



# Together

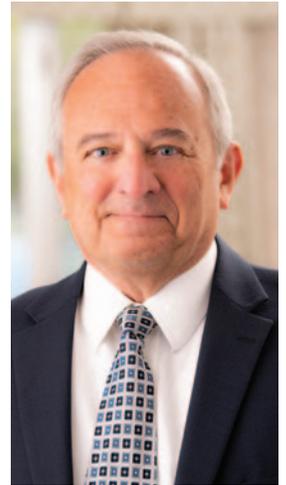
Summer 2021 Newsletter

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## Strategic Planning- A Design for the Future

There are many reasons why working at Timbercrest is a blessing. Perhaps the two I rate highest are; one-the opportunity to be among people who played a crucial role in influencing my development (i.e., former professors, pastors, and parents of friends), and two – learning from masters at living life. En route from my on-campus home, the farmhouse to the office, I frequently talk with Scott Manges, who beautifully directs the manicuring of the lawns and landscaping. Over these two years, I have learned so much about the care of trees, landscape beds, bushes, and weeds. There is a right way to trim bushes back to foster a fuller crown. There is a window of opportunity to trim back annual plants for the winter. There is a time to name the loss of a tree and prepare for replanting.



These learning sessions are not in a classroom or a formal session but instead propped up against the tractor or pick-up, listening carefully to the experience of this master gardener. What a difference it has made on the beauty around the farmhouse – including two Jalapeno pepper plants and four tomato plants intermingled in the foray of plants. It is a delight to sit on the porch and take in the beauty that Scott has helped present.

The Timbercrest Board of Directors is engaging an appreciative inquiry process for the new strategic plan. The timing is right; the setting as we sense emergence from the pandemic is right; the mentors leading the process from Mennonite Health Services (MHS) are right, and most importantly, those providing input into the process are perfect.

In the coming weeks, 80+ individuals, including residents, resident family representatives, front-line employees, the management team, and the Board of Directors, will respond to a survey that will help shape planning for the next three years. Along with this critical input, the Board will receive a sustainability analysis from Blue and Company (our auditors) and, finally, an operational sustainability analysis from MHS. The Board’s timeline launches the new strategic plan by the end of the year.

It is a privilege to be working with the Board of Directors on this project. They each bring expertise, insight, wisdom, and experience to pull together a strategic plan worth engaging. After all, this is Timbercrest, a place where we are *“making good things happen...TOGETHER!”*

More details will be coming soon!  
—Stanley Noffsinger, CEO



# Stronger Together

By Heather Cruz

Mike and Jane Frieden have long had a plan to retire to Timbercrest. In fact, members of Jane's family have chosen Timbercrest going back more than 40 years with her mother Neva Neer living here for 13 years. The decision was never where, only when. In 2020, with all three of their children supporting their decision, they left their local home of 43 years and moved to a Neighborhood Home at Timbercrest. Mike was admittedly ready before Jane, but they both insist they would be fools to leave now. Timbercrest is home!

What this couple didn't plan was for each to need physical therapy within a year of moving. For Jane, she needed a knee replacement. She was happy to learn she could do post-op physical therapy right here at Timbercrest with Healthcare Therapy Services (HTS). Mike had another condition that required a brief encounter with physical therapy. He too was happy to have therapy services right on campus!

HTS has been Timbercrest's specialized provider for all things therapy since 2003. Registered Occupational Therapist and Regional Director, Jessica Duffy, assures "our therapists are always up to date on innovative treatment concepts and best practice education", ensuring clinical compliance and expertise. The HTS team is as dedicated to the residents and staff as the



Timbercrest team is, creating a seamless integration. Director of Nursing, Melissa Miller, R.N., explains, "Their expertise, professionalism, compassion, and dedication gives us the confidence to know that the residents will not only be able to receive the highest quality care, but also the opportunity to advance to the resident's highest realistic level of function."

