

# *in touch*

SUMMER 2019

News & Information From Allegheny Lutheran Social Ministries



**TOUCHING LIVES  
THROUGH TECHNOLOGY**



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*Patrica W. Savage,  
President/CEO*

***“So the role of connected technology continues to increase, not only for those we serve, but also for those who serve.”***

## Greetings!

As you know, the board of Allegheny Lutheran Social Ministries (ALSM), with the help of input from many of you who are reading this message, recently approved strategic priorities for the next several years. We live in changing times in the health-care-delivery community, so organizations like ALSM are wise to be creative in developing strategies that are consistent with our mission as we continue our service into the future.

One component is that of technology. From email and video chatting that connect family and friends, to games and puzzles that stimulate thinking, to rehabilitation programs that improve hand-eye coordination, residents/clients with a vast range of physical and cognitive abilities are now enjoying technologies adapted just for them.

Through technology, ALSM’s campus residents and senior daily-living clients use “It’s Never 2 Late” (iN2L), an adaptive computer system with a picture-based, touch-screen interface that allows users to “touch” their way to find all types of engaging information for a variety of interests and uses. In addition, we also use the “Dakim M power system,” a research-based program that enables residents/clients to enhance their cognitive fitness. “Music and Memory” is a personalized software program that helps users find renewed meaning and connection with their favorite music.

In addition to this resident/ client technology, ALSM staff members also experience the advantages of technology with continuing education programs, human resource information, and electronic documentation systems.

So the role of connected technology continues to increase, not only for those we serve, but also for those who serve. ALSM places a high priority on finding the best ways to use technology to meet the needs of people.

We must also continue to focus on the importance of our mission “to serve with love, compassion, and mercy in the Name of our Lord, Jesus Christ.”

Thank you for your feedback on our priorities and for supporting our mission.

In service,

Patricia W. Savage  
President/CEO

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Social Ministries  
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Ask The CEO

**Q: How many people 65 and over end up in residential care?**

**A:** According to the United States Census bureau, slightly over 5% of persons 65 and over end up in residential care. Most seniors prefer to remain at home with services that enable them to do so. There are many options so that remaining at home is possible for example, an adult day activity program. We call this program, Senior Daily Living and we have centers in Altoona and Somerset. In addition, there are home care services to provide housekeeping, personal care, and respite care (ALSM at Home provides these services in Blair, Cambria, and Somerset counties) as well as home health care for therapy and other medical related programs (ALSM will make a referral for these programs). Some of these programs are covered by insurance or through the local Area Agencies on Aging and can also be paid for privately. Additional information on these services is available by contacting Sally Lenz at 814. 696.4506. Sally is our Senior Services Manager and has several years’ experience in the field of senior care.

**Q: Will ALSM be building additional independent living cottages for seniors?**

**A:** At this time, ALSM is building independent living cottages for seniors on the campus of The Oaks at Pleasant Gap. It is hoped that more cottages will be built in other counties in the future. For information on the cottages at The Oaks, call Nichole Walker at 814.359.1102.

NOW ACCEPTING ALSM ANNUAL  
AWARD NOMINATIONS

Allegheny Lutheran Social Ministries is privileged each year to recognize local individuals and businesses for their contributions of time, talent and treasure to their communities, congregations, Allegheny Synod and ALSM. We encourage you to submit a nomination form today!

Awards

The Rev. Dr. Luke Rhoads Lutheran of the Year Award

The Rev. Dr. Luke Rhoads Lutheran of the Year Award was established by Allegheny Lutheran Social Ministries to recognize outstanding service in daily life or community service by a person who is a member of a Lutheran congregation in the ALSM service area.

Helping Hand Award

Allegheny Lutheran Social Ministries established the Helping Hand Award to recognize outstanding volunteer service to ALSM, whether in “hands-on service”, agency leadership, or financial support.

Youth Service Award

Allegheny Lutheran Social Ministries established the ALSM Youth Service Award to recognize outstanding service in daily life or community

service by a youth. An eligible youth is a member of a Lutheran Congregation in the ALSM service area who is in one of grades 9 through 12 at the time the award is presented in the fall of each year.

Please visit the ALSM website at [www.alsm.org/about/](http://www.alsm.org/about/) to download a nomination form and for details on nomination criteria. For more information or questions, please contact Andrea Schurr, at 814.696.4516 or [andrea.schurr@alsm.org](mailto:andrea.schurr@alsm.org). Award nominations should be mailed to the advancement office at 998 Logan Blvd., Altoona, PA, 16602 or emailed to Andrea. The deadline for submission is August 19th.

You’re Invited!  
UPCOMING EVENTS





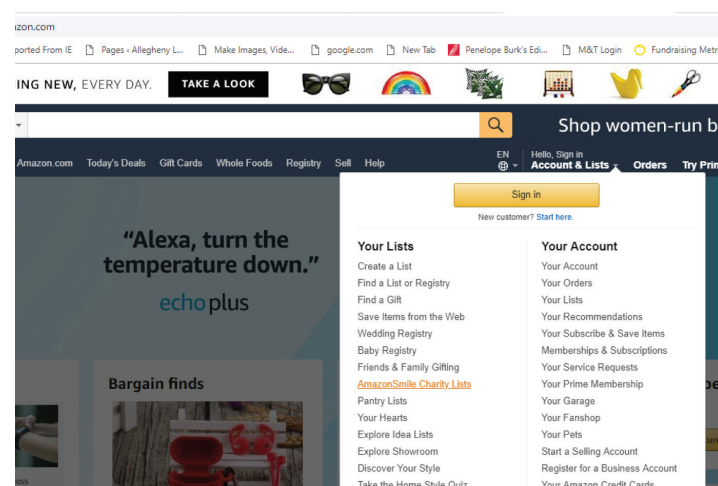


## GIVING MATTERS

### Giving. Shopping. Smiling.

Times are changing and the way we shop is also changing. Many shoppers are making their purchases online, particularly on Amazon. Everything from clothing to household items to toys and food. Did you know these everyday purchases can help support ALSM? They CAN!

