

# Senior Living

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SPECIAL SECTION

PEOPLE

RETIREMENT

## County CCRCs set open house

*Tours to highlight lifestyle, new housing, amenities and more*

MARGARET GATES  
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Lancaster County's 17 continuing care retirement communities have discovered that they can all benefit when they work as a team.

For the past 11 years, the county's CCRCs have hosted Explore Retirement Living, a collaborative open house event where they open their doors to visitors on the same day. This year's open house will be held from 10 a.m. to 4 p.m. Saturday, Oct. 21.

Visitors can go from one community to the next, taking tours, asking questions, sampling food and more.

"The (open house) is perfect to get a taste of what life is like and talk to the residents," says Maureen Leader, public relations and communications manager for Willow Valley Communities. "That's where the rubber hits the road."

What makes Explore Retirement Living unique is that all 17 communities have pooled their resources to create the website, [exploreretirementliving.org](http://exploreretirementliving.org), and to advertise the event outside the county, says Christina Gallagher, director of marketing for Homestead Village.

Although she has no data to prove it, Gallagher says she believes the collaborative effort is one reason Lancaster County continues to gain national recognition as a top retirement destination.

As much as each CCRC wants to sing its own praises during the open house, their events are designed to give guests plenty of time to visit other communities. Visitors who find a community they want to explore further can schedule a more in-depth follow-up appointment at a later date.

"Each community has its own style and personality so guests are encouraged to visit several communities to find which one best suits their lifestyle and needs," Gallagher says.

Here are some highlights visitors can expect to see during this year's open house:

### New housing options

Several communities have new construction in the works and will give visitors the chance to see plans or visit models.

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SUZETTE WENGER | STAFF PHOTOGRAPHER PHOTOS

# BEAUTY & STRENGTH

*Ms. Senior Pennsylvania Sally Winchell always up for a challenge*

## WINCHELL'S WELLNESS TIPS

Don't tell anyone, but local fitness instructor Sally Winchell adores vanilla gelato loaded with M&M candies. "Do I eat this every day?" Winchell asks. "No. But nobody is perfect. You have to celebrate life, sometimes."

Still, Winchell, who embraced clean eating about 17 years ago, advises clients to eat healthy food 80% to 90% of the time.

"You're either feeding disease or fighting disease depending on what you put in your mouth," she says.

Winchell offers the following advice:

● **What to eat:** Stay away from processed foods and sugar most of the time. She focuses on lean protein, vegetables and healthy fats. She avoids carbohydrates. "Eat real food that grew from the ground or had a mother."

● **How to commit to regular exercise:** "This is your job, now," Winchell tells clients, who are mostly retired. "Remember when you set an alarm, got up and went to work all day? This is your new commitment." Indeed, the fitness instructor begins her own exercise regimen at 4:30 a.m. Monday-Friday. "You think I want to get up at 4 in the morning?" she asks students. "If you want health and longevity, this has to be the appointment you never miss."

● **Attitude:** Don't think of exercise as just a way to change the way your body looks. "Change your mindset, and look at your workout as front-line mental care," Winchell says. Focus on feelings of accomplishment after a workout ends. "Create discipline and a routine," she advises. "It becomes harder to say no to exercise."

● **Community:** Embrace the social aspects of exercising with other people. Get to know them and look forward to working out with them. "Socializing is important," Winchell says. "You want to build a community."

GAYLE JOHNSON | FOR LNP | LANCASTERONLINE

Sally Winchell rarely turns down a challenge. Beauty queen and bodybuilder? Check. Ballroom dance competitor? Why not? Fitness instructor, nutritional adviser, motivational speaker, wife and mother? Absolutely.

"I love putting myself out there to grow and change," says the 66-year-old, who has served since 2014 as wellness director for Bright Side Opportunities Center, a Lancaster nonprofit affiliated with Bright Side Baptist Church. "There's something about helping other people. I want them to experience that feeling of committing to a goal and then achieving it."

She spends most days training clients, leading exercise classes and offering nutritional counseling to anyone who walks through Bright Side's doors.

In October, Winchell will take her attitude to Atlantic City, where she will compete in the Ms. Senior America pageant as Ms. Senior Pennsylvania 2023, a title she won in Harrisburg in June.

In typical Sally Winchell style, the fitness instructor welcomed the opportunity when a friend invited Winchell to a beauty pageant meet-and-greet in February in Lancaster. The organization's philosophy of highlighting positive aspects of maturity called to her.

"I just went in and said, 'Let's do this,'" Winchell recalls. "The time was right. It's another way to grow and experience life."

She hired a choreographer to help create a jazz dance to Michael Buble's "The Best Is Yet to Come." She ordered evening gowns and other competition clothing. She wrote a philosophy statement and prepared for an interview. She never expected to win the state contest.

However, those who know her say they weren't surprised.

"Sally is a force," says Willonda McCloud, Bright Side's president and CEO. "She's small, but mighty."

Indeed, Winchell stands 5-foot-2 and weighs 112 pounds. She can squat 140 pounds, bench press 105 and deadlift 185. And she wants her clients to push themselves, too.

"She's always willing to chip in and meet people where they are to help them achieve their goals," McCloud says.



Sally Winchell, above and top, leads a fitness class at Bright Side Opportunities Center, where she serves as wellness director.

Winchell, who grew up in Bowmansville and graduated from Garden Spot High School, lives in Terre Hill. She owned Class Act Dance Studio in New Holland from 2002-08.

Her turning point came at age 49. "I took a good look in the mirror," Winchell recalls. "I saw a body that was no longer useful." Some people might make promises, join a gym, or research healthy eating. Winchell hired a nutritionist and a personal trainer, eventually selling her dance studio to devote herself full time to fitness.

Winchell wants her fitness clients to experience that same metamorphosis.

WINCHELL, page 4

Sally is a force.

— Willonda McCloud, Bright Side president and CEO

Explore Retirement Living  
Open House details and participating communities at  
[www.ExploreRetirementLiving.org](http://www.ExploreRetirementLiving.org)

2  
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2  
3

Saturday  
October 21  
10 AM - 4 PM

# Tour

Continued from 1

**Landis Homes** will be sharing information about an expansion on the east side of its 114-acre property at 1001 E. Oregon Road, Lititz, says Sarah Short, director of residency planning. Now in its final planning stages, the proposed expansion would include a garden community of 35 cottage homes ranging in size from 1,100 to 1,700 square feet with views of the wetlands and neighboring farms. All homes would include a private garage, with many being oversized. Plans also include renovation of an existing barn and a new resident woodshop.

If approved, site work could begin in spring 2024 with new units available as early as spring 2025, Short says.

In addition to learning about the proposed new construction, visitors to the open house can also tour a cottage, a hybrid home, apartments and the Learning & Wellness Center.

