

4 Intergenerational
INSIGHT

EQUITY IN
Long-term Recovery 7

11 Involved Across
GENERATIONS



A Liberty

Valuing
Multi-Generations

SUMMER 2023

PUTTING ON THE WORKING CLOTHES OF THE GOSPEL

For decades St. John's Lutheran Church in Emmaus has supported the work of Liberty's

Lutheran Congregational Services. The church goes well beyond just sending money when it comes to helping others. They invest their heart, soul and body into serving.

The Reverend Fred S. Foerster, pastor from 1970 to 2001, was most influential in the congregation's commitment to social ministry. He believed the church should "put on the working clothes of the Gospel," and encouraged them to get their hands dirty.

The church founded the St. John's Construction Company, led by Pastor Foerster. Their work included many projects throughout the community, like repairs needed at Bear Creek Camp in the Poconos. They were instrumental in building ramps and other amenities to make buildings more accessible

to all.

Over the years, the church has been involved in disaster response work and refugee resettlement. They helped rebuild homes in St. Croix following a hurricane. The church welcomed families from Bosnia and Uganda.

As members of the church would say, "Pastor Foerster would assign us to do a job and we would do it because we wanted to follow his vision."

Sylvia Havlish, long-time member of the church, recalls, "I was a high school counselor back in the '90s when Pastor Foerster and I first envisioned a ministry to support people who are

grieving. He gave me the role of a Parish Nurse and made me the grief counselor."

Sylvia continues that role today, serving as Lutheran Congregational Services grief counselor, coordinating support groups and workshops. She's helped with Blue Christmas services and provided "Temple Talks" on her work in grief.

The Reverend Wayne Matthias-Long, member of the Liberty Lutheran Board, served as pastor of St. John's from 2002 to 2013. He shared, "Pastor Foerster inspired the members of St. John's to focus on doing God's work by serving others. It was a

privilege for me to follow that trail, which he had so faithfully and effectively blazed."

"The Lehigh Valley mission district's Ingathering, once coordinated by Lutheran Congregational Services, was a sight to behold," he adds. "The church continues to thrive as home to many community-based groups like the AA program."

Lutheran Congregational Services and all who are touched by their work are eternally grateful for St. John's Lutheran Church and Pastor Foerster. They do indeed wear the working clothes of the Gospel.



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ABOUT THIS EDITION'S COVER

Outdoor spaces at The Hearth were designed to provide multiple opportunities for residents to connect with nature.

Up Front

Greetings from the President



Valuing Multi-Generations

There's a quote from George Orwell that reads:

"Each generation imagines itself to be more intelligent than the one that went before it, and wiser than the one that comes after it."

The quote suggests that society has a rather overblown sense of generational identity that minimizes the value of all generations. We see a much different picture throughout Liberty Lutheran and our family of services.

In this issue of At Liberty, we disclose the mutual benefits of multi-generational care and friendships. Amidst relationships that cross many age groups, we see residents, members, clients, volunteers and staff who are fostering hope and building community together.

Sally tells her story of first volunteering at Artman with her mother and daughters, as well as her family's multiple connections to Artman over the years. She also divulges how her daughter introduced her to Artman's Becoming Center, a special part of Sally's life today.

With younger team members who work in dining services at Paul's Run, Brikena reveals that residents and staff often develop relationships similar to grandparent and grandchild. Characterized by mutual trust and respect, they maintain a genuine interest in each other's lives and well-being. We hear similar stories at each of our communities.

Residents at The Village at Penn State share their success in building and maintaining a robust recycling program. Their award winning program cares for future generations in its commitment to conserve energy, reduce greenhouse gases, and preserve natural resources.

These articles depict how we are all shaped by our particular slice of history, formed by our experiences in the world and the society in which we live; and, by the people with whom we interact. Each generation holds unique value to be imparted with all generations.

Liberty gains wisdom, perspective and inspiration across the many age groups that make up this organization. Thank you for being part of our history.

