variety of groups, including the Men of Retirement Age (MORA) in Bethlehem. He also performed for 12 wonderful years as a member of the Dale Sine Trio. And his talents didn't go unnoticed outside of church walls—Lee has sung the National Anthem with the Fellowship Choir twice at the IronPigs stadium!

These days, Lee continues to share his musical gifts on campus. He sings with our Fellowship Choir, which includes both residents and staff members, and always brings a positive energy that lifts everyone's spirits. You might also recognize Lee as a shuttle driver, a role he's held for the past 10 years.

But there's more to Lee than just his singing. He's a gentleman with a heart of gold, always willing to lend a helping hand or a word of encouragement. He's also known for his sense of humor and a knack for storytelling, as seen in our very own Mystery Dinner



promotional videos. His last starring role as "Warren Peace" left us all chuckling.

When he's not singing or driving the shuttle, Lee enjoys playing pool (and occasionally even winning). He also enjoys participating in Bible studies with his fellow independent living residents.

A dedicated member of the Rock of Ages Bible Fellowship Church that meets on campus, Lee's warmth and kindness continue to brighten the lives of everyone he meets.

Thank you, Lee, for sharing your voice, your heart, and your joyful spirit with all of us!



CAREGIVER SUPPORT GROUP: YOU'RE NOT ALONE

**Third Tuesday of Each Month
10:30 a.m. - Noon
Villa Conference Room**

Caring for a loved one with Alzheimer's Disease or other forms of dementia can be both rewarding and overwhelming. Joining our caregiver support group, led by Fellowship Community's social worker Vanessa Miller, MSW, LSW, offers numerous benefits that help ease the emotional and practical burdens of caregiving.

Continued on next page



Bethlehem Christian School Students Spread Joy and Build Bonds

Throughout the school year, grade-school students from Bethlehem Christian School have been brightening the lives of residents at Fellowship Community with their monthly visits. These heartfelt interactions have not only brought joy, laughter and smiles, but have also fostered deep connections between the children and the residents.

Each visit was more than just a chance to play games, do crafts and read together. The students took a special interest in learning about their “buddies” at Fellowship Community. They conducted interviews with the residents, delving into their lives, careers, families and significant life events. This effort was part of a broader project where students secretly compiled and illustrated personalized books titled “All About Me,” based on the information gathered during their interviews. These books were presented to the residents at the end of the school year, offering a treasured keepsake of the connections they had formed.

The residents, in turn, were thrilled to have their own way of showing appreciation. Each child received a cross bracelet and a personalized thank you note from their buddy, creating a meaningful exchange of gifts that highlighted the deep bonds formed over the year.

The Buddy Program’s success has been so profound that Bethlehem Christian School students will be returning this

school year to continue their visits. Principal Laura Harris reflects on the program’s impact, saying, “The joy and connections created through these visits have been truly inspiring. We are excited to continue this wonderful tradition.”

Kim Cseh, Fellowship Community’s director of activities, echoes this sentiment, noting, “The children’s behavior and enthusiasm are exceptional. They genuinely enjoy spending time with their buddies, which makes the experience enriching for everyone involved.”

In addition to their regular visits, the students engaged in a special project that underscored their commitment to giving back. They donated over \$5,000 by collecting offerings during chapel throughout the school year and donating it to Fellowship Community. This generous contribution was used to purchase robotic pets for the residents, adding another layer of joy and companionship.

The success of the Buddy Program demonstrates the powerful impact of intergenerational connections and the importance of nurturing these relationships. Both the residents and the students have found lasting friendships and cherished memories through their time together. The initiative has not only enriched the lives of those involved but has also set a commendable example of community spirit and empathy.

Caregiver Support Group cont.

1. Emotional Support and Stress Relief

Caregiving often brings a mix of stress, guilt, frustration and emotional fatigue. A support group offers a safe space where caregivers can share these feelings openly without judgment. Being surrounded by people who truly understand your struggles can provide immense emotional relief and reduce feelings of isolation or loneliness. It’s a place where caregivers can express emotions they might otherwise suppress.

2. Practical Advice and Problem-Solving

Caregiver support groups are not just about emotional healing; they provide valuable practical advice. Whether it’s learning how to manage the day-to-day

challenges of caregiving, handling difficult behaviors or navigating the health care system, members of the group share tips and resources. Hearing solutions that have worked for others in similar situations can provide immediate, actionable guidance.

