

# *in touch*

FALL 2019

News & Information From Allegheny Lutheran Social Ministries

A photograph of an elderly man with glasses, wearing a light pink t-shirt and dark pants, sitting in a blue armchair and reading a book. He is facing a group of five young children who are sitting on the floor, looking at him. The room has a blue wall, a framed picture, and a television in the background. A large red arrow graphic points from the text 'TOUCHING LIVES THROUGH THE GENERATIONS' towards the man.

**TOUCHING LIVES  
THROUGH THE  
GENERATIONS**

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Patrica W. Savage,  
President/CEO

*“I hope the summertime weather has allowed you to enjoy time in the outdoors with family and friends. Now, as we move into the autumn of the year, we may begin to reflect on how quickly time goes by. We may also ponder aging.”*

## Greetings!

We are aging! Well, of course, but not just as individuals. Our entire society is growing older, and I think it’s time to view our aging population as an asset. We need to value aging and take full advantage of the unique qualities of older persons.

In particular, older persons interact exceptionally well with young children. The benefits are mutual. Researchers at Stanford University have shown that older people are extraordinarily skilled in creating close relationships with children. An article in the *American Journal of Orthopsychiatry* argues convincingly that children with an older adult in their lives are less likely to have behavioral or psychiatric problems. And, as many of us recognize from experience as grandparents, children bring joy and a satisfying sense of purpose—along with an inevitable bit of fatigue.

So, what can an organization like ours do to provide these mutual benefits? The answer is intergenerational programs. According to Nancy Henkin, a Senior Fellow at Generations United, true intergenerational programs are “not [just] nice, but necessary. When properly initiated, intergenerational programs can provide a dual effect in which both children, especially those from low-income families and communities, and older adults benefit, and transformative measurable results can be created for society as a whole.”

At ALSM’s Growing Years Early Learning Center on the campus of The Lutheran Home at Johnstown, children and seniors interact frequently so that children experience the wisdom and kindness of seniors. Both groups begin to recognize the value the generations are to each other, and there is joy in recognition. Moreover, those of us who witness the interaction gain a deep appreciation of the unique value of the older persons.

We approach autumn, a fine time of the year with colorful leaves, crisp air, and brilliant sunshine from clear blue skies. The autumn of our lives is also a fine time, so let us take full advantage of it as we celebrate the value of older persons—especially for children.

In service,

Patricia W. Savage  
President/CEO



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You're Invited!  
UPCOMING EVENTS

**Saturday, October 12 –**  
Autumn Boutique at The Lutheran Home  
at Johnstown 9:30AM – 2:00PM

**Thursday, October 31 –**  
Safe Trick-or-Treat at The Lutheran Home  
at Hollidaysburg at 5:00PM – 7:00PM and The  
Oaks at Pleasant Gap at 6:00PM – 8:00PM

**Tuesday, December 2 –** Cyber Monday  
**Tuesday, December 3 –** Giving Tuesday  
Shop both days on AmazonSmile.com and type  
in Allegheny Lutheran Social Ministries as your  
charitable organization. Amazon donates 0.5%  
of the price of your purchases to ALSM.

**Sunday, December 8 –**  
Gingerbread Village at The Lutheran Home  
at Hollidaysburg

THE CAMBRIA COUNTY AUXILIARY  
**AUTUMN BOUTIQUE**  
**SATURDAY, OCTOBER 12 | 9:30 AM TO 2:00 PM**  
**The Lutheran Home At Johnstown**  
**807 Goucher Street**

Attic Treasures | Baked Goods | Candy  
Crafts | Full Lunch Menu  
Gift Shop Sale | Soup Sale  
*Everyone Is Welcome!*

Ask The CEO

- Q: How did Allegheny Lutheran Social Ministries (ALSM) begin?**

**A:** As many of you know, ALSM celebrated its 70th anniversary last year. Our organization began with The Rev. Dr. Luke Rhoads, the pastor of First Lutheran Church in Altoona. He and his congregation recognized that if Lutherans wanted or needed to be in a “home,” they would need to move to the National Lutheran Home in the Washington, DC area. As a result, Dr. Rhoads and his congregation and other Lutherans in the Allegheny Synod raised \$333,000 to enable the construction of The Allegheny Lutheran Home in Hollidaysburg. That sum would be about ten times higher in today’s money—over \$3.5 million!
- Q: How does ALSM afford to provide a minimum of \$2M in benevolent care each year?**

**A:** ALSM is able to provide this level of benevolent care because of the generosity of individuals and businesses that support us through memorial and honorarium contributions. In addition, there are several direct mail appeals each year. Also, many persons have remembered (and continue to remember) ALSM in their estate planning. Through the years, ALSM has invested the funds received from bequests. Investments and donations make possible the level of care provided to those with limited funds. For more information on benevolent care or to make a donation, please contact Andrea Schurr, the Director for Mission Advancement at 814.696.4516.
- Q: What services does ALSM provide? Does ALSM only serve Lutherans?**

**A:** ALSM services range from child care to senior care, and we do not restrict our service to Lutherans. The programs and campuses serve the generations, both in the community and in residence. For a complete listing of services, please review the list of programs and contact information on the back of this publication.



