



GROWING
Ace's Acres 5

10 Annual
BAZAAR

ROCK STEADY
Boxing 11

A Liberty

2023 DONOR REPORT EDITION



SPRING 2024

THE IMPACT OF GRANTS

Grants play a significant role in funding big projects, new ideas, infrastructure and operations to meet the needs of those we serve and to address underlying vulnerabilities.

In 2023, Liberty's life service organizations received multiple grants totaling \$358,792.

The Evangelical Lutheran Church of America awarded Lutheran Congregational Services (LCS) two separate grants totaling **\$262,000** for Lutheran Disaster Response, Eastern Pennsylvania.

These funds are helping over 100 survivors of disaster rebuild their lives. With this gift, LCS is also able to recruit local, community partners, and secure additional funding.

Four grants supported the West Philadelphia Senior Community Center:

The W.W. Smith Charitable Trust awarded **\$47,000** to the Center for emergency food and shelter. Funds are providing grocery gift cards and food to hundreds of older adults who are struggling financially. The grant also covers repairs, rent, utilities, and other housing necessities, allowing older adults to remain safely in their homes.

The Sarah Ralston Foundation awarded **\$30,000** for operations and overall programming at the

Center to promote the well-being of older adults. This grant supports a wide-range of activities, programs, and services designed to meet the diverse needs of 1,500 older adults.

The Pennsylvania Department of Aging provided a grant of **\$9,792** to bring back cooking classes to the Center. This program teaches older adults how to prepare food using alternative, healthier methods of cooking while reducing or avoiding fat, salt, and sugar.

Generations on Line provided **\$10,000** to establish a new, ongoing program at The Center. They supplied iPads and trained volunteers and staff to teach and mentor older adults about accessing and staying safe on the internet.

Liberty Lutheran is grateful for these extraordinary gifts. They provide comfort and hope for those in despair, and enlightenment for those eager to expand their knowledge.



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Up Front

Greetings from the President



Your Grace is the Gift

In Gary Burnison's, *The 5 Graces of Life and Leadership*, he states that grace is the gift of goodwill that moves us forward and elevates us above any circumstance. You are that grace for Liberty Lutheran.

With your help, our communities and life services are stronger than ever. You give us confidence to follow our values, draw from past experiences, and keep things in perspective, especially during challenging times.

Your generosity provides the resources needed to serve others with compassion, creativity, and intention. All across our communities, we're offering more engaging opportunities to residents, and thousands of older adults in our care are more optimistic about tomorrow.

Today our occupancy and memberships are high. As a result of increasing demand, The Village at Penn State is evaluating options for additional accommodations. This expansion would be in addition to the new cottages, personal care unit, and state of the art community building completed in recent years - quite an accomplishment for a community that just celebrated its 20th anniversary.

To meet the growing needs of their members, The West Philadelphia Senior Community Center is adding new classes and more assistance for food and housing. This year, The Becoming Center at Artman will begin offering Rock Steady, an exercise specific program for members with Parkinson's disease.

Embracing technology, several communities implemented the Connected Living digital platform to enhance resident engagement and team workflow. Some continue to use ZOOM to host regular meetings with families to keep them informed and engaged.

In disaster response, we are helping over 100 families affected by recent storms. During God's Work Our Hands in September, and Martin Luther King, Jr. Day of service in January, over 150 volunteers helped assemble hundreds of hygiene kits and clean out buckets.

You are an integral part of our success story. Thank you for your gift of grace and the ways it inspires opportunities for older adults to age successfully and builds more resilient communities.

Luanne B. Fisher

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



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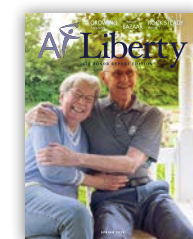
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ABOUT THIS EDITION'S COVER

Lee and Joe K. enjoying warmer weather at The Manor.



The Hearth
..... at Drexel

Warm and Fuzzy Animal Assisted Therapy

Residents at The Hearth at Drexel enjoy engaging monthly visits from four-legged, furry friends in The Gathering Place, thanks to the work of certified Animal Assisted Therapist (AAT), Marjorie Shoemaker.