You shop. Amazon gives. AmazonSmile is a way for customers to support their favorite charitable organization every time. Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service, and with the added bonus that Amazon will donate a portion of the price of eligible purchases to the charity of your choice.



Thank you for supporting Allegheny Lutheran Social Ministries through your financial gifts, prayers and shopping.

In service,

Andrea Schurr  
Director of Mission Advancement

### Signing up is easy! You can sign up by:

- Visit smile.amazon.com
- Sign in with your Amazon.com credentials
- Select Allegheny Lutheran Social Ministries
- Add a bookmark for smile.amazon.com to make it even easier to return and start your shopping at AmazonSmile

### Or

- Visit amazon.com
- Hover your mouse over, "Hello, sign in, Accounts & Lists"
- Under Your Lists, select Amazon Smile Charity Lists
- Sign in with your Amazon.com credentials
- Select Allegheny Lutheran Social Ministries
- Start shopping!!



## "Be Healthy And Enjoy Life" RESEARCH PROJECT HUGE SUCCESS AT THE OAKS AT PLEASANT GAP

As part of the Penn State College of Health and Human Development, The Oaks at Pleasant Gap participated in a social science research project called "Be Healthy and Enjoy Life" (BHEL).

The residents involved in the research project completed a journal every week of what they were doing in their free time for six weeks. During their weekly meeting sessions, each resident turned in their journal entry about their free time and discussed as a group what they could do to improve their quality of life as a group. The journaling and the weekly meeting sessions helped the residents reflect and collaborate to create and complete a mutual desired outcome.

By the end of the process, The Oaks residents designed a baseball corn hole game with first, second, third, and home base holes in each box. Similar to baseball, nine innings or rounds in are each game as well. The residents worked with staff team members, volunteers, and family members to sand, paint, and shellac their baseball boards and make bean bags so their idea that they created as a team could come together. The administrator at The Oaks at Pleasant Gap, Nichole Walker, was thrilled with the outcome of the research project and hopes to use the process as tool again in the future. "It was such a community effort and it was so awesome," Nichole exclaimed. Two other senior communities have also completed the research project and had completely different outcomes including forming a support group.

"Not only was it a successful program, but the outcomes are sustainable. Now the residents get together every Saturday and they play baseball in the community room," Nichole explained. The amazing thing is that it isn't just the residents who participated in the research project and made the board and bean bags that participate. "They invite their friends too. So now it includes cottage residents, Court residents, and Manor residents all getting together for two hours on Saturdays," Nichole shared.

In addition, the materials that guided the process and weekly meetings are one hundred percent reusable. "I think it would be interesting to try again when our population changes to see if other participants with other backgrounds would come up with another outcome," Nichole pondered. The time of year doing this project could also directly affect the outcome the residents come to. "We chose to do the research in winter because people have cabin fever, they get antsy, and want to do something. But the residents are going to continue to use their project the rest of the year," Nichole added.





## ALL COTTAGES AT THE LUTHERAN HOME AT HOLLIDAYSBURG'S BLAIRMONT COMMONS ARE OCCUPIED

### *Meet Two Enthusiastic Residents*



**Mr. Larry Bloom**

***"The fundamentals and appliances are great quality. Allegheny Lutheran Social Ministries definitely didn't cut any corners."***



**Mrs. Christa Brenner**

***"I love sitting in my sunroom. I never had a place where I could see the snow come down, watch birds, and see the woods."***

**Mr. Larry Bloom** is an Army veteran and retired Chairman of Puritan Sportswear who spent his life on the road. Larry moved into his cottage in November 2017. A New York native, he relocated to Blair County for his work and it quickly became his home. A member of the Blairmont Club since 1956, Larry loves the location of his cottage. "The layout is perfect for me," Larry shares about his cottage. Being a self-described 'loner,' his duplex allows Larry to utilize the space efficiently with a guestroom and office including a computer and small library. Larry also loves the bay window in the kitchen where his dinette set faces the scenic campus. His walls are decorated with fine art, including original works by local artist, John Servello (including his favorite painting shown here in Larry's living room.)

"The fundamentals and appliances are great quality. Allegheny Lutheran Social Ministries definitely didn't cut any corners," Larry stated. Larry enjoys spending several months each year in Florida and has been known to go on cruises several times a year. The day we spoke with him, Larry was getting ready to go to a Saint Patrick's Day Party at the Blairmont Club.

**Mrs. Christa Brenner** is a mother of five who lived her life raising a family in a beautiful historic home in Hollidaysburg. Christa enjoys exercising, classical music, opera, bridge, gardening, reading and continuously learning.

While going on one of her regular walks in 2016, Christa noticed construction was underway for the Blairmont Commons cottages. Knowing that she would have to make some life changes soon, she worked closely with her children and Allegheny Lutheran Social Ministries in selecting her cottage. "But first, I wanted to clean up my own house and not leave it for my children to do," Christa explained. Compared to her historic Hollidaysburg home, her cottage is the quaint get-away she never knew she wanted.