## GIVING MATTERS

Happy fall! We are quickly entering a beautiful time of year where the air is crisp and the leaves begin to change into a palette of color. It will not be long before we begin to think about holiday shopping and “to do” lists. Maybe some of you are already thinking of those things! I wanted to share with you an opportunity to change the way you give and perhaps, cross one item off your list.

### Recurring Gifts Are An Easy Way To Make An Impact

Every contribution matters, regardless of the amount. One way to simplify giving to Allegheny Lutheran Social Ministries (ALSM) is to set up a recurring gift through our Electronic Fund Transfer (EFT) program. EFT gifts are convenient, customizable and environmentally friendly.

How do I set up a recurring gift?

- With an EFT, you identify the account or credit card that you want the gift to be made from with setting the gift amount and date. Gifts may be weekly, monthly, quarterly or annually.
- ALSM will provide you with an annual gift summary for your tax purposes.
- You can designate your gift to the area of greatest need or to a specific community or program.

**Please contact me in the Advancement office at 814.696.4516. I will happily assist you with setting up your recurring gift.**

What are the benefits to setting up a recurring gift?

- You are consistently supporting ALSM and those we serve in a way that saves you time, postage and paper.
- You can make changes to your gift amount or end your gift simply by contacting the Advancement department.

Thank you for your ongoing support of ALSM. I hope you enjoy the beauty of the season. I also wish you a wonderful Thanksgiving and Christmastide.

In service,

Andrea Schurr  
Director of Mission Advancement



## Gray IS HERE TO STAY!

Ladies, no more hiding your gray hair. It's time to ditch the hair dye and say hello to a brand new you! Did you know that instead of dyeing their hair to cover their grays, younger generations are letting their grays come out naturally, and actually dyeing their hair gray? In fact, gray hair is trending on social media and websites for women's fashion.

Times have changed and these lovely ladies from Allegheny Lutheran Social Ministries communities are loving the freedom of their natural, gray hair. Gray is fabulous.

*Top to bottom: Jane Bodle, The Oaks at Pleasant Gap, Eileen LeCompte, The Lutheran Home at Johnstown and Jane Shultz, The Lutheran Home at Hollidaysburg*

## CONSTRUCTION CONTINUES ON NEW COTTAGES AT THE OAKS AT PLEASANT GAP



The expansion of The Oaks at Pleasant Gap campus is well under way. There are only one single and four duplex cottages remaining. Two are ready for occupancy and the others will be ready in 2020. The duplexes now under construction are at the point where prospective residents can choose their paint colors and make adjustments to their living space. Call Nichole at 814.359.2782 to secure your cottage and customize your home today.



Cottages are surrounded by 35 picturesque countryside acres with scenic places to walk. Lawn care, snow removal, and routine interior and exterior maintenance help you live a hassle free life. There are plenty of activities on campus, including exercise classes, card clubs and church services. Cottage living is living on your terms.

*Neil and Nancy Smith enjoy their cottage at The Oaks at Pleasant Gap.*



## THE BENEFITS OF PET THERAPY: *More Than Just A Smile*

There is nothing like holding a purring cat or getting kisses from a dog. Pet therapy can benefit both the physical and emotional well-being of an individual. A recent study conducted at UCLA Medical Center demonstrated that even a short-term exposure to animals has beneficial physiological and psychosocial effects on patients who want it. Their research found that animals are a great comfort. They make people happier, calmer and feel more loved. That is huge when you are scared and not feeling well.

ALSM's senior living communities take pride in offering the comforts of home on our campuses including the comfort of pets. Visits with therapy dogs and robotic pets improve mood, decrease loneliness, and can also affect resident's physical health.

The Lutheran Home at Johnstown regularly enjoys visits from Debra Nobel and Ginger, the yellow Labrador Retriever therapy dog. Candi Cotton is a frequent visitor to The Lutheran Home at Hollidaysburg with her owner, Teresa Burkhard. Residents at both communities love the visits and have even made dog biscuits as an enrichment program prior to the visits. The Life Enrichment Coordinator at The Lutheran Home at Johnstown, Suzy Albaugh shared, "It's not just a physical comfort to residents. It's also an emotional experience because it reminds them of their childhood and family life."