After studying Veterinary Sciences in college, she was later AAT credentialed in the first class offered by AAT pioneer, Dr. Aaron Katcher, Professor Emeritus at the University of Pennsylvania.

Marjorie started bringing rabbits and guinea pigs to visit The Hearth residents seven years ago after Jessica Buck, Director of Community Life, joined the team. They had worked together in professional settings for several years prior.

She explains, “There are physical and mental benefits of interacting with animals for older adults. The small, furry creatures make a big impression upon residents, especially when we line up 18 feet of tables, covered in colorful quilts, creating a run-way scattered with carrots and parsley for animals to eat.”

Older adults experience sensory stimulation from the visual, tactile, and auditory experiences animals can provide. Guinea pigs can sit for 20-30 minutes and purr when placed in someone’s lap. Their purring sounds like a chirp loud enough that people with hearing loss can hear it.

The bunnies jump with all four paws in the air, called ‘making binkies.’ Residents are fascinated watching them



Marjorie's furry friends bring joy to residents at The Hearth.

race around, and are especially amused by the names of her rescued animals.

Raspberry (who has red eyes), Vivaldi, Mademoiselle Mop, Pippins and Pandora Pig (two sister guinea pigs), along with Delilah, Beulah, and Thelma, captivate residents.

“In the past, I have had up to 15 breeds of guinea pigs from hairless to dust-mop varieties. Some people prefer patting the skin of the hairless, while others enjoy petting the long-haired ones,” Marjorie continues.

“Interacting with animals often activates a person’s long term memory; he or she will recall and talk about having had a pet rabbit as a child. Some people who haven’t spoken for several days will utter complete sentences when holding a bunny, saying, ‘Oh, it feels so soft!’”

At The Hearth, Marjorie works with residents in assisted living. In her work elsewhere, she sees animal assisted therapy profoundly impacting people with all forms of neurodegeneration.

“Marjorie has enriched seniors’ lives by providing interactions with animals that they would not otherwise encounter inside their communities,” says Jessica.

The Village

AT PENN STATE



Growing Ace's Acres

Don Ace and his wife, Lelia, moved to The Village at Penn State in 2003. Don, a retired PSU faculty member who had grown up farming, enjoyed trimming, weeding, and pruning to remain physically active and contribute to the community's natural beauty.

Ten years later, Don cleared out stones, rocks, and weeds from a remote area to experiment with making a raised bed garden. He planted two, 4 x 8 ft. beds to see if anything would grow in that area.

It did, and more residents got involved in the next ten years. Today, they're planting two to three beds at a time. Three gardeners have two beds to garden and maintain, while the others have one bed each to plant, weed, harvest, and maintain.

Don says, "If someone cannot manage the bed alone, we pitch in to help with planting, weeding, and watering. Most of us grow vegetables or fruit; raspberries, planted in double beds, are surrounded by fencing to prevent wildlife from eating the crops. A few people grow petunias, sunflowers, or zinnias.

“We grow tomatoes, yellow squash, cucumbers, broccoli, cauliflower, sweet potatoes, garlic, string beans, radishes, kale, and asparagus. We have given Dining Services tomatoes to use in sandwiches.”

What started off small has grown both in the number of garden beds and residents who participate.



When anyone wants to give up gardening in their raised bed, they inform Don. Newcomers can take over the relinquished garden bed on a first-come, first-serve basis.

At the end of every summer season, Don, his friend, and fellow resident, Max Stoner, plant a cover crop of oats to increase the organic matter at the roots, which also serves to till the soil on the surface.

Don explains, “There is no water supply to the garden beds, so water has to be transported there via pickup truck. Max and others bring ten 5-gallon water-filled plastic jugs to the gardens.

“We aren’t going to expand our current location due to the water supply issues and fencing required, but if there is a building expansion in the future, we hope we can get a water line for a new garden area.”

