



# Touching Lives

IN CENTRE COUNTY

Fall 2010

## CELEBRATE!

### September is...

Classical Music Month  
Healthy Aging Month  
National Coupon Month

### September:

6: Labor Day  
11: Patriot Day  
12: Grandparents' Day  
21: International Day of Peace  
23: First Day of Autumn  
26: National Good Neighbor Day

### October is...

Health Literacy Month  
Long-Term Care Planning Month  
National Book Month  
National Breast Cancer Awareness Month

### October:

11: Columbus Day  
16: National Boss Day  
16: Sweetest Day  
23: Make a Difference Day  
31: Halloween

### November is...

Family Stories Month  
National Alzheimer's Disease Month  
National Family Caregivers Month  
National Home Care Month

### November:

1: All Saints Day  
7: Daylight Savings Time Ends (Fall Back)  
11: Veteran's Day  
25: Thanksgiving

## Senior Daily Living Center - A Secret to Share

Did you know that ALSM has provided adult day services through the Senior Daily Living Centers for over 15 years in State College? For the many senior adults who have passed through its doors, SDLC has provided a "home away from home" and peace of mind for so many



participants, caregivers and family members. It's hard to believe that still many families do not know about adult day services or understand the concept of such care. It is one of ALSM's "Best Kept Secrets!"

It can be challenging to admit you need help, especially if you've been a highly independent person who has been used to caring for others all your life! And if you're the caregiver, it may be equally difficult to consider allowing "strangers" to care for your beloved family member. Caregivers may feel reluctant to use adult day care services because they seem unfamiliar, or because a loved one is hesitant to try something new. Participants benefit from socializing with others and receiving needed care services. Caregivers benefit by getting a break from care giving duties while knowing that a loved one is in good hands (*Careguide@Home*).

The Senior Daily Living Center can provide valuable relief for many and focuses on the physical, mental and spiritual well being of senior adults. That is why we are so excited about some new programming that has occurred over the past few months. Through a grant funded by the Centre County Community Foundation and the PA Department of Aging, the Senior Daily Living Center has added Brain Fitness units, strength and exercise equipment and some updated image enhancements. All of this in addition to nutritious meals, therapeutic activities, nursing services and a dedicated and caring group of staff team members, make the Senior Daily Living Center a valuable alternative to facility-based care.

If you or someone you know can benefit from SDLC, we would appreciate you sharing our "secret." Call Gail at 237.8101 to learn more!



## From the Administrator's Desk

Well, once again our warm weather is slowly coming to a screeching halt....with football season, that can only mean one thing...FALL!

That means beautiful weather, falling leaves and more scenic drives. Michelle is always eager to hear suggestions for new and exciting programming opportunities, ideas, etc, to do with residents. Please share your thoughts with us!



I would like to take this opportunity to introduce our newest addition to the Oaks Staff Team, and that is Melissa Hoover, LPN, who joined us in August. Melissa will be the LPN Supervisor and brings with her a wealth of knowledge and expertise in nursing and working with seniors. Please join me in welcoming her to the ALSM family and staff team.

Lastly, I want to encourage everyone to visit the new ALSM website at [www.alsm.org](http://www.alsm.org). This is a wonderful new opportunity to check-out a wealth of information on all of the programs our organization has to offer. Folks can view the ALSM photo gallery, read testimonials from residents and family members and find out ways to give to ALSM...both of your time and contributions for our charitable care. Also, be sure to let us know what you think!



God bless and warm wishes,

*Nichole*

## Getting to Know Marian Jones, Schreffler Manor Resident



**Name:** Marian Jones  
**Resident of:** Schreffler Manor  
**When moved in:** 2004  
**Hometown:** State College  
**Former occupation(s):** Secretary in the Chemistry Department at Penn State  
**Hobbies:** Used to enjoy gardening and being involved at

**Volunteer Work:** Was the Secretary and Treasurer at my Church.

**Favorite Restaurant:** Autoport

**Advice for younger generations:** Save money and stay in school.

**Would like to be known for:** My gardening and being a survivor. When I was born, the doctors thought I was still-born, but the nurse later discovered I was still breathing. A few other times in my life, doctors thought I might not make it past my teenage years, but I outlived everyone.