Her sunroom with a scenic view was a big selling point. "I love sitting in my sunroom. I never had a place where I could see the snow come down, watch birds, and see the woods," Christa marveled. Her sunroom is also the perfect place for her indoor plants to flourish. Her cottage is warmly decorated with art pieces that hold special meaning to her, and her three-legged cat, Mickie, is always ready to greet anyone who comes in the door.

Christa enjoys gardening outside with potted plants brightening her front porch. "In my old house, I didn't have air conditioning or an attached garage; I am really content and happy here," Christa said. When we spoke with Christa, she had just attended an Altoona Symphony Orchestra concert the evening before and was getting ready for her summer semester at Osher Lifelong Learning Institute (OLLI) at Penn State University Park.

The Blairmont Cottages overlooking the beautiful Blairmont Club and scenic Sylvan Hills Golf Course are a stunning addition to The Lutheran Home at Hollidaysburg campus.



ARE YOU PLANNING TO MOVE, BUT DOWNSIZING SEEMS OVERWHELMING?

HERE ARE (5) HELPFUL TIPS



Although minimalism seems to be trendy these days, downsizing and minimalism are age old practices. Here are some tips to start downsizing and tidying your home:

#### Enjoy And Respect What You Own.

According to Marie Kondō, tidying expert, most items that you own you should be able to pick up in your hands and feel joy. Of course, most people do not get joy from household tools, papers, and so forth, but keeping items that bring you joy out of their practical use is helpful. Destroy clutter by purging items that no longer bring you joy.

**A Place For Everything And Everything In Its Place.** When an item in your home has a place, your home becomes a stress-free and clutter free environment. It also ties in with having respect for each item that you own. A good example is photographs. Gather all the

photos you have in one spot, go through each one, keep only the ones that bring you joy, and then put them in a photo album that you love. Now you have a home for your photos and a great keepsake.

**Less Is More.** Walking into your home with everything a mess can truly be overwhelming. A perfect example is your closet. How many clothes and shoes do you own? How often do you do laundry? Does the burden of keeping up with your laundry feel like an impending doom? If any of these questions struck a chord, you might have too large of a wardrobe! Having fewer clothes and shoes means less laundry and less storage space for your seasonal items. Use Marie Kondō's method of gathering all of your clothing items in a pile, hold each one, and if it doesn't spark joy or serve a practical use, donate it. If you have duplicate items, keep the highest quality item only. Be sure to nicely put everything away that you decide to keep.



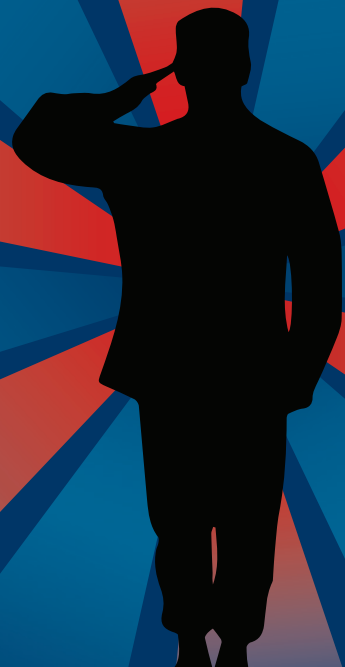
**Give Thanks.** Marie Kondō advises that when you get rid of something, thank the item for its time with you. Remembering what that item provided you, whether it be an old pair of shoes or a book that you bought last year, helps you process how long the item was in your life, where you got it, and can help you be mindful of what items you bring into your home in the future. If you find that you need to donate an old iPod or headphones, please turn to page 21 (Music & Memory at ALSM).

**Ask A Professional.** Letting go of things you've owned for years can be very difficult. Before making a move, many of our cottage residents at The Lutheran Home at Hollidaysburg and The Oaks at Pleasant Gap enlisted the services of downsizing professional Bridget Donnelly. According to Bridget, people can become "paralyzed by their possessions", and Bridget can help people make sense of the downsizing process. To connect with her, call Allegheny Lutheran Social Ministries at 814.696.4500. If you are moving to a cottage on Colby Circle at The Oaks, financial help is included with your move-in package! Call Nichole Walker at 814.359.2782.



Kondō Marie. *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*. CreateSpace Independent Publishing Platform, 2016





## STANDING FOR MORE THAN ATTENTION: A JOURNEY TOWARD RECOVERY



*Helen and Raymond Vickroy*

A soldier always stands for attention – until his body fails him. As a Vietnam War veteran, Ray Vickroy's life has never been easy. While serving onboard a ship early in his career, Ray's arm got caught in a machine. "I have nobody to blame but myself. It was an accident and I've had to live with it."

"When I went into the service, I decided that if anything happened to me, I'd live with it and I have," he recalled. The philosophy Ray developed on his way to serve in Vietnam has become a recurring theme in his life. Through all of the things that have happened to him, he has lived his life with joy and perseverance. The same can be said about his incredible journey toward recovery through Benchmark Therapies at The Lutheran Home at Johnstown.



