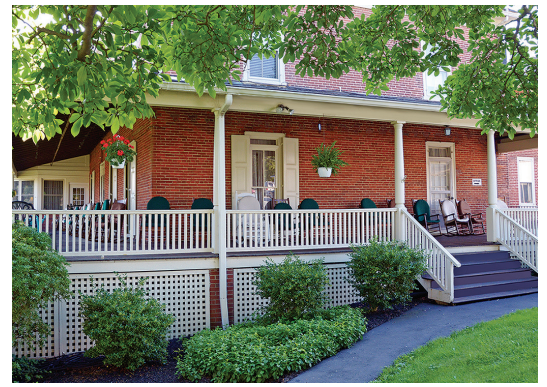


View *from the* Porch



SPRING 2023



From my View...

by
Christine McDonald, Exec. Director

Realizing the Vision

Full Accessibility for All

At Friends Home, we have the daily challenges of nurturing our residents, protecting them, and providing them the opportunities to enjoy some of the best years of their lives.

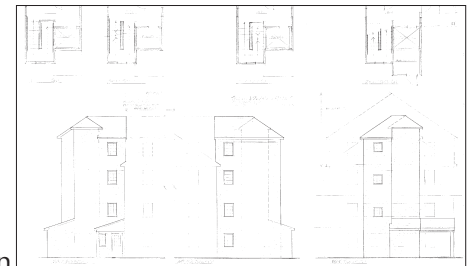
But we also have some long-term challenges. Our society continues to age, bringing new issues for us to work with. Many programs help aging men and women “age-in-place” in their homes as long as possible. While this may seem like a laudable idea, we have written about the dangers that approach can bring, primarily when it produces a sense of social isolation.

But one of the ramifications of the successful aging-in-place programs is that the average age of our residents upon their coming to us continues to rise. And one of the necessities these days of living as an aging individual is the need for occasional use of a wheelchair.

Well, not to put too fine a point on it, but Friends Home was not built to accommodate wheelchairs in any number, which has proven to be a real sticking point. Currently, the Friends Home building has a single small elevator which limits accessibility for those who choose to use a wheelchair from time to time. It accommodates only one wheelchair at a time resulting in a backup during mealtime and activities. And it makes it hard to get to the second floor and the main activities room on a lower level.

Enter the solution:

The Friends Home Board has approved a plan to build a separate elevator tower with a larger elevator onto the main building that will easily accommodate more wheelchairs and make several of our apartments more wheelchair accessible.



Continued on pg. 2.



Montessori Living means being an active participant in a thriving community. Ed contributes his gardening expertise, Karen mends a sweater for a fellow resident and Shirley makes a pie for everyone to enjoy.

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

In addition, the new elevator will give access to the attic as a sizable storage area.

Once this new elevator project is completed, All of FHK will be FULLY accessible to residents, families, and friends:

- It will open up two stories to wheelchair users, providing access to all programs
- It will speed up the resident flow between floors,
- It will increase the number of rooms designated as wheelchair accessible
- It will expand our census potential.
- It will limit stairway risks.

The opportunities we offer our residents give them a strong sense of independence, satisfaction, and purpose. The adaptations made over the last five years to our campus and our programs are integral to meeting this objective. This new elevator is the next crucial step, ensuring that our current and future residents, family members, friends, and caregivers have full access to our facility.

This new elevator will come at a cost of \$850,000, and so the Friends Home Board authorized a capital campaign to raise the funds to make this project possible. We have named the campaign, Elevate! Friends Home! We will be soliciting our friends and neighbors, including the Quaker meetings in the area, and the foundations that have helped us with capital projects in the past.

Watch this space as the Elevate Friends Home! campaign grows!



What's New?

Brenten McGee, our Performing Arts Associate, and Carole are working on the brand-new Performing Arts, Bible Study, and Technology bulletin board. This will help keep everyone informed about coming events at Friends Home and Linden Hall.

Welcome Jessica!

Jessica Bullock has joined the Friends Home family as the new Community Life Coordinator.



