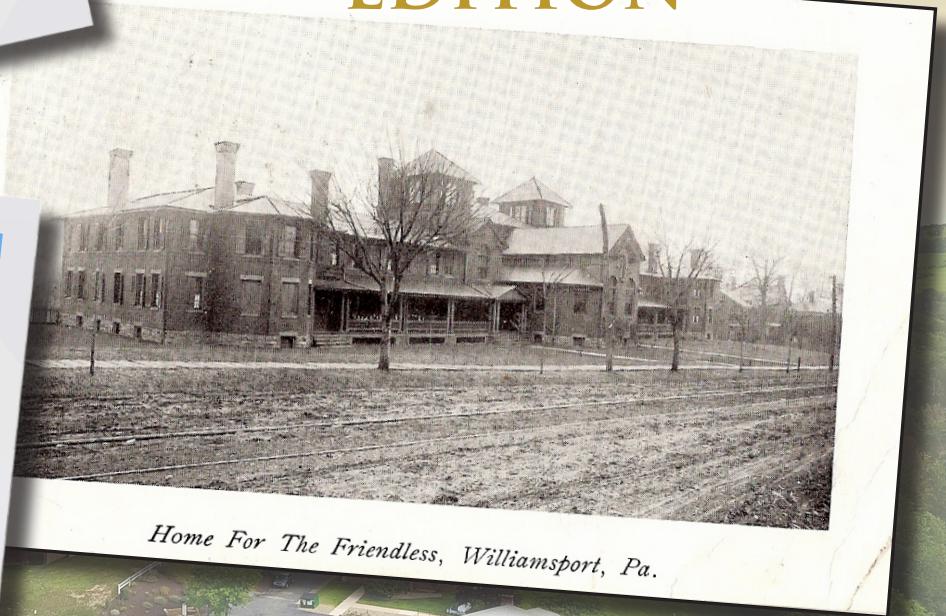
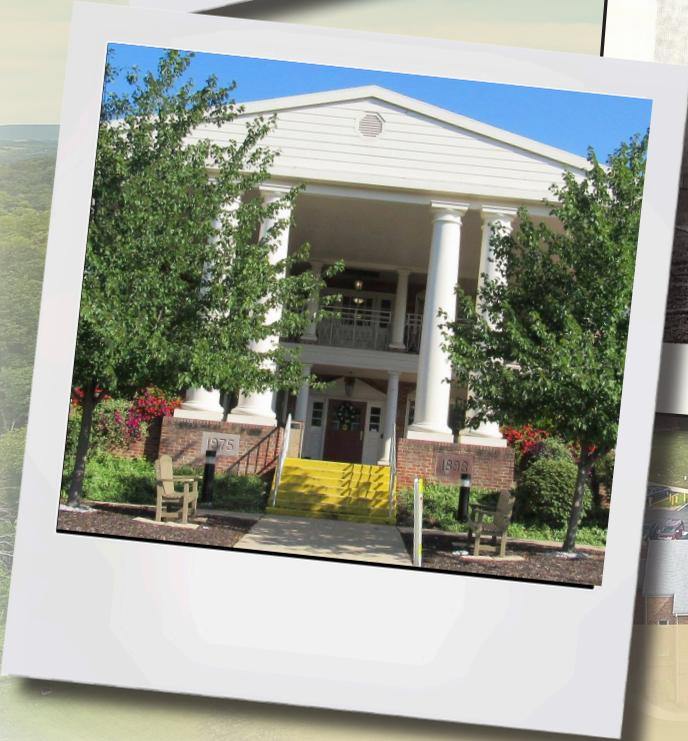


TOUCHING Lives



The Williamsport Home
150TH ANNIVERSARY
EDITION



The
Williamsport Home

A CONTINUING CARE RETIREMENT COMMUNITY

CELEBRATING 150 YEARS

Independent Living Apartments
 Two Licensed Personal Care Programs
 Skilled Nursing Care-Ravine Ridge
 Short-Term Rehabilitation Care
 Dedicated and Secured
 Memory Support Care
 Respite Care
 End-of-Life Care Suites



Rosetta from the former location
 at 904 Campbell Street

Scan this QR code with your
 phone camera to visit our website!