Luanne B. Fisher

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



West Philadelphia Senior Community Center members and students from School of the Future enjoyed sharing stories and valuable perspectives with one another.

Intergenerational Insight

Earlier this year, members from the West Philadelphia Senior Community Center and West Philadelphia's School of the Future worked together on a project that highlighted health, wellness, storytelling, and the importance of learning across generations.

"We wanted the members to share their journey as a way to show the young students the way to go," says Lynn McCullough, Adult Nutrition Educator at the University of Pennsylvania's Netter Center for Community Partnerships. The Netter Center partners with the West Philadelphia Senior Community Center as well as a variety of schools in West Philadelphia.

"Youth and elders alike have a voice and valuable perspectives to share, so we created space for positive dialogue," adds Sophia Canady, Nutrition Educator at the Netter Center.

The student volunteers gained interview and communication skills through a series of interviews with three members of the West Philadelphia Senior Community Center. The members were Miss Suedell, Miss Barbara, and Miss Jessie. The student volunteers were Sanaa, Matisyn, Aniya, and Jasir. Lynn brought members from the nutrition class that she teaches at the Center.

"We want to help strengthen relationships in the community by providing a space where older people can meet younger people in West Philadelphia," Lynn shares.

The interviews fostered wonderful intergenerational communication and insights.

In the first interview, Miss Suedell shared words of

encouragement and recited her published poem "Poor Man".

In the second interview, Miss Barbara took the students on a food journey into the past. She also shared stories from her time as one of the first Black flight attendants in the 1960s.

In the third interview, the students learned about the importance of civic engagement from Miss Jessie. She shared stories of her involvement with her church and community. The conversations were recorded as a podcast pilot with hopes that it will become an ongoing series.

"It has been a true joy to see the student volunteers expand their interview and communication skills," Sophia says.

"The members really enjoyed the experience," Lynn adds. "You could see them opening up in a different way to the students because they wanted to share their experience. It wasn't just fun—it was meaningful."

The partnership between the School of the Future and The Center is a collaboration between the University Assisted Community Schools, Netter Center/AUNI-SNAP Ed Nutrition Educators Lynn McCullough and Sophia Canady, who both serve school-age and senior populations in West Philadelphia. In further collaboration with Netter's Nutrition Systems Manager, Maris Altieri, Penn Media Assistant, Emilia Onuonga, and SDP Athletic Director, Coach Jessica Tosto, they launched the Be-Wise Be-Well PSE project.

THE MANOR at York Town

101 YEARS OF FAMILY HISTORY

In 1922, a family legacy started, as **Fred Powell** tells it, when his father and great-uncle founded a small appliance store named **Powell's Electric Shop**. This small store grew into a "full-service family-owned" company serving Bucks & Montgomery counties, with 101 years of family history.



Long before **Fred and his wife Pearl** settled at The Manor at York Town, they worked together at Powell's Electric Incorporated after Fred bought Powell's Electric Shop from his father during the 1950s. Fred spent close to forty years steering the business until **Doug, his son**, took over for him in 1990.

The Powell family business had humble beginnings on York Road. "They sold

toasters, light bulbs, waffle irons, and those types of things," Fred shares. Slowly, like sweet flowers, Powell's Electric Shop grew, and **Fred's father** moved the business to a large two-car garage located behind the family home. "My father operated the business from there with one employee and me," Fred adds.

Being in the electrical business served Fred well, both professionally and



Above: Fred enjoys retirement at The Manor at York Town.

Left: Fred replacing a burned-out bulb at the 1955 Hatboro's Christmas Lights.

personally. His experience installing electrical wiring in houses gave him the experience he needed when he decided to build the family home.

"A Wisconsin company used to sell houses pre-cut. They sent you a house, and it was like a big jigsaw puzzle," Fred explains. "Every piece of wood was cut to fit, and if you had to pick up a saw, you knew you made a mistake. So, I bought one, and they shipped it to me from out west in a freight car. I bought this lot on Edge Hill Road in Upper Moreland Township." There, he started building.

