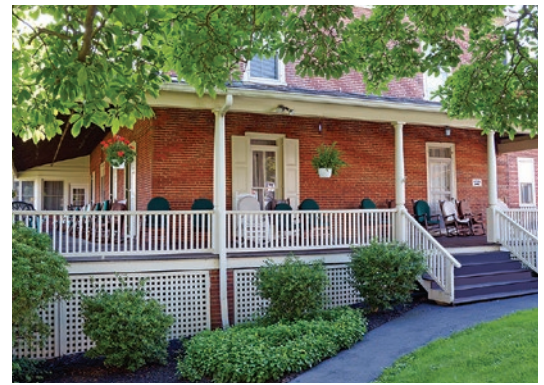


View *from the* Porch



WINTER 2023



*From
my View...*

by
Christine McDonald, Exec. Director

AT HOME

“Enrichment: the action of improving or enhancing the quality or value of something”

Friends Home has been "home" to what is known as the Montessori Lifestyle for some years now.

We have mentioned this program (more than just a program, but more about it later) several times in this newsletter.

The Montessori method is best known as a hands-on developmental approach to educating children. The Montessori method emphasizes independence and hands-on learning in a thoughtfully prepared environment that encourages growth in all the main developmental areas. When adapted for senior adults, this method employs repetitive fine motor tasks, like laundry folding and table setting to rekindle memories and build language. And providing people with options so they can make their own choices is also essential.

Recently, a foundation offered funding that included a challenge: develop ways that the Montessori Lifestyle or Method could "inform" all our activities. Of course, we eagerly accepted the challenge because we see the value and impact of the Montessori approach daily. First, however, we needed to stop treating daily activities (Performance Arts, Montessori Lifestyle, Health & Wellness, etc.) as separate programs.

We now consider them all part of an umbrella approach to senior care we call Montessori Enrichment. Tracey Gable, our Montessori Lead, is now the Director of this new initiative.

Continued on pg. 2.

Let Your Creativity Bloom!

Everyone looks forward to the new growth and blooms that are the hallmarks of spring. This lush and inspiring time of year is the perfect time to remind ourselves that fresh inspiration and creative ideas are just as ready to bloom inside each of us. We create every day, even if we don't think we do. For example, planting seeds and flowers in the garden is creativity at work. At Friends Home, cooking with Lucy, doing a craft, singing along with Brenten, or dancing with Michael are all examples of sways we exercise our creative abilities.

Spring is the perfect time to think about nurturing creativity. Regularly exercising your creativity allows ideas to flow from you in new and fresh ways of seeing the world instead of doing the same things you've always done.

Creativity about how you think causes innovation that benefits everyone around you. Why? Because creativity fosters enthusiasm and positive energy that are contagious. And when you have an obstacle or make a misstep, your ability to "think outside the box" with your creativity enables you to problem solve quickly and effectively.

Let's look at some ways you can foster your creativity:

1. Keep Your Sense Of Wonder

Despite the earthquakes, blizzards, and political upheaval, the world is still filled with wonder. So the next time you sit on the front porch, quietly observe what is happening around you. What do you see? What sounds do you hear?

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Residents get creative with Girl Scout Troop 4745, painting rocks for the FHK rock garden.

From my View *Cont. from pg. 1.*

Tracey has extended the concept into other avenues, most recently community partnerships and collaborations.

One of Montessori's foundational principles is participating in and giving back to the community. Our latest community service project is helping with Dansko's Orphan Grain Train Project. Several residents went to the Orphan Grain Train Project warehouse, where they sorted, folded, and packed clothing for various aid organizations. This project aligns with the Montessori idea of repetitive fine motor tasks to rekindle memories and build language.

We knew the residents at Linden Hall might not be able to stand up in a warehouse for the required two-hour shift, but we realized if we brought the boxes and the clothes to them, they could do the work sitting down! And so we now have two ways to contribute to this worthy cause.

We have started semi-formal partnerships with Longwood Gardens, the Kennett Area Senior Center, the Kennett Symphony, and the Kennett Flash, a performance venue here in Kennett, to collaborate on community concerts.

Lucy Rosado, Montessori Facilitator, has begun a weekly series of workshops in the Friends Home kitchen called "Cooking With Lucy." Residents help prepare refreshments, fold table linens, help set the tables— again doing activities that reawaken skills and rejuvenate memories.

The concept of meaningful activity is found throughout our Montessori Enrichment programs as it improves the quality of life by fully engaging each resident.

Folding clothes for the Orphan Grain Train Project.



At Friends Home, everyone can chip in to help, if they want too. Lucy Rosado and residents taking part in *Cooking With Lucy*. It can be messy work, but always a good time, whether chopping fruit or making cupcakes for dessert.