3. Building a Sense of Community

Caregivers often find themselves cut off from their social networks due to the demands of caregiving. Joining a support group helps restore a sense of community and connection. You meet others who are walking the same path, forming friendships that can extend beyond group meetings. This sense of belonging can provide comfort during difficult times.

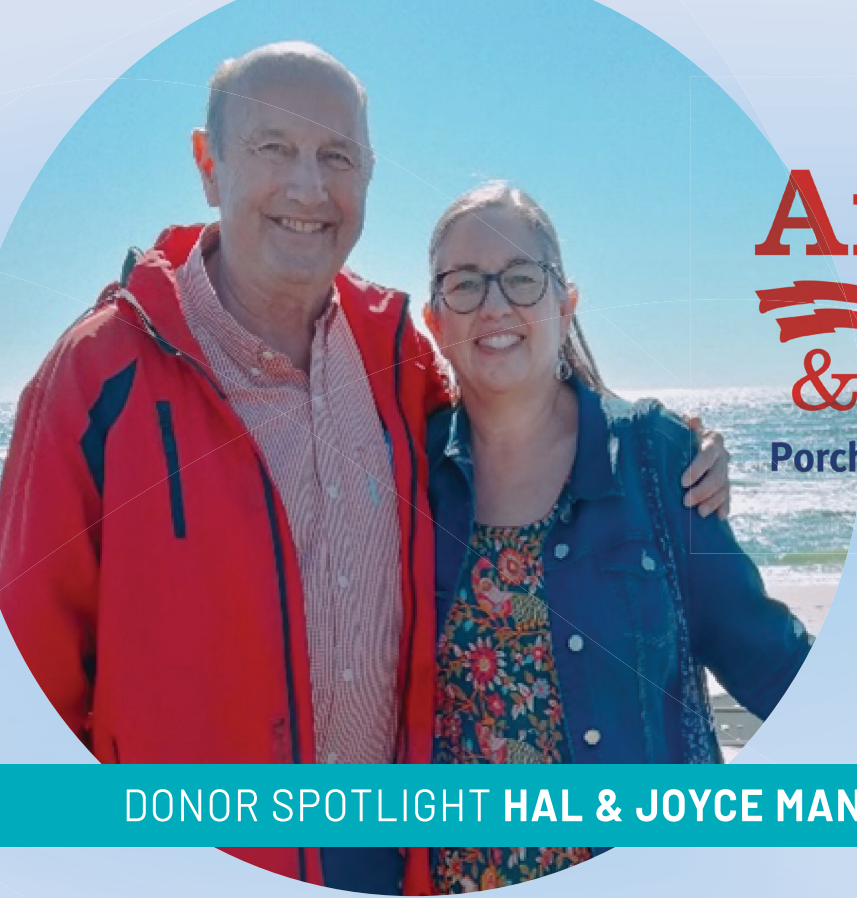
4. Reducing Caregiver Burnout

Many caregivers are at risk of burnout due to the high demands of their role. Support

groups encourage self-care, helping members recognize the importance of maintaining their own health and well-being. Hearing others’ experiences and strategies for managing burnout can inspire caregivers to take necessary steps to prevent exhaustion.

By joining a caregiver support group, participants not only benefit personally, but often become a source of strength and inspiration for others, creating a mutually supportive and uplifting environment.

Please consider joining us. For more information, contact Vanessa Miller at vmiller@FellowshipCommunity.com or (610) 769-8120.



★ Since 1983
American Fence & Flag
Porch, Deck, and Stair Railings

DONOR SPOTLIGHT HAL & JOYCE MANTE

When driving down Eberhart Road in Whitehall, you can't miss the gigantic U.S. flag that adorns the side of the American Fence & Flag building. This enormous 30-foot-by-50-foot flag, which is the largest hanging flag in the Lehigh Valley, stretches almost as tall and as long as the office building.

In 2012, Harold Mante, the company's president and founder, had the idea to purchase a very large U.S. flag to fly from Sept. 11 (Patriot Day) to Nov. 11 (Veterans Day).

He said, "It turned out to be a HUGE hit and people were so excited (and continue to be) that we made the decision to have it be a permanent part of our company. The flag was made in the U.S. with U.S.-manufactured materials. We are looking forward to celebrating the USA's 250th birthday in 2026."

Hal's experience working for a national fence company led him to eventually start his own business, and American Fence was incorporated in 1983. It subsequently evolved into American Fence & Flag, and has been at its present location in Whitehall since 1987. The company supplies and installs fence, railings, flags and flagpoles and offers a large inventory of materials and parts for do-it-yourselfers and contractors.

