**Gifts of the Heart**

**Make Life Vibrant!**

Morningstar Living is grateful for the many people who provide enrichment and vitality to our community! Each spring, we honor volunteers and employees at celebratory events that showcase the spirit of dedication, leadership and kindness of individuals in our midst.

In this edition of our newsletter, you will enjoy reading examples of life-long service to community as Doris Lifland is featured. A different kind of lifetime volunteering is evidenced by Max Lawson - who began as a junior volunteer and now trains others how to be of service. And, our own Chief Executive Officer, Sue Drabic is featured as a leader and advocate as an honoree of the Girl Scouts of Eastern Pennsylvania’s Take the Lead program.

For each person mentioned, there are dozens of unsung heroes who walk among us. Those who offer gifts from their heart each day. I am fortunate to witness some of these acts of kindness, but many gifts of the spirit are quiet and privately shared. In some ways, these gifts are the greatest of all – because the gift is freely offered without fanfare or expectation.

I’m sure that like me, your heart swells with gratitude when you see an interaction that makes life better. Whether volunteering time as a companion, offering up a favorite hobby as an activity, visiting with a therapy dog, or simply sharing a casual conversation, these simple acts of voluntary compassion bring joy and vitality to others!

This spring, we celebrate the promise of blooming and growth acts of voluntary compassion bring joy and vitality to others! For each person mentioned, there are dozens of unsung heroes who walk among us. Those who offer gifts from their heart each day. I am fortunate to witness some of these acts of kindness, but many gifts of the spirit are quiet and privately shared. In some ways, these gifts are the greatest of all – because the gift is freely offered without fanfare or expectation.

This spring, we celebrate the promise of blooming and growth for ourselves and those we serve. Come visit our campuses at Moravian Hall Square and Heritage Village to experience our brand of vibrancy and community spirit!

Enjoy!

Mollie Santee,
Executive Director
Morningstar Living Foundation

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**Getting to Know Volunteer Max Lawson**

Max Lawson is a familiar face at Moravian Hall Square. At 20 years old he has been volunteering for many years within the community. Max started volunteering when his aunt, Laurie Brunstetter, invited him to help at an event in 2012, when he was in 7th grade. At that time, Laurie was the Volunteer Coordinator and wanted to encourage her nephew to become a junior volunteer. Since then Max has spent many hours helping in a number of different ways.

Max, who is currently working to obtain his Associate’s Degree in Computer Science at Northampton Community College, typically helps at events. Often times the events are held at Moravian Hall Square, at other times it may involve traveling with residents to events elsewhere in the Lehigh Valley or beyond. “Throughout my career as a volunteer at Moravian Hall Square, I’ve been able to experience many things most kids my age wouldn’t get to see including musical performances, plays, museums, and art galleries, among other things,” said Max. More recently Max’s volunteer role has expanded to include helping residents if they have problems with their computers, tablets, or cell phones. “While I’m not an expert in all things IT, I have enough knowledge to be able to solve residents’ basic IT problems. For more complex IT issues, I recommend they seek the help of Moravian Hall Square’s IT support staff.”

Max fits in his volunteer hours around his busy class schedule, putting in most hours during his breaks from college. Max has recently had the opportunity to assist in training Junior Volunteers, helping them to adjust to their new role as a volunteer. He helps to put them at ease and to understand many of the policies and procedures in place at the community. Moravian Hall Square provides volunteer opportunities for students from age 14. Many of the Junior Volunteers may spend only a short time volunteering as they fulfill their High School’s requirement for community service hours. Max hopes that with training and ongoing mentoring they can be convinced to continue in their role as volunteer long after their Community Service requirement is met. He hopes that he can help them start on a lifetime journey of volunteering, wherever that journey takes them.