With help from people he met through the family business, such as masons and carpenters, he built a ranch house, where he and his wife lived, raised two children, and stayed until they moved into The Manor at York Town.

As Fred built his family life, he continued expanding the family business. He bought an old, worn-down factory building and remodeled it, adding new floors, a new roof, and new siding. He added six more employees.

After Fred retired, he and Pearl enjoyed numerous global adventures, visiting islands in the South Pacific, Bavarian villages in Germany, and admiring Brasilia's stunning architecture.

Doug, meanwhile, started the third generation of ownership. Like his grandfather and father, Doug expanded the family business and continued providing their customers, whom they consider members of the Powell Family, with excellent service.

The family legacy continues today!

LEADING LIBERTY

WITH **BRIKENA CALAKU**, Dining Service Manager at Paul's Run

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

A: The best word to describe my experience here is grateful. I've been with Paul's Run for 24 years. It was my first job when I arrived in America from Albania. I began part-time in dining as a server, working my way up to supervisor and manager.

Our residents look forward to an enjoyable dining experience. Liberty has a great record for customer service, and it starts at the top. When Bill Hines joined Paul's Run as executive director, he listened to the residents and made improvements in dining.

Today we have a new bistro where food is prepared in front of the residents, with carving stations and brick oven pizza. As residents enter, they are met with delightful smells and sights, all adding to their enjoyment. We see and hear their reaction and know that they are indeed getting the dining experience they deserve.

Q: How do you see the work that you do inspire others in the community?

A: My Master's Degree in Education has become useful in my role as supervisor, especially in training new staff. We have the

opportunity to interact with each resident at Paul's Run, so it's important that we get it right. Prior to dinner, we spend time in a huddle where we go through the evening.

What is inspiring are the genuine, caring relationships that take place between our dining staff and residents. Many

of our team members are younger, closer in age to residents'

grandchildren. They care for the residents as if they were their own grandparents and vice versa.

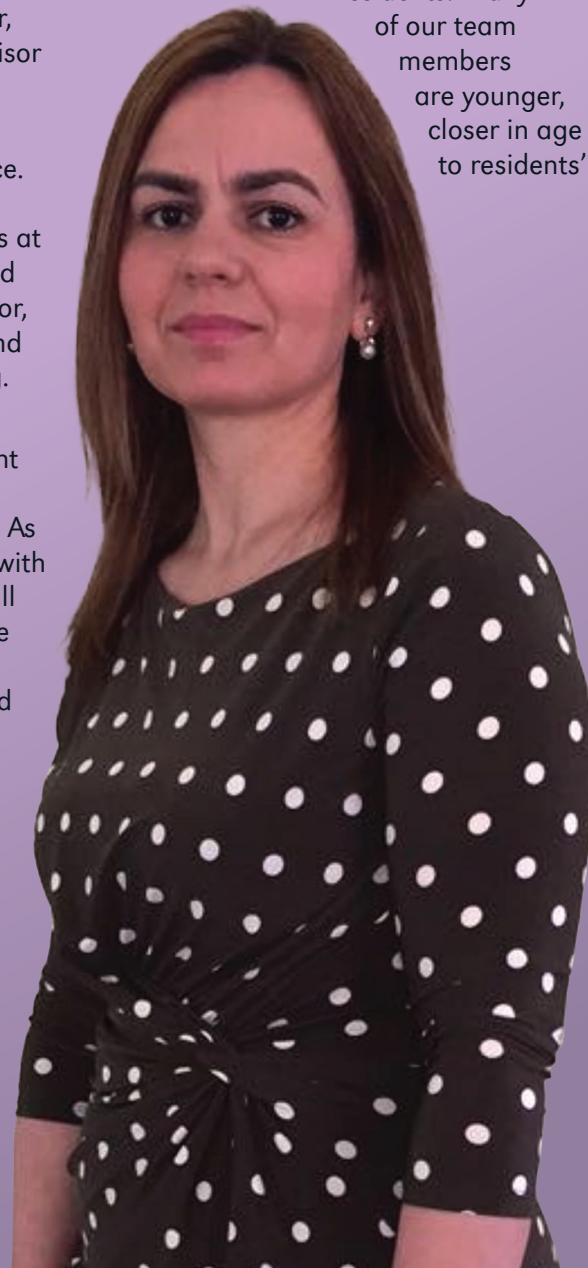
They talk with one another about what's going on in each other's personal lives. It's the little things, like staff helping a resident with technology, or a resident wishing an employee luck on an upcoming test at school. Residents are so comfortable with us that they'll say, "You know what I like; I trust you to pick for me."

