

THE MEADOW RIDGE LIFESTYLE

Dear Friends,

Our journey begins with a single breath and every sustaining breath we breathe grants us Life. How fragile and yet how significant is every breath. We can not see it, seize it or store it. However, it allows us to capture the moments we live and causes us to realize just how precious a single breath can be.



Every day, I am surrounded with people who cherish each moment explored with others. The atmosphere here at Meadow Ridge fosters meaningful relationships that nurture a positive life journey for each individual. In this environment, Residents have the opportunity to extend themselves and thus, experience the innumerable intrinsic rewards.

How often God has a grand blessing in store for us and we miss it because we are unwilling to let go. In my experience, I have found that gain comes from letting go and trusting for the very best.

As we enter the Spring season, I hope that we will all allow ourselves to experience a true renewal and the grand blessings which enhance our lives and fosters a spirit of giving to others. If you are looking for a new home where you can experience an enriched life, please consider continuing your journey with us at Meadow Ridge at Willow Valley.

Please visit us on the web at www.discovermeadowridge.com or call us with any question or comment at 717-490-8100.

Rejoicing,



Gwen Schuit, BSN, MEd., NHA
Assisted Living Administrator



RESIDENT SPOTLIGHT

Meet Dr. Joe Henderson

To say that Joe has been enjoying a long and interesting life would be the understatement of the year, and at 93 years young, he shows little sign of slowing down. When Joe's not catching up on emails or involved with one of the many Meadow Ridge activities, you'll find him visiting with friends and family or deep in conversation with one of his neighbors – and Joe has a lot to talk about.

His storied career spanned 5 decades and the globe in which he's served as a school teacher, high school principal, consultant, ordained minister, clinical psychologist, college professor and administrator, a member of the United Nations Goodwill teams, and a delegate to the International Education Congress, among other pursuits.

He earned his master's degree in 1944 and his doctorate in 1954. He was named Professor of the Year for 1955-56 at Union College and again in 1974 at Westminster College where he was the head of the education department for 31 years before retiring in 1987. Joe also served as a visiting professor at Oxford University in England in 1975-76.

Joe and his wife moved to Willow Valley Retirement Communities in 1987, where he researched and wrote four books on their family histories. After his wife's passing, moving to Meadow Ridge made perfect sense. "Everything I need is right here, and there's a wonderful variety of people with unique talents and interesting life stories. I never thought I would be enjoying life this much at my age."

FOR THE HEALTH OF IT!



Listening to music that makes you happy can be good for your cardiovascular system, according to researchers from the Center for Preventive Cardiology at the University of Maryland Center in Baltimore. The study showed that emotions aroused by joyful music caused tissue in the inner lining of blood vessels to expand, which in turn helps increase blood flow. When participants listened to music that brought them joy, they experienced an average of 26% increase in blood vessel diameter. So turn on your favorite music and enjoy the health benefits.

FREE Educational Seminar: “Determining the Decision-making Ability of Your Loved One”

Synopsis: Assessing the decision-making ability of older adults is necessary, especially if your loved one has some memory loss. The courts now recognize that cognitively impaired individuals may not be able to make decisions about their finances but can be very involved in their own health care decision-making. In other words, decision-making is not an all or none phenomena.



With Dr. Kenneth Brubaker, M.D., C.M.D.
Medical Director of Willow Valley Retirement Communities
Director of the Lancaster General Geriatric Program

April 22, 3 p.m. & 6 p.m.

Meadow Ridge at Willow Valley Auditorium
RSVP: 490-8100



LIFE ENRICHMENT

Dancing is one of life's simplest pleasures, but as time goes by it can become very challenging, that is unless you're a Resident at Meadow Ridge. Thanks to a unique new activity called Toe-Tappers – created by Elaine Campbell, Therapeutic Recreation Supervisor at Meadow Ridge – many of our Residents have recently rediscovered their love of dancing and do so every chance they get.

Led by the Willow Valley Happy Tappers, a tap dancing group made up of Residents from Willow Valley Retirement Communities Independent Living, the Meadow Ridge Toe-Tappers learn the basics of tap dancing and simple routines that go with upbeat music while sitting in chairs and wearing hand-made taps they strap to their shoes. Once every other week, our Toe-Tappers get together to dance as a group and have fun. This one great activity provides exercise, mental stimulation, and socialization all while lifting their spirits.

Check out all the fun activities our Residents enjoy online at www.DiscoverMeadowRidge.com and click on LEISURE ACTIVITIES.

CAST & CREW

Meet Lindsey Rawlings

Lindsey Rawlings serves as our Admissions Associate and Social Worker for Meadow Ridge. As the Admission Associate, she meets with each prospective Resident and their family to provide a tour and information on how Meadow Ridge can meet their needs, and then she guides these folks through the application and admission process. Once a Resident moves in, she serves as the Social Worker, acting as the Resident advocate and following up with various non-medical needs.



For Lindsey, the greatest joy is working with new Residents and watching them blossom and flourish in their new home. “It has been so rewarding to see the Residents transform physically, socially, and emotionally. Many Residents resist the move into Assisted Living, but after coming here, they begin to get the specialized care and attention they need, they make new friends, and they start feeling much better overall.”

For more information about Lindsey and other Team Members please visit the MEET OUR TEAM page on our website.

ON THE MENU



Sample Dinner Menu – Changes Daily

ENTRÉE SELECTIONS

Baked Ham with Raisin Sauce
Beef Madeira with Noodles
Chef's Feature
Catch of the Day
Grilled Chicken Salad
Cottage Cheese & Fruit Platter

SOUP, SALAD & SIDES

Crab Corn Chowder
Orange Pineapple Jello
Applesauce
Fresh Fruit Medley
Cole Slaw
Garden Salad
Carrot Coins
Pineapple Stuffing
Mashed Potatoes with Gravy
Steamed Green Beans or Carrots
French Fries or Onion Rings

DESSERTS

Pumpkin Cheesecake
Tapioca Pudding
Fresh Baked Cookies
Frozen Yogurt
Assorted Ice Cream
Sugar-Free Available

AROUND THE TOWN



Meadow Ridge Residents are always up to something. Here are a few of the special trips we have scheduled.

March 20 – Dream House Comedy Musical Trip

March 26 – Lombardo's Italian Restaurant

April Events (dates not yet determined):

Tea & Scone Trip to Sugar Plums and Tea

David Eldreth Pottery Factory Tour

Longwood Gardens “Spring Blooms” Trip

Millersville University Single Reed Symposium Clinician Concert