The Williamsport Home

A FRIEND ALWAYS

This special edition of Touching Lives is dedicated to our 150th anniversary of serving Williamsport and Lycoming County. You will see the evolution of our campus as well as hear firsthand from our residents as they describe the impact our specialized services have on their daily lives.



Since 1872, The Williamsport Home has established a rich tradition of providing quality care and services in a warm and welcoming atmosphere where dignity and respect are held close. Our immaculately maintained, 86-acre grounds located atop a hill, at the edge of Williamsport, has been a haven for those who desire housing and retirement living amenities as well as those in need of health care services.

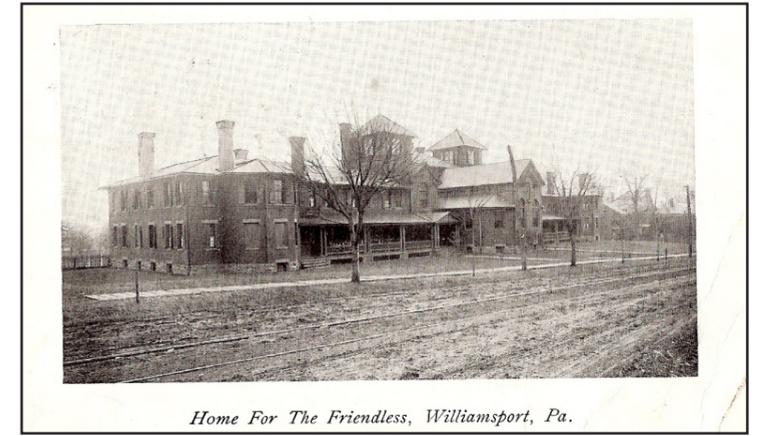
Our retirement living supports an active lifestyle, where friends are made and additional support services are available should they be needed in the future. Through the years, campus services have evolved to our current offering of personal care, memory care, skilled nursing, end-of-life and comfort care, and short-term rehabilitation services.

We have been blessed with many long-term, devoted staff who have committed their careers to serving our campus residents. Many lasting friendships have developed along the way. Friends often become family at The Williamsport Home.

Our current campus operations began in November 1975 providing care at the health care center. The following year, our first apartment building opened for residents. Deerfield Apartments and Valley View Apartments soon followed in 1980 and 1986 respectively offering housing accommodations for retirees who desire a maintenance free, active and independent lifestyle. In 1998, we licensed our Valley View Apartment as personal care, allowing residents to age in place as their care needs change.

Our campus today can accommodate up to 129 health care residents who need skilled care. Garden Terrace provides specialized memory-support services while our Ravine Ridge meets the needs of those who seek short-

term rehabilitation care. We have two campus locations offering personal care services. In addition to our Valley View apartments, the Woodland Vista, located on the 2nd floor of the health care center can serve as home to 16 residents. Our three apartment buildings provide housing accommodations for up to 177 active seniors.



Home For The Friendless, Williamsport, Pa.

We are grateful for the governance and guidance of our board of directors throughout our 150-year journey. An all-female board by charter, we have been blessed with many community professionals who have volunteered freely to ensure the availability of resources to enable our staff to provide quality care and services that has become the hallmark of our existence.

In 150 years, The Williamsport Home has become Lycoming County's continuing care community of choice. From our humble beginnings as the "home for the friendless," we are now a full service retirement community, offering a vast array of service and amenities nestled in a quiet woodland setting where walking trails, flower gardens, blue birds, and white tail deer visit as friends. A place to call "Home" and a "Friend" to all.