The communities are also fortunate to have *Perfect Petzzz* and *Joy For All Companion Pets*, which are robotic cats and dogs that react to the users voice and touch. These pets are a wonderful option for individuals who may have allergies or other health conditions. Bernice Felters, a personal care resident at The Oaks at Pleasant Gap, enjoys spending time with the *Joy For All Companion Pets* Golden Retriever named Sammie. With limited eyesight, Bernice enjoyed his barks in response to her talking to him and his movement in response to her petting him. These animals not only bring smiles, they also provide a health benefit to the residents. We are grateful to have them.

<https://www.uclahealth.org/pac/animal-assisted-therapy>

*Opposite, top left: Debra Nobel and her rescue therapy dog, Ginger. Top right: Selma Massabini cuddling Candi Cotton, the therapy dog. Middle: Residents at The Oaks at Pleasant Gap enjoying a visit from festively dressed dogs from Centre County PAWS volunteer, Pat Ellenberger. Bottom left: Rose Caeti enjoying a visit from Ginger at The Lutheran Home at Johnstown. Bottom right: Bernice Peters enjoying a visit with Sammie, the Joy For All Companion Dog at The Oaks at Pleasant Gap.*





## THE RESIDENTS AT THE LUTHERAN HOME AT JOHNSTOWN GIVE BACK

Supporting others and giving back is something we can all strive to do. Residents and team members at The Lutheran Home at Johnstown are doing just that! In May, which is also Older Americans Month, (a month in which older adults are recognized for ways that they connect and contribute to their communities), residents expressed an interest to support children in need. They decided to participate in National Red Nose Day on May 23. Red Nose Day is a campaign with the mission to end child poverty by funding programs that keep children safe, healthy, and educated. The Lutheran Home at Johnstown went red while having some fun along the way! Through the power of entertainment, Red Nose Day brings people together to laugh and have fun, all while raising life-changing funds for children. Staff team members and residents had fun wearing red noses and collected \$148 for rednoseday.com

The following month, on the Summer Solstice or June 21, which is known as The Longest Day, residents and team members again raised funds to recognize those who struggle with dementia and Alzheimer's disease. They raised \$198 by selling purple pinwheels that were displayed in the garden at The Lutheran Home. The funds were donated to the Alzheimer's Association which raises funds and awareness for care, support and research.



## "BEST OF THE BEST" TWO YEARS AND COUNTING!

Did you hear? Thanks to the readers of The Bedford Gazette, ALSM's Children's Services was awarded Best of The Best two years in a row! We are proud to provide in Bedford County: Growing Years Early Learning Center, Head Start, Early Head Start, Pre-K Counts, Kids Stop, and our Family Center. For more information on these programs, call 624.3200.

Tonya Carson (left), Head Start, Early Head Start, and Pre-K Counts Director and Laurie Hollis (right), Family Center, Early Learning, and Kid Stop Program Director accepting "Best Of The Best" awards in 2018 and 2019.





*George, 95, holding a picture of himself in the service at age 21*



*Leroy, 92, with a picture of one of the ships he worked on*

## HONOR AND SACRIFICE: VETERANS OF ALLEGHENY LUTHERAN SOCIAL MINISTRIES

Allegheny Lutheran Social Ministries is proud to provide care for veterans. Honoring veterans is more than holiday celebrations. It is recognizing the devotion of service and respecting the sacrifices made to make our country the way it is today. With service being a huge part of ALSM's mission, vision, and core values, we honor veterans who served who are in our care.

Meet George Basalla, 95-year-old resident at The Oaks at Pleasant Gap. George was drafted for the war at the age of 19 along with two of his eleven siblings. The World War II Army veteran was part of the 559th Anti Aircraft Artillery Battalion, Company A. Company A was responsible for supplying the soldiers with ammunition, medical supplies, food, water and any other need that arose. The company was comprised of eight different positions. George held several of these positions during his nineteen month stay in Europe. George was also called on to act as a Slovak translator. "I understood it as my duty. I regret none of it," George stated. After returning home, he met his wife through dancing. "It was nice because our relationship grew from dance into love," After his three years of military service, George held eleven different jobs over his career. George is very proud of his family. He has two daughters, three grandchildren, and four great grandchildren. "I had a great life. I regret not one part of my life."