**Fairmount Homes**, 333 Wheat Ridge Drive, Ephrata, will be showing floor plans for Orchard Terrace, a new cottage neighborhood that is still in the planning stages, says Mitchell Hanna, director of marketing and communications.

Plans call for 18 cottages, each with about 1,200 to 1,400 square feet of living space. Some will have two-car garages, and some will have daylight basements. Most will include an option for a sunroom or deck.

Weather permitting, visitors can also check out a new pavilion overlooking the northern Lancaster County countryside.



A rendering of an apartment in the new Townstead at Homestead Village.

HOMESTEAD VILLAGE

**Quarryville Presbyterian Retirement Community**, 625 Robert Fulton Highway, Quarryville, will highlight a variety of apartment living options for open house visitors as well as new construction in the Great Rock cottage neighborhood, says Karen Dickerson, director of marketing and communications.

Great Rock features five styles of cottages in a variety of sizes and layouts, along with a pond, walking path, comfort station, fishing dock and gardens. Great Rock's final phase includes 38 units along Park Avenue.

Open house visitors can tour a staged cottage featuring two bedrooms, two baths, a one-and-a-half-car garage, and an optional finished second floor with an additional bath.

### United Zion Retirement

**Community** will share information about a new apartment building coming to its campus at 722 Furnace Hills Pike, Lititz, says Mitch Bashore, marketing and community outreach manager.

The four-story Cedar Heights building will include 47 apartments, new common spaces, a cafe-style dining option and a fitness center. Apartments are available in 10 unique layouts with options including two-bedroom, one-bedroom, and one-bedroom with a den.

United Zion is currently taking reservations for Cedar Heights, Bashore says.

**Woodcrest Villa**, 2001 Harrisburg Pike, will be highlighting Falcon Pointe, its newest apartment project, featuring two-bedroom floor plans ranging from

1,230 to 1,710 square feet, says Jessica Sibbett, director of sales and marketing.

All apartments will have their own patio or balcony with views of the Woodcrest Villa campus, Sibbett says.

Dens are available in some floor plans and many units will feature window walls. The building will be constructed of concrete and steel to improve quality and reduce sound transmission.

Open house visitors can tour an apartment that will be very similar to the ones being built in Falcon Pointe, Sibbett says.

Only a handful of apartments remain to choose from, she says. Construction is anticipated to begin later this year with a projected completion in early 2025.

**Pleasant View Communities**, 544 N. Penryn Road, Manheim, will show open house visitors floor plans and renderings for 86 new cottages that will be built on 25 acres at the corner of Penryn Road and Hickory Lane, adjacent to the main entrance, says Melanie DeHart, director of sales and marketing.

Four different floor plans range in size from 1,275 to 1,900 square feet, all with two-car garages.

DeHart says cottages will be completed between 2024 and 2027. Several have already been reserved.

**Homestead Village**, 1800 Village Circle, Lancaster, will showcase The Townstead at Homestead Village, a new expansion that will feature 73 luxury apartments attached to the current campus center at Village Circle. The expansion is designed by RLPS Architects and will be built by Warfel Construction.

The apartments will be constructed of steel and cement to reduce noise and enhance safety, with stair towers built as an "area of refuge" in case of fire, Gallagher says.

In keeping with Homestead's "Thrive Where You Are" model of care, all Townstead apartments will be dual licensed for personal care, she says, meaning residents do not have to relocate to receive additional supportive services.

Construction of the new apartments will begin once they have 37 reservations, she says.

The first phase of The Townstead expansion project is already in progress and includes renovations to current campus apartments and the village center, with a new coffee shop, salon and spa, corridors and lobby. Homestead Village's Plow & Pineapple Cafe is also undergoing a nearly 3,000-square-foot expansion that will feature a "reimagined and elevated dining experience," Gallagher says.

### Flexible dining

Enhanced dining experiences will be on the menu for visitors who make **Willow Valley Communities** one of their stops, Leader says.

The focus of this year's open house will be Willow Valley's Manor campus, 211 Willow Valley Square, site of The Plaza at Manor, a reimagined culinary venue that opened to residents in April.

"Our journey right now is to create options and variety for residents," says Sharon Habanec, senior vice president of culinary services. "It's pretty exciting."

The Plaza at Manor is actually multiple venues in one location:

- The Perk & Pint: a lobby bar that opens with a happy hour at 3 p.m.

- @TheReady: a convenience-type store that offers everything from grab-and-go fresh baked goods, produce and eggs to breakfast, sandwiches and dinner meals. Residents can order takeout online, get a text when their order is ready, then pick it up by scanning a QR code at a panel of temperature-controlled lockers.

- Hickory Hearth and Fahrenheit: Both options share a common dining space, with Hickory Hearth offering entrees, sides and pizza from a stone hearth and Fahrenheit offering a menu from the grill. Each table has a kiosk where diners can place their order on a tablet screen.

- The Piedmont: full-service authentic Italian

dining. Reservations are required for this restaurant where meals are prepared in the open. The Piedmont is currently only open three days a week with plans to expand to five.

Outside, the Manor campus also offers Green and Good, a pop-up courtyard kiosk serving smoothies, grilled cheese, salads and other plant-based food options. The popular spot is currently only open at lunchtime two days a week from April to October.

The Plaza at Manor embodies a growing focus on dining flexibility - not just in what is offered, but how and when.

"It's quite different from the typical senior living community with the big dining room," Leader says. "Today's seniors over 55 don't want to be told what to do and when to do it."

Visitors to the Manor campus will also have a chance to check out The Clubhouse, see a model apartment and learn more about Mosaic, Willow Valley's upcoming luxury high-rise in downtown Lancaster.

### Memory care

Because of COVID-19, **Garden Spot Village** was not able to welcome visitors to Meadow View, the new memory support community that opened on its New Holland campus, 433 S. Kinzer Ave., in September 2020. That changes this year, says Juanita Fox, director of media experiences and storytelling.

In addition to its usual independent living home tours, Garden Spot Village will hold an open house and tours at Meadow View during this year's Explore Retirement Living event.

The 40,000-square-foot building features 40 memory support suites, two independent living apartments, five outdoor courtyards, and a Town Square with a beauty salon, bistro, chapel/ater, general store and fitness room.

Meadow View features numerous innovations designed to assist with memory care, including interior design elements to improve space recognition, such as unique front doors, door-knobs and color schemes in each household, and a biophilic design that incorporates natural and circadian lighting as well as soundscapes.

Outdoor features include walking paths, a sensory garden, an interactive splash pad and a beach area.

### Design details

**Tel Hai Retirement Community**, 1200 Tel Hai Circle, Honey Brook, will show potential new residents how they can personalize their new home using the community's Custom Design Center.

