

Mission: We are a not-for-profit continuing care retirement community striving to enhance the quality of life for those we serve in a Christ-like manner.

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## Gretchen's Blanketeer's *A collective labor of love for Lancaster County babies.*

Harriet Seese remembers the day then-marketing director at Pleasant View, Gretchen Brock, gave her a newspaper clipping calling for Project Linus volunteers. Harriet seized the opportunity and never looked back.

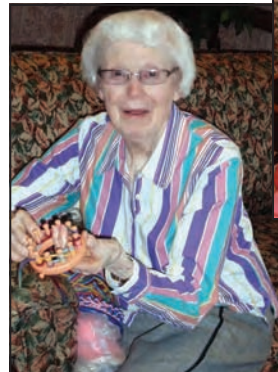
Project Linus makes gifts of handmade blankets and afghans to offer love and security to children. More than 20 organizations ranging from area hospitals and

clinics, to women's shelters and township police departments receive Project Linus blankets. Some snuggle babies in pediatric and neonatal intensive units; others cuddle little ones when life is disrupted by violence; a warm blanket often offers comfort to tots after a fire or natural disaster. When life is in disarray, small comforts count.

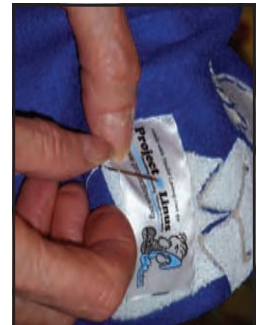
Pleasant View is a collection area for project coordinator, Phyllis Davis (right). During four years of volunteering, she estimates she produced at least 250 crocheted or flannel fleece blankets. She is pictured along with Helen Longenecker, a Pleasant View resident, (center), who makes blankets and sews the identifying labels. Harriet Seese, who spearheads the project, is pictured at left.



Volunteer of the Quarter, Charles Kauffman, a resident at Pleasant View since 1993, is ready to share a friendly smile, greeting, and story with all who come his way. He is the chief coffee maker in the Gathering Place and helps with mailing projects. Thanks, Charles, for your cheerfulness.



At Pleasant View, everyone has an important role. Dru Buck (far left) learns the technique for loop knitting hats for tiny recipients. Aurora Ober tackles the tedious task of wrapping balls from donated skeins of yarn.



The last step—sewing a Project Linus label on the blanket.

## Happenings

Mark your calendars

April 17, 2010—save the date

## Pleasant View Auxiliary news

### Community Day

Save the date for the second annual Penn Township-Pleasant View Community Day. Let's hope for a repeat of last year's beautiful weather and record-breaking attendance. It's a day of family fun and good food coupled with information from community organizations. Look for flyers distributed in March to all Manheim Central school students.

### A not-to-be-missed trip

Go to the National Geographic Museum's Terra Cotta Warrior exhibit in Washington, D.C. on Mar. 24. The exhibit includes several life-sized terra cotta figures and artifacts found in the tomb complex belonging to Qin Shi Huang (259 - 210 B.C). The people who buried the Emperor were sealed in the grave to keep the location of the tomb secret. This is the first stop of a daylong guided tour of the monuments, buildings and sites of our nation's capital.

All Manheim and surrounding community members are welcome to join us. Registration is on a first-come, first-served basis.

Cost per person is \$39, and registration and payment are due on or before Mar. 1. The price includes transportation on a restroom-equipped motor coach, museum admission and guided tour. Please contact Sarah Buynak, at 717-664-6344, for registration instructions.

### Raising funds to benefit residents

The Pleasant View Auxiliary raised almost \$6,500 in 2009, which was donated to projects that benefit our residents. These include, but are not limited to: \$350 annual contribution to cellular phone service; \$270 toward bingo treats; \$5,000 toward the Pleasant View Endowment Fund; and \$550 for a chair scale for health care residents. This year, the auxiliary has already donated \$1,400 for flat screen television sets for our resident-centered care neighborhoods in health care.