Residents and staff hope that with Don’s horticultural leadership, ‘Aces Acres’ will grow for years. At 101 years young, Don is a testament to the benefits of gardening and eating fresh vegetables!

LEADING LIBERTY

WITH NINA WILLIAMS, Personal Care Administrator

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

A: I love that we have a growth culture here at Liberty. Liberty is invested in their employees. They provide many opportunities for the employees to learn and grow as an individual. This in turn helps us be able to implement new ideas to better provide resident-centered care. I have been here 21 years and have had the opportunity to advance to a leadership position thanks to the many trainings that have been provided through our programs.

Liberty is also very dedicated to providing excellent care and a home environment for their residents. We have a dedicated team that continues to individualize the experience for the residents.

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

A: Having the opportunity to care for another individual is special. I have had multiple roles here at Artman before becoming the Personal Care Administrator. This provides me the opportunity to directly relate to many of the staff that I serve.

As others learn about my Artman journey, it has given many the motivation to continue to learn and take the steps to further their career. My goal is to inspire others to know how much they are valued and how important their interactions are with the residents. I provide training opportunities for staff so they can continue to be knowledgeable on how to better care for our residents.

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

A: Taking time to engage with the residents is so important to me.



You get a chance to learn more about them as an individual and it lets them know that we are invested in their day.

While working as a Unit Manager on the secured dementia household, I worked with the staff and families on a project called "This Is My Life." Using a few reminiscing questions, the project really helped the staff get to know the residents as an individual.

Learning more about their preferences and what they enjoyed, the staff were able to help ease some anxiety the residents may have had by redirecting them to their favorite song, or TV show. We saw a great bond build between the residents, their families, and the staff over their shared interests. The families truly appreciated the staff upholding the preferences of their loved ones who could no longer voice them.

As I moved to my position as the PC Administrator, I shared this story with another household and the team jumped at the opportunity to learn more about their residents. The residents enjoyed being able to share their stories of where they visited, their favorite foods, activities and more. The residents also had the opportunity to learn more about the staff. Building stronger bonds between the staff and the residents helps build better care and compassion throughout.



Grace and Generosity

Loving hearts, generous souls, and a commitment to helping others filled the United Lutheran Seminary's Mt. Airy campus this past Dr. Martin Luther King Jr. holiday.

"I'm always looking for opportunities on MLK Day of Service to help," shares Terelle, a volunteer. "I made a conscious decision this year that I wanted to find something that the Black Professionals Network at Blackrock could all come out and participate in."

Terelle and his group were part of a diverse group of seventy volunteers from local churches, businesses, and organizations that participated in Lutheran Disaster Response-Eastern PA's MLK Day of Service event. The volunteers honored Dr. King's legacy, served their neighbors and community, and offered hope to the unhoused and those affected by natural disasters.

The volunteers embodied Dr. Martin Luther King Jr's vision of service as they assembled hygiene kits and clean-up buckets. The kits and buckets provide hope, inspiration, and a sign that people care.

Eric and his team from the Giant Company volunteered to continue Dr. King's legacy of giving back. "We care about connecting families with a better future," Eric says. "What better day than today to celebrate what Dr. King meant to this country?"

The young girls in the Rhosebud Club, who are the "little sisters" of Sigma Gamma Rho Sorority, felt similarly inspired by Dr. King. "We're here to serve the community," Rhosebud Eva happily reports.



Top: The Rhosebuds fill buckets.

Center: The team from Giant sets up the assembly line for buckets.

Bottom: Board secretary Linda B. assembles hygiene kits with her family.

In all, the volunteers assembled 100 hygiene kits and 60 clean-up buckets.

The Welcome Church, which serves and ministers to the unhoused in Philadelphia, will distribute the hygiene kits. Various United Church of Christ churches will store the clean-up buckets and distribute them to families in need during flooding events, which have become more frequent and damaging in recent years.

Last September, LDR-EPA held another Day of Service event on God's Work Our Hands Day. Volunteers assembled clean-up buckets that immediately went to flood victims in Martin's Creek and Northampton County.