The Gallaghers

HAVE MADE THE MOST OF THEIR STAY

Tom and Maxine Gallagher have enjoyed all aspects of The Williamsport Home throughout the years. Tom had put his name on the waiting list in 1981 when he was 62 years old and Maxine was 55.

The couple lived in the Lakeview Apartments -- on the third floor -- despite there being no elevators. After 10 years, the Gallagher's moved into their new home in the Deerfield Building. For five years, they enjoyed their life until Tom needed to go to the Skilled Nursing Home. Maxine was grateful that they were at least on the same campus.

Maxine has been known for her homemade fudge that she would make for her neighbors and staff. If her friends were not asking her for fudge, they were asking for her famous lemon pound cake. Her famous treats aside, Maxine called bingo for more than seven years in Deerfield,

where games were held twice a week. Maxine enjoyed traveling, volunteering on our travel committee and at our skilled nursing home.

On July 25, 2016, Maxine transferred to Valley View Building to start the Assistance in Living Program after knee surgery. The doctor decided that Maxine was not a good candidate for surgery and she remained an independent resident until August 25, 2020, when she joined the personal care program and took up residence in her cozy apartment.



Edna Hipple, 101 HAS FOUND A FULFILLING HOME

Raymond & Edna Hipple lived in the country before moving to The Williamsport Home Apartments and making many friends.

Raymond was the one that really wanted to move, Edna loved the country life. On Sept. 18, 1996, they moved into Deerfield Building. They both loved their time there in an apartment that looked out onto the woods.

It became their home. Unfortunately, Raymond passed away from liver cancer after one year. According to Edna, the only sign that he was not himself was a feeling of being full after just a few bites. Prior to that, Raymond always ate everything on his plate.

During the years, Edna's close friends and neighbors enjoyed all the activities and trips, the daily meal and the store. Edna has enjoyed River Valley Transit, our city bus, which makes it easy to travel to the grocery store or just to take a ride and see the scenery. Edna has never driven a car due to her vision.

She is now 101 years old and says what makes her sad is that now all of her closest friends that lived in her building have passed on. During her 25-plus years at The Williamsport Home, she never even considered moving out. She says this is her home and she wants to remain in her same apartment for as long as God lets her.

When asked about what changes she has seen on the campus over the years, she indicated that all changes are natural and good.



CAROL GREEN Found Wellness through Exercise

Friends who live here – along with safety, security and socialization – are what drew Carol Greene to The Williamsport Home apartments in January of 2022.

After having concerns of living without much social interaction, Carol truly believes this was the right move.

Since moving in, Carol has embraced all the things The Williamsport Home has to offer. Carol started attending both exercise and balance classes. She has gained strength and balance, and she has shed her walker, now using only her cane on long trips.

Her family is happy with her improvement, they love to see her travel and take part in family events. When asked what she likes most about living here, Carol's response was, "I really enjoy the friendships I've made; my apartment comfortably meets my needs. I play cards, attend trips organized by the travel committee, and have access to wellness and therapy services on the campus!"

Overall, Carol feels great about her decision to move to The Williamsport Home campus.



RESIDENT OVERCOMES SETBACK in Full-Circle Return

Resident Bunny Ditchfield has used many of The Williamsport Home's resources to improve her health.

Bunny moved to The Williamsport Home as an Independent Living Resident in 2015. She enjoyed being active with her friends. She recalls the fun times they had going to the ice cream store, out for dinner, and country rides.

Recently, Bunny's health took a turn, which landed her in the hospital. After her hospital stay, she received physical therapy at The Williamsport Home Ravine Ridge. She hoped to return to Independent Living but, unfortunately, she was unable to regain full independence to return there.

However, Bunny being the fighter she is, did not accept that she needed to stay in the Nursing Home. She worked hard to overcome mobility issues and was able to transfer to The Williamsport Home Personal Care.

Bunny feels as though she has come full circle. She initially moved into "C" Building as an Independent Resident and now has returned to "C" Building and is receiving her Personal Care Services.