Over an eight-month recovery process precipitated by multiple falls, Ray has been a returning short-term resident at The Lutheran Home at Johnstown. After an initial vigorous, eight-week physical therapy session, Ray was back to being able to use his legs again and able to return to his home ... or so he thought. After about six weeks at home, he began falling again. "I kept falling at the house," Ray said. Fortunately, he didn't break any bones. It took some time for his doctors to diagnose a blood pressure issue that played a role in the falls. "Next thing I know, I'm back for more therapy because I fell and hit my knee," Ray explained. But then, he fell a third time, and broke his back, a hip, pelvis, and a femur. With preexisting limited shoulder mobility, Ray was frustrated. "There was no way I could go home and walk the way I wanted to," he said.

As a returning Lutheran Home resident and Benchmark Therapies patient, Ray knows the importance of a wonderful staff and a positive attitude. "I like it here because of the people," he says, and he particularly appreciates the

way in which the staff taught him how to do his exercises. Ray's wife, Helen, couldn't agree more, adding, "I think the staff is doing a great job!" Of course, as with most any physical therapy, there are exercises that Ray does not like doing, but he forces himself to do them anyhow. "I go overboard with my training. I push myself to do more, especially with the walking. Today I even got in some action with the cane," he bragged.

The plan is for Ray to return to his home in Cambria County's Dale Borough. "I'm trying to walk with a cane. I don't want to use a walker, but that is where I'm at right now." He wants to be able to navigate the steps to get into his house and then be able to tackle even more stairs to access the shower in the second-floor bathroom. "I want to be able to do that, but I have thirteen steps to climb. I think if I get everything done the way I want to, I will be back to walking up the steps and that is the plan," Ray explains. He's proud of his progress so far, which includes being able to walk an amazing 300 feet.





*Irma Scheffer, a resident at The Lutheran Home at Hollidaysburg, using an Omnicycle. The Omnicycle is used to build endurance and strengthen arms. The goal of using Omnicycle is to increase independence with self care tasks and functional mobility.*

## ALSM OFFERS POST-SURGERY, ILLNESS AND INJURY REHAB SERVICES

Allegheny Lutheran Social Ministries (ALSM), through Benchmark Therapies, is proud to offer in-house speech therapy, occupational therapy and physical therapy at all three (Hollidaysburg, Johnstown and Pleasant Gap) of our senior living campuses. These therapies are available to our long-term residents as well as to those who need short-term rehabilitation services. Short-term rehab therapy stays can help maximize post-surgery recovery and recuperation from illness.



**SPEECH THERAPY** can help improve cognition, memory, safety awareness, and dysphasia, the swallowing disorder. Our speech therapists watch for signs of difficulty our residents might have in chewing or swallowing and if needed, recommend that dietary accommodations be made. It is helpful to know that watching tv while eating can lead some older adults to become distracted and not eat what they need to get the nutrition they should.

**OCCUPATIONAL THERAPY** helps people recover from illness or injury by working with them to handle everyday activities, such as bathing and dressing and homemaking tasks, that include meal preparation, dish washing and folding laundry. To help regain strength, the occupational therapist provides adaptive technology (sock aids, dressing sticks, reachers, etc.) tools to help those residents with limited mobility.

**PHYSICAL THERAPY** helps improve balance, strength, mobility, and pain management. Newer technology has brought about ways to treat pain and help in the healing process with such advancements as therapeutic ultrasound and electric stimulation equipment valuable methods. Therapeutic ultrasound works far better than a heat pack, and goes deeper to help alleviate pain in soft tissue. The electric stimulation machine sends pulses to help stimulate activity in weaker muscles.

If you have a surgery coming up, plan ahead! Reach your highest potential and call to schedule your rehab at:

**The Lutheran Home at Hollidaysburg**  
814.696.4527

**The Lutheran Home at Johnstown**  
814.255.6844

**The Oaks at Pleasant Gap**  
814.359.2782







## COGNITIVE EXERCISE COMPUTERS HELP RESIDENTS AND PARTICIPANTS GET THE MOST OUT OF LIFE

Imagine an activity that is fun and challenging and dramatically improves the cognitive functioning of your memory and language ability. Got it? It might not be what you pictured in your mind, but Dakim BrainFitness program is the brain training technology that does just that! The Dakim BrainFitness program is definitely not something Jackie Beltz, a resident at The Lutheran Home at Johnstown, imagined saving her from a misdiagnosis.

Hope seemed lost for Jackie until she started using the Dakim BrainFitness computerized program. "I had to learn to write again and how to do multiplication," Jackie explained. Her doctors thought she had Alzheimer's, but using her mind helped her gain back her memory. Over time, her Dakim scores kept going up and her memory continuously improved. "Sometimes you get a high score and sometimes you get a low one, but you can't get depressed or disgusted. You just can never ever quit," Jackie stated.



*Jackie Beltz*



*Mary Hardy*

The reason Jackie saw such amazing results was because many of the games and activities in the Dakim BrainFitness program are built from standardized neurological tests and exercises developed by psychologists, neurologists, and brain health researchers. Dakim's unique and effective brain training program takes basic cognitive tasks and creates imaginative, fun, and stimulating games for users to practice and improve their cognitive functioning. Jackie enjoys and appreciates having access to the Dakim Unit at The Lutheran Home at Johnstown.

The Dakim units at The Lutheran Home at Johnstown, The Lutheran Home at Hollidaysburg, The Oaks at Pleasant Gap, and the Senior Daily Living Center in Altoona and Somerset get a lot of use and provide enjoyment to those who use them. The Oaks at Pleasant Gap has a library where residents can use the Dakim BrainFitness program. At The Lutheran Home at Johnstown, the Dakim Unit is in a separate room. "I like that the Dakim Unit is in a private room. I wish I could take it in my bedroom though," Jackie said. And Jackie's wish might be coming true in the near future!