"I enjoy helping people and putting a smile on someone's face," Weston, a God's Work Our Hands volunteer, shares. "I was raised to help people. The more I helped people, the more I liked it."

With hearts full of grace and souls full of generosity, LDR-EPA and its volunteers will continue helping thousands of people across eastern Pennsylvania.

THE MANOR at York Town

Music is a Gift



Trudy's smile as she plays her piano reflects the pure joy that music brings her.

Trudy B. and her beloved husband, Peter, moved to The Manor two years ago from their large family home in Newtown, PA. Happily, Trudy's Baldwin piano was able to move with them to the apartment. Having grown up in a large musical family in Ireland, she has enjoyed playing the piano as a way of connecting with others throughout her life.

"I was one of seven children and our parents taught us all to love singing and playing music," says Trudy. "My siblings and I took piano lessons. We learned to play older popular songs that our parents taught us, by ear and from memory."

Music even played a part in how Trudy met her husband. "My early nursing career was as a midwife, and later, I worked as an RN in a Manhattan hospital, famous for its eye care. Peter was a naval officer whose ship was stationed in the Mediterranean but was temporarily docked in New York for repairs.

"One night, I went out with a group of nurses to a club, where we enjoyed dancing and listening to music, and there we met. We had a date the next night, and nine days later, he asked me to marry him. He was going to ship out the next day, but the ship's repairs weren't finished, so we enjoyed three more weeks of dating before he sailed."

Today, Trudy's musical talents bring residents together at social events at The Manor when she plays at events in the Lobby area. "People love to sing along to popular songs," she says.

Trudy and Peter lived in a number of interesting places throughout the world before they moved to The Manor. When they were young and newly married, they lived in France, in the charming seaside town of Villefranche-sur-Mer.

They also lived in Egypt, when their kids were teens. In between those moves, they lived in New York, Washington, DC, Virginia, and Pennsylvania for Peter's career. Throughout their numerous moves, their adventuresome lives were characterized by sharing a love of music with family, friends, and acquaintances, wherever they went.

"Music is a universal language that brings joy to people and facilitates making social connections. It can also be quite healing," adds Trudy.

Unfortunately, Trudy recently lost her much loved husband, Peter. Despite that sadness, she cannot help smiling whenever she sits down at the keyboard, and plays a familiar tune.



GRANT BOLSTERS VALUE & IMPACT

At the **West Philadelphia Senior Community Center (WPSCC)**, members delight in making art in one of the art classes, learning about technology or nutrition in one of the educational programs, taking part in a fitness class, enjoying a hot and delicious meal, and socializing with one another.

The center has long been a beloved neighborhood hub for its bevy of classes, programs, as well as its service to the community. Specifically, the center serves the community by addressing food insecurity and housing instability among older adults in West Philadelphia. A **\$47,000 grant from The W.W. Smith Charitable Trust** will bolster WPSCC's valuable and impactful work.

The center's food impact starts with daily, weekday

meals, as many members depend on the center for what may be their only meal of the day. This past Valentine's Day, WPSCC allocated some of the grant funds to restart the popular breakfast program. Breakfast joins lunch as the two daily weekday meals served at the center.

WPSCC also helps members with groceries. Some of the grant funds will provide grocery store gift cards to members. Specifically, WPSCC will distribute 500 \$50



grocery store gift cards and 200 \$25 gift cards.

"In addition to the gift cards, we'll provide thermal grocery bags," shares Rose Richardson, executive director. "Many of our members walk or use public transportation to get to the store. The bags are invaluable to keeping their cold items cool on their trek back home, especially during warmer weather."

During the holidays, the grant will support the distribution of 200-holiday food baskets, which will help members and their families enjoy a complete holiday meal. Additionally, the center's staff will offer members information about resources available to members and assist them in applying for food assistance programs.

With the grant, WPSCC will also support at least 12 older adults in need of assistance to stay safely in their homes. The center will provide aid to cover items such as utilities, minor home repairs, pest

fumigation, rent, and appliances.

