What Senior Living Is...And Is Not
Old folks’ home, retirement center, rest home, nursing home – people refer to senior care facilities with different terminology, but often do not know what happens inside.

Senior Living Defined
Senior living is a general term used to describe a housing option for seniors who either cannot or choose not to live on their own. This would include Independent Living, Personal Care, Assisted Living and Skilled Care facilities.

Independent Living offers seniors an opportunity to do things on their own but gives them the choice of joining the group for meals and activities.

Personal Care and Assisted Living is designed for seniors who need assistance with some activities of daily living. While independence is encouraged, residents need help with one or more of the following: medication management, bathing, grooming, eating, transportation, dressing and toileting. These communities offer nutritious meals and programmed activities. They do not typically have nurses on staff or provide ongoing medical attention to residents. Residents can receive rehabilitation services much like they would if they were discharged from a hospital back to their home. Outside agencies like skilled nursing, physical therapy, speech therapy and occupational therapy can come to the community on an as-needed basis.

Older adults who have serious medical conditions that require constant attention seek care in a nursing home or skilled nursing facility. They provide 24-hour skilled nursing care for residents. (cont. page 2)

Sisters With Smiles
Often you will see Bernie and Betty arm in arm as they head to a meal or activity. Sisters in the faith and in the flesh, their loving bond is apparent as they care for each other.
Nursing home residents require greater care and attention due to disease, rehabilitation or lack of mobility. Because of the amount of medical attention provided at nursing homes, the cost to be a resident can be high.

Come see a personal care senior community in action! Legacy Place Cottages is a safe and nurturing home for aging Witnesses who are somewhat independent but desire the ease of home cooked meals, housekeeping, laundry services and daily activities.

Our Resident Artist
Raymonde was one of the first 5 residents at Legacy Place Cottages. She moved here from Merritt Island, Florida, where she had lived for 40 years. Originally from Paris, France, she married an American soldier and moved to Pennsylvania in 1946. The Brensingers settled in Allentown and their neighbor interested Raymonde in Bible truths. She and her husband, Don, began to associate with Jehovah’s Witnesses in Allentown and were active ministers in the Lehigh Valley. In 1961, they moved to Madagascar to help people learn about Jehovah and Kingdom Truths. With a change of government in Madagascar, they were asked to leave the country. They returned to Allentown and finished raising their family. In 1975, Don and Raymonde moved to Merritt Island, Florida, and continued spreading the ‘Good News’ in warmer climates.

The Brensingers enjoyed their ministry very much and in 2005 they began learning American Sign Language to volunteer to help in that field. This required much effort, as their congregation required an hour drive to Kissimee, FL. They thoroughly enjoyed that assignment, but in a few years they were back with the Merritt Island, Florida Congregation.

Raymonde is an artist and has worked in many mediums during her lifetime. Many of her works are on display at Legacy Place Cottages. Residents and friends from nearby Congregations have enjoyed her art classes. She looks forward to starting them again.

Travel by Way of Culinary Delight
Once a month two dedicated volunteers who enjoy travel themselves, endeavor to take the residents of Legacy Place Cottages on a brief journey to another part of the world through a delicious dinner.

On a chosen night, our volunteers, Darbin and Debby, come into the building with bags of ingredients for the special recipe. You can see Debby in the kitchen chopping and stirring while Darbin shares experiences of the location where the recipe originates. The table is set with special care including ornate centerpieces. The combination of great food and great company provide enjoyment for all. The question is, “Where will the next location be?”

We would like to invite you to join us for a meal. Please call so we can set a date and let our kitchen know how many plates to set.
**Hot Cocoa and Health**
A cup or two of cocoa each day may do more than ward off a chill. Cocoa is rich in antioxidants, potassium, iron and other nutrients. Hot chocolate is also chock-full of flavonoids, powerful compounds that are being studied for their link to fighting cancer, preventing stroke and delaying dementia and other cognitive problems. Plus, sipping this sweet treat can make you feel better—not only because the drink is delicious, but also because it raises the body’s levels of serotonin, which produces endorphins and can banish a bad mood.

**Grow Your Own Herbs**
Enjoy fresh herbs during the winter by growing them indoors! Select herbs suited for indoor life, such as basil, parsley, thyme and sage. Use pots with drainage holes to prevent root rot. Keep the soil moist but not overwatered, and give plants plenty of light each day—six hours of sun or 14 hours of artificial light. If your indoor temperatures are around 60 degrees at night and 70 degrees during the day, you’re set; in fact, the warm, moist conditions in your kitchen or bathroom make an ideal home for indoor herbs.

**Memory Care Now Open!**
For residents with Alzheimer’s or another form of dementia, care is now available in a secure, detached household. The Memory Care home has 12 rooms and can accommodate 14 residents. Staff is specially trained to assist those with memory issues and to support their needs.

**Welcome New Residents!**
Leona, Mary, Terri

**Employment Opportunities**
Now hiring full-time experienced resident caregivers for both personal and memory care. Contact us for details.

**Volunteer Opportunities**
Our residents enjoy interaction with other Witnesses. If you have a heart for seniors, contact us to learn how you can help our residents.
Baker’s Bunch

Activities Coordinator Marie hands a freshly baked chocolate chip cookie to a guest. These are yet another delicious result of the Baker’s Bunch efforts. Marie started this activity when she first began working at Legacy Place Cottages, and it is certainly popular amongst the residents and staff.

Residents decide what amazing dessert will be baked. Some suggest favorite recipes from their own repertoire and others even bring their own cookbook! The residents help Marie by reading each line of the recipe to her as she works in the kitchen. Some have a favorite step they like to participate in, like icing the cake. Of course the most important step is taste-testing the results, a part of the process in which everyone at Legacy Place likes to participate.

Come join the “Bunch” sometime and share your favorite recipe!

Crossword Is A Favorite With Residents

People gather into the common area. Room on the couch is gone quickly. Chairs are pulled from all over to form a semi-circle. The center focus is a giant crossword puzzle.

This activity has become a resident favorite. They take turns choosing the next location on the puzzle. Some of the clues elicit a shower of answers within seconds. Other clues are followed by silence and deep thought. Hearing the answers is always a learning experience.

Who doesn’t remember the enjoyment of sitting around a table with friends and family and working a crossword? If you’re in the area, stop by and maybe you can have that same enjoyment with our family here at Legacy Place.