Dakim is designing an app that can be downloaded to smart devices. Although residents and staff team members are very excited about the prospect of the app, release dates have not been scheduled. The Dakim BrainFitness program would be dramatically more accessible with the app's availability. ALSM looks forward to advancing technology that will greatly improve the lives of our residents and participants.



## GETTING THE MOST FROM SENIOR-FRIENDLY APPS

When your free tech support (your grandkids) is not available, check out these easy-to-use apps!

### Uber Or Lyft

- Free to download (pay as you use)
- Available on iPhone and Android

You have probably heard about Uber or Lyft on the news, but did not think it was for you. Do not hassle with calling a taxi or relying on someone else to take you where you want to go. All you do is open the app, make an account with your credit or debit card information, type in where you want to go, and presto! A car will drive to your location to pick you up. The app will calculate how much your ride costs for you and charge your account. Make sure that you check the license plate, car make and model, and the name of your driver matches the information on your app before getting into the car.

### Overdrive

- Free to download
- Available on iPhone, iPad, Kindle, and Android

Overdrive is an app that works with public libraries and schools to make digital content like e-books and audiobooks available for you to rent from your device. Simply download the Overdrive app and sign in using your library card, Facebook, or make a free OverDrive account. You can search for a specific title you would like to rent or a library you would like to browse.

"18 Unexpectedly Innovative Apps for Seniors in 2019." Fox Hill, 21 Dec. 2018, foxhillresidences.com/18-unexpectedly-innovative-apps-seniors/.

### Apple Books

- Comes pre-installed on iPhone and iPad (books purchased separately)
- Available on iPhone and iPad

### Amazon Kindle

- Free to download (books purchased separately)
- Available on iPhone, iPad, Amazon and Android devices



You do not need to carry around books or a separate device to read what you want when you want. You can just download Apple Books or Amazon Kindle on your phone and all of your digital book purchases will sync on to your

phone. Of course, you have to make an Apple Books or Amazon Kindle account where you can buy these books online.

### Audible

- Free to download; books purchased separately
- Available on iPhone, Windows Phone, and Android

If you prefer audiobooks, not to worry! There is an app for that. Audible is very similar to Apple Books or Amazon Kindle, but it sells audiobooks. Just set up an audible account after you download the app and start buying whatever audiobooks your heart desires.



### Google Find My Device

- Free to download
- Available on smart watches and Android

### Find My iPhone

- Free to download
- Available on iPhone and iPad

Available on iPhone, iPad, and smart watches. Have you ever lost one of your devices and have no idea where it was? This app lets you see your phone, tablet, or watch on Google Maps. If your current location isn't available on your device, you will see the last known location of your lost device. That means you can find your device in large buildings like airports and malls with or without your current location available on your lost device. If the device you lost is on silent, this app will also allow you to play sound on that device full volume so you can find it. This is a handy app for people with multiple devices!

### Magnifying Glass With Light

- Free to download; in app purchases
- Only available on iPhone and iPad

### Magnifier, Magnifying Glass With Flashlight

- Free to download
- Only available on Android

It is the worst feeling when you cannot read something in public and you cannot find your readers. Do not let small print ever hold you back again! These apps magnify the text that you are looking at. Simply open the app and point your camera portion of your phone at the text. The text will appear bigger on your phone screen than the paper.

### National Public Radio (NPR)

- Free to download
- Available on iPhone, iPad, and Android

Worldwide news is available right at your fingertips. App users can search the NPR archives and listen to their favorite NPR programs and interviews throughout the years. The app is free, easy to use, and convenient. You do not need an account in the app to use it.

### American Association of Retired Persons (AARP Now)

- Free to download (in app purchases)
- Available on iPhone and Android devices

### AARP Publications For iPad

- Free to download (in app purchases)

You can now have access to your AARP membership card on your phone and gain access to the latest news, local events, and other AARP membership perks.

### Smart Blood Pressure

- Free to download (optional in-app purchases)
- Available on Android devices

### Blood Pressure Monitor

- Free to download (optional in-app purchases)
- Available on iPhone and iPad

Track your blood pressure when you are not at the doctor's office! These apps allow you to track and monitor your blood pressure over time. You can record your systolic and diastolic blood pressure, weight, and pulse. The app automatically calculates your body mass index and more with the information you plug in. You can also make your blood pressure reports a PDF to share with your medical team and caregivers.

### Medisafe - Pill & Med Reminder

- Free to download
- Available on Android devices

### CareZone

- Free to download
- Available on iPhone and iPad

Having trouble remembering to take your medications? This app reminds you when to take your medication. You can even put in notes with special instructions for each medication such as "take with food." This app can also notify family members or caregivers on their devices. You will also receive a reminder for refills and this app is completely compliant with HIPPA which means your information is safeguarded.





## ALSM'S CHILDREN'S SERVICES USE IPADS AND HATCH TABLETS TO TEACH AND ENGAGE



Technology and interactive media are here to stay, and digital resources are considered a part of the education framework. The Allegheny Lutheran Social Ministries' Head Start teachers and staff team members sing the praises of technology and how it is affecting the students that they work with every day. Hands on technology has a great impact on children's learning in numerous ways. They can work on children's individual needs and help them build their skill base. According to ALSM's Head Start Information Technology Specialist, Gloria Wood, in the last five years, "we have moved away from computers to using iPads in the classroom." The Head Start teachers explained that many of the school districts that ALSM's children services serve have transitioned to iPads. Many school districts have one iPad per student in grades K-12. The iPads are utilized at school and at home. "Our early education students in Children Services have an advantage over peers entering kindergarten with a beginning awareness of the Apple System and iPad."

