

Foxdale Highlights

A newsletter for friends of Foxdale Village



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Book Buddies— A Rich Exchange

By Gwenn Benner, State College Friends School

Every Thursday since January, kindergarten through first grade children from State College Friends School (SCFS) take the short walk over to our neighboring retirement community, Foxdale Village, to read to their Book Buddies.

“We are lucky to be so close,” says Eugenia Gartrell, a Foxdale resident.

“The exchange is an effort to establish relationships between our Foxdale neighbors and these young children, many of whom have grandparents



Top photo: Mildred Watrous and Hana Weissmann

Above: Ellen Fenwick and Aria Sakona

State College Friends School, founded in 1980, offers instruction from kindergarten through 8th grade, and is guided by the Quaker-based principles of equality, community, simplicity, and harmony.

to live a long way away. In addition, reading aloud enriches their understanding and love of language, plus it's fun!” says Friends School teacher Eileen Grunenwald.

Book Buddies curl up on a chair or couch and share a story, the words becoming a soft hum as the children read. One hears the rhyming cadences of *Cat in the Hat* or the science facts of a *Magic School Bus* adventure.

“Their curiosity is contagious,” says Lu Evans, a Foxdale resident.

“I just love my Book Buddy!” says Isabelle Caldwell, a Friends School Kindergartner.

The program ran through the end of the school year in May. ■

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Let Me Call You Sweetheart

Valentine Luncheon Celebrates Couples in Darlington and Anthony

By Bunny Moon, Foxdale Resident

This was no ordinary Monday. It was the day before Valentine's Day. Sixteen couples, one or both of whom were residents of Darlington or Anthony House, our assisted living and skilled nursing neighborhoods, responded to an invitation to a special Sweetheart Luncheon. A quick peek inside the main dining room revealed tables set with a red and white motif—replete with balloons, flowers, fancy napkins, even dishes of candy kisses with red and silver wrappers...the works! Couples were admitted one by one, pausing just inside the door to have a picture taken against a backdrop of hearts and flowers. Director Bill James and all the department heads escorted them to their tables and acted as wait staff with great aplomb. The meal, far too elegant to be called a luncheon, began with shrimp cocktails. (Interesting aside: Dining Services, with the aid of molds and with careful attention to detail, actually chopped up the shrimp for those who required special foods, and made it look like the “real thing” with only the tail missing!) The bread baskets held heart-shaped biscuits; the salads were of red heart-shaped molded gelatin followed by an attractive and tasty chicken entree. The meal ended with strawberries and whipped cream inside a dark chocolate heart.

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Then followed a great surprise. A digital camera and appropriate computer software provided the grand parting keepsake: a framed copy for each person of the picture for which they had posed on the way in!

The luncheon was topped off with a bit of nostalgia as a band of seniors named “Second Winds” played old favorite tunes in the lobby outside the dining room. Foot-tapping, sing-along and a few intrepid partners who ventured onto the dance floor gave witness to the good time that was had by all. ■



Left: Ina Jaeger, Anthony House resident, and her husband Larry, an apartment resident, pose for their Valentine's Day keepsake portrait.

Below: Department heads serve the luncheon guests.



A message from Bill James, Executive Director of Foxdale Village

A Lifestyle Rich With Opportunities

Foxdale recently celebrated 15 years of exceptional care and service to older people. Like many not-for-profit organizations, Foxdale was created to fulfill a mission. That mission grew from the belief that older people in the State College area would benefit from a retirement community. Offering a continuum of care through 148 garden apartments, 33 assisted living rooms, 32 private skilled nursing

rooms, and employment for 215 staff members, Foxdale is truly a community within a community.

Retirement communities pride themselves on having attractive real estate in excellent locations, desirable amenities, wonderful care and exceptional service. Foxdale Village has all of those qualities. Beyond those, what

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is it that we, like other communities, offer to older people? Among other things, we offer a lifestyle rich with opportunity.

For many years, retirement communities have been perceived as “nursing homes”. While we offer skilled nursing services, Foxdale Village is much more. Our mission states, “Through community services and programs, Foxdale provides for the social, spiritual, nutritional, residential, wellness and health care needs of older people at reasonable cost”. We respect and honor the aging process through our mission statement. We firmly believe that opportunity and contribution to the spirit of the community exist for each resident, no matter how well or how frail they may be. With over 40 interest area

committees, weekly movies, exercise classes and planned outings, the list to the right of this article is only a small sample of the many activities available at Foxdale.

Opportunity also extends beyond property lines. Individually and collectively, we recognize our obligation to serving the broader State College community. We recently discovered that our residents, staff and board members contribute approximately 1300 volunteer hours per month to over 150 organizations. Those numbers speak volumes about the vitality and energy that exist at Foxdale. It helps to define our community culture and personality. Recently, several residents and staff members were recognized at the Rose Cologne Volunteer Recognition Dinner for their service here at Foxdale and with organizing the Alzheimer’s Association Memory Walk. Twenty-two residents are members of the Retired Senior Volunteer Program (RSVP) and were also recently recognized at the RSVP Luncheon.

Yes, moving to a retirement community means you will receive life care services. By actively joining the life of the community, you will also experience a lifestyle rich with opportunity. This lifestyle benefits our residents, enriches the Foxdale community, and has a positive impact on the wider community of State College. ■

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Upcoming Programs

Following is a sampling of the special biweekly events that the Resident’s Association Program Committee has planned for the coming months:

June

The Media and Climate Change,
Fred Gadowski and Paul Knight from
Weather World

Perfect Gnish, a play reading by
Helen Manfield and Peg French

July

The Little German Band,
Tim Benschopf, Director

Geology of Death Valley,
Lauren Wright

August

Fred Waring’s American Chorus

Arthur Anderson,
Architecture

September

Global Connections,
Polly Dunn and Sung Hu,
International Students Program

**A Day in the Life of a Hospital
Chaplain,** George Burn

October

Candidates Night,
Prior to the Fall election

Upcoming Artists’ Exhibits in the Foxdale Gallery

June 1 - June 30

Lucy Lederer Oil Paintings
Retrospective collection of Centre
County Historical Society

July 6 - August 8

Stuart Frost Oil Paintings

August 10 - September 19

Ed Leos Photography

September 21 - October 24

Ruth Kempner’s students
Mixed Media

The Foxdale Art Gallery is located on the second floor of the Community Building. The exhibits are coordinated and produced by the Arts and Acquisitions Committee.



*A Quaker-Directed Continuing
Care Retirement Community*

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Editor: Libby Mortensen

Resident Consultants:
Ina and Larry Jaeger

Executive Director: Bill James

Contact us at:

814-238-3322 or 800-253-4951

Fax: 814-272-7824

admissions@foxdalevillage.org

www.foxdalevillage.org

It is the policy of Foxdale Village to be fully inclusive and not to discriminate on the basis of race, color, national origin, familial status, ancestry, gender, sexual orientation, religion, handicap, or disability. This policy applies to residents, physicians, and all employees and service providers.

Foxdale Village is a nonprofit, Quaker-directed retirement community accredited by the Continuing Care Accreditation Commission (CCAC), an independent accreditation commission sponsored by the American Association of Homes and Services for the Aging.



Two Super Bowlers



Evan and Wyatt Homan celebrate the Superbowl by sporting their black and gold Pittsburgh Steelers caps, two of ten limited edition caps hand-knitted for the Mount Nittany Medical Center by the Foxdale Village knitting group. So far this year more than 130 baby caps have been knitted and donated (393 in 2005!)