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***"I understood it as my duty... I had a great life. I regret not a part of my life."***  
***- George Basalla***

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Meet Francis "Leroy" Malzi, 92-year-old resident at The Lutheran Home at Johnstown. When Leroy was 17, he enlisted on July 14, 1944 to fight in World War II. He served as part of the USS Midway, air division and worked in air craft maintenance. "I loved every minute of it. I got to meet people from all over. The pilots and officers all called each other by first names," Leroy stated. During his two years of service, Leroy sailed on three oceans and was never issued a fire arm. "I'm at sea, who is there to shoot? Are they going to walk across water?," Leroy questioned playfully. His army friends used to tease him that he should have stayed home, but Leroy had an important job ensuring all of the planes used in the war were up to inspection and were safe for pilots. "I liked what I did. I was proud to do what I did for my country," Leroy shared. Leroy met the love of his life when they were 14 at her birthday party and from that moment on, they spent the next 73 years together. Leroy worked as a crane operator at Bethlehem Steele for 38 years. Leroy and his wife were blessed with 3 children, 2 grandchildren, and 3 great grandchildren. Leroy has been awarded several times for his service, most recently at the awards ceremony this past D-Day with Vice President Pence present. "I'm no hero; I just did what I was told to do. I'm proud of what I've done," Leroy stated.

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***"I loved every minute of it. I got to meet people from all over. The pilots and officers all called each other by first names."***  
***- Francis "Leroy" Malzi***

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**If you are a veteran or a spouse of a veteran, you may qualify for the VA Aid and Attendance program. Contact our Social Service staff team members at The Lutheran Home at Hollidaysburg, The Lutheran Home at Johnstown, or the administrator at The Oaks at Pleasant Gap to learn how you may qualify.**





*"Right now, there are a lot of things I cannot do the way I used to...The therapy I receive at The Oaks is vital. All I can do is the best work that I can do."*



Ed Voigt, resident at The Oaks at Pleasant Gap since 2012, has been doing wood working and clock repair most of his life. Ed was a mechanical engineer for RCA in New Jersey for twenty years and then after working clock repair on the side for years, he took it up full-time for another twenty-five years. With his tool desk and the handmade clocks he's made over the years taking up most of the space in his room at The Oaks, it is clear where his heart is.

Ed had a stroke in June 2019 which caused him to lose enough physical strength that he needed to use a wheel chair. But, Ed is very hopeful about the progress of his speech and physical therapy. "I am doing therapy to get my muscles back into shape. It will take me about ten months to see more progress. I just have to spend time with it," Ed explained. Ed hopes with more time in therapy, he will soon be back to doing more challenging work on his clocks and doll furniture. "My hand and arm muscles are weak and I do delicate work with my fingers. Right now, there are a lot of things I cannot do the way I used to," Ed said. "The therapy I receive at The Oaks is vital. All I can do is the best work that I can do."

Recently, he finished building doll house furniture for his daughter. You can see some of his work on display in the lobby at The Oaks at Pleasant Gap. Ed has made significant progress and in late August, he began walking down the hall to meals with his walker. "Lisa, a physical therapist from Benchmark Therapies, suggested the idea and I thought I would try it," said Ed. Ed had been walking that distance with Lisa over time during physical therapy sessions. Walking to his meals has proved very helpful. Ed still has a way to go in therapy, but working with Benchmark physical and speech therapies has helped him to continue to do what he loves most.







## INTERGENERATIONAL ACTIVITIES

### *Touch Lives At ALSM*

Because of the advances in science and medicine, people are living longer and have the ability to be independent. With this shift in society, how do we keep the generations connected? Intergenerational activities, or scheduled times where different ages interact, have proven helpful for both seniors and children. This connection is one of the many benefits that The Lutheran Home at Johnstown and the Growing Years Early Learning Center have from being located on the same campus.

Melony Porada, Personal Care Manager at The Lutheran Home at Johnstown, says that the personal care residents greatly benefit from the children visiting with them. "Residents look forward to the visits. They wait in the living room for the kids to come over," Melony said. The children of Growing Years typically come for story time or a fun activity at least once a

week during warm weather. "Sometimes the kids dress up depending on what the residents are reading to them or what the theme is for the get-together," she explained. Pre-schoolers walking toward the residents dressed as princesses and pirates or carrying favorite teddy bears is touching and leaves residents feeling positive. "The residents light up when they see the kids coming and they look forward to it," Melony added. For the residents, working with the children is more than just feeling a connection; it can really affect their memory and cognition. "Residents enjoy the visits because it reminds them of their childhoods and when they had kids."

