

## Choose Right. Live Well.

March is National Nutrition Month and the theme for 2019 is "Choose Right. Live Well". The goal of National Nutrition Month is to make people more aware of the importance of good nutrition and healthy eating. Cathy Boland, PPH Director of Nutrition along with Victoria Carr, Associate Director of Dining Services are here to assist residents and staff with making informed food choices, providing education to prevent and manage chronic disease and help you on your way to a healthier version of yourself.

We always are more than happy to set aside time to talk to residents and staff in an effort to help you be more health conscience. Some of the ways we promote healthy eating at PPH is by offering fruit and heart healthy options at each

meal as well as on the "always available" menu, making all soups and gravies low sodium and not adding salt to any of our menu options. We recently labeled gluten-free options on the menu.

A food demonstration, healthy cocktail hour, and several other activities are planned for March to celebrate National Nutrition Month. Please check your activities calendars and come join us.



## *In This Issue ...*

- Schea Scholarships Awarded
- Congressional Gold Medal
- Lenten Services

6401 Martins Mill Road, Philadelphia PA • [www.PPHFamily.org](http://www.PPHFamily.org) • 215.697.8586

**ALL-IN-ONE SENIOR LIVING** *We're Family.*



**2019 PPH IL Resident Council:**  
**Darrah Degnan**, *President* • **Mary Clyde**, *Secretary*  
**Max Humpl**, *First Vice President* • **Rose Clark**, *Second Vice President*  
**Jeanette Hughes**, *Recording Secretary* • **Pat Lawson**, *Treasurer*  
**Art Kramer**, *Assistant Treasurer*

## Schea Endowment for Healthcare Education Scholarships

The Eberhard and Helen Schea Endowment Fund for Healthcare Education was established in 2007 to support continuing health care education programs, which

a member of the PPH Auxiliary. Caroline (daughter of Ebbie and Helen) Schea Lloyd and her husband, Jim Lloyd, as well as Frederick "Fred" Schea (son of Ebbie and Helen) established

Congratulations to the following five scholarship award recipients: Julianne Watkins, PPH Social Services (studying Social Services higher education); Bianca Monterasso, Safety & Security (studying Physical Therapy); Michael McLaverty, PPH Information Technology (studying Network Systems Administration); Jasmere Morrison, PPH Dining Services (studying Registered Nursing) and Amelia Jabar, Recreation Therapy (studying Human Resource Management).



*(From left) Julianne Watkins, Social Worker; Bianca Monterasso, Security Officer; Daphne Floyd, VP of Human Resources; Michael McLaverty, Information Technology and Jasmere Morrison, Dining Services.*

promote the overall well-being of PPH residents and staff. The Fund is named in honor of long-time PPH supporters, donors, and residents, Mr. Eberhard "Ebbie" and Mrs. Helen Schea. Ebbie was the manager of our Board of Pensions and an emeritus member of our Board of Directors, while Helen was

the Fund to honor their parents. Education is a core pillar to the Schea family.

This year, five scholarship recipients were selected based on financial need, academic merit and a 500-word essay on how the funds will be used to advocate their careers in healthcare and senior services.



*Amelia Jabar, Recreation Therapy holds certificate announcing her as one of the five scholarship award recipients.*

## Family Focus

### Congressional Gold Medal Presented to PPH Community Member

Max Gordon was born in Philadelphia, PA on July 19, 1924. On March 19, 1943, at the age of nineteen, he was inducted into the US Marine Corp (USMC). Two months later, after completing his training and initial service in California, including his sharpshooter rifle qualification, he was ordered to be transferred to Ceylon (now Sri Lanka) on November 18, 1944 to work as an intelligence officer with the Office of Strategic Services (OSS) during World War II.

Because of the sensitive and confidential work of the OSS, which was the precursor to today's intelligence agencies, the work and bravery of Mr. Gordon and his colleagues may not have properly been recognized. Therefore, on December 14, 2016, Congress passed, and



*Max Gordon holds the Congressional Gold Medal during ceremony held at PPH on Monday, February 11.*

the President signed, the Office of Strategic Services Congressional Gold Medal Act, which awarded the OSS the Congressional Gold Medal and ordered the US Mint to strike a gold medal.

On February 11, 2019, at PPH, a replica of the Congressional Gold Medal was presented to Max Gordon, in the company of his wife, Hilda, assembled family, friends and guests, including State Representative Jared G. Solomon, representatives from Senators Patrick Toomey and

Robert Casey and from Congressman Brendan Boyle.

The medal along with a citation, sponsored by State Representative Jared G. Solomon, on behalf of a grateful Commonwealth was presented to Mr. Gordon to recognize his courage and bravery for our great nation.

The PPH Family thanks Mr. Gordon for his service. PPH is grateful for having had the opportunity to welcome him into our PPH Family.