An extension of Tel Hai's Moving Resources Program, the design center assists those who have committed to moving to the community in customizing and personalizing their new home to fit their preferences and budget, says Karen Cochran, moving resources manager.

"We join with several teams of talented and trusted craftsmen and installers to customize your home," she says.

That could include everything from flooring and fixtures to a custom closet or functional kitchen cabinetry.

While future residents can visit the design center to touch, feel and compare available selections, Cochran also offers a complimentary visit to their current home to help them plan furniture arrangement options in their new home.

TOUR, page 8



The Piedmont is a full-service, authentic Italian restaurant, part of The Plaza at Manor at Willow Valley Communities.

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# 'WE WERE BORN TO RUN'

Local races see growing number of participants in upper age brackets

**REBECCA LOGAN**  
FOR LNP | LANCASTERONLINE

It's 8:30 a.m. on a Saturday and already hot as a compact mass of racers pushes past two "start" flags on the Enola Low Grade Trail while Bruce Springsteen blares over the speakers.

*"In the day we sweat it out on the streets of a runaway American dream..."*

The crowd starts spreading out, with its more serious runners — including 74-year-old Ernie Houck of Millersville — heading off into the distance by the time the song reaches its classic hook.

*"We gotta get out while we're young, cause tramps like us, baby we were born to run."*

Of the 156 people who participated in the Solid Rock 5K in Quarryville this August, only about 42 were alive when the album that song titled came out in August 1975. Such youth-skewed stats don't appear to intimidate Houck. Truth be told, he can take or leave Springsteen's music. He's on board with the running part, though. Springsteen — who this month will turn the same age as Houck — told singer Tim McGraw during a 2021 podcast that he's given up running other than on treadmills. Houck has not.

"I do at least two races a month — everything from 5Ks to marathons," he says. "I've done 28 marathons at this point. And I've got one scheduled in October and one in December and one in January."

Houck's not alone. Upper age brackets are the fastest growing categories in races hosted by Pretzel

City Sports, says Ron Horn, founder and owner of that Reading-based outfit, which hosts its own races and assists with others for customers like Solid Rock and numerous others in and around Lancaster County.

"A lot of them (runners in those brackets) got into it in the running craze of the '70s and '80s," Horn says "Some of them hold up. Some don't."

Pretzel City has results posted online from more than 100 Pennsylvania races so far this year. Names of runners in their 60s are all over those time sheets. All but a handful of the races list multiple participants in their 70s. And a few folks in their 80s appear throughout.

"The age group we fill the least is men 20 to 29," Horn says. Why? Horn's theory harks back to when he used to walk his newspaper route earnings down the street to an arcade. Now, people can roll out of bed, grab a controller and fight realistic-looking zombies and aliens without ever leaving the house, he says. The metabolism of youth can be forgiving of that, he says, adding that the category for men in their 30s typically fills up more quickly.

### Senior standouts

The cadre of runners in their 70s and 80s may be seeing higher percentage growth, but their competition is not exactly crowded. Horn can tick off by memory the key participants of those ages who compete in Pretzel City-related races and others. The standouts stand out.

He says many senior runners, for example, know the

**RUNNERS**, page 8



ANDY BLACKBURN PHOTOS

Above: Speed walker Mary Brown, 65, of Peach Bottom, left, takes off during the Solid Rock 5K run on Enola Low Grade Trail in Quarryville. Below, left: Kathleen Soon, 69, of Quarryville, received a medal for finishing first in the female 60-plus group. She earned 121st place overall. Below, right: Ernie Houck, 74, of Millersville, finished second in the male 60-plus group and 49th place overall.



*"A lot of them got into it in the running craze of the '70s and '80s. Some of them hold up. Some don't."*

— Ron Horn, founder and owner, Pretzel City Sports



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# Winchell

Continued from 1

“What impresses me is that she gets going, and she keeps pushing,” says Rick McMillan, Winchell’s trainer who owns McMillan Training Systems in Lancaster.

Winchell clocks in at McMillan’s 11,000-square-foot gym at 4:30 a.m. Monday through Friday. She might head to Bright Side at 6 to train a few of her own clients and then run home to get ready for her day of fitness classes.

“She might see some small setbacks,” McMillan says, “but she keeps coming back from it. She has a constant drive to be better.”

McMillan helped Winchell prepare for body building and bikini competitions.

## In the gym

That drive, however, doesn’t seem to be the first thing clients notice.

“She knows our birthdays,” says Kathy Messina, who lives in Lancaster. “She knows everyone’s name.” Messina says her blood markers for Type 1 diabetes improved since she started taking classes at Bright Side. “My clothes fit me better.”

“She’ll push, but not push too hard,” says Jim Buchanan of Lancaster, who has been attending Winchell’s classes for about five years.

Buchanan came to Winchell when he no longer could fit into his size 32 pants. He refused to buy new clothes and followed Winchell’s exercise and eating plan to lose about 30 pounds in three years.

“She makes exercise fun,” says Susan Hogg, of Lancaster, a 71-year-old retired family doctor who first heard about Winchell from a patient. “She is knowledgeable. She challenges us every day.”

Sally’s Iron Mustangs, Winchell’s hard-core bodybuilding group, meets Tuesday and Thursday mornings at Bright Side. Serious weightlifting happens here, with about 15 women completing stations that involve chest presses, deadlifts, squats and bicep curls. The idea is to lift heavy weights for just a few repetitions.

“You can do this,” Winchell asserts as a participant tentatively lifts the bicep bar. The atmosphere resembles a party, with people cheering for each other while music blares from a speaker.

Winchell keeps up a

steady stream of encouragement here, and also when she begins a Silver Sneaker’s class in Bright Side’s gym. Some 50 to 60 men and women follow Winchell’s lead as she demonstrates moves from a stage built by one of her students — so he could see her better from the floor of the gym.

## Getting together

Later, conversation hums amid the men and women gathered at two long tables for a recent happy hour in Lancaster. They talk about pickleball, their children, grandchildren, movies, books, french fries and whether the crab cakes are as delicious as they look. Everyone pauses expectantly when their host enters. Then they clap.

Here comes another clue that Winchell is not an average fitness instructor. She began organizing evening socials about a year ago so her students could talk outside of a weight room or Silver Sneakers class.

“You get to know the people in your class,” says Maggie Mahoney of Lancaster.

“Sally makes you feel like you belong,” says Carole Pakkala, a self-described “newbie” who divides her time between Longboat Key, Florida, and Lancaster. “The first time I came, I loved the energy and the camaraderie. You feel a sense of inclusion.”

“Creating a sense of community is important to me,” Winchell says, mentioning research that says seniors who socialize score higher on some cognitive tests.

Keeping busy also plays an important role in aging, Winchell advises.