Betty Worthington, an instructor at Growing Years Early Learning Center for 19 years, expressed how much joy the visits bring the preschoolers, residents (who the children lovingly call 'grandparents'), and even residents' family members. "The kids love spending time with their 'grandparents.' They love doing themed activities with them. Last week, we even dressed as mermaids!" When asked about what the children got from the activities, Betty explained, "it teaches them how to interact with people of different ages and teaches them how to get along with older people." Betty also remarked how the staff team members at The Lutheran Home at Johnstown make the children feel welcome. Drinks, snacks, and fun activities always await the kids when they go to visit their "grandparents".

The preschoolers at The Growing Years Learning Center interact with seniors in all levels of care on campus. "The children love painting rocks with their 'grandparents' in the health care center. The preschoolers helped the residents paint their rocks and the residents help the children paint their rocks. The children take their rocks home and the residents put their rocks in a garden on the health care side for them to see," Betty shared. The preschoolers continue to interact with teachers and fellow classmates about their activities with the seniors. "It's been two weeks and the children still talk about painting rocks. They know the grandparents by name and I think that is fantastic," said Betty.

These activities not only affect the preschoolers and the residents; they also affect the family members of the residents who see the benefits of their interactions. "A resident's daughter started crying because her mother learned how to sing and dance to 'Baby Shark' from the preschoolers," Betty recalled. "The daughter said that she was 'so happy that the children interact with her mother and all of the other residents,'" Betty shared.

The Lutheran Home at Johnstown's campus is a community for all ages. If you are interested in enrolling your child in the Growing Years at Johnstown, contact Alyssa Debnar, Center Supervisor at 814.248.3800, or if you would like to schedule a tour of The Lutheran Home at Johnstown's campus, call Carol Adams, Social Services Professional at 814.255.6844.



*Grandfather and veteran, Francis "Leroy" Malzi reads to Growing Years children.*



## 2019 ALSM TEAM CHOICE AWARDS

Each year, during Allegheny Lutheran Social Ministries Annual Team Member Recognition Event, "Team Choice" awards are presented to team members who have been nominated by their peers, supervisor, residents, and family members for going above and beyond by living and breathing ALSM's Values during their everyday duties. ALSM's Team Choice Awards include: Caring, Quality, Dedication, Improvement, Integrity, Christian Calling, and Leadership.



Lucy LaRue

Lucy LaRue, of ALSM at Home Cambria County, does this kind of work for all the right reasons and because of her compassion and love of others she was a perfect candidate for the **Christian Calling Award**. When asked about receiving the award, Lucy immediately thanked her nominators and clients and said "It was amazing. I was shocked! I didn't expect it all. I just do the best I can to help everybody. I think that is what we all should be doing."

ALSM's Leadership Award recognizes managers and leaders for their outstanding accomplishments. Two Leadership Awards are presented each year. We are pleased to announce that Randy Richner and Mark Adams are the two recipients of the 2019 Leadership Award.



Randy Richner

Randy Richner's role keeps him busy juggling many things at one time; however, his humor, humility and sense of calling to this type of work makes him a wonderful team member, leader, and winner of the **Leadership Award**. He is dedicated, works well with his team, residents and all who encounter him. "The work I do every day is fulfilling to me when I see how happy it makes the people we serve at The Oaks at Pleasant Gap. Winning this award was simply the icing on the cake! All the people I work with and for, are the best," Randy said.



Mark Adams

Mark Adams often filled in as the Environmental Services Manager at The Lutheran Home at Johnstown (LHJ) and never questioned it; he was always there to do what needed to be done. Mark assumed the role as the Maintenance Manager in 2018 and always gives 150%! Mark puts residents, the safety and cleanliness of LHJ first. When Mark was given the **Leadership Award**, he noted, "I am very appreciative and humbled to receive this award. I thank my team for their dedication and for helping to make LHJ looking great and keeping it safe".



Jessica Henry

Jessica Henry, winner of the **Caring Award**, has been serving the residents at The Lutheran Home at Hollidaysburg and Hillcrest Apartments for over 11 years. She charms the residents with her smile and is committed to doing her best to serve them. Our residents say how pleasant she is and a joy to have around. Jessica said that "receiving this award made me very happy and that working with the residents makes me happy"!



Pam Wirfel

Pam Wirfel works in nursing on the second shift at The Lutheran Home at Hollidaysburg. Pam jumps right in and helps all staff. She listens, advises, and keeps the staff motivated. Residents and staff appreciate her style, knowledge, and kindness. She is an excellent nurse! When asked about winning the **Caring Award**, Pam said, "It's an honor to be able to care for our residents as I do and I greatly appreciate my fellow staff members for recognizing my efforts! I am part of such a great team."