For Mike and Jane, this expectation was to get back to enjoying their new Neighborhood Home and all the lovely new friends they were making. They have grandchildren to play with and hobbies they were passionate about continuing. The therapy team at Timbercrest channeled the couple's dedication to healing and made all this possible. They were both impressed with how quickly and compassionately they were guided through their healing processes.

When asked if they would recommend HTS therapy services and life at Timbercrest, they enthusiastically agreed they would. "We love it, we wouldn't change a thing!" This has been home since the first night we slept here."

**For more information on therapy services at Timbercrest, contact Melissa Miller, Director of Nursing at 260-982-2118.**



# A History of Longevity

By Heather Cruz

*“As long as I have life and breath, I will keep on going. We aren’t expected to always do great things in life. We are just asked to be faithful.”*

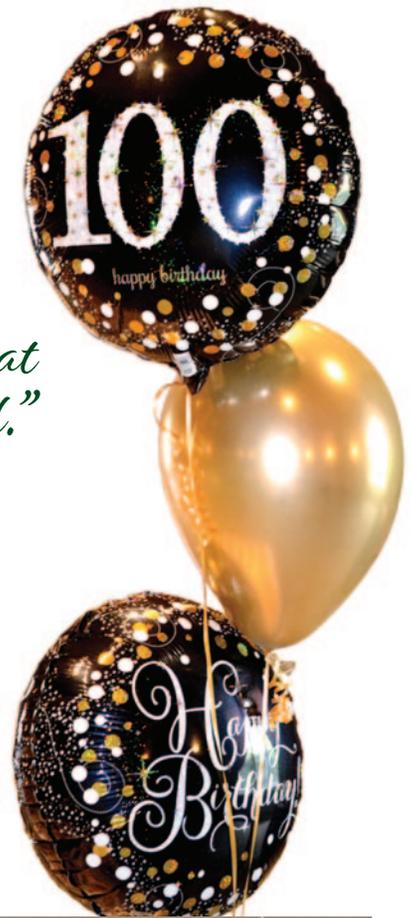
–Helen Eshleman, a Timbercrest centenarian

These words of wisdom very closely mirror the ethos of the Timbercrest community, an ethos that was built by generations of aging adults, sharing their varied and great life experiences.

In 2001, Raymond Peters started the Nineties Club at Timbercrest. At that time, less than a quarter of residents were eligible to join. In 2021, 38% of residents are 90 or older. Of that percentage, 11 residents are or will be turning 100+ years old this year.

Timbercrest was happy to celebrate our centenarian residents in Open House fashion in June, allowing residents and staff to visit and wish them a happy birthday, perhaps stealing a few secrets to their longevity. The stories, wisdom, and experience collectively held by this group is incredible. We are thankful they have made Timbercrest home, and we celebrate their beautiful longevity today and every day!

Ninety and older looks pretty great at Timbercrest!



Phil Orpurt displays his invite to Timbercrest’s Centenarian Celebration with Activity Aide Jenny Taylor.



Jean Brainard shows off the morel mushrooms her son gifted to her, as he does every year.



Donna French kicks back next to the aquarium at the Hub.

# Retirement 2.0

By Betty and Steve Messer

In May of 2018, having spent 30 years in Indiana, we both retired. Following the Spirit's nudging, we downsized, packed up our belongings, loaded them into a Penske truck and moved to northeast Florida. In late February of this year, we packed up our belongings, loaded them into a Penske truck and moved from the Jacksonville area back to the Midwest. As of March 1st, we live in a wonderfully renovated Neighborhood Home, are thankful to be here and are becoming a part of the Timbercrest community.

Many people have asked us why we left Florida knowing that we were looking forward to retiring there and really love, among other things, Florida's beautiful natural beaches and sunny warm days throughout much of the year. Part of the answer to that question is that, even though we lived in Florida during our twenties, we spent most of our working careers in Indiana and thus have roots here. But the answer to why we returned goes deeper than that. We made the



decision to leave Florida behind to move near long-time friends who live in North Manchester and to have the chance to make new friends in the Timbercrest community, our local church, and the surrounding area. We came back to Indiana following the Spirit's nudging (again) because we realized that at the end of the day, *warm friendships are more important than warm temperatures!*

# Giving to Timbercrest

By Carol Spicher Waggy, Timbercrest Board of Directors Advancement Committee, Chair

When I joined the Board of Directors of Timbercrest several years ago, I had little exposure to the organization beyond my yearly contribution to chapel services. But I wanted to learn more as we near the time to consider moving to such a facility and because I want to support institutions related to the Church of the Brethren.