Outside of Moravian Hall Square, Max claims to have a pretty uneventful life. He plays piano and has dabbled a little in archery. One thing you may not know about Max is that his first language was Russian, as he spent the first few years of his life in Central Asia. Max is a very driven young man…after he finishes his Associate’s degree he hopes to continue his education at a local college, not too far from home. We hope that means he will continue to volunteer at Moravian Hall Square for many more years to come.
What a special year for Morningstar Living. 2018 was the year in which we celebrated the 30th Anniversary of Moravian Hall Square. The year was filled with special events marking this milestone. Enjoy this stroll through the second half of our year…

Looking Back on a Year of Celebration

We welcomed our new 14-passenger bus

The Large Flowerheads entertained us in the Pleasure Garden

Memorial Day Tribute

We attempted to break the Guinness World Record for Largest Clapping Ensemble

Residents and guests enjoyed a Scarecrow Exhibit in the Pleasure Garden

Our residents and staff helped to brighten the holiday season by donating holiday breakfast for those in need

The Prestifilippo Family enjoy showing their 1926 Fiat 503 as we sponsor the Nazareth Car Show

The Moravian Hall Square choir Sing at the Grand Illumination event

We enjoyed a visit to the Scott Arboretum at Swarthmore
Susan Cooper Drabic is Honored by Girl Scouts of Eastern PA

Morningstar Living is proud to announce that President & CEO Susan Cooper Drabic has been named as one of the Girl Scouts of Eastern Pennsylvania (GSEP) 2019 Take the Lead Lehigh Valley honorees. This year GSEP will recognize four distinguished women from the community; Take the Lead is a girl-led ceremony that highlights GSEP’s mission to build girls of courage, confidence, and character, while honoring women leaders whose work and achievements exemplify these values.

“We look forward to our Take the Lead program every year,” said Kim E. Fraites-Dow, Chief Executive Officer of GSEP. “This signature fundraising event honors our community’s most distinguished women whose leadership and professional achievements make a significant impact in our region, and on the lives of our close to 40,000 girls and 15,000 adult volunteers.”

Unique to GSEP, Take the Lead enables girls and women from the community to forge long-lasting mentoring relationships designed to teach girls the skills they’ll need to become the leaders of tomorrow. Four deserving high school aged Girl Scouts will have the opportunity to shadow an honoree for a day, reflect on the experience, and present her with a Take the Lead award at the event, attended by 500+ community leaders.

“I am humbled to accept this honor from the Girl Scouts of Eastern PA and for the opportunity to serve as a mentor to a Girl Scout as she grows into adulthood,” said Susan Drabic. “As a former Girl Scout and 4-H Club member myself I benefited at a fairly young age from wonderful mentors and leaders who by example taught me about positive leadership. To this day, I remain thankful to all the women and men who influenced me and emphasized the importance of “giving back” and spending time with the young leaders of tomorrow. The world today is filled with amazing opportunities as well as serious and sobering challenges for all leaders. Proudly, scouting programs for both girls and boys are helping tremendously to fill the need in the United States and throughout the world to grow leaders who are not only bright, but also possess character and integrity – traits we yearn for in our leaders and which remain critical for our well-being.”

2019 Take the Lead Honorees

- Ashley Russo,
  President & Executive Producer,
  ASR Media Productions

- Councilwoman Olga Negron,
  Community Liaison, HSGK Law Firm

- Cecelia Connelly-Weida, Ph.D.,
  Dean, School of Business, Education,
  Legal and Social Services, Lehigh Carbon Community College

- Susan Drabic,
  President & CEO,
  Morningstar Senior Living

Take the Lead Lehigh Valley honorees will be celebrated at a special girl-led ceremony on Tuesday, April 30, 2019 at ArtsQuest Center at SteelStacks in Bethlehem. Guests will have the opportunity to take part in a paddle raise campership auction to help send girls to Girl Scout camp.