Melissa Hicks

Melissa Hicks of Head Start is extremely caring, shows exemplary service to the staff, children and families. She is an amazing role model for all who enter her classroom. Melissa is dedicated to making a difference in each child's life by giving from her heart. Melissa's reaction to receiving the **Dedication Award** was "thank you for the Dedication Award...I love working with the families and the children are amazing. It's a very rewarding job."



Rita Pompa

Rita Pompa is a licensed practical nurse who works for ALSM at Home Blair County and has been praised as a wonderful mentor to new team members, trustworthy, and reliable! She provides excellent care and has "stepped up" to provide help in multiple other programs and locations of ALSM including The Oaks at Pleasant Gap. When asked about winning the **Integrity Award**, Rita said, "I am humbled to be nominated and extremely honored to receive this award. Thank you so much to the nomination!"



Jennifer Helsley

Jennifer Helsley is a "breath of fresh air" to The Lutheran Home at Hollidaysburg and the management team. She thinks "outside of the box" with passion and empathy. She does not hesitate to help out – she is truly present each day! In Jenn's short time at ALSM, the improvements she has made continue to add value each day. In regards to winning the **Improvement Award**, Jennifer said, "Serving others is a mission that I know ALSM believes in, as do I. I appreciate being a part of the team. Thank you ALSM!"



Karen Walter

While Karen Walter's work for ALSM at Home Cambria County is very demanding, her peers regard her as a professional who remains cool under pressure and makes time to help others. She helps to mentor other staff team members, lends a listening ear for staff, clients, and client's family members. Karen is always pleasant and very helpful. "I am very grateful for winning the **Quality Award**. I appreciate that my coworkers have faith in me and took the time to recognize me for this award," Karen stated.





*Alyssa Bert, Brian Bert, Shawn Byrnes and Brad Vogel*

*The Rev. Ron Miller and The Rev. Larry Louder*

*Jason Meadows, Jeff Meadows, Tim Cherry and Frank Garritano*

## **\$42,500 RAISED FOR BENEVOLENT CARE AT THE 22<sup>ND</sup> ANNUAL ALSM GOLF OUTING**

Allegheny Lutheran Social Ministries (ALSM) held the 22<sup>nd</sup> Annual, First Commonwealth Bank James V. Meadows Memorial Golf Outing at the Scotch Valley Country Club in Hollidaysburg on Monday, July 29. Thanks to the generosity of our sponsors and golfers, \$49,600 was raised, which exceeded the total raised from last year's outing. \$42,500 will go to ALSM's benevolent care fund. First Commonwealth Bank once again served as the "Premier" Sponsor of the outing. This year's golf event was successful with 111 golfers participating.

We were fortunate to have beautiful weather for the outing this year. As golfers arrived, they were welcomed with the opportunity to warm up their game with range balls and a \$5,000 putting contest sponsored by Thompson's Pharmacy, followed by lunch donated from Sheetz. Golfers had the chance to compete on several skills holes to win prizes of golfer merchandise and \$10,000 from S&T Bank for a hole-in-one. Other skill events included longest drive, hit the green, and closest to the pin. Upon completion of the course, CURA Hospitality treated

golfers to a low country boil buffet with crab legs, shrimp, chicken, vegetables and red potatoes, topped off with ice cream sundaes for dessert. Patricia Savage, ALSM's President/CEO, concluded the event with a brief awards ceremony and by thanking all the golfers and sponsors. Dr. Savage shared, "I am grateful Allegheny Lutheran Social Ministries has the support of so many businesses and volunteers. Their contributions make this outing a success."

This year's outing was very competitive with teams finishing within several strokes of each other. The results of the outing were: First Place: The DeGol Organization team consisting of Joe Adams, Frank Frontino, Matt Neumeyer and Tony Nastasi. Second Place: WorkPartners team consisting of Terry Burd, Bill Allen, Keith Saleme, Todd Homan. Third Place: The M&T Bank team consisting of Dan Magee, Steve Genter, Rob Tyler, and Bob Bilger.

The \$42,500 proceeds from the golf outing benefit ALSM's program of benevolent care. Each year, ALSM provides more than \$2 million in benevolent care to residents who have outlived their financial resources.

Thank you to all of the golfers, sponsors and volunteers of this year's event. Because of this support, it is possible for ALSM to continue to fulfill our mission of service. The date for next year's golf outing is Monday, July 27, 2020.



