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Greetings from the President

A LOVE SHARED **ACROSS GENERATIONS**

By Karen Messics

I thank my mom, Miriam Hoffman, She loved going to dinne and especially loved the for giving me a heart for older adults.

Mom was a geriatric nurse. When I was growing up, she would take me along with her to nursing homes to visit her patients. I would attend their Christmas parties and other festivities. As a child, I loved it. I would become their surrogate grandchild.



Fast forward a few decades later when mom was first admitted into Artman's Rehab. Our

roles were different - she became patient and I, her health advocate. She quickly settled in at

Artman and made new friends there.

Mom would later move into personal care, then skilled care at Artman. She loved going to dinner, holidays. Artman would go all out with decorations, music and fabulous food. They made her feel special. She would look surprised and ask, "Is this for me?"

I particularly recall the St. Patrick's Day celebration. She fancied the Irish music, and proudly wore her green hat and necklace. I found that humorous because. despite her broque accent, mom never told people that she was Irish. "No, I'm a British subject," mom would guip when asked, even though she was born and raised in Northern Ireland.

After mom died. I became a volunteer at Artman. I especially like helping at special events like the prom, miniature golf, and holiday parties. Over the years I've developed a special bond with the residents. It brings me joy to hear their stories and meet their families.

When I turned 60 last October, my daughter Madison orchestrated

a very special surprise party for me. She requested that, in lieu of gifts, friends and family could donate to Artman's benevolent care fund in honor of my birthday.

Her thoughtful act touched me deeply. Madison knows how much I love Artman and my time there as a volunteer. She sees how much pleasure and joy it brings me.

The benevolent care fund is particularly near to my heart, as one of mom's friends benefited from the fund. N, I'll call her, was able to stay at Artman as a beloved and precious member of the Artman family.

With the benevolent care fund, Artman provides the most gracious gift that of assurance and security. No one is ever asked to leave because they can no longer pay the monthly rate.

Through the years, my husband and I have personally supported Artman's benevolent care fund. For us, this fund embodies the Biblical principle of caring for others with compassion and love.

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Life, Energy, and Passion

As I look around Liberty Lutheran, I see life, energy, and passion. That vitality comes from many places:

- Donors who invest in our mission;
- Volunteers and staff going above and beyond;
- Residents emboldened to make communities more than just their home;
- Neighbors and people of faith stepping up where they're needed most.

Passion is perhaps the biggest driver in growth and energy, as it pushes people to dig deeper and reach higher. In this issue of At Liberty, we give you a glimpse of that passion.

As you read through the pages, you'll learn about volunteers and staff who serve as the catalysts to make good things happen. You'll meet residents who are doing what they love, much to the delight of others.

The Liberty family continues to grow. During this winter season, we will welcome Allegheny Lutheran Social Ministries (ALSM) to Liberty's family of services.

ALSM serves eight counties in central Pennsylvania. Their ministries include two retirement communities, affordable senior housing, senior home care, and a breadth of services for children and families.

As we look back on 2022, we are most grateful to you for your support of Liberty Lutheran and our family of services. You are the heart that provides the life energy in all that we do.

We invite you to join us in 2023 as we plant seeds and forge new roads for better tomorrows.

Luanne B. Tishet

Luanne B. Fisher, PhD President and CEO, Liberty Lutheran



ABOUT THIS EDITION'S COVER

Friends at The Manor at York Town gather for a favorite pastime.

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AFLiberty

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Concert Series Honors the Late Bea Rossman

Philanthropist, Musical Educator, and Musician

This fall, The Hearth at Drexel lost an avid music lover, musician, educator, and cultural philanthropist, Bea Rossman. Before her passing, Bea initiated a series of classical music "mini-concerts" to introduce Philadelphia-based Astral Artists' outstanding talents to residents at The Hearth. These performers are rare young musicians, among the finest of their generation, chosen to become part of Astral Artists through national competitions for their unmatched skill, imagination, and entrepreneurial drive. The trio of concerts at The Hearth include one that took place in November and two scheduled for March and June 2023.

According to Jessica Buck, Director of Community Life at The Hearth, "The first concert took place just a week after Bea passed and featured gifted Harpist, Rachel Lee O'Brien. She played pieces by Marcel Grandjany and George Frederic Handel. Hearth Residents are still talking about Rachel's exceptional performance. That concert was a way to commemorate Bea's dynamic life and her contributions to the cultural life of Philadelphia."

