



Pennsylvania Alliance of Retirement Community Residents

Linda J. Heck, Newsletter Editor
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THE PARCR POST **Issue 8.2 – October 2021**

Welcome to ***THE PARCR POST***'s October 2021 newsletter. Before listing what is included, I want to share information about links that have been added so that you can navigate directly to an individual article within ***THE PARCR POST*** from this cover letter. I am also sharing information about email addresses and web addresses listed in the newsletter.

- In this document, notice the words "[Click here.](#)" This indicates a link that will take you to the page on which the article appears in the newsletter without having to manually scroll to the article. To return, press the "home" key.

Links can provide the reader with direct navigation to a specific article. However, you may wish to manually scroll through the entire newsletter. The choice is yours.

- Throughout the newsletter there are email addresses and various web addresses which also appear in blue. If you click on an email address, (i.e. parcrpost@parcr.org) you will be able to send an email or if you click on a web address (i.e. www.parcr.org) you will be linked to the website you have chosen.

The following items are included in the attached October newsletter.

- **President Nancy Hann** provides an insight of what is happening behind the scenes at **PARCR**. [Click here](#)
- **Vice President Lowell Starling** reports on two new features added to the **PARCR** website. [Click here](#)
- **Member At Large Bill Clement** gives a progress report on **PARCR's** Strategic Plan. [Click here](#)
- **Program Chair Bill Stelger** reminds you that January's Quarterly meeting is a "**MEMBERS ONLY**" meeting. [Click here](#)
- **Membership Chair Susan Martin** provides her quarterly membership report. [Click here](#)

- **Legislative Chair Gail Stelger** brings readers up-to-date on happenings in Harrisburg and with LeadingAge PA's participation and activity. [Click here](#)
- **NaCCRA: Dan Seeger** Don't miss Dan's article "*Coping With Change.*" [Click here](#)
- **Sharing An Idea: PARCR Member Community, Pleasant View Communities**, shares information about their new partnership with OneLife Institute. [Click here](#)

And finally, the January 2022 edition of ***THE PARCR POST, Issue 8.3***, will be released in late December 2021. If you would like to share a community idea with our readers, please have your Community's Staff Contact Person email parcrpost@parcr.org for details and guidelines. Deadline for Community articles is December 3.

PARCR Newsletter 21-NL02

THE PARCR POST

A QUARTERLY NEWSLETTER FOR

PENNSYLVANIA ALLIANCE OF RETIREMENT COMMUNITY RESIDENTS

PARCR President’s Message by Nancy Hann

Autumn has arrived, right on time; where has this year gone! It seems like it was not too long ago, we were putting away Christmas decorations and now, here it is, soon time to get them out again.

There are two things that I want to cover in this message:

- 1.) Changes to the October meeting caused by the COVID virus
- 2) Update to the strategic planning efforts.

I’ll comment on the October meeting first. It was with great disappointment that we on the PARCR Executive Committee have to

resort to using Zoom again for the October quarterly meeting. With the availability of the vaccine for the COVID virus we were very hopeful that we could resume live, in-person meetings by now. As we all know we are in the fourth wave of this pandemic and at this point the numbers are still on the rise. Therefore, the executive committee voted to proceed with an abundance of caution by deciding to continue using the Zoom format instead of taking the risk of becoming a hot spot for the spread of the disease.

(Continued on page 2)

October 13, 2021 QUARTERLY MEETING VIA ZOOM



SPEAKER
Kimberly Korge
BSEd, CDP
Memory Care Coach
Cross Keys Village

Topic relates to dealing with degrees of dementia and becoming officially “Dementia Friends.”

NEW VISION STATEMENT

Recognized as an enhanced educational and informational environment for PA CCRC residents



Pennsylvania Alliance of Retirement Community Residents

REVISED MISSION STATEMENT

Promote the exchange of ideas, education, and civic responsibilities of CCRC residents and encourage them to aid in decision making within their communities

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Bill Stelger
Program Chair
program@parcr.org

JANUARY 2022 QUARTERLY MEETING

*Community Delegates &
Individual Members Only*

NOTICE TO PARCR MEMBERS

January 12, 2022, Quarterly Meeting

Members Only Invited To Attend

(Includes Community Delegates & Individual Members)

Location: Bethany Village, Mechanicsburg, PA

Presentation: *“PARCR’s FUTURE — The Strategic Plan”*

PRESIDENT’S MESSAGE

(Continued from page 1)

Pray that the situation improves for our meeting in January at Bethany Village. I really am looking forward to seeing you in person again.