*Barry Newborn, Anthony DeGol, Terry Lingenfelter, Max Benzel*



## ALSM AUXILIARIES

### *Help Support The ALSM Mission*

Have you wondered how the Centre County and Johnstown auxiliaries support Allegheny Lutheran Social Ministries or how you could become a member?

We invite you to join an auxiliary. We understand that you might be busy with a family or with a full-time job or with involvement in many other activities. And when your time is valuable, you want to make sure that whatever free time you have is used for something meaningful. You can become a member of the ALSM Auxiliary simply by making a gift (gifts of any amount are appreciated), but also we invite you to give of your time, talents, and treasure by volunteering as an auxiliary member in Cambria or Centre County.



*Left to right: Carol Massingill, Lois Gallus, Lynn McCormick, Peggy Lichtenfels, Caryl Swanson, Karen Bennett, Donna Kovalchek, Fawn Slonka, Rose Hartford*

#### **These are just a few of the many things auxiliaries do:**

- Staff the ALSM gift shops at The Lutheran Home at Johnstown and The Oaks at Pleasant Gap.
- Organize and help at fundraising events such as the annual fashion show at The Oaks at Pleasant Gap and Autumn Boutique in Johnstown.
- Enrich the lives of our residents by reading to them, assisting them with crafts, and spending time visiting with them.
- Assist with the annual membership drive.

As an ALSM auxiliary member, you can be as active as your schedule allows. You can join committees, attend meetings, participate in social activities, plan fundraising events, or just participate whenever you can. Membership is open to everyone.

The ALSM Auxiliary members help to make a difference in the lives of those we touch. They serve as a connection between our residents and our community.

One of the most important auxiliary initiatives is to raise funds to provide charitable care and purchase items that help provide some "extras" to those served by ALSM. The Centre County Auxiliary provided funds to purchase special hand bell chimes. The chimes provide a wonderful opportunity for music therapy, and a group of residents at The Oaks even formed a musical group – The Silver Belles – who practice regularly and perform concerts. Our auxiliaries have provided funds for furniture and equipment to improve daily living and enhance the comfort of residents.



*Centre County Auxiliary Members  
Marilyn Neimann & Deb Metzel*

***One of the most important auxiliary initiatives is to raise funds to provide charitable care and help provide some "extras" to those served by ALSM.***

We invite you to join the ALSM Auxiliary. You can be as active as you like. As a member, you'll be invited to attend a number of ALSM's programs and special events. You may also gain the personal fulfillment that comes from helping others, and you'll also help ALSM fulfill the mission that each of us who works here takes pride in – to serve people through a ministry of love, compassion, and mercy in the name of our Lord, Jesus Christ. Please contact the advancement office at 814.696.4516 or email [andrea.schurr@alsm.org](mailto:andrea.schurr@alsm.org)

**– Andrea Schurr, Director of Mission Advancement**



# CAREGIVER BURNOUT 101

With our country facing a shortage of outside caregivers, the changing demographics of caregivers, and the increasing cost of health care, more and more family members are assuming the care for their loved one. Caregiving for a loved one may seem like a responsibility that will naturally fit into your everyday life, but caregiving has been statistically proven to affect the caregiver’s job productivity, work-life balance, and even their marriage! Caregiver burnout can occur when a caregiver has been exposed to the long-term stress of caring for their loved one. Signs of caregiver burnout include depression, anxiety, forgetfulness, overwhelm, trouble sleeping, excessive eating or drinking, irritability, frustration or neglect toward the person you are caring for, and more. Sound familiar? Here are a few tips to help you navigate through caregiver burnout and even prevent it:

- Practice good physical and emotional well-being. When you are so busy worrying about your loved one, it can be difficult to remember to put yourself first. Regular showers, exercise, eating healthy food, and avoiding addictive behaviors, such as drinking, smoking, or binge eating, can be a great start. If you find that your depression or anxiety has not improved over time, talk to your doctor about the possibility of taking anti-depressants or schedule an appointment with a therapist. Joining a support group for caregivers can also help your emotional well-being and hold you accountable to make positive changes in your life.
- Set boundaries. In any relationship, it is important to set healthy boundaries so that you and the other party in the relationship feel that both of your needs are being met. Setting aside personal time for yourself while still maintaining the caregiving duties for your loved one can help you feel a sense of space. Allow yourself to look at your caregiving duties and prioritize what needs done first and balance those priorities with time for yourself.
- Ask for help. If you are unable to keep up with your loved one’s needs or maintain a clean, safe home for your loved one, it may be time to reach out for help. Asking friends, family members, or volunteers in your community to assist you can be a great start. As your loved one’s needs progress, it may be time to consider looking for additional help. Allegheny Lutheran Social Ministries offers the Senior Daily Living Centers in Altoona and Somerset for caregivers who need relief of their duties to take care of basic daily needs such as running errands or attending to their own appointments. ALSM at Home caregiving offers in-home care and services from basic house cleaning to personal care in Blair, Cambria, and Somerset counties.