Q: Tell us about an experience you have had with Liberty that impacted members and families.

A: During the early months of the pandemic, state regulations temporarily halted communal gatherings. Our team delivered all three meals to residents, and we became their primary social interaction.

We made a special effort in asking residents how they were doing. We were the eyes and ears of the community, and would notice any changes. That meant contacting our Wellness team if we thought someone needed a check-in, or maintenance if we noticed an issue with their apartment.

Later, while the old dining space was being transformed into a bistro, residents became impatient. We kept them updated on the progress and encouraged them, saying that the wait would be worth it. Now that it's open, they agree.



Hurricane Ida uncovered the many challenges in disaster relief efforts, especially for those who are marginalized.

Building Equity

In Long-term Recovery

When disaster strikes, Julia Menzo, Director of Community Outreach, must decide when and how to respond so that resources are utilized fairly, especially for those with the greatest barriers to recovery. She consults her local partners in disaster relief work to answer those questions and more.

Recovery looks different for each individual, family, and community. It is particularly challenging for those without readily available support systems and resources. For them, it's not just about restoring a home and replacing items, but working with a case manager to develop a holistic recovery plan.

People who are marginalized need help with overcoming difficult circumstances. They may encounter a landlord who refuses to make repairs. Uninsured homeowners may not have funds to replace a broken heater or repair a roof. Taking into account circumstances like these allows Julia and her partners to address inequities that factor into disaster recovery.

To better address these challenges, Lutheran Congregational Services (LCS) and the Pennsylvania Voluntary Organizations Active in Disaster (PA VOAD) embarked on a project called "Community Impact Strategy for Disaster Recovery". The project is funded through a grant from the Evangelical Lutheran Church of America (ELCA).

In early 2022, LCS and Strategy Arts, a firm that enables organizations to realize results through capacity building planning services, proposed the project to PA VOAD. The goal - to strengthen existing partnerships and develop new ones in order to increase access to long-term recovery resources and support for marginalized communities.

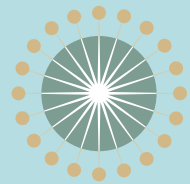
Strategy Arts interviewed key individuals with both existing and potential new community partners. They gathered information about each one's leverage and resources within their communities.

In March, they presented the data to existing partners. Those attending also began developing strategies and suggestions for implementation.

So far the process uncovered several key gaps, with capacity and availability of shelters as well as affordable housing topping the list. Current partners also cited communication and collaboration among community groups as well as the lack of knowledge around the disaster relief process as issues.

Moving forward, the group identified two focus areas. The first is developing multiple and diverse points of access for disaster survivors. The second is working with existing faith-based consortiums to enhance engagement between local governments, community organizations serving marginalized people, and houses of worship.

LCS already sees promise in how the proposed strategies will impact recovery and lead to better resiliency in the wake of future disasters. While the plan is still a work in progress, the process itself has strengthened and expanded partnerships that will broaden access to disaster relief programs.



The Hearth
..... at Drexel



Top: The mansion anchored by the east and west wings.

Center: The grand staircase in the mansion.

Bottom: Spacious living and dining areas in the households.

Engendering Hope

New Connects the Old to Future Possibilities

The Hearth at Drexel illustrates how the modernization of an older community can embrace the charm and beauty of the old while transforming it for the best in person-centered care and comfort.

It all began in 1888 when John D. Lanckenau established a home for aged men and women. He named it the Mary J. Drexel Home in honor of his late wife.