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Key Staff Contacts

To assist you in contacting Friends Home in Kennett, staff members and departments are listed below. Our main phone number is (610) 444-2577.

Administration

Christine McDonald, MHA, NHA
Executive Director Ext. 202

Sheila Moskey
Office Manager Ext. 222

Joanne Feldberg
Administrative Assistant Ext. 201

Business Office Ext. 210

Sandi Singer
Human Resources/Business Office Administrator Ext. 223

Jennifer Dischert
Admissions and Marketing Ext. 217

Wright Horne
Sr. Advancement Officer, Director of Development Ext. 221

Dining Services

Jessica Juarez
Dining Services Director Ext. 207

Independent Living & Personal Care

Dianne Goodwin, LPN
Director of Personal Care Ext. 216

Personal Care Health Center Ext. 209 & 218

Linden Hall Skilled Nursing

Charles Rogers, NHA
Linden Hall Administrator Ext. 205

Laurie Wilson, RN
Director of Nursing, Linden Hall Ext. 214

Patricia Regan
Social Services, Linden Hall Ext. 203

Linden Hall Nurse's Station Ext. 206

Montessori Enrichment

Tracy Gable
Director Ext. 212

Volunteers

Volunteer Coordinator Ext. 202

Facilities

Dennis Jones
Director of Facilities Ext. 215

At Friends Home, Music Makes Any Event Special ●●●

At Friends Home in Kennett, music is an important part of our special events and special occasions throughout the year.

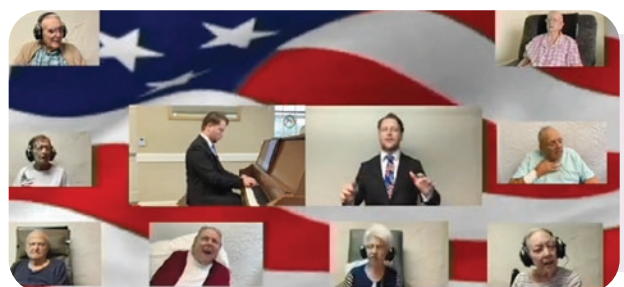
Last August, Brenten Megee, our Performing Arts Associate, added a creative musical touch to our outdoor picnic. Using his iPad and our mobile sound system, Brenten sang Italian arias by request from our residents. Sounds like quite a musical challenge, but one that Brenten met masterfully to the delight of his audience.

Now that the threat of Covid has lessened, we are able to welcome visiting musicians to Friends Home. The residents enjoy these visits immensely. We have had string trios, solo musicians, and recently, for our biggest concert of the year, we had an opera company come and perform for the residents. Brenten was asked to join them as well.



Boom Whackers are tuned percussion tubes that play a musical note when tapped. These fascinating musical instruments combine sensorimotor skills, social skills and creativity. Because they are easy and fun for anyone to play, Boom Whackers are a favorite activity at Linden Hall, our skilled nursing unit.

For our 2022 Easter Service, we enjoyed hearing Brenten play familiar Easter hymns on the organ that was donated by a resident. At our Christmas party, resident soloists, who have been studying voice with Brenten, performed. There were Hand Chimes, and Boom Whackers. We have semi-regular "Meet the Musician" events, some of them by Zoom.



This is our Friends Home in Kennett Virtual Choir. Last July, we could not sing due to Covid, so we sang individually and were recorded. The resident's voices were combined electronically creating a virtual choir. You can see our Patriotic Medley at <https://www.pym.org/performance-arts-at-friends-home-in-ken>.

Many Thanks to our 2022 Donors

The following individuals, companies and organizations made donations both monetary and in-kind to Friends Home in Kennett between January 1 and December 31, 2022. If the gift was given "in honor of" or "in memory of", then it is also listed in that section with names of the honorees in bold type, and with the names of donors listed under them.

We strive for accuracy but regrettably sometimes make errors. If you notice a mistake or omission, please contact Wright Horne at (610) 444-2577, ext. 221, or whorne@fhkennett.org