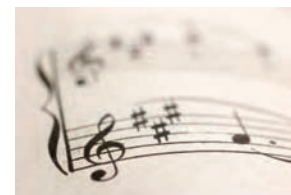
### Bag sale



Find bargains at the Pleasant View Thrift Shop bag sale. The sale takes place on Feb. 16 and 18 from 1:30 p.m. to 3:30 p.m., and on Feb. 20 from 9 a.m. to 11 a.m. Fill a bag for \$3. The Thrift Shop is on the north end of the health care section. Go to door # 3 and take the elevator or stairs to the lower level.

### Night of Music

Garment of Praise brings glory to God through song. They will present a concert on Sun., Feb 21, at Pleasant View Retirement Community's Hoffer Auditorium. The free concert that is open to the public begins at 7 p.m. A free-will offering will be taken.



## Hail and farewell

*A hearty welcome to Mark Wagner and Jim Shaffer, and thank you to Bill Kauffman*

We say farewell to William Kauffman, who completed his two-year term on the Board of Directors, and welcome James Shaffer and Mark Wagner, who began their terms as board members on Jan. 1, 2010.

James Shaffer lives at Pleasant View Retirement Community with his wife, Virginia. He is a retired physicist whose career was research and development in classified documents for various U.S. government agencies. He earned both undergraduate and graduate degrees in physics from Penn State University.

Mark Wagner lives in East Petersburg with his wife, Rita. He is president of White Oak Mills, a livestock and poultry feed manufacturer in Elizabethtown he has co-owned with his brother, John, for more than 30 years. He is a graduate of Manheim Central High School, and has served as past president of the East Petersburg Rotary Club and Penn-Ag Industries.

## (Brain) Power to the people

The Rotary Club of Manheim donated \$2,000 toward the purchase of the Dakim brain power program for residents of Pleasant View. This program uses progressive cognitive stimulation to encourage and preserve mental function.

The senior-friendly system makes it easy for Pleasant View residents to use. Currently all residents of Structured Living, the area designed for residents with dementia-related illness, are enrolled. In addition, enrollment is open to residents in assisted living and those who live independently in apartments and cottages. Weekly group sessions meet in Hoffer Auditorium.

This computer program has no mouse, keyboard or passwords. It takes 20 minutes to work the six cognitive domains: spatial skills, long-term and short-term memory, math recall and skills, and word recognition.

The benefit to residents is invaluable. Using this system replicates individual stimulation that would otherwise require one-to-one staff assistance. The varied content gives users a richer range of stimulation than standard group activities. Rosemary Bianco, R.N., assisted living administrator, touts the system. "I watch residents enjoy exercises that offer a daily challenge to support brain fitness. Every day, a new session is downloaded for each level, and the system tracks individual resident progress."



Manheim Rotarians, (l to r, back row) Jim Bright, Kevin Stauffer, Bill Spence, Floyd Imes, Jake Harnish, John Marsteller, Steve Ober, Joe Gelgot, Jim Peters, Rep. Tom Creighton. (front row), Carolyn Peters, Tonya Martin, and Ken Hameloth

## Classroom learning with a twist

Dakim brain power represents the computer age of learning where the "instructor" is a machine and the course material flies through cyberspace. It exemplifies the technological marvels that bring more stimulation and interaction to people as they age.

Still, there is a place for the tried and true student-teacher interaction where dialog and hands-on instruction help people learn.

Through its partnership with the *Edward R. Murphy Center for Continuing Education and Distance Learning*, we are pleased to offer *Institute for Learning in Retirement* classes at Pleasant View. The spring term begins in April.

Learn the vocabulary and phrases of *Pennsifaanisch Deitsch: Pennsylvania German*, on Apr. 5, from 10 a.m. to 3 p.m., with a one-hour lunch break. Local expert, Alice Spayd will discuss the historical background through poems, songs and short stories.

*Channeling Mary Cassett, Claude Monet, Andrew Wyeth OR So, You Want to Paint*, meets Apr. 12 through May 13. Class dates are Apr. 12, Apr. 19, Apr. 26 and May 3. David Bottini, who holds a BA in fine arts and an MFA in painting, teaches the class. It's a bare-bones introduction to painting. No previous painting experience is necessary.