**Why did you choose the Oaks:** My power of attorney recommended it and I liked that it was faith-based.



## Upcoming Events

Sept. 14 • 6:30 p.m.  
Music on the Lawn with "Slide Zone"

Sept. 15 • 3:00 p.m. • Manor Lobby  
Paws Cat Visit

Sept. 17 • 8:30 a.m. • Activities Room  
Making Apple Dumplings for  
National Apple Dumpling Day  
3:00 p.m. • Community Room  
Apple Dumpling Social



You are invited  
to attend our 5<sup>th</sup> Annual  
Health &  
Wellness Fair

**Wednesday, September 29**  
**9 am - 1 pm**  
**The Oaks at Pleasant Gap**  
200 Rachel Drive, Pleasant Gap

A Snapshot of What Is in Store:

- Free giveaways and door prizes
- Healthy food, including fresh fruit, yogurt and granola
- Health screenings, such as stroke risk assessment, vision, glaucoma and A1C test for blood sugar
- Demonstrations of Nintendo Wii games and the [m]Power cognitive fitness unit

Get the Big Picture of Health & Wellness

Contact The Oaks for more information!

**814.359.2782**  
**the.oaks@alsm.org**



Another Senior Community  
Operated by Allegheny Lutheran Social Ministries





## Study Finds That More Boomers and Seniors Are Social Networking

A new study conducted by *Pew Research Center for the People & the Press* recently found that approximately 50 percent of the baby boomer generation and 25 percent of seniors in the United States have started using Facebook, LinkedIn and other social networking sites.

While millennials, age 18-29, are still the most likely demographic to log on to social networking sites, the amount of baby boomers who claim to use social media increased by 88 percent from April 2009 to May 2010.

The research concluded, however, that e-mail remains the preferred method of communication between older adults who are online, with 92 percent of boomers and 89 percent of seniors saying that they send or read e-mails, and more than half of each group doing this on a daily basis.

The news source further reports that one of the reasons that older adults are using Facebook is to reconnect with past acquaintances. More than half of those 50 and older said that they had been contacted by someone with whom they had lost touch.

Seniors who have chronic diseases which limit their mobility may have found that and social networking has provided them with the tools they need to stay in touch with distant friends and family. Health forums and groups are particularly attractive to to this segment of users.

The news provider also suggests that these sites can bridge a generational gap. Grandparents, parents and children can all connect with each other to share photographs and updates about their daily lives.

*Article taken from [www.aarpglobalnetwork.org](http://www.aarpglobalnetwork.org)*



SENIOR DAILY LIVING CENTER

## Stories from the Center

by Gail Teti, Center Manager

I would like to take this opportunity to welcome Sharon Doster to our staff team. Sharon is originally from New York, moved to South Carolina to attend college and then moved to Pennsylvania with her husband Pastor Keith Doster in 1992. Sharon is an occasional activities assistant who works at the center a couple of days per week and will be filling in if another staff team member is unable to be here. Many of you have already met Sharon. She is a devoted, caring and enthusiastic worker with a kind heart and gentle spirit. If you see Sharon, please welcome her!

We have been very busy at the SDLC over the last several months. Along with our normal activities, such as our table games, fitness program, trivia, current events and weekly sing-a-long, the participants have enjoyed a few new things. In June we had a visit by two of the most adorable kittens. Peg Rossman, our LPN, was blessed with kittens, and she brought them in for the participants to see and hold. Everyone took turns holding and petting them, and Rose Marie Burkey said, "Oh, what a nice surprise, they make me think back to when my cat was little." She was especially fond of the gray and white one, although many chose the black one with a white nose as their favorite.

A couple of days before the 4th of July, the group played the SDLC's version of "Wheel of Fortune." One activities assistant drew blank lines on our dry ease board of the predetermined words. Everyone was told that each

word or set of words had something to do with Independence Day. The second assistant showed each participant a letter from a deck of alphabet cards, and they repeated it to the person at the board. If the letter was in one or more of the words, it was filled into the proper space and they were to try to guess the words. Some of the phrases included "Stars and Stripes," "Betsy Ross," "picnics and fireworks" and "The Constitution." Harold Reese guessed the correct answer once with only one letter in place, while John Knisely said, "This really makes you think hard!" Everybody truly enjoyed it and we hope to play it again some time. Our next subject will be "things you see at the fair."