“Don’t accept what old age should look like. Some people say they are retired at age 65. That’s not me,” Winchell says and shakes her head.

“I’m not done, yet.”



Fred Honaman works out in the fitness room at Landis Homes.

VINNY TENNIS | STAFF PHOTOGRAPHER

## FITNESS

# Pumping iron gives Landis Homes nonagenarians a lift

REBECCA LOGAN  
FOR LNP | LANCASTERONLINE

Here’s a completely random fact that may make “I Love Lucy” fans smile.

The two people in their 90s who competed in the bench press at the Lancaster Senior Games earlier this year are named Fred and Ethel.

Coincidentally, they both live at Landis Homes in Lititz. They don’t know each other, though, even though Fred Honaman, 92, and Ethel DePue, 95, are both into heavy lifting.

“The bench press wasn’t as good this year,” DePue says. “I only did 45 pounds.”

That’s 34.3% of her body weight. In 2019, she benched 55.

“I’m getting weaker,” she says, with a chuckle. But she has no intention of giving it up. She also does the bicep curl and the deadlift along with nonweight-related categories like javelin toss and cornhole. She walked away with 13 medals in May.

“I wasn’t sure I’d make it this year. I’ve been having some back problems,” she says. “But I thought, ‘I hurt if I’m home, I might as well go.’”

She used to hit the gym on the regular but hasn’t gone back since the start of

the pandemic. Instead she works out in her apartment — often doing the Silver Sneakers online workout through Universal Athletic Club. She’s been active her entire life going back to her high school days when she played basketball.

Honaman is a different story.

“I had no previous athletic ability. I was never involved in sports or anything until I retired and had time,” he says. “It just happened.”

He worked for more than 40 years in Japan, doing Episcopal missionary work before returning to Lancaster where he spent much of his youth. He was about 70 then. The Senior Games — now held at Spooky Nook Sports near Landisville — were then held at Franklin & Marshall College and caught the attention of Honaman, F&M Class of 1955. He decided to check it out and did well in the 1-mile walk.

“They had these weights in the gym ... I don’t particularly know why or how. I didn’t have any idea what to do,” he says. “I just laid down on the bench and lifted. That’s all.”

Once he found out he could do it, he wanted to find out how to do it right. So he hit up the Lititz Recreation Center for pointers. More

than 20 years later, he’s still at it. This year he bench pressed 95 pounds or 41.9% of his body weight.

His favorite event is the deadlift.

“I think about remembering to do this and do that. Put my butt back and keep my head up. And keep my shoulders right,” Honaman says. “There’s more to it than just bending over and picking it up. It’s about balance and how you hold the bar. A lot of small things are involved that make it easier and prevent you from hurting yourself.”

He thinks the most he ever lifted in the deadlift was 205 pounds. This year it was 180 pounds or 79.2% of his body weight. Pounds tend to go down as the ages go up, he says, adding he appreciates that the age groups are broken down to reflect that.

He likes the incentive that lifting competition provides. This time of year he visits the Landis Homes fitness center about twice per week. He’ll do some biking and some lifting. The idea is just to maintain. Honaman will get serious after the holidays.

“I usually start around January to get in shape for May,” he says. “I’ll work myself into the best I can be.”



Sally Winchell is all smiles as she teaches a Silver Sneakers class at Bright Side Opportunities Center.

SUZETTE WENGER | STAFF PHOTOGRAPHER

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# THE WISE ELDER

*What is it and why should you hope to become one?*

**MARGARET GATES**  
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In her 72 years, Karen Carnabucci has enjoyed two very different careers — the first as a journalist with the former *Intelligencer Journal* (now LNP | LancasterOnline) and her current one as a psychotherapist and educator.

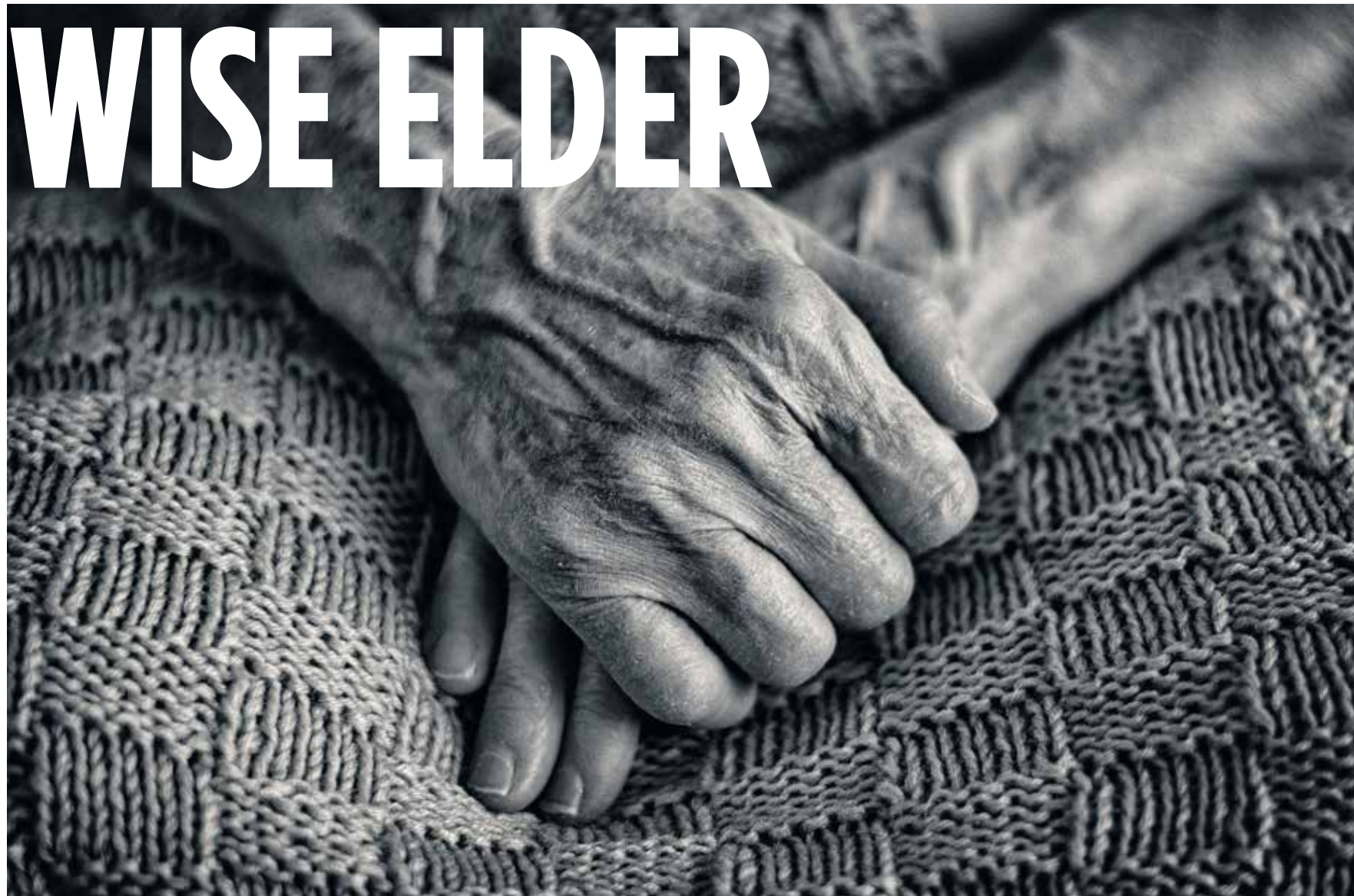
You could say one directly led to the other.