A musician and former music educator in the Philadelphia Public Schools for 23 years, Bea had long supported brilliant musicians in the area. She was the former Chairman of the Board of the Friends of the Curtis Institute of Music in Philadelphia. In 2002, she endowed the Dr. Samuel R. and Beatrice S. Rossman

Above: Harpist Rachel Lee O'Brien from Astral Artists performing for residents at The Hearth.

Inset: Vera Wilson, left, of Astral Artists, with harpist Rachel Lee O'Brien.

Fellowship. In addition, she sponsored many ingenious students early in their careers, like the concert pianist Lang Lang when he attended Curtis.

Before moving to The Hearth, Bea attended classical concerts at The Church of the Holy Trinity, just off Rittenhouse Square, performed by Astral Artists for years. "I felt so thrilled listening to the exquisite performances of these young musicians that I wanted to bring their music to The Hearth for everyone here to enjoy as much as I have, so I introduced Jessica and Vera Wilson, the Founder of Astral Artists, whom I have known for 13 years, hoping to spark a collaboration," said Bea earlier last fall, when she chatted about the upcoming concerts with fellow residents.

According to Jessica, "Residents are already looking forward to the next concert in March and we're hoping that a flutist will be able to perform outdoors in June 2023, so that family members of Hearth residents may be able to attend."

Through these concerts, Bea's admiration for Astral Artists' extraordinary young musicians and her dedication to music education and cultural philanthropy will remain alive.

Artman



Two Love Stories

Sharing the Traditional Roles of Homemaker and Caregiver

Historically, traditional roles within couples have shown women as the primary homemaker and caregiver. Two couples at Artman, Bob and Marilyn Adick, and Jim and Betty Denardo, have broken the mold of those roles, because the men share those duties with their wives, and have done so throughout their marriages.



Bob and Marilyn Adick met in High School. "She was the most beautiful girl in the school; an excellent student, very intelligent, so I wanted to get to know her, but I didn't think she would be interested in me. We hit it off right away, and she asked why I hadn't asked her out earlier," says Bob.

"It became apparent that we would either have to break up or get engaged because the strict school we attended discouraged serious relationships," he adds. "I wasn't about to break up with her, so we got engaged and married shortly thereafter."

When Bob joined the Air Force, they were separated while he was overseas. Once he returned, together Marilyn and he worked as a team. "Throughout our

lives, careers, and childrearing years, we shared responsibilities," Bob explains. "When I returned from the military and was working, she was a principal, running a school. It just made sense that we both shared the daily responsibilities. It's always worked for us to mutually take care of one another."

Like the Adicks, Jim and Betty Denardo have known each other for years; however, they've been married only 23 years. Each was married to another partner. Jim was friends with Betty's husband, and Betty friends with Jim's wife. "We often socialized together," says Jim.



In the 1990's, after Betty lost her husband, and Jim lost his wife, Jim's daughter suggested that he take a ceramics class. She casually mentioned that it might be nice to invite Betty to join the class.

Jim explains, "Betty and I started going out to eat after ceramics class, and before long, we realized that we shared many common bonds beyond doing ceramics. We both suffered losses of children as well as spouses, so we have an understanding of what the other has gone through."

Before Jim and Betty got married, Jim enjoyed baking and cooking, and he had acquired many culinary tools. He shares that after they married, Betty said, "If you want to do the cooking, go right ahead!" He also took over doing the laundry, and admits, "One of the great aspects of moving to Artman is that I have been able to relinquish that role."

"The Denardos and the Adicks are role models around here," shares Dana O'Donnell, Executive Director. "Their love and compassion is contagious."

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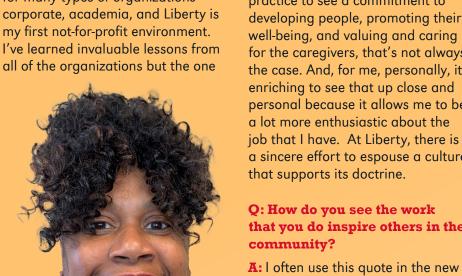
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LEADING LIBERTY

WITH CHARMAINE R. MADDREY-SMITH, Director of Employee Engagement Training

Q: How does Liberty Lutheran compare to other organizations, and what impact does that make for the people we serve?