*PPH went Red in support of Women's Heart Health Month!*

# PERSPECTIVE

The Social Work profession is deeply woven into our society. From the first settlement houses established in 1900 helping immigrants, to the present day, social workers are aiding and advocating for many unrepresented groups. As a profession, social workers are bound by a code of ethics. They seek to help where there is a need and to empower others. March is National Professional Social Work Month which is an opportunity for social workers around the nation and world to educate the public about the invaluable contributions of the profession. Marge Felix, PPH Associate Director of Social Services, explains a typical day in the life of a PPH social worker.

The majority of my day is spent in Pathways. My day usually begins with a meeting with the care management team to discuss residents who have a change in health or status. We discuss discharge plans or what the resident and family members may need to be successful transitioning back home or into another level of care at PPH.

I check my voicemail after the meeting and return calls. Often a coworker has called to let me know of a resident who may feel insecure about their new surroundings. I, or another social worker, will visit the resident with the goal to provide them comfort and assistance.



## A Day in The Life of a PPH Social Worker

We will help them become familiar with their new surroundings and introduce them to other residents to help build a sense of community. Getting to know the resident's background, such as what their occupation was, how many children they have, and if they are married or widowed, helps to establish a rapport between us and the resident.

Sometimes a resident needs help with making a call to an insurance company or to the Social Security office. We are there to facilitate the call and help navigate questions that may be overwhelming. Later in the day we schedule a meeting to review care with a resident and their family. This involves a team approach and includes Nursing, Dining Services, Rehabilitation and Recreation departments to establish the best plan of care for the resident.

By the end of the day a family member may stop by the office to seek out education and counseling on Dementia or Hospice. We provide resources on topics like this to help families plan for care for their loved ones.

This is just a mere look at a day of a PPH social worker. Help us celebrate National Professional Social Work Month by saying thank you to one of our PPH social workers. Stop by and let us know what we can do for you!

(Top row, left to right): Hanin Mustafa, Temple University intern; Julianne Watkins, Personal Care & Chapters Social Worker; and Kean French, Temple University intern. (Seated) Carrie Gabryelewicz, Personal Care Social Worker; Lisa Rubin-Wallick, Director of Social Services; Marge Felix, Associate Director of Social Services.

# Together, We Give Celebration

PPH is fortunate to have a staff of dedicated and generous professionals who love the residents we serve and who see their work, not as a job, but a calling. We are especially proud and grateful that so many of our employees believe strongly enough in our mission to contribute through our 2019 Employee Giving Program: Together, We Give.

A pizza party was held on Thursday, January 31 as a way to show our appreciation to every employee who participated in

the program through making a monetary contribution, of any size, through payroll deduction.

It is this culture of philanthropy that has supported the growth of our nearly 130-year-old mission.

Congratulations to the winners of this year's prize drawings. Ursile Aurelien, Pathways Healthcare, won a Google Home (donated by PPH Dir. of Community Relations, Bill Conaway) and Kathy Nucero, Director of Life Enrichment, won the top prize for one day off work with pay.

For those employees who have not yet enrolled in the 2019 program, it's never too late. Please visit the Fund Development Department for more information about the program or to inquire about enrollment anytime throughout the year.

Be sure to look at the 2019 Employee Giving Program donor list located in the Esplanade for a complete list of names.

Staff members (pictured below) show what "Together, We Give" means to them.



# NEWS BRIEFS:



*PPH Resident Phil Grutzmacher celebrated his 100th birthday in January.*

★ In a world inundated with distractions, it's powerful to have a daily reminder of what you want to actively focus on, or manifest, every day.

Finding your WORD is a simple, fun, and empowering exercise.

Take the **YOUR WORD FINDER QUIZ** as we move into spring and new beginnings.

Please join us on **Friday, March 22** to kick-off a spring event as part of the "My Intent" project.

### TIMES AND LOCATIONS:

HC 10:00 AM in the MPR

PC 10:00 AM in the Learning Center

IL 2:00 PM in the Social Hall

### ★ Parking Lot News from Safety & Security:

Due to misuse, all of the resident parking cones have been removed.



We have added additional spaces to the Lawndale parking lot for residents. Friends, family and visitors of

residents in Lawndale Manor must park in the visitor parking lot Monday – Friday. The visitor parking lot is located on the left as you enter the main entrance. We ask any residents of Alpha and Gateway Manor to report any contractors, staff, or visitors parking in resident parking spaces. If you no longer have plans on using your car, please contact PPH Social Service department. Thank you for help keeping everyone safe and comfortable.



*Two winners from the Chinese New Year celebration raffle auction.*



*Visitors enjoyed looking at the PPH Coloring Club's artwork on display in the Pathways lobby. The Coloring Club meets every Saturday from 10:30 – 11:30 a.m. in the PPH Craft Room.*



### In Memory of Monsignor James E. Mortimer

We, the community of the Philadelphia Protestant Home (PPH), join with the Roman Catholic community of Philadelphia in mourning the passing of Monsignor James E. Mortimer. He was the pastor of St. William Parish for over twenty years and, in that capacity, serviced on the Board of Directors of PPH. We have been blessed since that time with several of St. William's pastors serving as board members. The parish of St. William continues to bless our residents, staff, and families. With deep gratitude for their history of pastoral support, we join with them in mourning the loss of Msgr. Mortimer.