During her time at the newspaper, Carnabucci wrote many stories related to families and mental and emotional health, but an interview in 1985 with a woman who started a program using experiential therapy turned out to be life-changing.

“I was so enchanted by this kind of therapy that I eventually moved toward changing my career,” Carnabucci recalls.

She went back to school and began working in various settings to study and perfect what would become her specialty — psychodrama, a form of therapy developed by European-born physician Dr. J.L. Moreno that incorporates improvisation and other activities. Eventually, she founded the Lancaster School of Psychodrama and Experiential Psychotherapies.

“I saw how changes could be made when people were given permission to experience their lives rather than



GETTY IMAGES

just talk about them,” she says.

Getting in touch with one’s life experiences is an important component of “Embracing the Role of the Wise Elder,” an upcoming retreat for professionals in various fields that Carnabucci will offer along with her colleague and fellow educator, Linda Ciotola.

The topic of “eldering” is growing in popularity, Carnabucci notes, perhaps because a large number of baby boomers — herself included — find themselves growing older.

“Do we want to become older like the generation be-

fore us and what they modeled for us, or do we want to get older in a different way?” she asks. “I think that is probably for everybody to sort through themselves.”

We spoke to Carnabucci about embracing the role of the wise elder.

The interview was edited for length and clarity.

**How would you define a wise elder?**

So many times when we talk about growing older ... we often talk about retirement. What are you going to do after retirement? Or sometimes we talk about illnesses or difficulties with

health. But we don’t often talk about what it means to grow old in a more soulful way and to look at what we have harvested for our lives.

When I’m talking about a wise elder, we’re harkening back to the fact that people who have lived a long time have gained life experience, obviously some people more than others. ... They have learned from their life experience, and they have important wisdom to share with others, especially the younger generations. It comes not necessarily from book learning. It especially comes from life experience.

**What are some of the qualities of a wise elder?**

A wise elder accepts being old, accepts being an elder. In our society we generally don’t like this idea of being old. We love it when people think we’re younger than we really are. We do our best to look as young as possible. So I would say the first thing is simply accepting the place in life that indeed we are older, and we have something to share out of life experience, and it’s something thoughtful.

Wise elders honor the learning that they have earned, and they consider

**ELDER**, page 6

**RECOMMENDED READING**

Karen Carnabucci offers these resources to learn more about becoming a wise elder:

- “The Inner Work of Age: Shifting from Role to Soul” by Connie Zweig.
- “From Age-Ing to Sage-Ing: A Revolutionary Approach to Growing Older” by Zalman Schachter-Shalomi and Ronald S. Miller.
- “Aging as a Spiritual Practice: A Contemplative Guide to Growing Older and Wiser” by Lewis Richmond.
- “How to be Old” by Lyn Slater.



## FALCON POINTE *Boutique* Apartment Living

Falcon Pointe, a 35-unit, four story apartment building, is coming to Woodcrest Villa early 2025! This “boutique” apartment experience is big on style, from exterior and interior finishes including window walls in most apartments. The two-bedroom or two-bedroom with den floor plans range from 1,230 sq. ft. to 1,710 sq. ft. Be close to it all—Woodcrest Villa is minutes from downtown Lancaster and many shopping and dining options. To find out more or request a tour, please visit [www.woodcrestvilla.org](http://www.woodcrestvilla.org) or call us at **717-390-4103**.

Woodcrest Villa is a non-profit life plan community located on Harrisburg Pike across from Penn Medicine-LGH Suburban Pavilion and adjacent to Park City Center.



## HEALTH

# Medicare proposal would cover caregiver training

JUDITH GRAHAM  
KFF HEALTH NEWS

Even with extensive caregiving experience, Patti LaFleur was unprepared for the crisis that hit in April 2021, when her mother, Linda LaTurner, fell out of a chair and broke her hip.

LaTurner, 71, had been diagnosed with early-onset dementia seven years before. For two years, she'd been living with LaFleur, who managed insulin injections for her mother's Type 1 diabetes, helped her shower and dress, dealt with her incontinence, and made sure she was eating well.

In the hospital after her mother's hip replacement, LaFleur was told her mother would never walk again. When LaTurner came home, two emergency medical technicians brought her on a stretcher into the living room, put her on the bed LaFleur had set up, and wished LaFleur well.

That was the extent of help LaFleur received upon her mother's discharge.

She didn't know how to change her mother's diapers or dress her since at that point LaTurner could barely move. She didn't know how to turn her mother, who was spending all day in bed, to avoid bedsores.

"It's already extremely challenging to be a caregiver for someone living with dementia. The lack of training in how to care for my mother just made an impossible job even more impossible," said LaFleur, who lives in Auburn, Washington, a Seattle suburb. Her mother passed away in March 2022.

A new proposal from the Centers for Medicare & Medicaid Services addresses this often-lamented failure to support family, friends and neighbors who care for frail, ill and disabled older adults. For the first time, it would authorize Medicare payments to health care professionals to train informal caregivers who manage medications, assist loved ones with activities such as toileting and dressing, and oversee the use of medical equipment.

The proposal, which covers both individual and group training, is a long-overdue recognition of the role informal caregivers — also known as family caregivers — play in protecting the health and well-being of older adults. About 42 million Americans provided unpaid care to people 50 and older in 2020, according to a much-cited report.

"We know from our research that nearly 6 in 10 family caregivers assist with medical and nursing tasks such as injections, tube feedings and changing catheters," said Jason Resendez, president and CEO of the National Alliance for Caregiving. But fewer than 30% of caregivers have conversations with health professionals about how to help loved ones, he said.

Even fewer caregivers for older adults — only 7% — report receiving training related to tasks they perform, according to a June 2019 report in JAMA Internal Medicine.

Nancy LeaMond, chief advocacy and engagement of-

ficer for AARP, experienced this gap firsthand when she spent six years at home caring for her husband, who had amyotrophic lateral sclerosis, a neurological condition also known as Lou Gehrig's disease. LeaMond and her sons turned to the internet and trained themselves how to operate his feeding tubes by watching videos.