*Participant Rose Marie Burkey enjoys a visit from a kitten in June. The kittens were brought in by LPN, Peg Rossman.*



## Celebrate National Book Month

October is National Book Month. Embark on the journey of a lifetime, travel to exotic places, mythical lands and experience adventure beyond imagination. Or escape to another era altogether. All without luggage, tickets, a passport or leaving home. All you need is an open mind. And an open book. Curl up with your family and a good book, and commemorate America's annual celebration of writers and readers. Here are a few ideas:



- Introduce literature into game night. "Charades" with book titles, "Name That Book" or "Win, Lose, or Draw." It's a little variation on some old favorites.
- Make trips to the local library (see list on pg. 1).
- Set aside one night a week to read and discuss a book.
- Read to children and senior citizens.

<http://www.nationalbook.org/nbmcelebrate.html>

### **Dates to Remember**

*(Please clip and save)*

Thursday, November 11 - (Veteran's Day)

The SDLC is OPEN.

Centre Ride is operating.

There is NO county transportation. Caregivers will need to find alternative transportation. Please call our staff team to notify them of schedule changes for this day.

Tuesday, November 16 - 3-7 p.m.

National Memory Screening Day

-Please call Gail at 237.8101 to register for your time to come for a memory screening.

Tuesday, November 23 - 3-6 p.m.

North Central Sight Screenings

## 10 Tips for Fall Fitness

1. **Take advantage of the weather.** Fall can be a treat for the senses: the crisp air, apple picking, pumpkin carving, a gorgeous canopy of fall foliage, and the crunch of leaves underfoot.
2. **Think outside the box.** Always wanted to learn to tap dance? Attempt to box? Master the jump rope? Many classes at gyms and elsewhere get started in the fall, so look around and see if something intrigues you.
3. **Be an active TV watcher.** While you watch TV, you can walk or run in place, do standing lunges, do tricep dips off the couch, or lift weights. During commercials, do push-ups or sit-ups.
4. **Integrate exercise into your life.** Park farther away from your destination; take stairs instead of elevators; take a walk during your lunch break.
5. **Rejuvenate yourself.** Fall is the time to rejuvenate body, mind and spirit. Learn to meditate. Take an art class. Treat yourself not just with exercise but other activities that promote wellness, so you can feel good physically, mentally, emotionally, and spiritually.
6. **Remember the 30-day rule.** It takes about four weeks for the body to adapt to lifestyle changes.
7. **Strive for the 3 C's.** Commitment, convenience, and consistency. First, exercise takes commitment. Convenience means choosing a gym that's close by, or an activity you can do at home, or a time when you're not likely to be interrupted. Finally, there's consistency. Make an exercise schedule and stick to it.
8. **Deal with darkness.** The best way to enjoy fall is to exercise outdoors. But it is getting darker earlier, and staying dark later in the morning, so be smart and safe. If possible, use trails or a local school track to avoid vehicle traffic.
9. **Dress in layers.** When exercising outside, layer your clothing. Before your body warms up, you may feel chilled, but once the blood gets pumping, you'll feel overdressed.
10. **Find your motivation.** It's important to first discover what your individual goals are, whether it's losing weight, strengthening and toning, or preparing for a race or event. But goals aren't enough to get you there; you have to be motivated by the day-to-day workouts. So choose something you'll enjoy doing that you will likely keep doing.

Article taken from [www.webmd.com/fitness-exercise/features/10-tips-fall-fitness](http://www.webmd.com/fitness-exercise/features/10-tips-fall-fitness)



Do you have any ideas or suggestions for The Oaks at Pleasant Gap or Senior Daily Living Center? We are constantly striving to meet the needs of residents, participants and families. Please fill out the form below, mail it to us, or drop it off. You can also email us at info@alsm.org. Thanks!

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## Contact Us

### The Oaks At Pleasant Gap

200 Rachel Drive  
Pleasant Gap, PA 16823  
814.359.2782  
the.oaks@alsm.org  
- Personal care at Schreffler Manor  
- Independent living in The Village Cottages & The Court Apartments

### Senior Daily Living Center

2364-2368 Commercial Boulevard  
State College, PA 16801  
814.237.8101  
alsm\_adap\_sc@netzero.com  
- Daily care of aging adults  
- Structured activities and exercises  
- Social interactions

**www.alsm.org • 800.400.2285**

Operated by:



### OUR MISSION

*To serve people through a ministry of love, compassion, and mercy in the name of our Lord, Jesus Christ.*



CENTRE COUNTY SERVICES  
200 Rachel Drive  
Pleasant Gap, PA 16823