# Brightening Alpha Manor: One Floor At A Time

We heard you! In direct response to resident and staff feedback, the first floor of Alpha Manor recently underwent a long-awaited upgrade including nearly 60 LED lights, more than 20 LED wall sconces and new speakers that enable improved sound quality for safety alerts and announcements.

The Alpha Manor first floor lighting and speakers:

- Create a bright, homelike and inviting atmosphere
- Improve safety for residents, visitors and staff
- Reduce energy usage and costs
- Conceal wiring thanks to an attractive new drop ceiling...and more!



If you haven't been to Alpha Manor recently, now is a great time to visit friends and neighbors who reside there and enjoy this new PPH amenity.

## New To Our Family

### **Arlisle Goodman – 1/18/2019**

- Moved to PPH from Mayfair
- Member of Bensalem Baptist Church
- Worked as an Administrative Assistant to the Vice President of a Bank
- Graduated from Port Huron High School in Michigan
- Enjoys bowling, ceramics, and reading
- 2 children, 4 grandchildren, 4 great grandchildren

### **John Horn – 12/4/2018**

- Moved to PPH from Somerton
- Member of Bethesda Presbyterian Church
- Graduated from Northeast High School

- Worked as an electro-mechanical design engineer
- Enjoys reading, learning, and model trains
- John also worked as a grief counselor with the Drum and Bugle Corp.
- 4 children, 5 grandchildren

### **Bernice Kulon – 1/17/2019**

- Moved to PPH from Crescentville
- Graduated from Dobbins Vocational High School
- Worked as an administrative assistant at PECO for 20 years
- Moved to PPH to be close to her husband, Stefan, who lives in Pathways
- Enjoys crotchet, knitting, puzzles, and reading
- 1 child, 3 grandchildren

### **Hugh Lynch, Sr. – 1/15/2019**

- Moved to PPH from Port Richmond
- Graduated from Northeast Catholic High School
- Hugh is a retired Philadelphia Police Officer
- Enjoys reading and is a Mason
- 2 children, 4 grandchildren, 5 great grandchildren

### **Adelaide Weidner – 1/8/2019**

- Moved to PPH from Torresdale
- Member of Saint Mark's Episcopal Church
- Graduated from Frankford High School
- Worked at PNC
- Enjoys reading, puzzles, crotchet, and exercise

# Reflections

## Lenten Opportunities at PPH

The season of Lent is a period of 40 days, beginning on Ash Wednesday and culminating on Good Friday, but not including Sundays, during which Christians prepare their hearts and minds to remember the death of Jesus on Good Friday and to prepare for the celebration of his resurrection on Easter Sunday. During Lent, each Sunday is like a little Easter! To help our residents, staff, and neighbors observe a meaningful Lenten Season, please share our Lenten Schedule:

### **WEDNESDAY, MARCH 6**

Ash Wednesday Mass,  
9:45 a.m. in the Chapel  
Ash Wednesday Service,  
2 p.m. in the Chapel  
*Imposition of Ashes for  
Personal Care residents,  
staff, and in Pathways  
earlier in the afternoon*

### **SUNDAYS, MARCH 10 – APRIL 7**

Sunday Chapel Worship in Lent  
Protestant Worship,  
9:15 a.m.  
Catholic Worship,  
10:45 a.m.

### **MONDAYS IN LENT**

Rosary, 7:30 p.m.,  
in the Chapel

### **WEDNESDAYS, MARCH 13 – APRIL 10**

Lenten Study w/ Pastor Jack,  
6 p.m. in Fellowship Room  
Lenten Vesper Services,  
7 p.m. in the Chapel

### **THURSDAYS, MARCH 7 – APRIL 11**

Catholic Eucharist Services,  
9:45 a.m. in the Chapel  
Fridays, March 8-April 19  
Stations of the Cross,  
10 a.m. in the Chapel  
*Holy Communion on  
Good Friday*

### **HOLY WEEK WEDNESDAY, APRIL 17**

Catholic Mass, 9:45 a.m.  
in the Chapel  
*No study or service this evening*



### **THURSDAY, APRIL 18**

Maundy Thursday Service,  
2:30 p.m. in the Chapel

### **FRIDAY, APRIL 19**

Stations of the Cross, 10 a.m.  
in the Chapel  
Good Friday Service, 2:30 p.m.  
in the Social hall

### **SUNDAY, APRIL 21**

EASTER celebration,  
9:15 a.m. in the Chapel  
Catholic Easter service,  
10:45 a.m. in the Chapel

Pastor Jack Price  
Anne Eichner  
*Pastoral Care Assistant*

*We're Family.*

## **THE PPH MISSION**

Guided by Christian values, the mission of The Philadelphia Protestant Home is to provide a caring senior living community that affords its residents the opportunity to achieve their highest possible quality of life.

**Integrity • Friendly • Quality Care • Compassionate • Respect • Comfortable**