"Until very recently, there's been very little attention to the role of family caregivers and the need to support caregivers so they can be an effective part of the health delivery system," she said.

Several details of CMS' proposal have yet to be finalized. Notably, CMS has asked for public comments on who should be considered a family caregiver for the purposes of training and how often training should be delivered.

(If you'd like to let CMS know what you think about its caregiving training proposal, you can comment on the CMS site until 5 p.m. ET on Sept. 11.)

Advocates said they favor a broad definition of caregiver. Since often several people perform these tasks, training should be available to more than one person, Resendez suggested. And since people are sometimes reimbursed by family members for their assistance, being unpaid shouldn't be a requirement, suggested Anne Tumlinson, founder and chief executive officer of ATI Advisory, a consulting

CAREGIVER, page 7

## Elder

Continued from 5

how to apply their learning in today's world. They also respect the ideas of youth, younger people who are naturally full of enthusiasm and possibilities. This means that the mentoring of younger people is infused with respect and understanding of their developmental role.

I think many times ... we still feel competitive. We haven't lost that competitive edge from when we were younger. We want to be the best or the brightest or the smartest or the richest or whatever else that might be. I think the value of becoming older is that we can encourage and support and advise and nurture younger generations, and we take pleasure in that and there's no longer a need to feel competitive as we perhaps did when we were younger.

### How does American culture differ from other cultures in the embrace of the wise elder?

From researching, from talking, from meeting people in other countries, I can tell you that in other cultures elders are valued. I think it is particularly true of Eastern cultures ... I think it's true in indigenous cultures, whether it's the Native American cultures or other indigenous cultures around the globe, that there is great value placed on what elders bring and what elders have to share, and there's great value in attaching oneself to an elder person and learning from them.

In our culture, we seem to worship youth and we seem to worship everything that is new and everything that is the latest trend. And I don't know that we seek out so much people to mentor us or to advise us who are older.

I know as a younger person I wish I had caught onto that earlier in my own life. My own life would probably have been, in my younger years, a lot smoother if I had found someone or a couple of someones to mentor me. Probably around the age of 35 I finally woke up to that and my life has benefited because of that.

### How do you get the younger generation to see the value in the older generation?

I'm still asking that question myself. I certainly have seen many younger people who don't have a lot of interest in older people. We become invisible a little or maybe a lot. ... One of the absolute things I love doing the most is when younger therapists and other healers come to me and they want to learn from me and that is truly right now the most exciting thing because they are actually seeing my value.

### Is there an age at which you're considered an elder, wise or otherwise, or is it an organic process?

I suppose that Social Security says 62 or 65, and that's the truth of many things where society gives us benchmarks. ... I think that people need to claim their elderhood. I do not like the phrase "senior citizen." It seems to me seniors are the last grade in high school for me. I'm personally on a campaign



"I'm personally on a campaign to revive the word 'elder' as a respected role and a respected place in life."

— Karen Carnabucci

to revive the word "elder" as a respected role and a respected place in life. I think it's about perhaps claiming it, where we look inside ourselves and we claim the role. We claim: I am now an elder. I have something to offer the world. Not so much in perhaps production in terms of what I do or what my job title is ... but I have something to offer the world, just because of who I am and how I have lived and what I have learned.

### What steps can we take to reflect on what it means to be older?

I'm a big advocate of journaling and I'm a big advocate of elders, parents, grandparents and so forth writing down life stories



### IF YOU GO

"Embracing the Role of the Wise Elder," a three-day workshop on aging with grace for a variety of professionals who either work with older people or who are themselves growing older, will be held Friday through Sunday, Oct. 6-8, at the Lancaster School of Psychodrama and Experiential Psychotherapies, 313 W. Liberty St. For more information or to register, visit [realtruekaren.com/events](http://realtruekaren.com/events)

it again knowing what you know now?

### How can psychodrama play a role?

Psychodrama is based on theatrical principles, one of which is that we naturally take and play roles in life. Sometimes we stick to a role long after it's useful — for instance, the mother who is cutting up the meat on her teenager's plate, the father who constantly reminds his adult child to remember to fasten the seat belt. It's healthy to consider the roles that we play and if we need to learn — and master — new roles.

### What about older people who don't seem very wise?

We've all crossed paths with older people who are difficult, judgmental, argumentative, rigid and even mean. These people don't seem to fit into the role of the wise elder. I see them as people who are stuck in self-defeating roles — perhaps that of the victim, the fearful one, the bully. What we see is their unprocessed suffering. They haven't taken the time to look deeply into their lives and find ways to transform their pain into lessons that have been learned — and therefore, wisdom.

### It sounds like becoming a wise elder is a very personalized process.

I'm still on that journey myself. What does it really mean to be older? What exactly is my role? How do I want to live without pretending that I'm younger? How do I want to contribute? Maybe it's things people do already: volunteer work, starting something new, initiating a project.

I would like to think it goes even deeper than that. I think it's a stance about how I am living my life. How am I living my life for myself? Contentment with exactly how I am. ... Do I really genuinely enjoy what I'm doing? Am I doing what I do because I don't want to do anything differently? Am I still in the old role? These are questions for exploration.

There's another phrase that often shows up that I've noticed when we talk about older people and it's: We're not slowing down. Is there something wrong with slowing down or do we have to be constant achievement machines? That is something that I have asked of myself and, in fact, I personally am slowing down. I still enjoy the doing and the contributing, but I think that it's totally OK for us to take time to rest, to contemplate, to be, and I wish our society would make more room for that as well.

### Do you consider yourself a wise elder?

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### DID YOU KNOW?

Health care costs in retirement could be a significant hurdle for retirees without a sizable nest egg or effective strategy to cover such expenses. According to the Fidelity Retiree Health Care Cost Estimate, an average retired couple aged 65 in 2022 could need around \$315,000 after taxes to cover their health care expenses in retirement. Though traditional retirement goals like financing travel or relocating to a warmer climate are worthy pursuits, it's vital that individuals of all ages, including those on the cusp of retirement, recognize the importance of saving for health care expenses as well. Such expenses, which include medication costs, are easy to take for granted when individuals are still working. However, Fidelity notes that generics, branded drugs and specialty drugs account for roughly 17% of retirement health care expenses. That equates to around \$53,500 that might be needed to pay for medication alone.

— Metro Creative Connection

VENTURES

# New business in store at Garden Spot Village

*New Holland retirement community aims to meet public's need for more self-storage space*

**CAROLE DECK**  
FOR LNP | LANCASTERONLINE

Garden Spot Communities is addressing the demand for more storage space with the launch of ELANCO Self Storage.

