

Happy Easter



The Williamsport Home
News & View

Edgewood A • Deerfield B
• Valley View C



Vol. 28 Issue 23

March 2023

Mission Statement

Our mission is to provide our residents with the highest quality of care honoring their independence and dignity.

RESIDENT ASSEMBLY MEETING
March 13, 2023

The meeting was called to order at 2 pm by President Larry Dieffenbach. He introduced Trish Shipman, who represented the Board of Directors.

HOSPITALITY COMMITTEE: Barbara Birt reported that the committee is working on reviewing and updating the sheets that are given to new residents. We are almost finished, and will have all information on the sheets: The new rules and regulations will all be there.

TRAVEL COMMITTEE; Kim Rank reported for Carol Greene. We do not yet have the final figure on the hoagies. There is a signup sheet for the Montoursville High School play for Thursday 3/216 and for Williamsport Middle School on 3/23. River Valley Transit is providing transportation to both plays.

BUILDINGS & GROUNDS: No report

DIRECTOR OF INDEPENDENT LIVING: Kim Rank reported the shut down in C Building due to Covid outbreak is complete. The building with activities, beauty shop & dining is open. There are no new cases in the building, the last person will be out of quarantine on Wednesday. The rate is very high in the county. Please wash your hands and take all precautions. We are working on enhancing your dining experience with giving residents 2 options, information and choice options will be placed in your mailbox. Please complete and return as soon as possible.

EXECUTIVE CHEF: Kate Frey reported that the Candlelight Dinners will be held as follows: C Building March 14, B Building March 15, and A Building March 27. The menus have been posted. We have added milk to the dining room drink selection. The cooks have improved with their timing and quality of food.

ADMINISTRATION CONTACTS

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I am still monitoring each cook. I am sorry that I missed St. Patrick's Day and will have an extra green treat at everyone's seat on Friday. Some changes will be coming to the Dining Rooms. Stay tuned!

WELLNESS DIRECTOR: Kaleb Roudabush reported that the next wellness meeting is scheduled Thursday, March 16, at 1:30 in C Building 1st Floor Lounge. Senior Fitness testing is ongoing. We encourage all residents to participate by signing up with the wellness coordinator at a time that is convenient for them. This will test upper and lower body strength, flexibility, and balance. This does not have to be done ASAP as I will be promoting this all year. Brain University will be ongoing every other week rotating between buildings. A Building Tuesday March 28 - Memory. B Building Tuesday March 14 Intro and Tuesday March 21 - Memory. There are currently 11 residents on caseload. We have PT, OT, and ST services available Wellness Lecture Series Wednesday, March 22 at 2 pm in B Building First Floor Lounge. The topic is "Vision" and our Therapy Team will present this!!

SUCCESS STORIES: Last year we had 70 percent of the campus attend at least one wellness event/activity. Also last year, I recorded roughly 72 falls campus-wide. Of those 72 falls, 24% were residents who participate in wellness, and 76% were not wellness or those who attended wellness exercise classes very little. In 2021 it was 15% wellness and 85% non-wellness. Keep in mind this was recorded through the pandemic when most individuals did not have access to wellness or started and stopped programs. When normal activities resume, the risk of falling goes up for everyone, however it goes up more for those who are not active or engage in some kind of exercise programming.

MAINTENANCE DIRECTOR: Mark Shobert reported the new duplex in A building at 106/107 is complete and 306/307 will be done in the next week or two. We will then move to B building and Master Contractors are ready to go on 802/804 - a two- or three-month project. We will be starting on roof repairs, that is the project we are working on now, and outside ground work will soon be going on. The recent blackout was caused by a tree falling on the lines. The generator in B building did not switch on, and Hunter Lomison came to check and adjust the gas pressure to hopefully correct this. Thank you to Maintenance for getting the Hospitality Suite ready. Many bathroom exhaust fans are too loud, please put in the maintenance request book so it can be addressed.

EXECUTIVE DIRECTOR: Don Pote responded to questions about night fire drills in C Building. These are required by the Dept. of Human Services, and we have no control. Our staff is trained and helping to be sure nobody is injured while we are complying with the law. Remain calm and walk to the safe exits, which are the stairwells. We don't want anyone injured and will be following up with this. The Nursing Director has been on vacation, and I filled in. I am back to the apartments now. We are always trying to find ways to improve our services and we want you to open up with any suggestions to help us. We remind you again about our Hospitality Rooms for your guests. We would like to make lunch a little longer to give people more time to socialize. We want to make this a place to come and live comfortably and safely. There will be an open house on April 11th in Deerfield Building. We thank the residents who open their apartments for this. Our last tour had 28 visitors and was a big success. Last year was challenging because of Covid. We are trying to re-open Woodland Vista in about a month. We will have some residents relocate to this area. We continue to work with you on the food, and your opinions are appreciated. We are planning some concerts and musical events for the warm weather. Thank you for supporting Raise the Region. We received \$7,055.00. Our plans are to use this for flowers, concerts and wellness programming. There are plans for some food trucks to visit the campus for your enjoyment. We are still looking at senior TV and negotiating with Comcast for prices. We are working on resolving the internet issues. We are an equal opportunity living center, just because a resident might need to use a walker does not eliminate them from Independent Living. Management will check on safety in the dining rooms.

The meeting was adjourned at 3:05 pm.

Submitted by Rita Little, Secretary



Happy Anniversary!

*Larry & Linda Dieffenbach April 6th
Dick & Molly Wagner April 15th*

*Candlelight Meal
A Building March 27th*



Candlelight Fun in Deerfield & Valleyview!

IMPORTANT SAFETY REMINDER

**SAFETY
FIRST**

It is very important when disposing of trash down the trash chute, that garbage is bagged and closed. Do not dispose of small appliances, any sharp objects or loose items. If unsure if it can go in the trash chute, put in the garbage cans located in each trash room. This has been an ongoing issue and we want to protect our staff from injury. Any questions or comments, contact Kim @ 570.322.2763



Mim Webster

Please wish this special lady a
Happy 100th Birthday on March 26th!



Upcoming Events

April 1st: April Fools Day

April 2nd: Palm Sunday

April 7th: Good Friday

April 9th: Easter

April 10th: Resident Assembly Meeting B Building

April 11th: Meet & Greet with Sheryl Byerly 9am

A Building Activity Room

Open House 2-4pm B Building

BRAIN UNIVERSITY 4PM:

March 28th: B BUILDING 1ST FLOOR LOUNGE (Store)

Welcome New Neighbors!

A BUILDING: SHIRLEY GRAMLING & JOE LUKE

**B BUILDING: FRANCES FISCHER, EDYTHE MOORE &
ANNE ZIEGLER**

C BUILDING: JEAN CRAIN