Messiah Lifeways Coach launches a Podcast!

Not Your Grandfather’s Retirement

Project Envision Construction Updates

“Life Plan Community” to Replace CCRC Name
Name “Life Plan Community” to Replace CCRC

Long-term care terminology and acronyms can be confusing for consumers. One such example is a CCRC, which stands for Continuing Care Retirement Community. In most cases CCRCs consist of three levels of living or care providing residents a continuum of care as their needs evolve.

The opposite of that would be a stand-alone community, typically consisting of only one level, which can require a whole new search and move when a different level of care is needed or recommended. Messiah Village is a CCRC, offering residential living at the first level. Other CCRCs may refer to this level as independent living. Next is personal care, known as enhanced living, and lastly, the highest level of care is nursing. Not all CCRCs are identical.

For instance, instead of personal care as the middle level, others may offer assisted living in its place. It’s important to understand that in Pennsylvania, personal care homes and assisted living residences are no longer considered one and the same. This changed after legislation was enacted in 2011 by the PA Department of Aging requiring specific licensure for each.

Now that you have a better understanding of what a CCRC is, the long-term care industry is asking consumers to learn a new term, “Life Plan Community” (LPC). LeadingAge,® a national coalition of nonprofit aging service providers, recently initiated a movement to rename CCRCs. The purpose was to provide a new identity and improve the overall perception of CCRCs with the next generation of older adults. This process took over two years and the participation of members, providers and older adults.

“It became clear that the name CCRC no longer did an adequate job of creating the best perception among tomorrow’s older adults,” said former LeadingAge President and CEO Larry Minnix. “At the core of the decision to move to a community is having the right plan for what the next stage of life has to offer. We feel the Life Plan Community name encompasses that very well.

In time, this new moniker will take hold and presumably reshape how we view retirement lifestyle.

To learn more about this topic, please contact the Messiah Lifeways Coaching office at 717.591.7225.
In 2016, I received a note from Susan Firey, a communications professional from the Harsco Corporation. Susan shared that many years ago, Harsco’s former Chairman and CEO, the late Derek C. Hathaway, purchased nearly a dozen paintings by esteemed local artist Earl Blust. The stunning collection of watercolors that once hung in Mr. Hathaway’s office had been placed in storage during an office remodel.

The Harsco team proposed a generous remedy in hopes of reuniting the paintings with Earl, now a Messiah Village resident. In late October, I had the pleasure of receiving the collection, and as I unloaded the paintings and returned from my car, I spotted Earl having breakfast.

You can imagine his delight at learning that his artwork was coming home to Messiah Village to be enjoyed by his neighbors. We had a great conversation as he recalled traveling to New York City with Harsco to be honored for award winning annual reports that he had designed as a commercial graphic artist. Earl is well-regarded as a founding member of the Seven Lively Artists — a group known for their “plein air” style. In late November, Margaret Hathaway and Ken Julian (pictured below), Harsco’s Senior Director of Corporate Communications, joined Earl and a number of special guests at a reception.

Messiah Lifeways is honored to be entrusted with this generous gift of art provided from Mr. Hathaway’s collection — he was an ardent supporter of the arts, and his contributions to our region cannot be overstated.

This tribute collection of Earl’s landscapes will be on display during February 2017 in the Village Center — please plan a visit.
Providing the Most Senior Care Solutions

MESSIAH Lifeways

MessiahLifeways.org/Care
Visit the new “Messiah Lifeways Care” webpage at MessiahLifeways.org/Care. This new site was designed with you in mind – to easily guide you through all our services and find the care to match your needs.

The “Care Solutions” page will become your go-to spot for a quick glance at all the care options Messiah Lifeways has to offer. Click on each individual service line to learn more, contact that department directly, or learn if it’s the right solution for you or a loved one.

View the “Education Center” where you’ll find four different modes of learning featuring articles, podcasts, workshops and valuable online tools to help you plan ahead, and to make caregiving more manageable. Link and listen to the “Coach’s Corner” podcast to dive into caregiving and age-related topics. Readers will enjoy the Lifeways blog, full of relevant and insightful articles on topics like caregiving, wellness hints, and community based services. You can also view a list of upcoming events and Coaching Workshops. Need more ideas? Open the resource page for links to similar websites like AARP and the Alzheimer’s Association.

If you are still uncertain about your options, or if you just want to talk it over with someone, go to the “Contact the Coach” button and connect with Matthew Gallardo, the Messiah Lifeways Coach. He’ll be happy to listen and guide you toward the solutions you need.