In preparation for this event Girl Scout Elizabeth had the opportunity to shadow Sue Drabic during a busy day at Moravian Hall Square. Elizabeth arrived bright and early for a full day of meetings, visiting different areas of the community, and assisting residents in a game of Wii bowling. At the end of the day Elizabeth left with a whole new understanding of life in a retirement community.
Special Events are held throughout the year to benefit our Good Samaritan Fund for benevolent support. The need for financial assistance continues to escalate annually as some of our long-term residents run out of personal means to pay the full cost of their care. A Fashion show, Harvest of Friends dinner and a new Grand Illumination were some events that helped generate more than $125,000 to be directed to the Good Samaritan endowment fund.

Your gift of connection is important to making lives sparkle. Thanks to YOU – we continue to serve and share our light.

Mollie Santee, Executive Director

During 2018, our community added a sparkle to celebrations as part of our 30th year. The glow of giving made spirits bright as each member of our Morningstar Living community benefitted from acts of kindness, caring and generosity. The combined gifts of donations large and small have resulted in making a difference for the people of our Morningstar Living community. These are a few highlights of donor directed gifts received:

• Funding for a talented college intern who offered Art instruction and programming for residents impacted with dementia.
• Music therapy sessions for individuals and groups in several neighborhoods – especially for residents impacted by cognitive challenges.
• A new 14 passenger bus with lift access to offer safe, reliable transportation for enrichment.
• Designation of a Native Plant Sanctuary and the planting of special flowers and large trees in our Pleasure Garden area.
• Special equipment for neighborhoods including an all-terrain wheelchair, and a commercial mixer.
• A new electronic piano that can easily be located to provide musical programming in multiple neighborhood settings.
• Funding to support the allocation of four college scholarships to deserving student employees.

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Your gift of connection is important to making lives sparkle. Thanks to YOU – we continue to serve and share our light.

It is my honor to offer a heart-felt, personal thank you for your support. You have impacted lives more than you will ever know…

Mollie Santee, Executive Director

Morningstar Living created a new publication called “Built for Life” that appeared in the Morning Call in print and electronically. Thanks to the generosity of business partners, this publication showcases some of the details of life planning that makes our organization an outstanding leader in adult lifestyle choices. These special businesses helped to fund the project as well as dedicate charitable dollars to our Wellness Trust, which helps fund programs and initiatives for optimal vibrancy of our community members!


Haley Smith, student intern from Cedar Crest College with art project.

Barb Abel performs on the new piano she donated.

Guests enjoy the Harvest of Friends event.

2018 Scholarship Winners

Highlights from Morningstar Living Foundation – supporting the promise of enriching lives.

Spring 2019
Charitable Gifts

RECEIVED FROM JULY 1, 2018 THROUGH JANUARY 31, 2019.

Tribute Gifts

We thank the families and friends of the following residents for choosing the charitable funds at Morningstar Senior Living for memorial tribute contributions.

John Therof
Catherine Weidner
Helen Ziegler

Memorial gifts received July 1, 2018 through January 31, 2019.

John Roanoke
Jim & Helen Roth
Janet Rutan
Mike & Diane
Nancy Sauer
Sawgrass Partners
Kate Scalise
David & Carris Sharp
Margaret Schiffer
Amy Schmitz
Frederick Schumhauer
David Schuler
Charles Sebold

Barbara Seifert - Sigmund Shaffer
Family Foundation
R. Charles Stehly
Marie Steineck
Dorothy Stehno
Frances Stoudt
Walter Swift
The First Moravian Church
The Lamar Companies
The Philadelphia Trust Company
Thrivent Financial

Jill T名列前er
Barry Trumbauer
Wagner Family
Drools Wahlrogen
Ralph Wanamaker
Elvira Waskowitz
Gary & Louise Weiss
John Werley
Whitfield Homes & Remodeling
Donnelley Williams
Midge Wise

Margaret Motz
Larry Merkle, MD
Richard Metz
Peter, Michael & Jeffrey Murray
Donald Nichols
Howard Overholt
Miroslaw Pasternak
Dick & Eleanor Santal
Eleanor Schuler
Mary Sfeirt
John Shaffer
Friends & Family of Willour & Arlene Smith
Robert L. Snyder, M.D.
Loved Ones of Richard & Linda Soliday
Donald Stoudt
Lorraine Thlor
Edward Verga
Don Wahlrogen
Don Weisert
David Weiss
Edith & Edwin Weiss
Richard Werner
Raymond & Dorothy Yeakal
Elaine Young
Midge Zimmermann

It is my honor to offer a heart-felt, personal thank you for your support. You have impacted lives more than you will ever know...