She enjoys her home and her friendships.



We Care



A COMMITMENT TO REACH FOR CONTINUOUS IMPROVEMENT WITH A GOAL OF OPEN AND RESPECTFUL COMMUNICATION.



- W**elcome Open Communication
- E**mpathy for Situations/Relationships
- C**ompassion in Our Daily Actions
- A**ctions Speak Louder than Words
- R**espect One Another
- E**xceed Expectations

We welcome your feedback and value your comments to share
"How are we doing?"



A Spring Fling Celebration SPRING INTO THE SENIOR YEARS!

On a cold winter day in February, the wellness committee at The Williamsport Home held their monthly meeting. As ideas were shared, someone expressed that they couldn't wait for spring. At that moment, thoughts of sunshine, music, campfires and people gathering for a traditional American picnic came to life.

Knowing the challenges everyone has faced since the COVID-19 pandemic, we agreed this could be something to get our community outside. This would be the moment where we can welcome spring, a time of new growth along with celebrating Memorial Day.

With partly cloudy weather and cooler temperatures, the fire was lit and our community of residents began to gather at the center courtyard pavilion. As some residents said, "they are coming in droves!"

The turnout was tremendous, with 80 or more residents partaking in this spring celebration. Our wellness committee of volunteers, among other residents, helped served hot dogs, chips and drinks.

Music of their time was played as resident sang along, danced and listened at their leisure.

Aroma of campfire smoke and a tasty dessert of s'mores was a sure way to remind us of the simple pleasures in life. A reminder that we as a community can be neighborly and our tradition of caring and living life to the fullest will always be the heart of who we are.

Photos: Joyce Wise (left) and Larry Dieffenbach enjoyed making s'mores during the Spring Fling.

WELLNESS TOUCHING LIVES *with Al Brown*

After his wife's passing, Al Brown wanted to live where he grew up, allowing him to be closer to friends and family.

After talking with friends that live at The Williamsport Home, he knew this would be the right place for him.

Since moving here over 11 years ago, Al has observed many improvements, most noticeably the wellness programming. Al is a friendly competitor and enjoys sharing the camaraderie of others. He enjoys seeing people gather for exercise class and playing yard games such as bocce ball and shuffleboard. Of all of the many activities, however, his favorite is shooting pool.

Al is also an active volunteer on campus where he helps organize the library and run the store. He has helped

with many of the wellness events such as Spring Fling, Field Day and Fall Festival.

His lifestyle is action-oriented, and so is his advice for those thinking of moving: ***"Do not wait too long to move, regardless of being single or together as a couple. Moving sooner provides more time to enjoy the campus while preparing for other levels of care if your health does take a turn."***

Al is an independent living resident who lives in Valley View apartments, where he could easily transition to personal care if needed. Al likes the comfort of knowing he has many activities to look forward to along with being taken care of at any level that meets his needs.



Transitioning Care: FROM NURSING TO NURSING HOME



The 40-year nursing career of Katie Bigelow enabled her to care for countless patients and mentor many nurses. She is pictured (clockwise from top left) and with colleges in the center (top right), on the right (bottom left) and in the center of many friends and coworkers (bottom right). She is now 90 and a resident at The Williamsport Home.

Nursing has always been a rewarding career. Not for the faint-hearted, nursing demands a special person who is able to give to a stranger day after day without asking anything in return. It is a position that requires laser focus on details balanced with the empathy to understand what a patient is experiencing. These are qualities not easily found in a workforce focused on profit margins and career advancement.

For Katie Bigelow, this was not the only balance in her life throughout her 40-year career in nursing. Katie had children at home to care for and patients at work that needed her care too. Most days were long and tedious and the demands of both were hard to meet, but Katie had a tenacity and light-heartedness often found in the nurses that care for our residents here at The Williamsport Home. Those same nurses provide Katie the care she now needs as a resident here at the home.