Get started and visit the “Care Page” today at MessiahLifeways.org/Care.

Messiah Village 101
Thursday, March 16 | 9:30 – 11 am & 3:30 – 5 pm
Messiah Village Chapel

Join us during one of the time frames listed above for an informative session as we take you through the care continuum at Messiah Lifeways at Messiah Village — from independent living to nursing and dementia care.

This is a great opportunity for those who are planning for their future or find themselves looking for care now. We’ll provide you with an educational starting point to help determine the best care option for you or your loved one.

RSVP by March 9 by calling 717.591.7224 or online at MessiahLifeways.org/events.

ON THE COVER
Jessica MacIntire, Enhanced Living Social Work Coordinator and resident Helen Atwood grace the cover of this season’s Preview Guide. Their photo embodies the warm, personal friendships and positive working relationships that form between team members and the residents they serve. As we roll out our new Messiah Lifeways Care Campaign, look for more photos of Jessica, Helen, and others as we share the myriad of compassionate care options available at MessiahLifeways.org/care.
Most of us recognize that retirement savings need to be recalculated on a regular basis. What was sufficient a generation, 5 years, or even 12 months ago may no longer be enough. The need for growing retirement funding is not only affected by inflation, but is also influenced by rising healthcare and drug costs, the uncertain future of entitlement benefits like Social Security and pensions, and lastly, our increasing life expectancy. In the U.S. the average life expectancy has jumped from 69.77 in 1960 to almost 79 years of age currently¹.

A man reaching age 65 today can expect to live, on average, until age 84.3. A woman turning age 65 today can expect to live, on average, until age 86.6². We are fortunate to be living longer and healthier lives, but this comes with a price — literally.

Join Messiah Lifeways Coach Matthew Gallardo as he offers another Coaching workshop on May 18 where he’ll explore the cost of aging and care in America. Get a better handle on a happier, healthier retirement.

The Cost of Aging
May 18, 2017 | 5:30 pm | Messiah Village – Compass Pointe Place

This workshop is designed to encourage individuals to acknowledge and prepare for the different levels of care and services and their costs. Learn about the misconceptions around topics like Medicare coverage and long-term care necessity, and receive practical advice and tips about finances for older adults and retirees.

A light dinner will be served. Seating is limited.

Register by May 11 by calling 717.591.7225 or online at MessiahLifeways.org/Events.

Fee: $10.00 (at the door or online)

¹Source: World Bank
²Source: Social Security Administration
Lifeways Coaching Offers Two New Resources

In a continual effort by Messiah Lifeways Coaching to change the conversation about aging and to explore and plan for the future, we’re pleased to announce a new service called Retirement Options Coaching. This new program is here to help retirees plan for their next phase of life by assessing, focusing, and guiding retirees through a Life Options Profile™ which concentrates on six key life arenas: Career and Work, Health and Wellness, Finance and Insurance, Family and Relationships, Leisure and Social, and Personal Development.

Messiah Lifeways Coach Matthew Gallardo has recently been certified as a Retirement Options Coach. He will administer the Life Options Profile™ and will evaluate these six areas and provide individuals with a personal, practical, and relevant self-portrait of one’s lifestyle needs. It also provides insights on transitioning from their current lifestyle to their new retirement lifestyle.

To learn more about this valuable program and rates, or to schedule an appointment, please contact the Coaching office at 717.591.7225 or email Coach@MessiahLifeways.org.

Listen to the Coach’s Corner Podcast

Now you can listen to Messiah Lifeways Coach, Matthew Gallardo, on the Coach’s Corner Podcast – here to help you and to provide guidance, advice, and insight on aging well.

Search Lifeways Coach.
Project Envision
Construction Update

The new Village Square, Hopewell, Engle, and Greenwood basic structures are nearly complete. Exterior finishes and interior work is occurring over the winter months.

Beautiful stone and brick facades are being added to the courtyard of Village Square. Why are the buildings blue? The blue is a water sealing coat that will eventually be covered.

A glimpse of the new Wellness Center and salt water pool before the walls and roof are added to the pool deck.
A birds-eye view of the new Hopewell personal care neighborhood and the new Kibler bridge which connects Hopewell to Village Square.

The new Engle and Greenwood nursing neighborhoods sit atop a parking area and drive through.