A: I've had the opportunity to work for many types of organizationscorporate, academia, and Liberty is my first not-for-profit environment. I've learned invaluable lessons from



When I talk to new hires, when I talk to any employee, I introduce and unpack our core competencies and customer service standards not just in words but also in deeds. People need to see a live demonstrationbasically leading by example.

thing that stands out most to me about Liberty is the care for the employees, more so from our President & CEO of the organization.

While it would seem common practice to see a commitment to developing people, promoting their well-being, and valuing and caring for the caregivers, that's not always the case. And, for me, personally, it's enriching to see that up close and personal because it allows me to be a lot more enthusiastic about the job that I have. At Liberty, there is a sincere effort to espouse a culture

Q: Tell us about an experience you have had with Liberty that that you do inspire others in the impacted members and families. A: I feel like I have an indirect

impact because, of course, as I am hire orientations—"People don't care introducing our core competencies, how much you know until they know and explaining, and defining how how much you care." I love the fact we should espouse them throughout that I have an opportunity to inspire the organization, I don't really get to hope by presenting Liberty as a see what people are doing, except caring organization. via the thank-you notes and different messages that come back to Luanne and others about the level of care that residents receive. I feel like, in some way, it's the result of what I'm

trainings.

More directly, I had an opportunity this year to participate in Artman's Annual Golf Outing, so I know that directly has an impact because it benefits the Benevolent Care Fund.

offering the organization through the

I impress upon employees the

importance of professionalism

The climate of the workspace is

very different from a decade ago.

To be in a position where, when I'm

talking about leadership and what

I'm inspiring hope. Good leaders

inspire hope. I feel really good

about inspiring others because

that inspiration makes people

them much more engaged.

That's why Liberty hired me.

much more productive. It makes

it should look and feel like, I can see

and good leadership.

Lutheran Congregational Services





Gaining Skills and Confidence for Disaster Response Work

Tn September, Lutheran Disaster Response – Eastern ■ Pennsylvania held its first skills training workshop at the ELCA Northeastern Pennsylvania (NEPA) Synod office in Allentown. The goal - expand the number of volunteers equipped to help those affected by a disaster.

Heidi Shilanskas of St. Mark's Lutheran Church in Bethlehem coordinated the half day workshop.

She recalls, "When Julia Menzo and I discussed mission trips and how inadequate we felt doing the hands-on work required, I think it's safe to say we both felt a spark of lightening at our shared dream for a skills day that would help people like us learn how to do things like use power tools or hang dry wall. Working with Julia and the team from Trinity Lutheran in Kutztown was a vision realized for me."

Participants attending the workshop received interactive training on using a drill and a circular saw. In addition to hanging dry wall, they also learned the basics of putting down flooring, and how to spackle and paint.

One person attending the workshop, Weston Russell from Star of Bethlehem Church, was able to take his newly learned skills and test them in the field at a worksite in Downingtown. "After our skills day, Weston reached



Top: Weston and others get trained on basic dry wall hanging.

Above: Heidi and Weston help restore a garage at a home in Downingtown.

out immediately asking when he could put these new skills to use," Heidi shares. "Together he and I went to Downingtown to help with Hurricane Ida relief."

"We felt much more comfortable with the tools and the work required for the day," she continues. "Weston's enthusiasm was infectious, and soon our whole crew was giggling and making jokes as we worked on restoring a flooded garage."

"I am hopeful in the future that we can continue to offer these workshops in conjunction with local and national mission groups so that more people like me, who are less skilled, can develop their comfort level with tools and mission work."

Julia Menzo, Director of Community Outreach, adds, "We are so grateful to the NEPA Synod, the ELCA, our disaster partners, and our donors who all made this workshop possible. They provide strength and inspiration to volunteers like Heidi and Weston who walk with others down the long road to recovery after a disaster strikes."





Peter Clayton (center) leads his Adaptive Skiing lesson at Camelback Mountain.

Teaching Those Who Are Disabled How to Ski

ifty years ago, Peter fell in love with skiing when he and his wife Jill traveled to Austria for a winter sports holiday. "We went skiing," Peter discloses, "and it's been a lifelong love ever since. I love the freedom it gives you."

Now happily retired at The Manor at York Town, Peter's love for skiing continues to deepen as a volunteer instructor with The Pennsylvania Center for Adapted Sports (PCAS). Every winter, for the past 15 years, he has helped people with disabilities experience the benefits of skiing at Camelback Mountain in the Poconos.