Through the years, The Hearth has been transformed several times, thanks in part to generous donors who, like Mr. Lanckenau, envisioned a place where older adults could enjoy active and fulfilling lives.

Today the thoughtfully designed architecture of The Hearth anchors the 19th Century mansion, its home starting in the early 1950s, between two 21st Century additions to the east and west of it.

Joan Myers, COO of Liberty Lutheran, recalls when Liberty Lutheran first began discussing plans to update the community.

“We wanted to preserve this historic gem in the heart of the Main Line. We also recognized that the age of

the building would inhibit us from adding many of the features necessary to provide a comfortable home and engaging environment for older adults who expect modern conveniences.”

The mansion, with its magnificent entrance, parlor, theater and fitness center, provides a central gathering space for all residents. Marble floors, a majestic staircase, high ceilings, and a wood paneled library are some of the features that awaken nostalgic sentiments of an era long ago.

Each of the four households in the newer wings includes 20 residential apartments, a dining area, and a cozy living room for social engagement and creative programs. Apartments are equipped with modern amenities, spacious, open floor plans, sunny windows, and spectacular views of the grounds.

While the old stands as a reminder of the past, the new connects the past to future possibilities and engenders hope. Despite their limitations, residents have the confidence and freedom to do what brings them joy.



Music & Memories

During the popular Music and Memories program at Paul's Run participants often see Elaine and Howard Dyner. This mother and son pair, who have lived at Paul's Run since 2016, enjoy sharing their memories through song.

“I like to see how they work together,” comments Molly Bybee, Director of Community Life, who leads residents through this creative and therapeutic program. “Howard will tell a story in one way, and Elaine will retell the same story in a different way.”

Elaine and Howard have accumulated a lifetime of memories and stories together. A mother of two, Elaine and her husband raised their two children in the Oxford Circle section of Northeast Philadelphia in a home full of love.

“She’s a great Mom,” Howard beams.

Before their move to Paul's Run, the Dyners lived right across the street from the community! When the time came for the family to move into Paul's Run, Elaine's dedicated daughter, and Howard's sister, Sheryl, helped them move and settle into their new home.

“She found a great apartment for us,” Howard says.

Sheryl follows her mother and brother's active lives through Facebook. She can watch Howard perform during a Facebook live stream of a choral performance or react to photographs of her mother participating in an enlivening and fun Bingo game.

Living together means learning together, too, and mother and son have learned from one another. Elaine taught Howard about the importance of taking care of the people he loves and the things that he cherishes. Elaine has learned important things from Howard. “I learned

not to take life too seriously,” she shares. “He always has a smile on his face.”

Trying new things, such as singing in public, brings a smile to Howard's face. Howard has always felt passionate about music and singing, especially opera, but he had never sung in public until he moved to Paul's Run. Joining the Choir and Actors' Guild gave Howard the opportunity to share his love of singing with new friends while making new memories.

New memory-making continues for them. Most recently, in January, Mayor Jim Kenney honored Elaine, along with 21 other centenarians who live at Paul's Run, during a special tribute, which was the third highest honor given by the mayor's office.

Life at Paul's Run keeps Elaine and Howard busy. Whether participating in activities separately or together, mother and son enjoy the opportunities to live and age well together.

Top: Howard enjoying the company of friends in the lobby.

Bottom: Elaine with Mayor Kenney at the Centenarian celebration.



The Village

AT PENN STATE



Recycling is Serious Business

Since 2019, The Village’s resident-managed recycling committee has been invigorated by active recycling enthusiasts like Jim Tate, committee chair, and six other Village residents who are leading the charge to educate and motivate residents to meet and exceed goals for the community.

According to Jim, “The recycling results over the 2020-2022 years were an astounding 117,058 pounds! This included glass and plastic bottles, jugs and jars; miscellaneous plastic containers; aluminum and steel cans; corrugated cardboard; mixed paper; and shredded paper. One could understandably ask ‘what the committee’s formula is.’”