Mollie Sante, Executive Director

Please contact me for corrections or omissions.
Global Chef Visits Moravian Hall

Morningstar Living welcomed Sodexo Global Chef, Marcel Pohle, to its Moravian Hall Square campus. Chef Pohle’s 2-day visit to the campus in Nazareth was part of a whirlwind U.S. tour to share the Flavors of Germany. His tour included a number of stops in Wisconsin, Michigan, West Virginia, Pennsylvania, New Jersey and Delaware as he visited retirement communities, universities and a children’s hospital.

Moravian Hall Square residents enjoyed a number of opportunities to meet Chef Pohle, to learn about his love of cooking and his life in Leipzig, Germany. They enjoyed cooking demonstrations and special dinner menus created by Chef Pohle, using some of his favorite recipes.

The Global Chef Program is a month-long international chef residency that provides an opportunity for Sodexo’s top chefs worldwide to travel to other countries and share their native cuisine and culture abroad. In spring and fall of each year, a dozen Sodexo Chefs from around the world venture to the United States.

Moravian Hall Square Named Showcase Community by Sodexo

Moravian Hall Square has been named a Showcase Community by Sodexo. The Sodexo Showcase Community designation represents the best partnerships that incorporate shared values and commitment to improve quality of life for the people served every day.

Moravian Hall Square has had a relationship with Sodexo that spans almost 3 decades and together they are focused on elevating the experiences of residents who live at Moravian Hall Square. This Showcase Community designation is determined through a complex assessment of the value and services provided.

“This designation recognizes the joint commitment of Morningstar and Sodexo for providing what people really want – dining experiences that are enjoyable AND memorable because of excellent service and food that looks appealing and tastes really good! Residents, employees, volunteers, and our visitors ALL benefit from the camaraderie that results when we enjoy delicious food together”, said Joe Cuticelli, CEO of Seniors North America for Sodexo.

“Moravian Hall Square knows how to deliver the value of Sodexo’s resources to the people who live there. As a showcase community, the Moravian Hall Square team is dedicated to using the best of our programs, systems and tools,” said Susan Cooper Drabic, President & CEO of Morningstar Living which owns and operates Moravian Hall Square.

Resident Doris Lifland Honored

Moravian Hall Square resident Doris Lifland was recently named one of the Jewish Family Service of the Lehigh Valley’s 8ish Over Eightyish 2018 Honorees. The 8ish Over Eightyish event honors role models and mensches eighty years of age or older who have dedicated their time, talents and hearts to the Jewish community.

As an active member of Bnai Abraham synagogue, Mrs. Lifland was instrumental in planning a community-wide, eight-day Chanukah celebration for the residents at Moravian Hall Square.

Mrs. Lifland also volunteered with Meals on Wheels, she is the founder of You are Welcome and has created local theater programs. Honorees gathered with family and friends at a celebration event in November. Mrs. Lifland received citations from the Senate of Pennsylvania and the House of Representatives.

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“Congratulations Doris!”
Why Did You Choose to Live at Heritage Village?

“I was looking for the type of community that would be able to take care of me if my health needs change as I get older,” says Dotty Narvaez, a resident at Heritage Village. “I have a daughter and two sons and I want them to enjoy their lives, not worry about me if I can’t take care of myself one day. So that required me to have a plan now. Otherwise, they would be burdened and forced to make decisions about where I would go, if and when I needed care. I wanted to make that decision now, on my own. That’s why I chose Heritage Village. Heritage Village is an active adult community that includes access to the area’s best health care services at Moravian Hall Square.

