

Sincerely SAUNDERS

VOLUME IV, ISSUE NO. 4

August/September 2008

The Board of Managers

Richard W. Silliman
President

Robert E. Bergen
Vice President

John Savage
Treasurer

Davis Pearson
Secretary

Michael F. Beausang, Jr., Esq.

Mark Christmyer

A. Louis Denton, Esq.

David R. Dugery

Richard Goldbeck

Catalina I. Hallowell

Meredith S. Jones

Charles C. King, CFA

Thomas J. Maher

Sara S. Senior

Bruce G. Silver, MD

Charles St-Maurice

Mary Anne M. Stetzer

Radclyffe F. Thompson, CFP

Elissa Topol, RN

William J. Grim, NHA

Chief Executive Officer

Kevin W. Jones, NHA, MEd

Chief Operating Officer

Michele M. Subers

Chief Financial Officer

Doris Grossmann Nominated for Award

Saunders House staff nominated Doris Grossmann for *Main Line Life's* Volunteer of the Year award. There was a lovely reception for all nominees on June 18, 2008 at Georges' restaurant in Wayne. Although Doris did not win the big award, she will always be a winner in the eyes of Saunders House. Doris is a certified chaplain of the Har Zion synagogue and has conducted Shabbas services every Friday at Saunders House for 17 years. She also visits residents in their rooms before and after the service. Doris gives more than her time by buying challah bread and grape juice for services and decorations and gifts for holidays. Saunders House is very lucky to have a special volunteer like Doris. For more information on volunteering, please contact Jody LaVerdure at (610) 658-5147 or jlaverdure@saundershouse.org.



In This Issue

Staying Fit at Any Age	2
Get to Know Saunders House Residents	3
Upcoming Events	3
Family Fun Day	3
Resident Birthdays	4
My Medicare Matters	4
Saunders House Website	4

Staying Fit at Any Age

Saunders House residents are getting into shape and having fun this summer from two activities: the exercise group and playing the Wii. On Wednesday mornings in the summer, you can find residents working out on the patio. The therapeutic recreation department plays balloon ball with them and shows them how to stretch and do other seated exercises. Even the employees get a good work out!

Another activity that is fun and provides physical stimulation is playing the Wii. During a recent intergenerational program, residents

and children both enjoyed bowling on the Wii. It was a great way to bring the generations together. Playing the Wii benefits the residents by improved hand-eye coordination, range of motion activity, and increased social interaction.

If you would like to volunteer for either of these activities, please contact Jody LaVerdure at (610) 658-5147 or jlaverdure@saundershouse.org.

Pictured: Jean Kendall exercises on the patio and Joseph Abram bowls on the Wii.



Summer at Saunders House!



Pictured clockwise from top left: Volunteer Caitlin Nelson serves Sarah Wiegner at Alex's Lemonade Stand. Resident Earlene Kendrick & daughter Jean enjoy a concert at Rose Tree Park. Rose Grinarmil & family, Anne Marryat & family, and Mattie Dolby and sisters all enjoyed the family picnic at Saunders House.



Get to Know Saunders House Residents: Charles Westman



Charles “Volunteer” Westman, a first floor resident, grew up in Narberth and graduated from Lower Merion High School. He had a long and diverse career, serving as a Captain in the Army, working for the railroad, working as an insurance salesman, working as an RV salesman, and working as a fundraiser for the Lutheran Church of America. Charles earned the

middle name “Volunteer” because he volunteered most of his life for the American Legion, USO, Ambulance Corps, his church, and his local fire company.

Charles and wife Kathryn are the proud parents of their daughter Susan and their son Karl. Charles and Kathryn have traveled to Europe 17 times since retirement. Charles’s favorite cities are London and Normandy. His hidden talent is that he is a good singer and even sang in the Army chorus.

Charles moved to Saunders House in November 2006. He enjoys the friendly employees, the food, and when country music singers perform at Saunders House.