Anonymous (7)	Dale and Peggy Empet	London Grove Grange #63
George and Elaine Amoss	Beth Fling *	London Grove Monthly Meeting
George Amoss, Jr., and Cathy Tucker	Juliana and Claude Forbes	Joanne Loving *
Josh and Karen Amoss	Marilyn Forney	Kate and Victor Lusvardi *
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The Karen-Lee and James Brofee Charitable Fund	John and Kerry Harper	Christine and Greg McDonald
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Bonnie Cicio	Wright and Sandra Horne (2)	Sharon and Steve Metaxas
Bert and Mary Jo Ciganek	Ann S. and Steven B. Hutton	Margaret Michener
Citadel	Tom and Mary Ruth Johnson	Tanya and Mehrdad Momtahn
Louise and Bob Cleveland	Pownall and Margaret Jones	Gail Moon *
Jessie Cocks	Jones Brothers	Ellen and Walt Moore
Mary Beth Colgan *	James Charles Kauer	William Moore
Nicholas D. Corby, Jr. (4)	Kendal Monthly Meeting (2)	Michael and Anne Moran
Richard and Terry Corkran	A. Rahman and Barbara Slikas Khan *	Hillary Murray
Maura Creedon-Dolan *	Cynthia Kipp (2)	Mark and Anna Myers
Andrea and Johnny DePaoli (4)	Kuzo Funeral Home	Douglas Myers and Kimberlee Brosnan-Myers
Barbara DesJardins	The Lage Family	New Garden Monthly Meeting
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George and Linda Edlin	Wendell and Marilyn Lofland	Clint Norris
Richard Ehrlichman and Isabel M. Soto *	Richard and Mary Elizabeth Logan	Ann and Michael O'Donnell
	Nancy Lomax	Damon Owen

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Stephen Roberts	Peter Tamburro (10) *	
Christopher and Jane Sanger	Robert and Hannah Tolles	<i>Name and number of gifts</i>
Ann Schott *	Betsy Y. Walker	<i>* = New donor</i>

Memorial and Honoraria Gifts

There may be no better way to remember friends who had a connection to Friends Home than with a memorial gift.

We also receive a number of honoraria gifts – remembering those who we admire and are still going strong.

Many people have found that these gifts to Friends Home are a suitable way to remember or honor a loved one, and to highlight their relationship to Friends Home, and to help ensure that Friends Home continues on into the future.

We publish the names of both memorial gifts and honoraria once a year, with both the donor's name and the named person.

Honoraria Gifts 2022

Elaine Amoss

George Amoss, Jr.,
and Cathy Tucker

Mary (Dorothy) Brewer

Dana Granieri *

Donna Leo

Beth Fling *

Anna Lusvardi

The Lage Family

Ruth Marshall

Christopher and Jane Sanger

Agnes M. Sheehan

Paul and Joan Sheehan

Gloria Soto

Richard Ehrlichman and
Isabel M. Soto *

Peg Sanders

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The Nursing Staff

Margaret H. Hetrick

The Staff

Donna H. Melton

** = New donor*

Memorial Gifts 2022

David Loxley Baldwin

Sharyn Baldwin (2)

Marian P. Barber

Emilie and Charlie Barber (2)

Juliann F. Bloom

Jim and Vicki Chandler

Betty Colgan

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Karen D. Halstead

Paul DesJardins

Barbara DesJardins

Alfred Di Norscia

Andrea and Johnny DePaoli (4)

Continued on pg. 6

Memorial Gifts 2022

Tony DiRocco
Andrea and Johnny DePaoli (4)

Marian Eckardt Doan
Sharyn Baldwin (2)

Charles Engel
Anonymous

Alice R. Erb
Robert and Hannah Tolles

Rosemary Gargiulo
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Frances Green
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Karen D. Halstead

Mary T. Pratt
Mary Ann T. Armstrong

Leonard Rico
Marilyn McLaughlin *

Dominic Rocchio
Don and Mary Drinker *

Ella Sestrich
Karen D. Halstead
Bonnie Cicio
Jessie Cocks
Maura Creedon-Dolan *
Andrea and Johnny DePaoli (4)
Jo-Ann Goetting
Beryl Heaton *
Joanne Loving *
Martha Makanna
Kassandra Mast *

Gail Moon *
Ann Schott *
Neva Still *
Carolyn Wonderly

Anna Szekely
James Charles Kauer

John M. Shaw, Jr.
David and Grace Parrish

Damon and Anne Sinclair
Damon Owen

Donald E. Sinclair
D. Lynn Sinclair

Iris M. Soto
Richard Ehrlichman and
Isabel M. Soto *

Caroline Stewart
Matthew and Susan Harris

E Joel Strawn
Tom and Tammy Brosius

Irene Pusey Strode
Phyllis Pusey Biddle
Dana and Patrick Sheridan
Jim and Penny Pusey

Sarah Swan
Nancy and Robert Bernhardt

Nora Sweeney
Mark Shattuck

Margaret M. Thomas
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Mary Ann T. Armstrong

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Dale and Peggy Empet

Ruth Wolter
Kathleen Wolter (2)
Bruce and Karen Wolter

Laura H. Wren
Margaret Michener

Let Your Creativity Bloom *Cont. from pg. 1.*

What can you smell? How does the air feel? When you take the time to be still and observe, it's easy to recall why young children find the world such an inspiring place.

2. Nurture Curiosity To Help Creativity

Being curious, asking questions, and even taking missteps are the cornerstones of learning and growth. Curiosity fuels creativity, so when circumstances challenge you, try looking at the problem from different perspectives. You just might come up with new and novel ways to think about an issue or solve a problem. Questioning allows new pathways for thinking, and the more you practice, the easier it becomes to foster creativity and self-expression.