2023 Board of Directors

Elaine Amoss	Shirley Annand
Karen-Lee Brofee	Tom Brosius
Deborah Brumbaugh, Clerk (Board Chair)	
Bob Norris	Stephen Metaxas
LaToya Meyers	Dave Park
Teal Rickerman	Brent Thompson
Alexia Vaughan	
Christine McDonald, MHA, NHA, Executive Director	

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 Ext. 202
Executive Director

Sheila Moskey Ext. 222
Office Manager

Joanne Feldberg Ext. 201
Administrative Assistant

Business Office Ext. 210

Sandi Singer Ext. 223
Human Resources/Business Office Administrator

Jennifer Dischert Ext. 217
Admissions and Marketing

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

Dining Services

Jessica Juarez Ext. 207
Dining Services Director

Independent Living & Personal Care

Dianne Goodwin, LPN Ext. 216
Director of Personal Care

Personal Care Health Center Ext. 209 & 218

Linden Hall Skilled Nursing

Daeil Ko, LNHA Ext. 205
Linden Hall Administrator

Amy Saplan, RN/WCC Ext. 214
Director of Nursing, Linden Hall

Patricia Regan Ext. 203
Social Services, Linden Hall

Linden Hall Nurse's Station Ext. 206

Montessori Enrichment

Tracey Gable Ext. 212
Director

Volunteers

Volunteer Coordinator Ext. 202

Facilities

Dennis Jones Ext. 215
Director of Facilities

Out & About around Kennett Square...



We love the accessibility of having Friends Home in the center of the Kennett community!

THINKING AHEAD – Part 2

Getting Organized: What information will you need?

Here is an overview of the information you will need to complete your financial inventory or save in a file along with your inventory:

- Checking, savings, and credit card accounts
- Regular monthly bills for mortgage, rent, utilities, insurance, and subscription services (for example, newspapers, TV, internet, cell phone, and data storage)
- Other bills for property taxes, homeowners insurance, car insurance
- Income tax returns
- Insurance policies (life, health, home, car, long term care, and other property)
- Investment and retirement accounts such as Individual Retirement Accounts and 401 (k), 403(b), and 457 plans
- Other sources of retirement income such as Social Security, pensions, and annuities
- Debts such as your mortgage, home equity or personal loans, credit cards, and any medical debt
- Safe deposit boxes or in-home safes
- Valuable personal belongings such as cars, jewelry, art, antiques
- Real estate deeds, including rental properties or vacation homes and titles to all vehicles
- Address, email and phone numbers for professionals who handle your money, such as an accountant, financial advisor, or attorney, and other service providers and close contacts
- Your last will and testament and any pre-paid funeral arrangements
- Any trust documents you have in place
- Any documents that grant power of attorney to someone (financial or medical.)

Where should you store all this private information?

Save or store your financial inventory and other important documents in a secure place. If you keep an electronic copy, make it a password-protected document. If you print out your inventory, store it in a locked file cabinet, home safe, or a safe deposit box.

More and more people choose to store their financial information on line using tools like Google Drive, Dropbox, OneDrive, or iCloud. This method is often called cloud storage. Saving your information in the cloud makes it accessible anytime, anywhere as long as you have a laptop, tablet or smartphone with internet access. Most online cloud providers use security features, such as passwords or two-step verification, to keep your documents secure. Spend time to learn how these important features work.

Many people prefer to keep their financial information on paper only. If you choose this option, you won't need a computer, internet access or passwords, but your records may be less accessible. For example, if you are traveling, you won't be able to view them online. There can also be difficulties if you forget the combination to a safe or lose your safe deposit box key.

Paper copies kept at home can also be lost to theft, fire, or water damage, so be sure to use a fireproof, water-resistant home safe.



You can download a free copy of the **THINKING AHEAD ROADMAP** at <https://thinkingaheadroadmap.org/>

Why Using Respite Care Is a Vital Part of Caregiving

An excerpt from a series of respite care articles published by Great Senior Living.

According to a report by the National Academies of Sciences, Engineering, and Medicine, about 17.7 million Americans provide care for a family member over the age of 65. And as the average age of Americans rises, that number is expected to increase.

Most people who act as caregivers for family members (or friends) are motivated by love and a sense of commitment. We often see it as our duty to help the people we are close to while they experience the changes that accompany physical health issues, mental health problems, or the aging process.

While looking after a loved one can be enriching and rewarding, caregiving can also be hard work, without many breaks. And that kind of labor takes a toll on caregivers that's often overlooked. That's why

caregiver relief is so important. Consider these facts:

- According to the AARP Public Policy Institute, one study found that 88 percent of surveyed caregivers said they found caregiving to be more difficult than they thought.
- Caregivers frequently experience symptoms of depression, according to the National Academies of Sciences, Engineering, and Medicine.
- The American Psychological Association says that senior caregivers may have an elevated risk of suffering from accidental injuries that can sometimes be serious.
- Only about 50 percent of unpaid caregivers get any help from another unpaid caregiver (such as a friend or relative), according to a caregiving report from AARP and the National Alliance for Caregiving (NAC).
- In a worldwide survey by Alzheimer's Disease International, more than half of caregivers of people with dementia said that their caregiving role had affected their own health.