To learn more about Project Envision, visit MessiahVillage.org/ProjectEnvision.
To learn more about Hopewell, call 717.591.5587.
To learn more about Village Square, call 717.591.7224.
Courses, Excursions, & Cultural Experiences for Adults
55+ in the Capital Region

Local History
• Flames Beyond Gettysburg: The Confederate Expedition to the Susquehanna River
• The Life and Accomplishments of Milton Hershey
• Pennsylvania Trivia from A to Z
• Hans Herr House & the Conestoga Historical Society – Tour

What’s the Buzz about Honey Bees? 
What They Do for Us and What We Can Do for Them?
• Modern Physics & the Scriptures
• Eating for Climate & Health
• Weed Walk with Willa – Tour

Religion
• The Amazing Gospel of John (Part 2): The Stories about Christ

Music & Fine Arts
• Living with Watercolors: Artist’s Demonstration & Exhibit
• The Greatest Choral Work – Handel’s Messiah
• A Real Nice “Clambake:” The Collaboration of Rodgers and Hammerstein

Wellness & Personal Development
• Myers-Briggs: A Way of Looking at Yourself and Others
• Protect Yourself and Your Loved Ones From Medicare Abuse

Plus many more!

FRIENDS & FAMILY DISCOUNT
for New Pathways Institute Members

Present this coupon along with your membership form to the Pathways Institute for Lifelong Learning office to receive $5.00 off one Pathways Institute membership. This offer is only valid for the 2017 spring semester and only applies to first-time members.
For more information, contact the Pathways office at 717.591.7213 ext. 2 or visit thePathwaysInstitute.org

Register and see the full class listing at ThePathwaysInstitute.org or call 717.591.7213
Connections Info Sessions
Thursday, March 23 | 12 noon | Giant Community Room, Camp Hill

With Connections so much comes together ... trusted help, friendship, social and learning opportunities and a friendly place to turn when there is a need. If you are 55 and better or know someone who is, join us on March 23. This is a great info session for potential members, church leaders and caregivers.

Please RSVP by calling 717.591.7223 by March 17. Learn more about becoming a member by visiting MessiahLifeways.org/Connections

Making the Move vs. Aging in Place Workshop
Wednesday, March 29 | 5:30 pm | Compass Pointe Place, Messiah Village

Messiah Lifeways Coaching is pleased to present a workshop designed for those facing the choice of remaining in their own home versus moving to a retirement community or care facility. Topics include: examining the different options, costs and strategies to age in place; examining the different levels of living, costs and strategies for making a move to the right community for you or your loved one; and learning useful tips to plan for both options!

A light dinner will be served. Space is limited, so please RSVP by calling 717.591.7225 or online at MessiahLifeways.org/Events by March 22. Fee: $10 (pay at the door or online)

Mount Joy Country Homes Open House
Thursday, April 6 | 11 am – 1 pm | MJCH Community Center

Learn how you can be part of the charming, friendly maintenance-free 55+ community at Messiah Lifeways at Mount Joy Country Homes. Join us for lunch, a tour of our model cottage and beautiful campus amenities.

Please RSVP by calling 717.653.2356 or online at MessiahLifeways.org/Events by Thursday, March 30.

Hopewell Information Session
Monday, April 10 | 11:30 am | Compass Pointe Place, Messiah Village

Join us for lunch and an information session all about the new Hopewell Personal Care Neighborhood slated to open this fall! Learn how Messiah Village can help you maintain the life you want while providing the care you need. Learn more about Hopewell and the differences between personal care and independent living by visiting MessiahVillage.org.

Please RSVP by calling Jenny Flamm at 717.591.5587 by Monday, April 3.

Taste of the Village and Open House
Tuesday, April 18 | 9:30 – 11 am & 1:30 – 3 pm | Messiah Village Commons

Be our special guest for this interactive, expo-style event featuring current and coming soon amenities at Messiah Lifeways at Messiah Village! With so much to offer to prospective residents, we couldn’t possibly just tell you— RSVP today and see for yourself!

Please RSVP by calling 717.591.7224 by Tuesday, April 11. Please be sure to provide your email address when you RSVP so we can provide you with further event information.
Now Available!

Messiah Village Cottages & Apartments

Are you ready to retire your snow shovel, lawn mower, and toolbox? Make this the year that you give up home maintenance and move to a beautifully appointed maintenance-free cottage or apartment at Messiah Village! A number of great floor plans are currently available, but they won’t last long.

Call our friendly Welcome Center team to schedule a no-pressure, private tour or appointment.
717.591.7224.

Be sure to check out our amenities, community features, and available floor plans before you visit. Visit MessiahVillage.org and look for the Residential Living dropdown menu.