"When I started helping, I realized it was a mission in life for me," expresses Peter. "I was able to give people who thought they would never be able to play a sport or ski the opportunity to do something they thought they couldn't do."

The PCAS program includes people with a wide variety of disabilities. Each lesson starts with an assessment to ensure that the equipment and instruction fit the individual's disability. After the assessment, Peter takes his student to the snowy slopes where they may need to overcome self-doubt.

"They'll say, 'I know I'm not going to be able to do this,' and then we get them out on the hill, they're skiing, and

they're having fun. They come back with a smile on their face, saying, 'When can I do it again?' And that happens on the very first day," Peter shares. "I love seeing the joy in their achievement."

The people he meets leave indelible memories, such as a teenage student who felt uncertain about their ability to ski. By the end, he watched his student confidently ski, then make plans for the high school ski trip.

Another time, he instructed a 72-year-old woman who had lost a leg to cancer. "She came to me and said, 'I can't ski. I said, 'Nonsense! Of course, you can ski. Here's how you do it!' Her son skied with her that day. It was a lovely family experience for them," Peter reflects. "The students get a great deal of pleasure from being out and doing the same thing as everybody else."

The people, and these experiences, bring Peter back every year. Indeed, volunteering and giving back remain fixtures in Peter's life. "It's important to me," Peter says. "I'm blessed that I'm able to give back. The paycheck is the smile on their faces."

Learn more about the PA Center for Adapted Sports on their website www.centeronline.com.

West Philadelphia Senior Community Center









A SHARED MISSION OF **WARMTH AND LOVE**

In 2022, the West Philadelphia Senior Community Center welcomed back popular programs. Daily lunch service returned during the summer, delighting members with delicious meals each weekday. The popular holiday wreath-making class returned, which members then used for holiday decoration.







On the Saturday after Thanksgiving, the Center welcomed back one of their favorite traditions: the Thanksgiving luncheon.

"It is a wonderful gift for members," shares Rose Richardson. Executive Director.

Every year, the Prince Hall Masonic Lodge (Mt. Laurel #2) sponsors this warm lunch gathering. The relationship between the Center and Prince Hall, along with Friends of the

Lodge, developed several years ago because of their shared mission to help the local community and the seniors living in the community.

"It was good to be back," says Julia Diggs, Program Manager for the Center. Members agreed with Julia. "I had an awesome time." shares Jessie. "Good times!" adds Jackie.

For many people in the community, the West Philadelphia Senior Community Center is their "home away from home", and the members, along with staff and volunteers, feel like a great big family.

"They're there with friends," says Julia, as she explains what the Center's members love about the luncheon. "Some just get a little something to eat, or someone brings food to someone else. It gives them an opportunity to break bread together. They really enjoy that."

Members relished the chance to break bread and socialize together again. They sat for a memorable feast prepared by the Masons from Prince Hall. The Eastern Stars, from Friends of the Lodge, prepared and brought additional dishes for the Masons.

The feast included plenty of turkey, collard greens, sweet potatoes, warm rolls, corn pudding, pies, and beverages. After dinner came the chance

to work off some of the delicious Thanksaiving food. Kenny Jackson performed for the members. He is an R&B recording artist who also plays bass guitar. Everyone danced and sang with joy.

The luncheon always ends with full bellies, joyful hearts, and, of course, leftovers. "We always have a lot of food left over," shares Julia. "We donate the leftovers to people in our community who might need food." The shared mission to help the local community and seniors always goes on.

As more programs return to the Center, and new ones are added, the Center will continue to feel like a home away from home—with all the warmth and love a person could need.

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Liberty Briefs

Liberty Briefs

Paul's Run The Village at Penn State



Healed by Volunteering

Paul's Run for six years with his mother, Helen Barrett. She joked that everyone knew her only as "Philip's mother" because he was as famous as a celebrity. As her health deteriorated in June 2021, Philip, who has Downs Syndrome, moved away to live with his sister, Mary. When Helen passed away in Dec. 2021, Philip suffered a double dose of grief. He not only lost his mother, he also lost his friends — the residents and employees who always made him feel welcomed and loved.