3. Recognize The Serendipitous

Recognize that some of your most creative ideas will arise spontaneously, seemingly out of nowhere. Serendipitous moments or happy accidents always occur if you are open to the creative thinking behind those instants. For example, did you know the discovery of penicillin occurred because mold grew on samples while the scientist was on vacation? He could have just thrown them away, but he was curious and investigated what happened, why it occurred, and what it could do. When you ask questions, creative answers emerge if you are receptive.

4. Be Patient When Creating

In her book *Big Magic: Creative Living Beyond Fear*, Elizabeth Gilbert defines creativity as "the relationship between a human being and the mysteries of inspiration."

Creativity is often neither pretty nor organized, because it requires inspiration. And inspiration can't be forced. So, if you get stuck on a project or problem, walk away from it for a bit. Do something else. Read, listen to music, take a walk, have a quiet cup of tea, or even nap. Let the idea incubate. Often the solution will suddenly pop up, seemingly randomly.

As you become more mindful of your creative self and use these steps to cultivate your personal growth through creativity, you will develop more flexibility, a more adventurous attitude, and your ability to see many perspectives. So look around, be curious, have fun and get ready to bloom!



We couldn't celebrate enough this week! Valentine's Day stretched for two days with a Ladies Tea Party, followed by a Trip to Paris. On Monday, our lovely PCA, Andrea, served an assortment of wonderful teas and homemade cookies for our Tea Party, along with some soothing music and plenty of conversation. A lot of buzz surrounded Tuesday's Trip to Paris, and it did not disappoint. Jessica, our Director of Dining, and Lucy, our Montessori lead, made this "trip" one to remember!

Ways You Can Support Friends Home

We depend on the generosity of our many individual supporters, as well as numerous foundations and corporations, to help with our regular expenses. They also help with those unbudgeted items that pop up. Like leaking roofs, new tech equipment, new kitchen equipment, etc. There are a variety of ways you can help:

Donations of Cash via our secure Online Payment Portal - <https://fhkennett.org/donate/>

or by Mail: Development Office, Friends Home in Kennett, 147 West State Street, Kennett Square, PA 19348

Stock, or other securities – Please have your broker contact Wright Horne at 609-774-3049 or whorne@fhkennett.org

Donor Advised Funds (DAF) – More and more of our donors use this way to support Friends Home

United Way – If you are signed up for a workplace deduction to either United Way of Chester County or United Way of Delaware, you can send it our way by writing "Friends Home in Kennett" on as your designation. We will be very grateful. Thank you!

Here's how your contribution can benefit The Friends Home in Kennett.

- \$50 purchases new large-print books for the library
- \$100 provides special musical entertainment
- \$150 purchases a rocking chair for our famous Porch
- \$300 provides Wii games, and brain exercise games
- \$500 funds materials to build a raised garden bed
- \$1,000 provides modest monthly assistance to a resident in financial need

A Recipe From Julian DiGuiseppe,
-Friends Home Kitchen Manager

Blackened Shrimp Alfredo

1 lb shrimp raw peeled	5 cloves garlic minced
2 tbsp canola oil	$\frac{3}{4}$ cup milk
4 tbsp blackened season	$\frac{3}{4}$ cup heavy cream
10 oz fettuccine	$\frac{1}{2}$ cup chicken stock
3 tbsp butter	$\frac{3}{4}$ cup grated Parmesan cheese
3 tbsp flour	

1. Pat down shrimp with towel to remove excess water. Then toss shrimp with 2 tbsp canola oil and 2 tbsp blackened seasoning.
2. Warm skillet with few drops oil canola oil and cook shrimp for 2 minutes on each side. Remove from pan.
3. Add salted water to separate pot to cook fettuccine. When water is boiling, cook according to instructions on box.
4. In the same pan, add 3 tbsp of butter and minced garlic. Once sautéed, add 3 tbsp flour. Mix to combine flour and butter, taking care that it does not burn.
5. Add cream, milk, and chicken stock. Add 2 tbsp blackened seasoning. Stir and let simmer on low for 5 minutes.
6. Add Parmesan cheese and cook on low for 3-4 min. stirring regularly.
7. When pasta is finished, reserve $\frac{1}{2}$ cup pasta water (to use if sauce becomes too thick), strain and mix pasta with Alfredo sauce. Top with shrimp.

And Keep in Touch

Visit our website (www.fhkennett.org) for all the latest news! And while there please consider a donation. Just click on the "Donate" button. Please give as you are able! We will be very grateful.

Also, be sure to check us out on Facebook! Almost every day sees new and interesting posts. And be sure to "like" us! Thanks.



Folding up a storm! Remembering household skills and putting them to good use.