For members like Eva, the assistance brings comfort and assurance.



The grant helped me get a hot water tank," shares Eva. "It really helps you. Times are tight, and money is really hard sometimes, especially for a senior. I just feel good when somebody helps me. I want to thank the people that gave me the grant. I appreciate it."

Thanks to The W.W. Smith Charitable Trust grant, members will continue to feel the warmth and generosity of their community.



Annual Bazaar

Engages Residents and Staff

Every November, the Friends of Paul's Run and Community Life host a Bazaar to raise money for the Paul's Run Fellowship Fund. This year's event included handmade crafts, jewelry, books, baked goods, pretzels and hot dogs. In addition, a favorite part of the Bazaar is the raffle for Tombola baskets filled with goodies such as scratch-off lottery tickets.

Resident Pat S. spearheaded the jewelry sales. She and several volunteers collected, inventoried, priced, tagged, and displayed jewelry donations from residents and staff.

Pat shares, "We were lucky to have such terrific volunteers working together as a team. More than 1,500 pieces of jewelry were donated by residents, families, and staff; bracelets, watches, rings, pins, necklaces, earrings, collectible bells, a pearl necktie and pearl collar, and there is still plenty leftover, which we're holding for the next sale."

"Next to sorting the jewelry, pricing was the biggest challenge. Residents donated beautiful pieces, including a cameo, a Limoges brooch, and an authentic, Camrose & Kross necklace and earrings inspired by First-lady Jacqueline Kennedy. We had Fossil watches for sale for \$15.00 after Sister Geraldine put new batteries in all of them. We even had cat-themed jewelry for the Cat-Club members."

An avid reader and member of the Book Club, Camille, resident and chair of the Library Committee, was the perfect volunteer to manage the book sales. She also hosts book sales throughout the year to support the Library Fund.



Top: Carole and Liz have helped with the jewelry sale for years.

Bottom: Judith shows off the many hand knitted items.



Judith, a resident who leads the Knitting Club, helped resident volunteers create knitted craft items to donate and sell by providing whatever tools they needed, from lighted knitting needles to yarn. She and other members of the club worked for months knitting baby caps, sweaters, scarves, and other items.

Residents and team members contributed cookies and cakes to the bake sale. Every year the highlight is discovering what delicious item Brikena from dining services has made.

"The 20 Tombola Baskets were very impressive this year thanks to the creativity and generosity of staff who donate items," shares Molly Bybee, Director of Community Life. "The variety of themes ensured that there was something for everyone."

Patty Cline, Director of Advancement, adds, "The Friends of Paul's Run started the Bazaar decades ago to help raise money for the Paul's Run Fellowship Fund for benevolent care. This year the event raised \$6,166.75. It exemplifies the spirit of neighbor helping neighbor, ensuring that no resident ever has to make the tough decision of leaving their friends at Paul's Run due to financial hardships."



Rock Steady Boxing

Comes to The Becoming Center



Anthony and Madeleine at the Rock Steady training.

Rock Steady Boxing is a unique exercise program based on Training used by boxing pros and adapted to people with Parkinson's disease. Thanks to the generosity of a donor, the program will be available this spring at The Becoming Center, and a modified version of the program will be offered to residents with Parkinson's disease who live at Artman.

According to Dana O'Donnell, Executive Director at Artman, "We are grateful because the funding allowed us to send Madeleine Byrne, Director of Community Life at Artman, and Anthony Byers, Director of The Becoming Center, to the Rock Steady Training Program to earn Coaching Certification."

"Madeleine can adapt the program's methods to meet the needs of Artman residents with Parkinson's disease. Anthony will implement the classes to enable members of The Becoming Center and area residents who are dealing with Parkinson's disease to benefit from the boxing exercise and training."

Why boxing? Boxers train to improve balance, hand-eye coordination, movement, speed, agility, muscle power, mental focus, and rhythm, all beneficial to someone with the disease. Exercise has been medically proven to slow the progression of the disease.