Friends Home in Kennett offers an affordable respite care program called "Give It A Try."

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/> via this handy QR code (Left)

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

Friends Home in Kennett strives to continuously develop and maintain a positive and nourishing environment for both residents and staff inspired by the words of American memoirist Dr. Maya Angelou -

"People will forget what you said, but they will never forget how you made them feel."

Respite Care *(continued)*

Yet, despite the demands placed on them, only about 14 percent of caregivers have used respite care, according to the AARP and NAC report.

Why isn't respite care used more often? Many caregivers say that they feel guilty about getting help. And they worry about the financial costs.

But you should know this: Taking a break is often the best course of action for a caregiver. Respite is also good for the person being cared for.

You've probably heard the warning at the start of every commercial airline flight telling you to put your own oxygen mask on before helping anyone else. That's a good analogy for the importance of seeking some rest.

Simply put, respite care is important because taking care of yourself can make you a better caregiver. So respite care isn't an indulgence. It's a necessary part of looking after another person.

Studies back this up. **The use of respite care for elderly people has been shown to improve the well-being of both the caregiver and the care receiver, and it is linked to:**

- Lower levels of stress
- Reduced rates of depression
- Improved relationships between caregivers and care receivers
- Fewer behavioral problems with care receivers
- Better financial health for caregivers

Plus, you don't need to be suffering from exhaustion in order to seek respite care. For caregivers, respite can provide opportunities to take a vacation, run errands, attend social events, or simply go to a job without having to worry about a loved one being at home alone.

Friends Home in Kennett offers a respite care program called "Give It A Try." These short-term, respite stays are available in each level of care at a lowered cost. A furnished room or apartment is provided, and guests receive the same amenities of meals, laundry, housekeeping and security as residents.

For older adults who live with their children, who need some care in their own homes, or choose not to stay alone, short-term stays can help support independence. Children or caregivers may need to take care of their own medical needs, to take a vacation, or to rest after providing around the clock care. Respite stays may last a few days to a few weeks, and sometimes result in an individual moving here permanently.



- Minimum of only eight (8) days
- Convenient option when planned or unforeseen circumstances require a temporary separation from your loved one
- Available for every level of care and allow caregivers peace of mind when they are called away, or if they just need a short break from caregiving.

To obtain detailed information on rates, and to schedule a tour, contact:

Director of Admissions

(610) 444-2577 ext. 202

cmcdonald@fhkennett.org

Tours on Saturday or weekday evenings are available as requested.

For the full article on respite care, go to <https://www.greatseniorliving.com/articles/respice-care>

Signs of Summer...



Glenn Hough and his One-Man Band played the first outdoor concert of the season. We all scream for ice cream when the Woodside Dairy ice cream truck stops by! Folks of all ages enjoyed the first Porch Social of the season!



A Recipe From Julian DiGuiseppe,
-Friends Home Kitchen Manager

Miso Marinated Salmon with Sushi Rice

4 Salmon Filets (5-6 oz)	1/4 cup sake
1/4 cup white or red miso	5 cloves garlic minced
5 tablespoons granulated sugar (separated)	3/4 cup milk
1/4 cup mirin (Japanese cooking wine)	2 cups sushi rice
	1 teaspoon salt
	1/3 cup rice vinegar

1. Bring 1/4 cup mirin and 1/4 cup sake to boil, reduce heat to low and add 1/4 cup miso and 3 tablespoons sugar and stir until sugar is dissolved. Let cool 5-10 minutes and add marinade to salmon, refrigerate minimum 30 minutes (preferably overnight).
2. Add 2 cups sushi rice to strainer and rinse thoroughly until water runs through the rice clear. Let excess water drain and add to pot with 3 cups of water. Bring to a boil, reduce heat to low and cover until all water is absorbed.
3. In separate bowl mix 1/3 cups rice wine vinegar, 2 tablespoons sugar and 1 teaspoon salt. When rice is done cooking add mixture to the rice and stir.
4. Remove excess marinade from the salmon and broil until internal temperature is 125-130°F. 5-10 minutes depending on thickness of salmon.
5. Serve Salmon over sushi rice goes well with steamed green beans or edamame.

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.