Now let’s move on to the second topic. For a few months now I have been telling you that there has been a task force working on developing a strategic plan. This plan will serve as a roadmap for PARCR, guiding us for the next 2 to 3 years. I am very happy to inform you that this phase of our efforts has been completed and was approved by the executive committee at a special meeting of the committee held on September 25, 2021.

Part of task force’s work was focused on creating a new vision statement describing what we are aspiring to be and a revised mission statement to describe what PARCR does to help create this vision. I hope that you have noticed that these two statements are

included on the front page of this newsletter. We do not mean to completely reinvent ourselves but we do want to be a better version of some of the things we already do, building on learning from each other as well as learning from topic experts.

There are a lot more details that went into the plan that I do not have the space nor the time to explain in this message. Therefore, the executive committee has decided to have a *“members only” January quarterly meeting* devoted to reviewing the strategic plan for you in its entirety. It will allow you to ask questions and give feedback on the details of the plan objectives as well as give input into how you, as a member, can play a more significant role in achieving the objectives put forth. We want you to share in our excitement so please plan to attend this very important meeting on January 12, 2022. The future of PARCR depends on it.



Bill Clement
Member At Large
mal3@parcr.org

PARCR STRATEGIC PLAN APPROVED



The good news is that the Strategic Planning team has completed the plan and it has been approved by the executive committee!

As expected, we ended up with far more actions than we can possibly do with the resources available to PARCR. Using a “voting process” the team narrowed the actions down to ones that we felt would best move PARCR toward the Vision. Others are reserved to act on at later dates.

When we reported last quarter, we had devised a Vision and revised the PARCR Mission accordingly. We also had prioritized five Strategic Objectives that we needed to address.

There is a lot to do, and to move the plan ahead we will be looking for volunteers to help with some of the teams that will implement the plans.

Since then, we have further refined the Vision and Mission which are included in the Presidents message in this issue. We then moved on to develop key issues surrounding each objective.

We will be presenting the plan in its entirety at our January meeting. Put it on your calendar and be prepared to see if you have any skills that can contribute to its success!

The next steps of developing actions and strategies to answer the key issues was critical.



Susan Martin
Membership Chair
membership@parcr.org

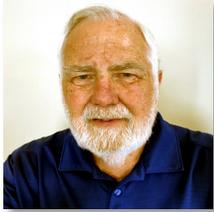
MEMBERSHIP REPORT

As much as we all anticipated that we would be finally able to meet face to face for the October Quarterly Meeting, the Executive Committee decided it was still in the best interest of our members to hold the meeting virtually. So, we will be looking for your smiling faces on the screen, remember to smile.

simply representatives of their communities but serve the important role as the liaison between the PARCR organization and the residents of their respective communities. We encourage our members to regularly visit the PARCR website (www.parcr.org) for updates, copies of the presentations, and other pertinent member information.

We are delighted to have twenty-five communities which renewed their memberships for the 2021-2022 fiscal year. There are 35 individual members representing 15 of the 25 communities. The individual members are typically community residents who are interested in being involved in PARCR and continue to learn from the enlightening programs that are offered. The three community members are not

As noted in the special bulletin, the October meeting will follow the familiar format of previous virtual meetings. The presenter, Kimberly Korge Memory Care Coach at Cross Keys Village, will help us qualify to become Dementia Friends and encourage us to help others to practice the techniques in communicating with people who have dementia.



Lowell Starling
Vice President
vp@parcr.org

ONGOING WEBSITE ENHANCEMENTS

Value To Our Members

One of our goals for the new PARCR website is to provide new methods for dialogue and sharing of information between member communities. To do that we added two pages for community questions. This allows a member community to seek information on how to solve a particular problem that may have already been solved by another member community. When the question is submitted using (1) "Create New Question" under the **MEMBERS** tab, it is reviewed by the webmaster and if approved posted to the (2) "Community Question" page. After the question is posted it will remain there for 14 days. When the time limit is reached, the answers will be pulled from the database containing them and posted or provided to the PARCR member asking the question. The first question came from Bethany Village asking about solutions for disposing of outdated or unnecessary meds. The responses received for each community question will remain available for all members on (3) "Community Feedback" page.