"His sadness was so profound that he could not bear to drive by Paul's Run anytime we were in the car doing errands," says Mary. "But one day, in Spring 2022, we drove nearby, and Philip wanted to stop by and visit. We ran into Bill, the Executive Director, as soon as we entered. Bill greeted Philip with a big smile and a fist pump and encouraged him to visit the Bistro and dining room, where many Culinary Team members and residents enthusiastically greeted Philip with broad smiles and high fives."

A short time later, the Executive Team at Paul's Run and Mary hatched a plan whereby Philip would volunteer at the Paul's Run General Store on Saturdays, along with long-time resident Sister Pat Downs. Sister Pat and Philip were already friends; now, they could volunteer together every week.

Sister Pat says, "We enjoy working together, sorting and counting candy that goes into bags, and organizing merchandise in between serving customers. Philip usually works from 11 a.m. until 12:45 p.m. on Saturdays, when Mary picks him up." Sister Pat adds, "Mary is a beautiful and loving sibling who sees Philip's potential and does all she can to help him achieve it."

Mary claims, "Sister Pat and the entire Paul's Run team have supported Philip. His demeanor and overall mood have improved in the months he has been volunteering. He is less depressed now that he has reconnected with friends he made earlier. His communication and social skills have improved, and he reveals feelings to Sister Pat he might not tell me. Being there has helped assuage his grief."

Mary adds, "I am so grateful to the Executive Team at Paul's Run for making this opportunity possible for him."



Philip and Sister Pat Downs volunteering at The General Store.

The Village

AT PENN STATE



Bringing Back Classics

From the Golden Age of Radio

When Karen Flickinger and her husband George moved to The Village at Penn State in 2008, they had an idea: produce an old time radio show. But would residents be interested in participating and watching it?

They got their answer, and 14 years later just produced their 30th show this last October to an audience of 135. Residents at The Village were taken back in time by a familiar character from the past.

Sam Spade, first played by Humphrey Bogart in "The Maltese Falcon," led the audience through a 'who done it' series, "The Fairley-Bright Caper". The episode originally aired in 1948 on Halloween day.

Karen explains, "Having been involved much of my adult life in various forms of Community Theater, I realized that, although memorization of lines for a play could be challenging for many of us, reading a radio script could be just as entertaining."

And that it is. The production continues to grow and delight residents at the Village, bringing laughter and joy to both audience and actors. "Many of us remember listening to 'Jack Benny', 'Fibber Magee and Molly', and 'Suspense', as well as a host of other great shows on the radio," she adds.

The first shows were held in the Lion's Den, a small room that only held 40 people. It provided a close up and personal experience for both actors and audience. They have since moved the show to the new, larger community room.







Residents enjoy "The Fairley-Bright Caper" performed in the community room. Just as in the old radio shows, the cast and crew are energized by the live audience.

"Part of the fun has come from seeing residents try something new," Karen asserts. "For example, a retired engineer stepped out of his comfort zone to try acting."

"The Fairley-Bright Caper" included a cast of ten, seven who were either new to acting or new to The Village. Karen shares that over the years they've also had the good fortune of residents bringing unique expertise to enhance the show.

"A former high school English teacher helped residents with skills like pronunciation and projection. More recently, Dr. Helen Manfull, Professor Emeritus of Theatre at Penn State, has lent her considerable skills to offer one on one acting sessions with cast members.

"Another resident, who is tech savvy, pulls together sound effects like whistling or a body hitting the floor. There are so many sounds to choose from, though George still enjoys making the sound of footsteps."

With their success, Karen and the Radio Players are already working on a Spring production. They are ever grateful for the tremendous support they've received.

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GOVERNMENT PROGRAMS (2%)	\$1,368,404
COMMUNITY CARE (<1%)	\$702,167
GRANTS (<1%)	\$99,863
WELLNESS (<1%)	\$229,901
OTHER (5%)	+ \$4,033,290

= \$74,946,823

Total Revenue

Expenses

PROGRAM SERVICES (51%)	\$42,061,175
GENERAL AND ADMINISTRATIVE (17%)	\$14,146,183
DEPRECIATION (9%)	\$7,684,537
INTEREST (4%)	\$3,192,069
LIABILITY INSURANCE (1%)	\$1,153,722
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BENEVOLENCE FUNDED (16%)	+ \$13,122,000

= \$81,845,018 **Total Expenses**

\$6,898,195 **Loss from Operations**

\$7,608,455 **Net Loss on Investments**

+ \$886,909 **Other Contributions**

= \$13,619,741

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