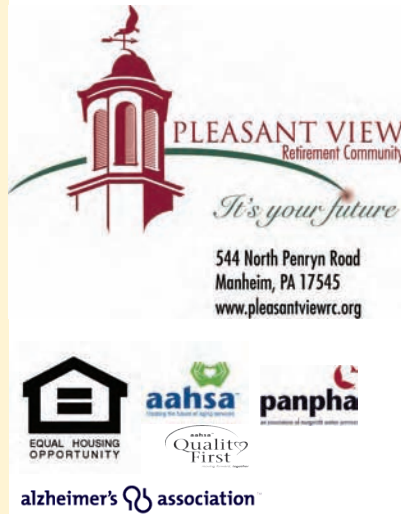
On Apr. 12 and Apr. 19, from 2 p.m. to 3 p.m., instructor Alan Ruby will introduce us to the dynamic *Ladies of Liberty: Abigail Adams, "Captain" Molly, Harriet Tubman and Dorothea Dix*.

Alan Ruby, a retired Lutheran minister and graduate of Gettysburg College, the Lutheran Theological Seminary in Gettysburg and the University of Delaware, also teaches *Breaking the Color Barrier*. He will profile three crusaders for civil rights: Thaddeus Stevens, Jackie Robinson, and Dr. Martin Luther King.

David Radcliff, an ordained minister in the Church of the Brethren and director of the New Community Project, talks about the diverse ecosystems and native cultures of the coldest and warmest places on earth, the Arctic and Amazon, on Apr. 26, from 1:30 p.m. to 3:30 p.m.

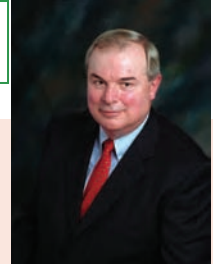
All classes are held at Pleasant View Retirement Community. Call Sarah Buynak for a copy of the course descriptions, cost and registration information. The number is 664-6344.





Congratulations to Pleasant View's laundry department who collectively represent the *Four Season Award* winners for winter 2010. (Back row, l to r) Peggy Gromling, Sherry Brooks, (front row, l to r) Pat Kohler and Verna Rollman, all faithful workers, keep us supplied with clean linens and resident clothing. They wash, dry, fold and put away approximately 516,000 pounds per year.

## From the corner office — Ronald L. Waack, CEO



It's with pleasure I serve as a member of the Manheim Rotary. Participating in their fundraisers gives me the satisfaction that comes from doing good deeds for others. So, you can understand the honor I felt, on behalf of Pleasant View, to have been the recipient of the club's generosity when they donated \$2,000 to help purchase a Dakim brain power system (page 3). This computer and software provide brain-stimulating exercises appropriate for every resident of our campus. Currently, it's proven beneficial for our residents coping with cognitive decline and memory loss.

Cooperative community spirit fuels volunteerism. Read about our residents who participate in Project Linus (page 1) for the tip of the iceberg: Approximately 30 women knit, crochet and piece together afghans, sew on labels, wind balls of yarn, and donate supplies to this very worthy cause. On (page 2), note the laudable contributions made by the Pleasant View Auxiliary. We are indeed blessed with their hard work and support.

Doris Faus, a member of our auxiliary, epitomizes the volunteer spirit. After retiring from the grocery business, she organized and staffed the convenience store, Grace's Emporium, our residents and staff depended on for the more than eight years she ran the business. Sadly, she decided to retire: Grace's Emporium continues to operate under the able direction of Pleasant View's dining service staff. Thank you, Doris, for years of hard work and best wishes to Matt Drescher and Thad Campbell as they maintain her high standards for customer service.

Give in to *your* inner spirit to volunteer. Call Ann Marie Astuto at 664-6288 to learn about opportunities at Pleasant View.

God Bless.

*Ronald L. Waack*

Submit written requests for corrections or deletion from the mailing list to: PVRC, 544 N. Penryn Road, Manheim, PA 17545, or mmetz@pview.org