The business truly is a family operation, with wife Joyce handling administrative duties, while daughter Jenne and son-in-law Tyler work in sales. Sadly, they lost a son, James, at the age of 14.

The enormity of that flag hanging on the building mirrors the philanthropic and community-minded spirit of the couple.

As owners of a locally owned and operated

company, they are proud to support the Lehigh Valley community. They stand by the business' stated purpose – to glorify and trust in God by being faithful stewards of all that has been entrusted to this company – and since 2001, have given 1% of gross sales and 10% of net profit to a variety of nonprofits.

"We focus on organizations with Christian values and/or those which directly help people who are challenged in some way," Joyce stated. "That's why we support Fellowship. As a faith-based senior living community, their values align with ours."

American Fence & Flag and the Mante family have been giving to Fellowship for well over a decade.

"We appreciate their Christ-like compassion and caring and the fact that the Spirit Fund (charitable care) ensures that residents are not forced to leave Fellowship if they run out of resources," Joyce continued. "We aim to positively affect people we encounter every day. It is our goal to share God's love and the resources with which He has entrusted us to make our corner of the world better."

For more information on how your business can make an impact at Fellowship, please contact Tracy Bozik at (610)769-9198 or tbozik@FellowshipCommunity.com.

HOLIDAY BAZAAR

Friday, November 22 • 9 am-4 pm



Saturday, November 23 • 9 am-3 pm

Enjoy a shopping extravaganza with a wide variety of unique items, many of them handcrafted.

Food Trucks • Buns On The Go (Friday & Saturday) • JRads Wood Fired Pizza (Friday Only)

Zentz Community Center | 3020 Fellowship Drive, Whitehall, PA | FellowshipCommunity.com

"Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

Matthew 5:16



Join us this holiday season in paying tribute to your loved ones while illuminating the Fellowship campus. Last year, the campus was adorned with 325 luminarias, and the campaign raised donations exceeding \$8,600.

With a \$25 contribution, you can sponsor a luminaria in honor or in memory of someone special, to mark a special occasion or even for a unique holiday gift! Weather-resistant electric luminarias will be placed around the campus and will be lit beginning Dec. 5.

Proceeds from this project will benefit charitable care for our skilled nursing and personal care residents who have outlived their funds.

To reserve one or more tribute luminarias, make your gift online at FellowshipCommunity.com by Nov. 15. Or, if you prefer, send your donation to:



Scan

Tribute Luminaria
c/o Tracy Bozik
3020 Fellowship Drive
Whitehall, PA 18052

Questions? Contact Tracy Bozik at (610)769-9198 or tbozik@FellowshipCommunity.com.

Recipes from the Mediterranean

Sous Chef Said Arachi, a native of Morocco, has agreed to share his secret recipes for simply delicious Mediterranean food. An amazing chef, Said believes that "you eat with your eyes first" and always plates his creations with care, making them look just as good as they taste.

We're fortunate to have Said as part of our dietary staff and are grateful that he has shared his recipes with us!

Falafel

1 15-oz. can chick peas
2 oz. chopped scallions
1 tsp. garlic
1 tsp. cumin
½ cup olive oil
1 cup flour
Salt and pepper to taste

Mix in food processor until smooth.

Form into 2 oz. balls.

Fry in oil.

Hummus

1 15-oz. can chick peas
2 oz. chopped scallions
1 tsp. garlic
1 tsp. cumin
½ cup olive oil
¼ cup lemon juice
Salt and pepper to taste

Mix in food processor until smooth.

Garnish with olive oil and parsley.

Tabouli

½ lb. bulgar
Dried Za'atar
1 red onion, diced
2 cucumbers, seeded and diced
½ cup olive oil
Salt and pepper to taste
Lemon juice to taste

Combine ingredients.

Quinoa Salad

½ lb. prepared quinoa
5 oz. toasted almonds
5 oz. candied walnuts
1 tsp. cinnamon
½ tsp. salt
½ tsp. pepper
½ tsp. ginger
½ tsp. allspice
½ cup honey
½ cup dried cherries
½ cup raisins

Combine ingredients.





Fellowship Community

3000 Fellowship Drive
Whitehall, PA 18052

Christmas at Fellowship

A Christmas Carol Sing

With the Heidelberg Brass Quintet
and a 40-Voice Choir

Sunday, December 8, 2024

6:00 PM Prelude with Organ, Brass and Piano

6:30 PM A Christmas Carol Sing

Zentz Community Center • 3020 Fellowship Drive, Whitehall, PA 18052

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