



## *Pennsylvania Alliance of Retirement Community Residents*

Dr. George Tjiattas, PARCR President

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### **MINUTES – PARCR Quarterly Meeting**

**Wednesday, April 10, 2013**

**Quincy Village, Waynesboro, PA**

President George Tjiattas called the meeting to order at 10:05 a.m. George welcomed everyone, and told us the chief objective of PARCR is to promote strong Resident Councils, and that our meetings are designed to keep us up to date in this world called Retirement Villages.

PARCR Vice President Ray Vaughan, led us in the Pledge of Allegiance. Ms. Hope Manning, Acting Executive Director, of Quincy Village, welcomed our PARCR group and told us interesting facts about Quincy Village. The Reverend Tom Thomas then led us in prayer.

Susan Martin, PARCR Membership Secretary, took Roll Call. There were 67 people present, representing 15 of the 23 member communities. We then heard from Nick Luciano, of Leading Age PA, a lobbying group for CCRC's in PA. Nick told of Leading Age's advocacy efforts, and of keeping the state informed. Leading Age represents non-profit care giving agencies. He reported that Governor Corbett's proposed budget indicated that nursing facilities would receive a 2% increase, and that Leading Age must now defend receiving this increase rather than fighting for additional funds. He mentioned there is a question if CCRC's can mandate the flu shot as an employment requirement, and that building code questions were always being defended.

President Tjiattas then introduced our speakers, Mr. Nelson Brewster and Ms. Dena Corealle, from the PA Office of the Attorney General. Mr. Brewster is a retired York City Police Force Officer. He said that his goal was to make us all "Scam Smart," and to be "Aware, Avoid, Alert" of the Wolf in Sheep's Clothing SCAMS. Using excellent film clips, he touched on: Charitable Contributions, Estate Planning, Home Repairs, Power of Attorney, Sweepstakes, Checks/Money Orders, and Account Verification scams. Mr. Brewster answered many questions and invited the group to seek him out during lunch with other questions.

Following a delicious luncheon, we learned "What's Happening at Quincy Village?" Ms. Rozanne Miller, Regional Director of Human Resources for Presbyterian Senior Living, described Quincy's affiliation with "Masterpiece Living." She very enthusiastically told us, what it means to be a Super Senior! This program is based on a book called "Successful Aging," which was written by two doctors. We found out that the way we live—not the genes we were born with—determine our health and vitality. Ms. Miller stated that we control 70% of this effort and genetics control 30%.

She stated that the Super Senior Citizens of today have more education, more access to healthcare, and have more wealth than previous generations. She stressed the importance of (1) Intellectual pursuits—reading, crossword puzzles & games; (2) Physical activity—walking, swimming, exercise classes; (3) Social interaction—talking, laughing, exchanging ideas; and (4) Spiritual development—both religious and connection to the entire world.

We were invited to see Quincy's train collection, and their thrift shop, after our business meeting. [This train collection was fantastic, and was enjoyed by many members after the meeting.]

We continued with the PARCR Business Meeting. The Minutes of the January 9, 2013 meeting at Long Community at Highland, Lancaster, PA were approved as distributed. Jeanie Bentzel, Secretary, told how she contacts the host village several months ahead, to receive help in writing the Welcome Letter. She also asked the entire membership to consider using their talents and experience by serving on the Executive Committee. Asst. Treasurer Bob Allan gave the Treasurer's Report. PARCR has a balance of \$6,974.64. This report was approved as presented.

Susan Martin, Membership Secretary, told about the "contact" person on each campus. This person is to be sent a form, which will ask for up-to-date names. Since many of our Resident Councils change officers at various dates, it is important that Susan be notified of any, and all, changes. The Contact Person will receive this in May, and will have until July to return it. She asked that changes to vital information for each member (address, telephone, e-mail, and if you drop your landline, your cell phone number) be sent to her as soon as possible.

Evert Fuller, Newsletter editor, asked for news of your community—especially what you have planned for this summer. He can only print the news he receives. Please send him pictures and articles.

Programs – George Tjiattas will be sending each Contact Person a list of the proposed programs that have been suggested. He is asking that you choose three and return your selections to him at [gtjiattas@yahoo.com](mailto:gtjiattas@yahoo.com).

Comments from the Floor: On June 19, 20, 21 PARCR will host a table at the Leading Age PA Convention that will be held in Hershey, PA. If you would like to attend, and perhaps help to man our table, please contact George Tjiattas, [gtjiattas@yahoo.com](mailto:gtjiattas@yahoo.com).

Arlene Bird, Cross Keys Village, New Oxford, PA told us about the "Boat Races" (cardboard & duck tape) to be held on their lake on June 7, 2013. She invited everyone to attend.

**Don't forget that you can bring a friend to a future meeting. Be sure to add their name when you make reservations with Susan. This is a great way for PARCR to get future members.** The meeting was adjourned at 2:00 p.m.

Respectfully submitted,  
Jeanette M. Bentzel, Secretary