MEMBERS Tab
(2) "Community Question"
(3) "Community Feedback"
(1) "Create New Question"

Committed to Improving PA Senior Lives

Through Resident Involvement

Log In

Home What We Offer About Us Events **Members**

Bulletins

- Community Question
- Community Feedback
- Create New Question
- Add A Resource
- Executive Committee
- Meeting Videos
- Minutes
- By Laws

Access to the MEMBERS Tab requires PARCR members to log in with their email and create a password to register as a PARCR member.

Only registered PARCR members have exclusive access to information under this tab.

(Continued on page 5)



WEBSITE ENHANCEMENTS

(Continued from page 4)

Visit us @ www.parc.org

During PARCR’s work on a new strategic plan, one of the primary goals identified is to be recognized as an information resource for senior living communities. A proposal was introduced to add a Resource Links page, under **WHAT WE OFFER** tab. The concept resulted from an email PARCR President Nancy Hann received from an organization called Seniors Mobility asking us for feedback and for us to provide a link from our website to their website. Several members of the communications team reviewed the Seniors Mobility site, found it useful and safe, and requested Webmaster Dale Meadowcroft to add the link.

Also, in a review of our website, the communications team realized that our website did not offer links to two current partners, NaCCRA and LeadingAge PA. Another addition to the “Resource Links” page is a link to the PA Department of Aging.

If you, as a member of PARCR, would like to recommend an organization or reference, which you feel would be of interest to our readers, please click on the recommend button and follow the link to “Add A Resource” page under the **MEMBERS** tab, complete the form and submit your recommendation for review for appropriateness prior to its inclusion on the PARCR website. Perhaps in your life’s journey you have utilized the information and services of an organization that would be helpful to our readers. We invite you to share your recommendation.

Evaluating and enhancing the PARCR website is an ongoing commitment in order to make it more valuable to our current members and also to attract potential new members.

WHAT WE OFFER Tab

Committed to Improving PA Senior Lives

PARCR

Through Resident Involvement

Home | **What We Offer** | About Us | Events | Members

Log In

Quarterly Meetings
PARCR Posts
Useful Info Information

RESOURCE LINKS

PARCR is providing these references as a public service, but it is neither a legal interpretation nor a statement of PARCR policy. Reference to any specific product or entity does not constitute an endorsement or recommendation by PARCR. Any content provided by our bloggers or authors are their own and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.

	LeadingAge PA represents over 365 nonprofit providers of senior housing, health care and community services across the Commonwealth. These providers serve more than 75,000 older Pennsylvanians and employ over 50,000 dedicated caregivers on a daily basis.
https://www.leadingagepa.org/ Click Logo to Visit	
	We collaborate nationwide with residents and prospective residents of Continuing Care Retirement/Life Plan Communities and allied organizations for the purpose of promoting, protecting and improving the CCRC/Life Plan lifestyle.
https://www.naccra.com/ Click Logo to Visit	
	SeniorsMobility.org is a site of information and links for seniors. Product evaluations and recommendations.
https://seniorsmobility.org/ Click Logo to Visit	
	The Pennsylvania Department of Aging works to ensure that older adults across Pennsylvania have access to quality services and supports that help them age and live well.
https://www.aaina.pa.gov/	

You must be a member to recommend a new organization reference.

Recommend



Gail Stelger
Legislative Chair
legislative@parcr.org

LEGISLATIVE UPDATES

August to October 2021

Since the July **PARCR Post** was published, the Pennsylvania budget passed the General Assembly and was signed by Governor Wolf. The budget included several successes for long-term care, including \$282 million in funding to providers to assist with offsetting COVID-related expenses, thanks to the diligent efforts and advocacy of LeadingAge PA and members. The \$282 million is sent directly to providers to assist with offsetting COVID-19 related extraordinary expenses and distributed through the Department of Human Services (DHS) and must be obligated by December 31, 2024 and spent by December 31, 2026. This funding began to flow to the providers in September.

Staffing Issues continue to be a prominent issue. Under the federal Public Health Emergency declaration for COVID-19, nursing facilities were permitted to hire, train and employ temporary nurse aides. On July 19, 2021, The Department of Health and Human Services (HHS) Secretary Xavier Becerra renewed the national COVID-19 Public Health Emergency for 90 days permitting the continuation of this temporary nurse aide policy.