I have been pleasantly impressed with the quality of care I see at Timbercrest with the caring community and the staff's efforts to help make good things happen. I have been especially pleased to see how Timbercrest has weathered the complex challenges of the past 15 months.

I will continue to serve and will continue to contribute financially because I believe in Timbercrest's mission. We have been blessed, and one of the places we will share our financial blessings is with Timbercrest's Charitable Assistance Fund. Won't you consider joining me in giving too?



**For more information on giving to Timbercrest, including bequests and gift annuities, contact Stanley Noffsinger at 260-982-2118.**

**To give a gift online, visit [www.timbercrest.org](http://www.timbercrest.org).**

# Where HE Leads

By Joe and Norma Driskell

Jeremiah 29:11 says, "For I know the plans that I have for you declares the Lord, plans for welfare and not for calamity, to give you a future and a hope." Joe Driskell leaned heavily on that verse as he prayed about whether a move to Timbercrest was the right choice. Ultimately, not knowing where God was leading, but trusting his path, Joe and his wife moved to Timbercrest in September of 2015. That decision ended up being the right one, and led to yet another of God's provisions. The nursing staff was so very helpful in meeting his wife's needs before she passed three years ago.

Joe stays busily involved with activities at Timbercrest, including choral music leading and singing in the Timbercrest choir. By volunteering in the Neighborhood Market, Joe was given the opportunity to meet many of the residents of Timbercrest. He provided transportation for numerous residents, taking them to appointments and getting to know his neighbors even better. Presently Joe is part of the Morning Devotion Worship Committee.

Norma stayed busy being a caretaker to her husband upon moving to Timbercrest in June of 2018. She has always felt safe and secure living at Timbercrest, and is blessed to have met many wonderful ladies. She too is appreciative of the wonderful nursing staff and the support they provided as she cared for her husband's health needs before he passed away.

Joe and Norma exchanged vows during a beautiful ceremony in the Timbercrest Chapel surrounded by their friends from Timbercrest and the greater North Manchester community. Chaplain Laura Stone officiated the ceremony.

The couple feels blessed to reside in such a beautiful and caring community. As avid walkers, they enjoy the well-manicured and maintained grounds. The beauty of the flowering and vibrant campus is particularly alluring in the spring and fall. When the weather requires walking indoors, they are thankful for the tremendous work done by the housekeeping crew. The sparkling clean interior hallways are attractively decorated with furnishings, draperies, and striking art.

The Driskells count their blessings to live among polite and wonderful people, whom they consider



the Timbercrest family. Beginning with the admissions process, they have had a wonderful experience and are proud to reside in such a fine and well-managed community.

## Shared Works of Art

Just before COVID-19 began, LeadingAge Indiana asked each participating community to provide them with two original paintings. These works of art will be respectfully displayed on the walls of the LeadingAge Indiana offices in Indianapolis.

Timbercrest residents Rosemary Piper and Joyce McBride were the artists selected. Today, the art was finally presented to Eric J. Essley, President and CEO of LeadingAge Indiana, during a site visit at Timbercrest.

Our thanks to Rosemary and Joyce for their beautiful works of art and Timbercrest's representation in the art display at LeadingAge Indiana.



Left to right: Sabine Thomas-TC Administrator, Eric J. Essley –JD, MPA and President/CEO of LeadingAge Indiana, Stan Noffsinger-CEO of TC, and Christy Huiras, COO of TC

# Spotlight on Program & Services

*By Brian Daniels, Program & Services Director*

In a recent call from the Honeywell Center, I was asked what kinds of programs we might like the Center to bring to Timbercrest. I mentioned concerts by artists on acoustic instruments, lectures, travelogues, traveling art exhibits and opportunities for residents to meet experts and interesting people.