Led by experienced coaches, the program involves regular exercises, such as stretches, bicycling, running, jumping rope, push-ups, balance, and non-contact boxing. Each Rock Steady Coach brings different elements to the mix into the workouts.

Each participant is assessed before joining the program so the Coaches can learn about the client and work appropriately with each person based on individual needs. The emphasis of Rock Steady is on the quality of life for people living with Parkinson's until a cure is found.

Madeleine and Anthony point out, "Rather than focusing on the disease, people can learn a fun, new skill that helps relieve stress while also addressing many of the symptoms of Parkinson's. We hope to help others experience the benefits we observed during Training. One gentleman explained that he progressed from being in a wheelchair to regaining significant mobility by working on his balance, coordination, footwork, and boxing in this program."

Approximately 1 million Americans have Parkinson's disease, with as many as 1.2 million expected to be diagnosed by 2030. Additional information about Rock Steady Boxing is available at rocksteadyboxing.org.

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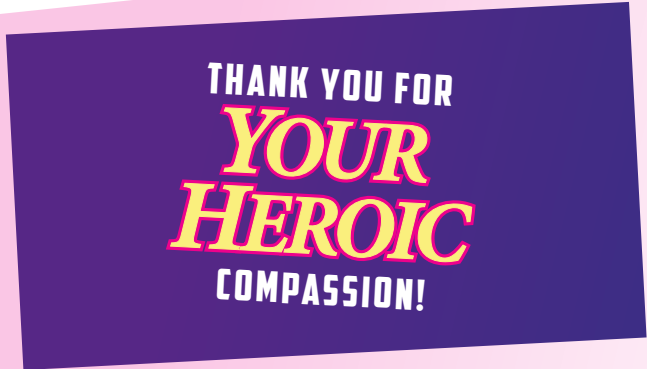
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Revenue

COMPASSIONATE CARE (93%)	\$75,377,140
GOVERNMENT PROGRAMS (1%)	\$593,551
COMMUNITY CARE (<1%)	\$147,092
GRANTS (<1%)	\$261,271
WELLNESS (<1%)	\$275,313
OTHER (5%)	\$4,497,528
	\$81,151,895
	Total Revenue

Expenses

PROGRAM SERVICES (46%)	\$39,742,987
GENERAL & ADMINISTRATIVE (16%)	\$13,961,596
DEPRECIATION (9%)	\$7,835,702
INTEREST (5%)	\$4,435,801
LIABILITY INSURANCE (2%)	\$1,987,787
DEVELOPMENT (<1%)	\$421,843
BENEVOLENCE FUNDED (21%)	\$17,673,000
	\$86,058,716
	Total Expenses

Loss from Operations	\$4,906,821
Net Gain on Investments	\$10,592,971
Other Contributions	\$1,174,896
	\$6,861,046
	Change in Net Assets (Gain)

Revenue by Family of Service

Liberty Communities

- 37%** Paul's Run
- 26%** Artman
- 20%** The Village at Penn State
- 9%** The Hearth at Drexel
- 4%** The Manor at York Town

Liberty Life Services

- <1%** LCFS
- <1%** Lutheran Congregational Services
- <1%** Liberty Lutheran
- 1%** Liberty Lutheran Foundation

Building Resilient Individuals & Communities

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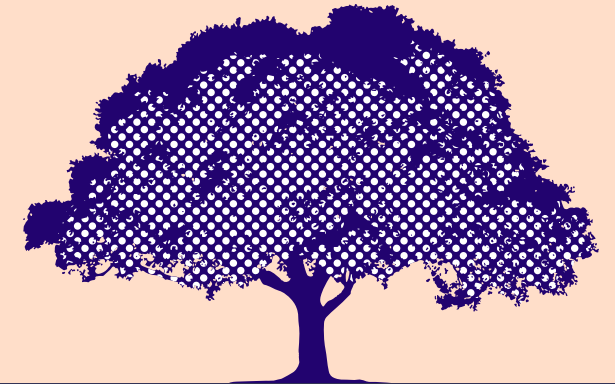
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