Income generating ventures aren't unusual for a not-for-profit 501(c)(3) organization like Garden Spot, but the revenue needs to be funneled back into the organization to maintain non-profit status.

Steve Muller, chief operating officer, says the growing market for storage was a good option for the continuing care retirement organization.

"It meets the needs of residents who downsize and the general public looking for a safe place to store items," Muller says.

Just over 1 in 5 Americans are self-storage users, with another 15% saying they plan to use it in the future, according to an April survey by StorageCafe, a nationwide storage space marketplace. The survey found that the main reason people rent storage units is due to shrinking living space caused by moving to smaller homes. E-commerce business owners also need space for inventory. And some people just need more space for too much stuff.

Located on Ranck Road in New Holland, ELANCO Self Storage will occupy 10-acres of a 12-acre tract of land zoned light industrial owned by Garden Spot Village. The other two acres, zoned residential, have a cooperative living house built in 2018, with plans for a second one concurrent with the storage project.



Rendering of ELANCO Self Storage on the grounds of Garden Spot Village.

The first phase of construction includes one large climate-controlled building with 245 indoor self-storage units and two smaller buildings, each with 75 outdoor access self-storage units. Sizes include 5 feet by 5 feet, 5 by 10, 10 by 20 and larger.

Rental agreements can be monthly or yearly. Muller says costs could average \$60 per month for small units and \$200-plus per month for larger ones. Garden Spot Village residents would receive a rental discount.

"We're doing extensive market research and will set the fees in alignment with our local storage unit market," he says.

Sign-up for the storage units is done online with an app on the Garden Spot Village website. Unit access is by a keypad or key card.

Muller estimates the project cost for the first phase to be \$5.5 million.

The second phase, with

no scheduled date, adds five more buildings with over 200 storage units.

Site preparation began in June by D.H. Funk & Sons LLC, Columbia, with construction by Brecknock Builders LLC, Denver, to be completed in spring 2024.

ELANCO Self Storage will advertise to the local community when the units are available to rent.

WellSpan New Holland Health Center, located on the retirement community's property, is another form of rental income for Garden Spot.

While dining services like The Harvest Table, The Terrace, The Creamery and Refresh Starbucks coffee bar are open to the public, they are primarily for residents. However, any income earned offsets operational costs.

"All outside income is used to support our ministry and mission," Muller says.

## A helpful model

For-profit ventures are not unusual for nonprofits.

Instrumentl, a San Francisco-based grant prospecting, tracking and management platform, noted the reason in a recent fundraising blog post: "The for-profit allows the nonprofit the opportunity to continue helping those needing its services while also raising some additional funds to support its mission."

Garden Spot Village isn't the only local retirement community to follow that strategy.

Tara Ober, director of communications and resident life at Brethren Village Retirement Community in Lititz, says while dining options at the Chives American Grill and Bistro at Village Center is open to the public, all earned revenue goes toward operations. The British Swim School

of Lancaster rents the pool at the village's Shelly Aquatic Center.

"The school offers swim lessons for residents, team members and family along with the broader community," says Becca Carver, director of wellness.

Lesson fees are set by the school for ages 3 months to adults.

Carver says memberships to use the pool are also offered to members of the public who are 18 and older.

Both the rental and membership fees generate income for the not-for-profit which are used for the center's maintenance, equipment and operations.

Pleasant View Communities in Manheim operates the Hearth and Harrow Restaurant, which includes a bistro and outdoor patio dining option for Pleasant View residents and the public.

"Revenue generated from the restaurant goes towards staffing, food supplies and additional fixed building costs," says Jonathan Hollinger, president and CEO.

Offering dining to the general public, he says, contributes to costs for additional staffing and fixed costs to run a restaurant.

Hollinger says inviting the public to patronize the restaurant increases engagement, vibrancy and a sense of connection to the broader community for Pleasant View residents.

PVFit offers fitness and aquatic classes at the retirement community's fitness center and pool. Memberships are open to the public ages 30 and older for a fee.

Comparable to Hearth and Harrow, the membership revenue goes toward operational costs such as staffing, facility and equipment maintenance.

Two additional for-profit revenue sources come from rentals on the Pleasant View campus, Hollinger says. Manheim Family Medicine, located in the retirement community's town square, delivers health care services for residents and the public. OneLife Institute, a post-high school gap year program, also operates a program on-site.

"OneLife not only generates rental income, it also offers resident/student mentoring relationships along with volunteer opportunities for students," Hollinger says.

Two farms adjacent to and owned by the retirement community continue to be leased and farmed as another source of income used to support operations.

Hollinger expects plans for a new for-profit project to take shape by this fall/winter on the Hoffer Farm. It will house a cultural center for the Manheim Community Library with an event space, a maker space, walking trails, recreational therapy animals and crop production for local food banks.

"While we expect to generate some rental revenue from the event space, we desire the farm to be a community hub to promote volunteerism, learning, the arts, physical fitness and mental health plus crop production for food poverty," Hollinger says.

## Caregiver

Continued from 6  
firm in aging and disability policy.

As for the frequency of training, a one-size-fits-all approach isn't appropriate given the varied needs of older adults and the varied skills of people who assist them, said Sharmila Sandhu, vice president of regulatory affairs at the American Occupational Therapy Association. Some caregivers may need a single session when a loved one is discharged from a hospital or a rehabilitation facility. Others may need ongoing training as conditions such as heart failure or dementia progress and new complications occur, said Kim Karr, who manages payment policy for AOTA.

When possible, training should be delivered in a person's home rather than at a health care institution,

suggested Donna Benton, director of the University of Southern California's Family Caregiver Support Center and the Los Angeles Caregiver Resource Center.

Nancy Gross, 72, of Mendham, New Jersey, experienced this when her husband, Jim Kotcho, 77, received a stem cell transplant for leukemia in May 2015. Once Kotcho came home, Gross was responsible for flushing the port in his chest, administering medications through that site, and making sure all the equipment she was using was sterile.

Although a visiting nurse offered education, it wasn't adequate for the challenges Gross confronted. "I'm not prone to crying, but when you think your loved one's life is in your hands and you don't know what to do, that's unbelievably stressful," she told me.

For her part, Cheryl Brown, 79, of San Bernardi-

no, California — a caregiver for her husband, Hardy Brown Sr., 80, since he was diagnosed with ALS in 2002 — is skeptical about paying professionals for training.

Today, Hardy's mind is fully intact, and he can move his hands and his arms but not the rest of his body. Looking after him is a full-time job for Cheryl, who is also chair of the executive committee of California's Commission on Aging and a former member of the California State Assembly. She said hiring paid help isn't an option, given the expense.

And that's what irritates Cheryl about Medicare's training proposal. "What I need is someone who can come into my home and help me," she said. "I don't see how someone like me, who's been doing this a very long time, would benefit from this. We caregivers do all the work, and the professionals get the money? That makes no sense to me."