The person on the other end of the line said, "I had heard that Timbercrest had a different set of expectations than most places."

This is exactly right. Timbercrest is a community of well-informed, well-rounded people who have expectations of quality. It is Program and Services' (P/S) role to provide those opportunities.

The purpose of any activity department is to bring meaning and purpose in the lives of older adults. Often when someone thinks of "activities" they think of the three Bs – Bingo, Bible study, and Birthday parties - but at Timbercrest it means much more.



In P/S, we conduct tours of interesting places in the area: museums, natural wonders, galleries and educational destinations. We shop locally most of the time, but we also hit up the newest marts, shops and department stores in our area, including Fort Wayne, Warsaw and South Bend. We find interesting places to go out for meals of all sorts – from sandwiches to international cuisine.

On campus, meaning and purpose is found in a wide range of large group opportunities (like those mentioned above). There is daily exercise programming

featuring chair aerobics, Tai Chi and strength training. We have a walking club, a fitness center and fitness-based programs throughout the year. Our film committee seeks to provide entertaining current films, many with social relevance for today. Seniors for Peace and Technology Users Group (TUG) are resident-directed programs that give a voice to their concerns and perspectives.

There are also many smaller group opportunities – euchre and bridge clubs, giant crossword and Sudoku groups, Book Club, Knit for kids, art classes and more – that cater to residents' broad range of interests. The library's collection of current periodicals and books, including a "Brethren Corner" and books by Timbercrest authors, helps keep minds sharp.

In Health Care and Crestwood, our activity program is more specific. Each person's plan of care includes activities that speak to their personal interests and desires. For some, there are larger group programs; for others, small groups work better. We have a team that creates one-on-one activity times for those who prefer that.

A highlight of our Health Care activity program is NOBLE, a ministry designed specifically for persons whose dementia has also created physical health issues. Given the time and attention they need, most participants have reduced anxiety and other medications significantly.

P/S also includes many resident services, like the Neighborhood Market, medical transportation and shopping service for those who don't get out much; the Timbercrest Post Office and bank courier service, UPS shipping and other services help residents maintain independence with just a little help.

During the pandemic, these services proved invaluable. As residents stayed on campus, much of their daily life carried on thanks to staff committed to meet their needs.

Entering the post-pandemic days, P/S looks forward to providing the high quality of programming the Timbercrest family expects.

Orville Sherman, who led the Mexico Home to Timbercrest and was the first administrator, once said "Timbercrest is the church in its servant role." In P/S, we seek to serve through many opportunities for meaning and purpose.

# Timbercrest: A Life Plan Community

By Mary Beth Gast, Director of Admissions

Did you know that Timbercrest is considered a Life Plan Community? Simply put, a Life Plan Community is a retirement community providing the added benefit of lifetime care. Life Plan Communities ensure that you can “age in place”, having planned ahead in terms of access to multiple levels of care and the promise of lifetime housing and services. It provides glorious peace of mind should your health care needs change along the way.

Being a part of a Life Plan Community gives you access to great amenities and a vibrant community. At Timbercrest, our residents enjoy neighbors that feel like family. They have access to a myriad of activities and amenities, opportunities for continuing education, access to events, trips, restaurant-style dining, wellness and spiritual options. When you are part of a Life Plan Community, you can live life to its fullest. Come take a tour of Timbercrest, and we'll show you what the quality of life at Timbercrest looks like!

If you are interested in joining the Timbercrest community, contact Mary Beth Gast, Director of Admissions, at 260-982-2118.



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Licensed Practical Nurse

## QMA

Qualified Medication Aide

## CNA

Certified Nursing Assistant

Apply online at  
[www.workattimbercrest.org](http://www.workattimbercrest.org)



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things happen...  
together!*

**Our Mission**

To be an innovative, collaborative  
and trustworthy resource that  
enables adults to experience  
aging with peace of mind.