Beautiful Betty

A positive attitude is infectious. You can’t help but feel happy after spending time with Betty Burkett. She has a personality that is warm, welcoming and witty.

Betty was born on December 21, 1926 in Sagamore, PA. She was one of six children born to Genevieve and John (Jack) Thomas. With so many siblings, Betty had many playmates. As a child she enjoyed hitting, throwing and catching a ball. Later in life, she also took up golf.

Betty began to study with Jehovah’s Witnesses in her late teens. Her father was opposed to this choice and asked Betty to leave the home. She was determined to make the best of this challenging situation while continuing her study of the Bible. The friends helped her during this difficult time by giving her a temporary place to live in a small room at the Kingdom Hall. Betty was baptized on January 6, 1945 and was married the following year. She gave Jehovah her very best and had the opportunity to pioneer until she became a mother. Betty and her husband had two children, Andy and Lori. Betty continued to provide a fine example of hospitality. The congregation book study and field service groups met in her home for many years. She took her hospitality to a greater level by finishing her basement to create an apartment for the semiannual visit of the Circuit Overseer and his wife. Her self-sacrificing spirit and love for Jehovah had an impact on her family and she now has ten family members serving as full-time ministers. Betty has been widowed for many years, but she is well-loved and cared for by her children, their spouses, and her four grandchildren.

Betty loves shopping and always made sure she looked her best. She would get up early in the morning to do her hair and apply her makeup. She loves to engage in conversation and enjoys a good laugh. She did not, however, enjoy cooking. Her children recall a sign she had in her kitchen that said, “The only reason I have a kitchen is because it came with the house.” She would much rather eat than cook and she always liked to finish off her meals with something sweet.

Betty had so many wonderful things to say about her move to Legacy Place. She has made new friends and loves the spiritual routine. She finds it to be of great encouragement to receive daily reminders of Jehovah’s promise for the future. We are happy to have Betty fill our days with smiles. Spend some time with her the next time you stop by and you are sure to leave feeling encouraged.
Some Legacy Place Updates

Legacy Place is thrilled to welcome Adeline “Lynne” Gehring from Landsdale, PA.

We are now the proud owners of a new van! This vehicle will help us to transfer multiple residents to special events in a safe and comfortable way.

Debby and Darbin Skeans were able to organize a trip for some staff members to visit Bethel’s United States Branch in Wallkill, N.Y. In addition to touring the printery, the staff were also able to visit the infirmary housed at Wallkill, as well as Bethel’s assisted living facility in Fishkill, N.Y. What an encouraging opportunity to see firsthand how Jehovah cares for all his servants, no matter what age.

Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a type of depression that occurs in individuals during the same season each year. Typically, the symptoms of SAD begin in early fall and continue into the winter, but some individuals experience SAD during the spring and summer months.

The symptoms of SAD include:
- Feelings of hopelessness
- Grumpy mood or anxious behavior
- Oversleeping
- Craving carbohydrates
- Weight gain
- Drop in energy level
- Difficulty concentrating
- Irritability
- Avoidance of social situations

These symptoms may also be caused by other conditions. If you are experiencing several of these symptoms, please seek an evaluation by a physician. The causes of SAD are not fully known. For some patients, SAD may develop due to the reduced amount of sunlight exposure during the fall and winter months, leading to a disruption in the patient’s circadian rhythm. An imbalance of serotonin levels or melatonin levels are also thought to play a role in developing SAD.

Therapies to treat SAD include phototherapy (light therapy), medication, and psychotherapy (talk therapy). In most cases, patients will begin with light therapy, which requires sitting near a light therapy box in order to be exposed to bright light. Individuals may begin to see improvements in symptoms within several days or a few weeks. An antidepressant drug, such as the extended-release formulation of bupropion or a selective serotonin re-uptake inhibitor (SSRI), may be prescribed, especially for those with severe symptoms. Your physician may recommend that you start taking one of these antidepressants prior to the onset of your symptoms each year or taking the medication even beyond the season that you experience symptoms.

Psychotherapy (talk therapy) may also be beneficial. This may include replacing negative thoughts with positive thoughts and identifying pleasurable activities that can make coping with the seasonal changes a bit easier. Finally, lifestyle changes may also help in improving the symptoms of SAD, for example:
- Getting outside whenever possible but especially early in your day
- Brightening your environment by opening blinds or sitting near a window
- Exercising to help relieve stress and anxiety.

Lori Samer, Rph
Pictures of Our Residents

Kingdom Melodies with Pam Salley

Eagerly awaiting a crossword puzzle activity

David and Lisa enjoying conversation

Jim and Pat Ritchie

A lively game of Jeopardy

Joyce and Betty playing a game with our Memory Care Activities Director, Jenny

Terri and Francis enjoying each other’s company.

Volunteering

Legacy Place appreciates what our volunteers do for our residents. We couldn’t do this without you! If you are interested in donating your time and/or talents, please send an email to our Activities Director, Marie Scully (marie.scully@legacyplace.org).

Employment Opportunities

Legacy Place is accepting employment applications. Please stop by for an application or contact us at employment@legacyplace.org.

Accepting Resident Applications

Many wonderful residents have moved to Legacy Place in recent months! We still have a few rooms available in Personal Care. We are accepting applications for the waiting list in Memory Care. Please contact us at inquiries@legacyplace.org for information.

Mailing List

If you, or someone you know, would like to receive a copy of our newsletter, please email meghan.dunton@legacyplace.org. You can request to receive your newsletter through the mail, electronically, or both!
Evelyn Dunton: December 19, 1919-December 2, 2017

Legacy Place was saddened by the death of one of our very first residents, Evelyn "Evie" Dunton. Born in Allentown, she was the daughter of the late Thomas Poe and Hattie M. (Hoffert) Poe Dunton. Evie worked for the Cook Coffee Company and Harold’s Furniture. Later, she was employed by Imperial Builders in Allentown, where she worked as a secretary for 30 years before retiring in 1982. Those who knew Evie know that one of her greatest loves was her dog Sassy. That little dog brought Evie so much joy and she greatly enjoyed her visits to Legacy Place. Evie was a long-time member of the Allentown English Central Congregation of Jehovah’s Witnesses. She is survived by her sisters, Carolyn Banko, Bernice Pierce, Betty Bray, and her brother Edward Dunton. Evelyn was preceded in death by her daughter, Penny L. Dunton, and her brother Robert Dunton.