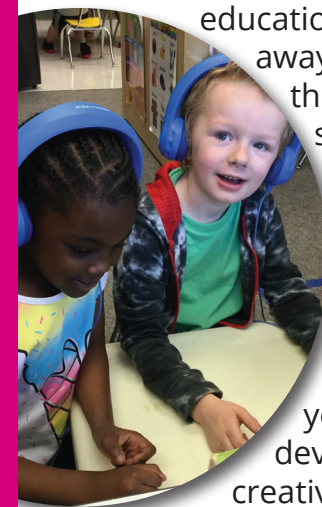
So why are iPads so beneficial to children? iPads help to reach students and help those who are shy or reluctant to engage in group activities and practice skills on their own terms. If children arrive early, the iPad allows students to engage in educational activities or watch educational

shows through downloaded PBS apps. Other apps that some of Children Services' include, but are

not limited to: Handwriting without Tears (HWT) and other writing apps that require the students to form letters correctly to improve their writing skills and apps that practice social emotional skills by providing additional visuals such as the Sesame Street breathe app and Daniel Tiger apps. iPads are also able to help children develop math and literacy skills. Children are able to count, use one to one correspondence, patterns, sorting, measuring alphabet awareness and fine motor practice along with much more.

In addition, iPads allow teachers to have control over the children's activity; the iPad technology is constantly changing to support teachers using smart devices in their curriculum. For example, the Guided Access app limits children to a single app and prevents them from going through the device. Teachers utilize the Guided Access app to focus students' play time on iPads to current classroom activities or areas of needs or concerns. Gloria ensures the teachers are equipped to the most up-to-date technology. "Teachers receive the newest and the older devices get passed onto students," Gloria explained.

Children's Services recently started purchasing Hatch brand technology, which provides the same benefit as the iPad to students, but greatly improves the information access and implementation of the class curriculum for teachers. "Hatch" is a children's software that is meant to sync with the curriculum. Children's Services has plans to utilize "Hatch" more in the coming fall. "We have "Hatch" Tablets that are synced to the curriculum in one of our Early Head Start classrooms," Gloria clarified. "Hatch" software enables creation of a student database, has capabilities to track attendance and meal count, as well as child records and enrollment access from the internet. This software allows teachers to easily enter data on home visit plans, home visit reports, emergency contact sheets, the student's address, and have more immediate access to important student information. On a Hatch Tablet, the children click their profile and everything they do on the tablet syncs strategically to the teacher's strategy goals for their curriculum. Of course, "iPads still use educational software, but we may work away from them for the benefit to the curriculum database," Gloria stated.



The ALSM Head Start teachers and staff team members pointed out that according to the National Association and Education of the Young Child (NAEYC), during the preschool years, young children are developing a sense of initiative and creativity. They are curious about the world around them and about learning. They are exploring their ability to create and communicate using a variety of media (crayons, felt-tip markers, paints and other art materials, blocks, dramatic play materials, miniature life figures) and through creative movement, singing, dancing, and using their bodies to represent ideas and experiences. Digital technologies provide one more outlet and a way for them to demonstrate their creativity and learning.

**In summary, the benefits for children using tablets in the classroom are:**

- Allow children to freely explore touch screens loaded with a wide variety of developmentally appropriate interactive media experiences that are well designed and enhance feelings of success.
- Capture photos of block buildings or artwork that children have created; videotape dramatic play to replay for children.
- Celebrate children's accomplishments with digital media displayed on a digital projector or on a classroom website.
- Incorporate assistive technologies as appropriate for children with special needs and/or developmental delays.
- Record children's stories about their drawings or their play; make digital audio or video files to document their progress.
- Explore digital storytelling with children. Co-create digital books with photos of the children's play or work; attach digital audio files with the child as the narrator.
- Share e-books with a small group of children.
- Search digital files for photos of places, people, animals, or objects and converse with children about what they are finding.
- Use video-conferencing software to communicate with families and children in other places.
- Arrange play experiences for children to construct and explore their ideas about how technology works.







Music touches lives. That is no exception at Allegheny Lutheran Social Ministries (ALSM). In late 2018, ALSM's staff team members became certified providers of the "Music & Memory" program. With the goal of improving their quality of life, "Music & Memory" is a nationally recognized non-profit organization that brings music into the lives of older adults or those affected by illness through digital music technology. The organization trains caregivers to make and provide personal playlists on audio devices for those struggling with dementia, Alzheimer's, as well as other cognitive and physical impairments to reconnect them with the world through music triggered memories.

The "Music & Memory" certification is now being used at The Lutheran Home

at Johnstown, The Lutheran Home at Hollidaysburg, The Oaks at Pleasant Gap and the Senior Daily Living Centers in Altoona and Somerset. Although the certification is in the initial stages on the campuses, the Life Enrichment staff team members at all three locations are already seeing benefits.

Suzy Albaugh, Life Enrichment Manager at The Lutheran Home at Johnstown, tells the story of a resident who loved and used this program. "We knew her as our 'songbird.'" While our team members knew her by name, family members and visitors knew her by the thing that mattered most to her: music," Suzy said. This resident came to The Lutheran Home as a personal care resident and eventually transitioned to skilled nursing.