Senator Ward's Online Nurse Aide Training memo, SCO 848, which introduced legislation that would allow individuals participating in a state-approved nurse aide training program to complete the education portion of their instruction via online courses is now SCO 729 and passed out of the Education Committee and is in the Appropriations Committee awaiting approval. It will then need to go to the full Senate and to the House.

On July 21, 2021, Acting Secretary of Health, Allison Beam, announced the release of a proposed regulatory package effecting nursing homes. The primary change would amend the current minimum staffing hours per patient day upward from 2.7 to 4.1. LeadingAge PA reported it has a number of concerns about the proposal and will be working to try to obtain modifications. On July 30, 2021, LeadingAge PA reported that the Pennsylvania Department of Health (DOH) had officially released the proposed nursing home regulations through the PA Bulletin. The proposal increases minimum nursing hours per patient day from 2.7 to 4.1, and includes rule-making by reference to the Centers for Medicare and Medicaid

Services (CMS) State Operations Manual. Both of these are problematic and LeadingAge PA is creating resources to help members develop comments for submission during the required 30-day comment period.

Masking continues to be another prominent issue. June 28, 2021, marked the lifting of Pennsylvania's general masking order, though this did not affect the mandates and requirements for health care communities and facilities. On July 27, 2021 The Centers for Disease Control and Prevention (CDC) updated their masking guidance for people who have been fully vaccinated which included this recommendation if you are fully vaccinated: To maximize protection from the Delta variant and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area of substantial or high transmission.

Now on to another highly prominent issue: vaccines. By August LeadingAge (National) joined leading health care organizations calling for requiring vaccines for all staff in long-term care and other health care settings, declaring, **"As COVID-19 variants emerge and proliferate, we can start saving more lives today by ensuring staff are fully vaccinated."**

The PA DOH is awaiting a formal written statement from the federal government before documenting its recommendations.

The House reconvenes on Monday, September 27, 2021, at 12 pm.

The Senate reconvenes on Monday, September 20, 2021, at 1 pm.

Pennsylvania's leading trade association for nonprofit aging services providers that advocates for quality care and services for seniors. www.leadingagepa.org



Daniel A. Seeger
NaCCRA Representative
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COPING WITH CHANGE

Most people who enter a CCRC believe they are “buying” the community just as they see it during the marketing process.

It can be disconcerting if, after a year or two of residency, they learn that there will be substantial changes – the community center or health facilities may be drastically reconfigured, or a significant expansion of the number of independent living units may entail a huge construction project which will visually mar several of their retirement years and even cause significant practical inconvenience.

The one thing one quickly learns upon entering a CCRC is that the only constant is change.

People who are shopping for a CCRC should carefully inquire of the management what changes are envisaged in the organization’s strategic plan so that they can assess whether or not they wish to live with both the process and the result of such changes. If there is no strategic plan, that in itself is a warning sign that the future is quite unknown.

For residents already in a CCRC where major changes are on the horizon, it is important that they be able to evaluate the wisdom of the proposed plan. Although most CCRCs are not-for-profit enterprises, they nevertheless function in a market, and it is important that facilities be kept up-to-date so that the community’s competitive position in the market remains strong. This may necessitate anything from additional modernized independent living units to expanded recreational facilities or more user-friendly meal plans.

On the other hand, a CCRC can get into trouble if it undertakes an expansion too big or too lavish for the market to support, and newly constructed facilities remain underutilized, compromising the financial position of the community. Every expansion is a risk – no matter how carefully the plan may be conceived. Think of the financial crisis of 2008 or the COVID crisis of 2020

and the havoc they wrought on the best laid plans in many fields. Residents need to assure themselves that any proposed risk is indeed reasonable.

Most CCRC managements approach such risks with great care and conscientiousness. But there is an occasional example of a CEO’s

“edifice complex.” A project can be motivated by the desire to polish one’s resume by taking credit for conceiving and supervising a \$50 million dollar project. Unfortunately, such resumes rarely mention that the project left several hundred senior citizens with a staggering debt.

CCRC life is sometimes “sold” as being care-free. In reality, it is important that the human resources among a CCRC’s resident community remain fully engaged in the questions which managing the enterprise entails. We have been learning that remaining involved in national, local and community affairs is a sign of healthy aging and helps keep us physically and mentally alert. To cope with change constructively and with resilience is to age with dignity. And if each of us does our part, we will help to keep the precious CCRC option available for many future generations of retirees.