Dotty Narvaez
Heritage Village Resident

“We moved to Heritage Village in early Summer 2018 because we were tired of the house and property maintenance that kept us tied to our home in Bethlehem. We like to travel and we frequently go back and forth to Florida. So having the freedom to leave anytime we want, knowing our home at Heritage Village is being taken care of by Morningstar Living is a huge benefit for us. We’d rather be busy doing “adventurous” things we enjoy, than cutting grass and making home repairs.”

Myra and Michael Jones
Heritage Village Residents

If you are interested in learning more about Heritage Village call 484-298-5000
Living Vibrantly at Morningstar Living

No matter how much exercise and good eating habits we subscribe to, nobody is exempt from aging. So in addition to the physical environments that inspire healthy aging, the environment has to be filled with opportunities for the people living in the environments.

Healthy aging is as much about the way you live your life, as it is about the environment you live in. And that means staying active, connected and engaged in life. Having access to on site programs for fitness, education, recreation and entertainment keeps people physically and mentally fit and connected socially... key ingredients to healthy aging.

In 2018 Morningstar Living launched Vibrancy which is a multi-faceted, customized plan of health for residents at Moravian Hall Square and Heritage Village. "Vibrancy is based on program activities and opportunities that enable residents to thrive, no matter where they are on the healthy aging journey," said Dr. Alice Donlan, PT, DPT Board Certified in Geriatrics, "The goal is to help each resident personalize a plan to be the most active, connected and engaged in life as possible, because we know that is the key to healthy aging." To continue to help residents stay healthy and feeling at their best Morningstar Living recently partnered with De Sales University to offer a Vibrancy Wellness Fair for residents. Physical Therapy Doctoral Students from De Sales were on hand to provide wellness screenings. One of those students, senior Shannon Neumeyer, acted as the liaison between the Wellness Initiative and her fellow students at De Sales University. Shannon has worked here in Culinary Services for over 10 years and she is currently completing her clinical education in the Therapy Department at Moravian Hall Square. "It has been wonderful to be able to complete my clinical education here at Moravian Hall Square," said Shannon Neumeyer, "I feel fortunate to have had Morningstar Living support me throughout my education journey." Residents enjoyed a number of activities at the Wellness Fair including beginner classes in Tai Chi and Qigong.

My Journey to Strength... and to Home

I had been looking forward to moving to my new apartment at Moravian Hall Square. After planning the move and packing my belongings I arrived, excited to be starting this new adventure in my life. Having moved from New Jersey, one of the things I was most looking forward to was meeting new friends. On the day of my move - and before I had a chance to meet anyone - I tripped in my apartment, fell, and fractured a bone in my neck. Instead of spending my first night in my comfortable apartment, I was spending it in the local hospital... not quite the adventure I had hoped for!

After being discharged from hospital, I stayed at my sister’s home for a couple of days before returning to my apartment at Moravian Hall Square. Due to my injury I required some Home Care and Physical Therapy. I was introduced to Melissa Pitts who would be my primary Physical Therapist... and my rock. Melissa was tough, but caring and supportive at the same time. When I doubted if I could recover from my injury, Melissa assured me that things would get better and worked with me to regain my strength and mobility. Before long she had me back on my feet and able to manage without Home Care in my apartment. I felt that Melissa was as invested in my recovery as I was, a true partner on this journey.

More recently, following a stay in the Health & Wellness Center, I have required some additional Physical Therapy, to deal with ongoing pain issues, and Speech Therapy. I have continued to work with Melissa and with Speech Language Pathologist, Michelle Mendrys. As a care team they have worked together to identify tools and strategies to help me improve and be successful in my rehabilitation. I can’t thank them enough. They have helped me regain my strength, allowing me to remain independent and in my apartment. I could not have recovered as well as I have done without their compassionate care and support.