Upcoming Events

AMERICAN RED CROSS BLOOD DRIVE AT SAUNDERS HOUSE

Friday, August 15, 2008:
9:00 AM - 3:00 PM

FAMILY FUN DAY

Saturday, August 16, 2008:
10:30 AM

“BUS TOUR OF PHILLY”

Date and time TBD

MY MEDICARE MATTERS SESSIONS

Thursday, August 14, 2008:
2:00 PM

Wednesday, September 24,
2008: 10 :00 AM

UNITED WAY DAY OF CARING: FIELD TRIP TO LONGWOOD GARDENS

Wednesday, September 10,
2008: time TBD

Family Fun Day

Saturday, August 16, 2008 marks the first Family Fun Day at Saunders House. Family Fun Day will feature backyard carnival games, face painting, balloon art, prizes, food, and ice cream sundaes. Festivities will kick off at 10:30 AM and last until lunch. After lunch, there will be an ice cream sundae social, musical entertainment, and an awards ceremony. Family members, especially young children, are encouraged to attend to be with their resident. Meal tickets can be purchased at the event for \$5.00, which includes two hot dogs, chips, a drink, and an ice cream sundae. Please call Jesse Crew with any questions at (610) 658-5233.

Calling All Volunteers!

Anyone 12 years old and up is invited to volunteer at Family Fun Day on Saturday, August, 16, 2008. Help is needed to

- ...run the games
- ...total score cards
- ...assist residents
- ...serve ice cream

Volunteers should report for duty at 9:00 AM. For more information, please call (610) 658-5147 or (610) 658-5233.

Happy Birthday to . . .

Edith Nathanson	Aug 03	Regina Cobrin	Sept 03
Madeline Hayman	Aug 13	Edelgard Johnson	Sept 03
Rose Grinarmi	Aug 15	Mary Pinto	Sept 03
Sondrea Curry	Aug 16	Lena Jacobson	Sept 05
Freda Jacobs	Aug 18	Mary Maguire	Sept 05
Joseph Gaffigan	Aug 22	Irving Sheinman	Sept 05
Mary Rodd	Aug 22	Rose Levitt	Sept 16
Isle Wiemann	Aug 30	Teresa Walls	Sept 16
		Lyida Rotter	Sept 17
		Alberta Downing	Sept 18
		George Braceland	Sept 22
		Josephine Connolly	Sept 22
		Frances Katz	Sept 23
		Sophie Shields	Sept 27
		Gertrude Waldron	Sept 28

My Medicare Matters

Saunders House collaborates with the National Council on Aging for My Medicare Matters, a community-based education program that empowers Medicare beneficiaries, their families, and their caregivers to learn about Medicare by navigating reliable websites. Saunders House will be hosting two education sessions: Thursday, August 14, 2008 at 2:00 PM and Wednesday, September 24, 2008 at 10:00 AM. To register or for more information, please call Stephanie Cory at (610) 658-5145 or email her at scory@saundershouse.org.

FIOS is coming!

Residents will have the option of buying packages that include 228 channels, high definition, DVR, and internet service. Basic Saunders House cable will still be available. Once installation is complete, more details will be communicated to residents and family members. Stay tuned!

Saunders House Website's New Look!

Check out www.saundershouse.org:

- ...for more information about services we provide
- ...for upcoming events
- ...to learn how to become a resident
- ...to read "Sincerely Saunders"
- ...to learn about our programs for the community
- ...to make a gift
- ...to fill out a volunteer application
- ...to find a job
- ...to fill out an employment application
- ...to find directions to Saunders House
- ...to contact us

Save a Life...Give Blood

On Friday, August 15, 2008 from 9:00 AM- 3:00 PM, Saunders House will be hosting a blood drive for the American Red Cross in our 2nd floor chapel. Please contact Jody LaVerdure at (610) 658-5147 or jlaverdure@saundershouse.org to schedule an appointment. Giving blood is one of the easiest and most important ways you can help your community.