To cope with change constructively and with resilience is to age with dignity.

Dan



Representing CCRC
 (Life Plan) Residents
 Nationwide
www.naccra.com



PLEASANT VIEW COMMUNITIES & OneLife Institute PARTNERSHIP

Kailah Buckwalter, Marketing Coordinator

In August of this year, Pleasant View Communities in Manheim welcomed seventeen students from OneLife Institute onto their campus. OneLife is a nine-month Christian gap year program for students who have recently graduated high school and who want to grow in their faith, experience community, serve others, travel, and earn college credits. Taking a gap year helps students to think more deeply about their calling, and to become more prepared for the transition to college and adulthood.

Pleasant View is one of four locations offered at OneLife, giving opportunities to grow and learn valuable life skills while developing intergenerational relationships with some of the wisest members of our community. The new site at Pleasant View gives OneLife creative ways to mentor students and deepen community while serving as the hub for travel and educational experiences, while also creating unique service experiences that enhances OneLife's mission.

"This partnership has been in the works for a few years and after every meeting at Pleasant View I would walk away more and more excited about its potential," says Derek Melleby, Site Director of the Pleasant View location and Vice President for Academic Affairs at OneLife. "I love the vision of bringing young adults and senior adults together at this pivotal transition in life."

The students hail from all over the country, coming from Pennsylvania, New York, Maryland, South Carolina, Texas, and Washington. While at Pleasant View, they will be living in a de-certified level of one of the healthcare buildings, which has recently been remodeled into a dorm and can accommodate up to twenty-eight students. Along with the Site Director, the students also report to two resident leaders. The students are expected to serve ten community service hours per week, in addition to completing ten courses, worth three credits each, through

Cairn University. Other activities to keep the students busy are day trips, weekend service opportunities, and five to seven longer trips throughout the year.

OneLife students will have access to certain areas of the Pleasant View Communities campus, including the fitness center and the restaurant, Hearth and Harrow. They will also have access to healthcare, personal care, and maintenance areas accompanied by a staff member, hopefully by fulfilling some of their combined 170 weekly service hours in those departments. During their orientation in late August, the students expressed their excitement at the prospect of interacting and learning from Pleasant View residents.

"Not only will students get to meet new people who have all kinds of wisdom and experience," Melleby adds, "but this facility itself is fantastic for something like this. There's all kinds of ways for the students to get involved."

Pleasant View Communities is excited to welcome the



OneLife students to campus, and eager to see what this new chapter will bring to their community.

To learn more about OneLife Institute, visit their website: <https://www.onlifepath.org/>

PARCR LEADERSHIP TEAM

OFFICERS	MEMBERS AT LARGE	COMMITTEE CHAIRS	ADVISORS
President Nancy Hann Pleasant View Communities	Bill Clement Cornwall Manor	Legislation Gail Stelger Cross Keys Village	Jonathan Hollinger President/CEO Pleasant View Communities
Vice President Lowell Starling Bethany Village	Tony Wright Bethany Village	Membership Susan Martin Normandie Ridge	Steve Lindsey, CEO Garden Spot Communities
Secretary Cheryl Rhodes Quincy Village	Jim Markell Quincy Village	Newsletter Linda Heck Brethren Village	Larry Zook President/CEO Landis Communities
Treasurer Terry DiGruttolo Masonic Village	Susan DiGruttolo Masonic Village	Program Bill Stelger Cross Keys Village	WEBMASTER Dale Meadowcroft Bethany Village



OFFICIAL WEBSITES & REPRESENTATIVES

LeadingAge PA, www.leadingagepa.org

Anne Henry, Representative

NaCCRA (National Continuing Care Residents Association), www.naccra.com

Dan Seeger, Representative



THE PARCR POST INFORMATION

THE PARCR POST is a quarterly newsletter for **PENNSYLVANIA ALLIANCE OF RETIREMENT COMMUNITY RESIDENTS**. Its purpose is to share PARCR information, and ideas/happenings from PARCR member not-for-profit CCRCs, with a focus on residents. If you are a PARCR Member Community Staff Contact and would like to share an article of interest from your community, contact the editor at parcrpost@parcr.org

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parcrpost@parcr.org



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