Simply stated, the recycling committee established a recycling plan. It started with developing a mission statement: “To create a village in which all residents and staff recycle routinely.” This is supported by the committee’s strategy to provide continuous education—including the why, what, where, and how, along with progress reports on aspects of recycling.

Recycling conserves energy, reduces air and water pollution, reduces greenhouse gases, and saves natural resources. Recyclables have a value, whereas disposing of trash incurs a cost.

New residents: Education begins on Day One

On move-in day, Joan Bouchard, the committee’s *Recycling Buddy*, gives a new resident/couple a poster listing all of the items that can be recycled and those that look like they can but cannot; they must be trashed. After a couple of weeks, the *Recycling Buddy*, with

her *Buddy Case*, pictured above, displaying examples of the items that can be recycled, meets with each new resident. It’s an opportunity for questions and answers, along with conveying to residents that the recycling committee takes its mission seriously.

Ongoing recycling education

As part of resident awareness and education, the committee arranges a visit twice a year to the Centre County Recycling & Refuse Authority (CCRRA). There, residents observe first-hand what happens to each category of recyclables. Jim emphasizes that all are sold or allocated to different types of processors of recyclables. None ends up in a landfill. Fortunately, Centre County has a recycling and refuse operation that defines excellence.

To report progress on residents’ recycling efforts, Jim provides a report on the total tons of each type of items recycled by residents and staff at The Villages’ monthly resident council meeting. A recycling article also appears in each monthly issue of The Village newsletter.

Recycling at The Village continues to be a huge success. In fact, the committee was recognized in 2020 for its multi-pronged recycling program with one of two Emerald Awards given to Centre County businesses. “We take our mission seriously,” states Jim. “Yet, we make it easy for residents to recycle.”



Above: Sally Beil, Reba Ewing, former Artman Resident, Emily Beil, with Sally’s mother, Betty Stiver at Artman in 1987.

Left: Sally with her foursome at this year’s Artman Golf Outing.

Involved Across Generations

Sally Beil, Chair of this year’s Artman Golf Outing, has volunteered with that committee since 2013. She’s been an active member of The Becoming Center for more than ten years. But, her affiliation with Artman began over thirty-five years ago, when she volunteered there with her mother, Betty Stiver.

Together, along with her young daughters, they regularly visited an Artman resident with whom they developed a strong bond. Later, Sally’s husband, Jerry Beil, had relatives move to Artman from the Allentown area. After that, Sally’s father, Walter Stiver, lived at Artman in 2012-2013 after her mother had passed away.

“My introduction to Artman actually occurred when my mother, Betty, started playing Bingo with Artman residents, in the 1980s. It was organized by members of Christ Lutheran Church in Oreland. Then, through a program with the American Red Cross, in 1983, Mom became matched with, started visiting, and became friends with an Artman resident, named Reba,” Sally explains.

“I wanted to share this volunteer activity with my mother,” she elaborates, “and I also wanted to introduce my daughters, Emily and Elizabeth, who were then 4

and 7, to volunteering. All four of us went together to visit Reba every week. She never married, so she became a member of our family.”

“Eventually, when she was in her 90s, Reba’s money ran out, but she was able to remain at Artman, thanks to the benevolent care fund. I saw first-hand what a powerful impact the fund can have upon a person’s life,” Sally claims.

“After that, in 1990,” Sally continues, “my husband’s grandfathers and Great Aunt moved to Artman, and then my Dad moved there in 2012.” She adds, “Dad felt very much at home because, at the time, there were stenciled patterns on the walls, which reminded him of stencils my mother had painted.”

Sally indicates her additional ties to Artman, saying, “Ten years ago, my daughter, Elizabeth, was recovering from a traumatic brain injury caused by a fall while she was traveling in Guatemala. Her therapists recommended Water Aerobics at The Becoming Center as a way to help her heal.”

She concludes, “I started taking the Water Aerobics classes then too, and I keep attending because they provide terrific workouts, and I have made friends with so many wonderful people there.”

Thanks, Sally, for all you have done, across generations, to improve seniors’ lives at Artman!

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