For more information on ALSM at Home services, call 1.855.280.2576. To get in touch with the Senior Daily Living Center in Altoona call 814.946.4693 or call 814.445.8506 to reach the Senior Daily Living Center in Somerset.

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# SAFETY TIPS FOR FALL WALKING

Everyone is familiar with the risks for seniors falling, but did you know most of the studies done about senior falls are about falling indoors? With the change of seasons, it is important consider outdoor safety. Though autumn is beautiful in West Central Pennsylvania, active seniors should take precautions. Here are some measures you can take to prevent outdoor falls this autumn:

- 1 Wear proper footwear. Proper sneakers and even compression socks can help you keep your best footing. Uneven sidewalks, variable weather, and falling leaves make walking in the fall risky for even the most active people. It is important to ensure your footwear is up to the task. Your doctor, podiatrist, or physical therapist can help you determine what is best for you.
- 2 Walk in well-lit areas. In addition to the condition of the surface you are walking on, as the seasons change it gets darker earlier in the evening. Be mindful of the time you start walking to avoid walking in the dark. Choose well-lit areas to ensure you can enjoy a safe walk.

- 3 Wear updated prescription glasses. Walking while wearing bifocals or reading glasses is not recommended. With the extra risks of autumn, it is important to have your regular eye exam if you plan on staying active outdoors. Updated prescriptions can help you see better and prevent falls.
- 4 Prepare for the worst case scenario. If you are able, keep your hands free at all times. Catching your fall with your hands can prevent a more severe break in another part of your body. If you need adaptive equipment, make sure that your doctor or physical therapist fits you with a cane or walker that works best for you.

Allegheny Lutheran Social Ministries is proud to offer in-house physical therapy and outpatient therapy on all three of our campuses: The Lutheran Home at Hollidaysburg, The Lutheran Home at Johnstown, and The Oaks at Pleasant Gap. Whether you are looking for a short-term therapy stay or want to live in a beautiful community with care available to you, contact us today.

**The Lutheran Home at Hollidaysburg**  
814.696.4527  
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814.359.2800

"Help Prevent the Elderly From Falling on Outdoor Surfaces: Right at Home International Franchising: International Franchise Opportunities." Right at Home International Franchising/International Franchise Opportunities, 9 Oct. 2014, www.rahgloal.com/help-prevent-elderly-falling-outdoor-surfaces/?fbclid=IwARjovOrWC4dy3LLsBDwGFxi7a8jHJ-LPV8krjHmillyW0BPytjw9sCZqiM.  
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## MAKE SURE YOU'RE READY FOR COLD WEATHER AHEAD

Allegheny Lutheran Social Ministries Is Expanding In-Home Services To Include HVAC Maintenance And Repair. ALSM's Own HVAC Technician Is Now Scheduling Furnace Inspections In Blair County.\*

**\$100\*\***  
THROUGH  
OCT. 31

### 14 Point Furnace Service Inspection Includes:

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\* Package Price Does Not Include Filters Or Parts

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**CALL ALSM'S HVAC  
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814.569.7644**

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## SIGN UP TO RECEIVE IN TOUCH DIGITALLY

Are you frequently on the go? Trying cut down on the clutter in your home? Are you a friend to the environment? You can elect to receive *In Touch* in your inbox instead of your mailbox. Simply email [info@alsm.org](mailto:info@alsm.org) with the subject **In Touch in my inbox** and we will update your mailing preferences and no longer mail you a hard copy.



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Please let us know  
at 814.696.4516 or  
[development@alsm.org](mailto:development@alsm.org)**

## Thank You

For helping ALSM to serve people through a ministry of love, compassion, and mercy in the name of our Lord, Jesus Christ.

## Honors & Memorials

If you would like to honor or memorialize someone, call the ALSM Advancement Office at 814.696.4516



# ALLEGHENY LUTHERAN SOCIAL MINISTRIES

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## Our Mission

To Serve People Through A Ministry Of Love, Compassion,  
And Mercy In The Name Of Our Lord, Jesus Christ

## Our Service Area

We Serve Eight Pennsylvania Counties: Bedford, Blair, Cambria,  
Centre, Clearfield, Fulton, Huntingdon & Somerset