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# Tour

Continued from 2

At **Luther Acres**, 600 E. Main St., Lititz, open house visitors will get a behind-the-scenes look at what goes into fully transforming a cottage for a new resident.

Attendees can tour a 1,430-square-foot cottage that is undergoing full renovations, learn more about the transformation process, and review floor plans and options to customize the cottages and apartments. The one-story cottage visitors will tour features two bedrooms, two bathrooms, an eat-in kitchen, a sunroom and an attached garage. Custom flooring samples, paint swatches and cabinetry selections will be on display.

## A new welcome center

**St. John's Herr Estate**, 200 Luther Lane, Columbia, will unveil its new Welcome Center — a fully renovated one-bedroom/one-bath apartment that will serve as the new hub for engaging with prospective residents and those who have begun the process of planning their move to the community.

In the center, clients can meet with the community's sales counselor to discuss their specific questions, tour a model apartment, and view the options available to personalize an apartment or cottage.

During the open house, visitors can also take a self-guided tour of the community.

## A little bit of everything

Not every community will have a particular ser-



The Custom Design Center at Tel Hai Retirement Community.

vice, renovation or new construction to highlight, but all will give visitors a chance to experience what life on their campus is like.

At **St. Anne's Retirement Community**, visitors can check out various apartments in the community's largest apartment building at 100 Merlini Drive, Columbia, says Mary Jo Diffendall, director of development. The building also has a pickleball court.

At **Masonic Village**, 1 Masonic Drive, Elizabethtown, guests can walk the 12 miles of paths on the 1,400-acre Elizabethtown campus where they can check out neighborhoods, the Formal Gardens, the Masonic Village Farm Market, and new signage identifying tree species such as Hinoki Cypresses, Lebanon Cedars and Mexican White Pines, says Debra Davis, public relations manager.

They can also take self-guided tours that include stops at various locations on campus where staff will share updates on new offerings, activities and events.

The community recently added hiking, tai chi and German to the selection of more than 35 clubs open to residents, Davis says. Other recent additions include June-a-Palooza, a friendly competition between residents and staff featuring games such as cornhole, soccer, flyswatter golf and a rubber duck hunt; weekly music nights at the Goose and Gridiron Tavern; and concert series in the Formal Gardens and at the farm market.

**Moravian Manor Communities** will focus on the carriage homes, cottages and apartments available on their Founders Campus, 300 W. Lemon St., Lititz, and Warwick Woodlands Campus, 544 W. Sixth St., Lititz, says Nicole Michael, corporate director of sales and marketing. Also on the Warwick Woodlands campus, visitors can tour the resident-run woodshop and the Owl's Nest Restaurant & Sippery. The restaurant, however, is not open for business on weekends. The Owl's Nest is open to the public Monday through Friday, from 11 a.m. to 3 p.m.

# Runners

Continued from 3

name of Heide Moebius, a Willow Valley Communities resident profiled in LNP | LancasterOnline in 2018, when she was 80 and had recently placed second in her age group in the Athens Marathon in Greece and in 2019 after she'd nabbed gold medals in the 80 to 84 age group for the 1,500, the 800, the 5K and the 10K at the National Senior Games in Albuquerque, New Mexico.

Seniors are among the ranks of area running groups such as the Lancaster Road Runners Club and the F and M Track Club, which meets at the Franklin & Marshall outdoor track.

Will Charles, 72, trains with the latter. He's been running for nearly 50 years, having competed cross country in college.

Charles says motivations have changed through the decades. His son wanted to get serious about running when he was in middle school, so Charles joined in that effort. He found inspiration in running in Lancaster County Central Park. He welcomed the "mind-clearing" activity during his career in financial services — especially during times of market stress. And he enjoyed the validation that came when he started taking a lot of age-group medals in his 60s.

Charles logs about 20 miles per week these days. He'd like to do more but retired last year and is in the midst of a garage-building project.

"And you have to cut back the number of miles you're running and run smarter when you get to my age," he says.

That includes extra shoe cushioning, stretching and staying off hard surfaces

whenever possible, says Charles, who trains on grass. "I've only had one injury that I know of, and that was a shin splint back in my younger years when I was training for the Chicago Marathon," he says. "Back then we had those flat Nike waffle training shoes. They were hard, and I was very high-mileage at that time."

## More of a challenge

Horn says upper-age-bracket medalists tend to inspire considerable respect from more junior medalists. "They know what it takes," Horn says. "And they're thinking about their own parents and grandparents."

For many of them, even attempting that race might be out of the question, Horn says.

"As you get older, it is more of a challenge," Houck says. "You've got to make sure you're doing your stretching and your core work and things like that."

Houck briefly contemplated not running that Solid Rock 5K. He was scheduled for a hernia surgery and suffering from a lower lumbar sprain. The latter came from work, he says. Houck is a custodian at Lampeter-Strasburg High School. His previous work included everything from milking cows to foundry work and even driving a Zamboni.

"I retired 12 years ago ... and traveled around the United States, running marathons and sightseeing and stuff like that," he says. "My bank account kept going down, and I needed something to level things up a bit."

Houck says he's thankful his current bosses allow some flexibility when he needs to travel to races. He put that request out there up front.

"When I got the job they said, 'Why do you want to work?' And I said, 'Well, I've got this habit of running and

it costs money.'"

Houck, who ran the Boston Marathon at age 60, didn't always run.

"I was a softball and basketball player. All the guys my age were quitting. They were going to be couch potatoes," he says, adding he started gaining weight and got up to 252 pounds.

"So I went to the gym and started walking. I got my weight down to 190 and then I started running a little bit and said, 'Oh, this is fun,'" he says. "I got into a few races, got hooked on the competition and just kept running. Now I'm down to about 140."

Solid Rock, a Christian youth ministries center, got a call from a woman in her 70s who told them she wished its August 5K had been broken down to ages 70 and older rather than just 60 and up. Organizers are contemplating that for 2024. Many other races already do. Horn encourages that.

"It's the same reason that a 19-year-old should never compete against a 12-year-old," Horn says. "To ask a 74-year-old to compete against a 60-year-old is not a fair shot. It's the aging process in reverse."

At the Solid Rock 5K, a 14-year-old, a 15-year-old and a 28-year-old took the top three spots respectively, all finishing under 19 minutes.

With a time of 28 minutes and 12 seconds, Houck came in 49th overall and second in his age group, behind a 64-year-old from New Providence who clocked in at 23 minutes and 58 seconds.

Houck finished six seconds ahead of two Solanco High School students who were there as training for the cross country team. After all three had caught their breath and downed their bottles of water, Houck offered his kudos.

"Good job," he told them. "I was trying to motivate you guys to sprint."

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