*Bill Yarbinitz, a resident at The Lutheran Home at Hollidaysburg, enjoying "Music & Memory"*

"Her mind and body began to decline, but her love for music never did. When she transitioned to skilled nursing, her family purchased an iPod to continue supporting her love for music. She slowly began to lose her ability to express her thoughts and feelings, and she began calling out to team members and visitors with no apparent purpose. Remembering her love for music, team members began providing her the iPod during the day. As she listened to music, her calling out lessened. She began utilizing the iPod at bedtime to calm her nerves and soothe herself to sleep. The iPod enabled her to pursue the one thing she still enjoyed. While she may have lost her ability to communicate her thoughts and feelings, she expressed herself through music and was able to recall every word to every song she knew. It was a wonderful and magical thing to witness. She came to life the moment she heard a familiar song, and suddenly it was as if nothing could stop her," Albaugh explained.

The benefit of music did more than just uplift the songbird's mood. It also improved her health and overall wellbeing. Suzy reported that as the songbird's dementia progressed, her interest in eating declined. One winter day on her way to lunch, the song-bird overheard a Christmas carol, and she began to sing along with the carol. Her mood became uplifted and she ate her meal that day. Every day after, each meal started with a song to encourage her to eat. She ate every day all thanks to a tune sung on her way to lunch.

During the use of the "Music & Memory" program, it became easier to engage residents in music, even without the use of the iPod. While the resident Suzy worked with continued to enjoy sharing her love for music publicly, it remained important to pursue it privately as well. "This resident's sister came to us as a resident as well. While their personalities and abilities were very different from one another, they enjoyed each other's company. Our songbird began sitting with her sister, hand-in-hand, and sang to her to provide comfort. It was wonderful that through music, she could still connect and provide comfort to a loved one," Suzy recalled.

"We have witnessed the power of music. The iPods have proven to be successful to both a very small and large degree. For some the iPod is merely a way to continue enjoying a pastime when their hearing is not what it used to be, while for others it means their health and livelihood," Suzy explained. Allegheny Lutheran Social Ministries is accepting donations of iPods and headphones to allow more residents access to this program. If you decide to donate headphones, please donate headphones that go over the ears. Earbuds are smaller, more difficult for residents to handle, and can cause more damage to hearing than headphones.

**Feel free to contact, Director of Advancement Andrea Schurr at 814.696.4516 to find out how you can be a part of this exciting program.**



## Say Goodbye TO WINDOWS 7 AND Say Hello TO A BETTER USER EXPERIENCE

You know what they say, if it is not broken, do not fix it. In the case of the Window 7 processing system, that is not the case. Microsoft will stop releasing Windows Updates for the Window 7 processing system in 2020.

What does that mean for you and your computer? Although Windows 7 processing system has been your reliable for years, after January 14, 2020, there will be no more Windows 7 updates. Without updates, your computer will be more susceptible to cyber security threats. To protect your information you should update your processing system to Windows 10. Software companies are shifting more time and energy to Windows 10, which means that software applications on your computers will need to be updated to keep current with this change. The change means more features, functions, and applications are available for your everyday use.

**For more information or a walk-through of how to upgrade to Windows 10, visit these links:**

<http://bit.ly/ALSMWindows7EOL>

<http://bit.ly/ALSMwhattodo>

**To learn more about the end of Windows 7 support, check out these links:**

<https://www.microsoft.com/en-us/windowsforbusiness/end-of-windows-7-support>

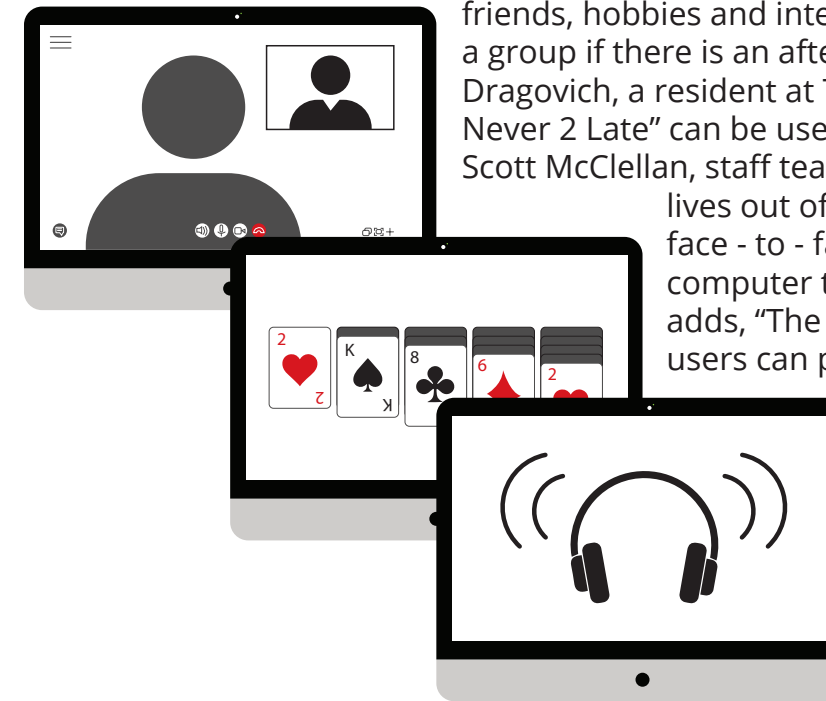
<https://support.microsoft.com/en-us/help/13853/windows-lifecycle-fact-sheet>



If you want to avoid all of the Windows 7 drama, now might be the time to consider what Apple (Mac) has to offer. Macs are a more expensive, but a more easily navigable computer. Check out <https://www.apple.com/mac/> for more information to see if there is a Mac that fits your lifestyle.