Knowing that I have priority access to the Health & Wellness Center and to on-site Physical Therapy services should I need them is the peace of mind I need to allow me to enjoy life. I am very glad this is the community I chose to call home.

Barbara W. Isenberg
Resident, Moravian Hall Square

One of the reasons I chose Moravian Hall Square was because, as a Life Plan Community, I knew my needs would be met at all stages in my life.
Galilee House Awarded Excellence in Care Distinction

The Alzheimer’s Foundation of America (AFA) has announced that Galilee House at Moravian Hall Square has once again earned AFA’s “Excellence in Care” Dementia Care Program of Distinction. Dementia care settings are eligible to achieve this national recognition after successfully undergoing an extensive evaluation of staff, procedures, and environment, ensuring best practices in dementia care. This is the third time that Galilee House has been awarded this national recognition.

“At Galilee House at Moravian Hall Square, we have consistently demonstrated an ability to raise the bar on dementia care,” said Charles J. Fuschillo, Jr., President and Chief Executive Officer of AFA. “We are proud to again recognize them with the Excellence in Care distinction and look forward to their continued commitment to serving their community.

To earn this distinction, EIC sites must meet certain standards set forth by AFA focusing on the following three areas: facilitating meaningful living, promoting safety and security in the environment, and overall health and wellness of the care community being serviced. Assisted living residences, skilled nursing facilities, continuing care residential communities, adult day programs, group homes, and senior centers that provide care to individuals living with dementia are eligible to participate in AFA’s Excellence in Care Dementia Care Program of Distinction.

Laura Fitzgibbon, Personal Care Administrator, Galilee House at Moravian Hall Square, said “We are honored that Galilee House has once again been recognized for this ‘Excellence in Care’ Dementia Care Program of Distinction status. The award of this prestigious designation recognizes our commitment to providing environments and pioneering programs to empower our residents who have dementia to meet their full potential.”

Galilee House at Moravian Hall Square is a secure, home-like environment where residents with memory impairment receive attentive personal care in their Reflections Program to stimulate long-term memories and ease confusion. Residents with early to mid-stage Alzheimer’s disease or related dementia benefit from recreational programming and activities that are designed specifically for their unique needs, interests, and memories. The direct care staff are very attentive and make sure to get to know their residents and their likes and dislikes, and meet each individual’s needs.

Molly Fogel, LCSW, AFA’s Director of Educational and Social Services, said “Galilee House exemplifies the qualities AFA looks for in awarding EIC distinction: an educated staff, safe environment, and ability to focus on the unique and individualized needs of each individual living with the illness.”

Congratulations!

Native Plant Sanctuary

What do you think of when you hear the word Sanctuary? Perhaps you think of a sacred place, a place of refuge or a nature reserve. All of these descriptions could be used when thinking about The Pleasure Garden at Moravian Hall Square. And so it seems fitting that the Pleasure Garden was recently awarded the designation of a Native Plant Sanctuary.

Resident David Kline spearheaded the project to bring native plants back to the bank of the pond within the Pleasure Garden. Mr. Kline worked with the Lehigh Gap Nature Center, The Lehigh Valley Community Foundation and Lehigh Valley Greenways to secure funding to complete this project.

Residents, staff and friends of the community gathered in The Pleasure Garden for a Dedication Ceremony to recognize and celebrate this special designation.

A big THANK YOU to David Kline – with your continued dedication to the preservation of the Pleasure Garden our residents and visitors will continue to enjoy the sanctuary of this special place.

Spring 2019
Look Out For Us On Route 22!

Look out for us as you travel Route 22, eastbound between 512 and 191. A huge thank you to our featured staff – Roxanne, Andrew, Annette, Matt & Loida. Thank you for being the face of Moravian Hall Square and for your willingness to help us attract exceptional staff.