When Katie decided to go into nursing, she had the opposite guidance that most young women at that time received. Katie was encouraged to take her career seriously and that starting a family “should wait and could be a distraction” according to her father. Like most nurses, Katie was not deterred by what others thought.

She met her husband prior to starting her nursing career, knew that he was the man she was to marry, and decided that she could balance the stress of a career in nursing while surpassing expectations of a becoming wife and mother. Her aunt Emma, who was a nurse at the time, was credited with inspiring Katie to take up a career in nursing. Emma had shown her that the independence she sought was achievable if she was willing to put the work in.

In 1949, Katie was accepted to Williamsport School of Nursing and graduated in two years with a RN degree. As the breadwinner of the family, Katie quickly sought work.

After a brief year at Williamsport Hospital, she quickly found her home at Divine Providence Hospital as a nurse on the orthopedic floor under the guidance of Dr. Castello. She would stay for 40 years. Dr. Castello would come to define her as “small but mighty.”

“I only want big and strong nurses on my floor to move the patients, big and strong except for Bigelow!” Dr Castello would say.

When asked how Katie found balance in her life she stated: “Balance? We didn’t know what that word meant back then. I would work 3-11 and my husband Edwin would work 12-8. Edwin would come home to catch up on sleep while I would prepare meals for the day. I would go to work, and Edwin would finish meal prep and make sure the kids were fed.” When asked how she moved past the harder times so swiftly, Katie responded, “We found laughs in the small moments and had faith those were the moments that would power us through.”

She knew it was time for retirement when the call to be with her family became stronger. As anyone in such a demanding career knows, it’s not easy to let go of a career that is both demanding and fulfilling.

“I always enjoyed helping others feel better,” said Katie. “Going into nursing was one of the best decisions I ever made.” Upon saying goodbye to a medical career that both benefited from Katie’s commitment and also provided her with some of the big-

gest challenges of her life, Katie was thrown a party by coworkers. They wrote her a farewell poem in which the last line read: “You’ve been great to work with. A mentor, pal, and friend. Knowing you has been our pleasure. Knowing you has been so good.”

In her retirement years, she spent her days growing her relationships with her children and grandchildren. She did this until she could no longer care for herself at home. At the age of 90, Katie made the transition from nurse to patient as she became a long-term resident of The Williamsport Home.

Upon her arrival, several nurses recognized Katie as the established RN they once worked with. She was a nurse that showed the type of compassion that inspired others to stay within the field. She was the example of how to make a career out of nursing and how to soak up the good moments and endure the harsher ones.

One nurse in particular credited Katie with being a nurturer of new nurses and the reason that she stayed in nursing.

Healthcare, now more than ever, needs more nurses like Katie. Nurses that give unconditionally knowing that one day they will be the reaper of what they sow and be leaning on the same hands they once helped shape.



The Williamsport Home CONTINUING CARE RETIREMENT COMMUNITY AT ITS BEST

The Williamsport Home has a rich history of 150 years of caring for members of our community in the greater Lycoming County. The Home for the Friendless was a ministry founded by a group of Christian women in 1872 in a small house located on Ravine Road in Loyalsock Township. By 1975, the Home transitioned to a skilled nursing center and moved to the existing location on 43 acres. In 2006, The Williamsport Home became one of 200 communities in Pennsylvania that provides the full spectrum of senior services, including apartment housing, personal care services, and nursing home care. Providing all of these services on one campus affords community seniors the opportunity to age in one place with access to care and services as health care needs change over time.

The Williamsport Home is licensed as a Continuing Care Retirement Community by the Pennsylvania Department of Insurance and is one of two in Lycoming County. Also referred to as a Life Plan Community, we offer a wide range of care, services, and activities all in one place which provides our campus residents a sense of stability and familiarity as their abilities or health conditions change over time.