If you find yourself using your computer less and less, you may want to consider an iPad or a Samsung Galaxy tablet. These allow you to surf the internet, send and receive emails, shop, and Facetime with friends and family all from a convenient, lightweight and portable device.

## SENIORS CAN TRAVEL THE WORLD AND HAVE FUN WITH FRIENDS:ALSM OFFERS ADAPTIVE COMPUTER TECHNOLOGY



Users of "It's Never 2 Late", can stay connected to their families, friends, hobbies and interests. "I love the music. We use it as a as a group if there is an afternoon karaoke or sing - along," says Clara Dragovich, a resident at The Lutheran Home at Johnstown . "It's Never 2 Late" can be used for both group or individual activities. Scott McClellan, staff team member says, "Her (Clara's) daughter lives out of town, and she can actually talk to her face - to - face." Clara uses the senior-friendly computer to Skype on visit with her daughter. Scott adds, "The nice thing about 'It's Never 2 Late' is that users can play games or do whatever they want to do by themselves. Residents like to play Solitaire, trivia, and Wheel of Fortune."

"It's Never 2 Late", opens a whole new world to residents at The Lutheran Home at Johnstown and at The Lutheran Home at Hollidaysburg, in addition to those who attend the Daily Living Centers in Altoona and Somerset. It incorporates easy-

to-use, adaptive computer technology that can improve socialization and quality of life through virtual travel and tours, communication with family and friends, safe and easy internet and email access.

Activities are adapted to each user's unique abilities and interests, and enhance independence, increase cognitive stimulation, and reduces the use of psychotropic drugs, and also reduces loneliness, isolation and boredom.

***"The nice thing about 'It's Never 2 Late' is that users can play games or do whatever they want to do by themselves."***

**– Scott McClellan, Staff Team Member**



Clara Dragovich, Scott McClellan, and Rita Orzog





*Ceil Hennigan is camera shy, but here she is holding her PERS unit that enabled her to get medical attention when she needed it most.*

# UNEXPECTED NEED FOR PERSONAL EMERGENCY RESPONSE SYSTEMS (PERS): HICKORY COMMONS RESIDENT THANKFUL FOR PERS

Meet Ceil Hennigan. Ceil and Charles, her husband of 62 years, moved into the Hickory Commons cottages at The Lutheran Home at Hollidaysburg when Charles started having trouble with walking. Allegheny Lutheran Social Ministries provides free PERS (Personal Emergency Response System units) to new residents, and because Charles had a tendency to fall, Ceil, as his caregiver, tried to get Charles to wear his. Although he protested using one, when he started having difficulty breathing in his final hours, Ceil pressed the button on her PERS to call for medical attention. Ceil would have never predicted that in the future, she would again use the Personal Emergency Response System, but this time it would be to get help for herself.

As Ceil suggested to her husband, PERS units are stereotypically thought to be used when people fall, have broken something, and are unable to get a phone to call 911. Ceil Hennigan does not fit this stereotype.

In September 2018, Ceil had developed a bad stomach bug and her doctor directed her to go to the hospital. During her visit, doctors had prescribed her an antibiotic. The day after Ceil came home from the hospital, she was covered in hives from her waist to her knees. The symptoms got worse over the next two days. "I was so covered (in hives), my lips started to swell, and my throat was closing," Ceil explained. Ceil called her doctor's office to see what she should do and got in touch with a nurse. The nurse said, "I can't understand you" and "are you talking into the phone?" Ceil eventually got out the word "yes" and told the nurse what happened. "The nurse said 'get yourself to the hospital' so I pushed (the button on the PERS unit)," Ceil said. After clicking the button on her PERS unit, 911 was dialed immediately. Ceil got in touch with a 911 responder with just the click of a button. "I had to repeat some, but they got the message," Ceil said. Ceil's neighbors, which she describes as "a wonderful community" with several retired nurses, responded as soon as they saw an ambulance approach. "They came over and stayed with me until I went to the hospital," Ceil shared.

Ceil later learned that she was allergic to the strain of antibiotics she was prescribed and, as a result, now carries an EpiPen. Ceil has a list of antibiotics that she can tell doctors not



to give her and ordered a Med Alert bracelet as a precaution. "I figured for my safety ... the ambulance people would see it and know exactly what they would have to do," Ceil explained. Ceil recommends keeping a PERS unit handy even when you don't think you will need it. "You don't have to look up the number. You just push the button and it goes right into 911. It saves time," she stated. For residents like Ceil, PERS units add a level of security to their lifestyle. Rachel Wachter, NHA CDP, the administrator of The Lutheran Home at Hollidaysburg could not agree more. "For those choosing to live independently, the PERS unit provides a safety assurance, that in the event of an emergency, help will arrive proving beneficial to those we serve as well as their loved ones," Rachel explained. Regardless of the stereotypes of those who use Personal Emergency Response Systems, they are a valuable piece of technology that allows seniors to maintain independence while being assured they can receive medical attention in an emergency.

***"For those choosing to live independently, the PERS unit provides a safety assurance, that in the event of an emergency, help will arrive proving beneficial to those we serve as well as their loved ones."***

**– Rachel Wachter, NHA CDP,  
Administrator, The Lutheran Home  
At Hollidaysburg**



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