Independent Living

While many of our residents begin their campus journey in our independent living apartments, community residents can move directly to our personal care and health care centers as space permits. There are many benefits to choosing a continuing care retirement community and priority access to campus services is definitely an important one.

Our campus wellness programs are also an enticing benefit. Many residents come primarily for apartment housing and get connected with our wellness coordinator, who orchestrates many wellness-driven programs that are not only fun but help our residents maintain and in some cases, improve their functional abilities. This benefit is included in the current housing rate structure and is certainly a valuable benefit.

Maintenance-free living is very attractive to those looking for retirement living options. The campus maintenance and grounds teams take care of the housing units as well as the campus grounds. Leaving the mowing, trimming,

yard work, and snow plowing and shoveling to the campus team can play an instrumental role in assisting seniors with maintaining independence in their apartment residence.

Our campus also provides several important amenities for our apartment residents. Our apartment residents are served a noon meal in our main dining room prepared by our own Executive Chef. Our social programs and events afford our residents the opportunity to socialize and attend structured events right on campus. While many of our residents choose to participate in off-campus community activities, there are plenty of opportunities on campus for fun, friendship, and fraternizing.

Personal Care

The Williamsport Home began providing personal care services on our current campus in 1998. In our personal care residences, we provide housing, meals, supervision, and assistance with activities necessary for daily living. Our staff provide assistance with activities such as; medication management, grooming and hygiene, scheduling and accessing health care services as well as assistance with housekeeping, laundry, shopping, and transportation for residents in our personal care setting.

We offer short-term respite stays for residents who live in the greater community with family or caregivers. This service can be particularly helpful when caregivers need short-term support.

Residents in personal care also have access to campus rehabilitation services as well as activities and amenities, including the pavilion and recreation areas for family picnics and reunions.

Skilled and Intermediate Health Care

Our skilled nursing center is the keystone around which our campus was designed. Opening in 1975, the center has been home to many greater Lycoming County seniors over the past 47 years, offering a range of short- and long-term services for residents who need increased nursing and rehabilitation services.

Our Ravine Ridge unit is dedicated to the care of those who need a short-term residency in order to return home. This is the newest component to the health care center offering private accommodations, individually controlled room temperature, and private bath rooms. The care provided on Ravine Ridge is focused on rehabilitation and returning home to the residents' community setting.

Our Garden Terrace Unit provides specialized care and services for residents with memory impairments in a secure environment. Programming and care approaches are tailored specifically to foster maximum functioning of our memory-impaired residents.

Our Dogwood and Hawthorne Terrace End of Life Suites offer private and roomy accommodations for residents and their families at the end of life. The suites offer a private sitting area, television, beverage station, and sleeping accommodations so that family and friends can remain with the resident as they desire.

Campus Future

In 2017, an additional 43 acres were purchased and work has begun to explore additional campus service and amenities. We are confident that our very committed Board of Directors and Leadership Team will establish a thoughtful development plan that will continue to honor our 150-year legacy in the greater Williamsport community.

The Williamsport Home

BOARD MEMBERS



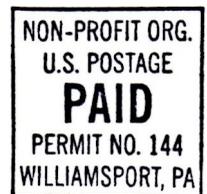
Back Row, Winona Kremser, Renee Laychur, Brette Confair, Maureen Carey, Laurie Barclay, Beth Stubler, Kathleen D. Pagana
Front Row, Hien Connolly, Candace Dewar, Sharon Atherholt, Susan Evans, Catherine Piccolo, Patricia Shipman

Board of Directors

- Candy Dewar
- Susan Evans
- Brette Confair
- Renee Laychur
- Maureen Carey
- Winona Kremser
- Patricia Ann Shipman
- Beth Stubler
- Laurie Crockett Barclay
- Catherine Piccolo
- Hein Connolly
- Kathleen D. Pagana
- Renee Laychur



1900 Ravine Road
Williamsport, PA 17701



A Tradition of Caring