

Abundant *life*

FALL 2017

LIGHTS...CAMERA...ACTION!

As Passavant Community residents rise and shine on Monday mornings, many are anxious to plan their activities for the upcoming week. Now, as they pour that first cup of coffee, they can tune into *Monday Morning Magazine*, a new program on PAL 900 (Passavant's television channel), to catch the latest campus information, Fitness Center news, and a schedule of planned activities, trips and outings.

Monday Morning Magazine is hosted by Passavant resident Ann Keul Johnson. Her husband Ray Johnson provides technical support by running the teleprompter.

Mike Young, who runs Passavant's multi-media studio, knew that Ann would be a great host for the show, as he had heard her speak publicly many times before – as his sixth grade teacher. “When I found out Ann was living here, I knew I had to ask her to be a part of the show,” Young said. “Lucky for me, she and Ray both agreed to help out.” Ray's experience as an engineer was a bonus, too.

“Of course, neither of us had ever done anything like this before we moved here,” Ann said. “But I would do anything to help Mike. It's funny because often other residents will come up to me and ask me if I am the ‘lady from the TV show.’”



Monday Morning Magazine is filmed on Friday mornings in the multi-media studio in the Abundant Life Center. Ann is seated at a table in front of a green screen, which allows Young to insert a backdrop that resembles a real news studio. Ray controls the speed of the teleprompter from a laptop, projecting the words on a 45" television screen for Ann to read. Young monitors the sound and controls the camera. The program airs at 7 a.m., 9:30 a.m. and 11:00 a.m. every Monday morning.

“We have a lot of residents here at Passavant who are very tech-savvy,” Young said. “I like to get them involved as much as they would like. They have great ideas for programming.”

“Ann and I really enjoy working on the show,” Ray said. “And when you live in a community like Passavant, it's up to all of us to pitch in and help out when we can.” ❖

Ann Johnson sits in front of the green screen reading the teleprompter controlled by her husband Ray, while Mike Young runs the camera.



AND THE WINNER IS...LIFE BEAVER COUNTY

LIFE Beaver County received the gold medal in the All-Around competition at this year's Beaver County Senior Olympics held at the Community College of Beaver County Dome on August 2.

Several participants were also awarded individual medals including: Michael "Sonny" Tackac, gold medal, bowling; Bernice Reddick, gold medal, golf; Norine Kirk, gold medal, horseshoes; Martha McClain, silver medal, cornhole; Audrey Fedor, bronze medal, horseshoes; Joe Christopher, bronze medal, basketball.

Each year, these games bring together senior athletes from nursing homes throughout Beaver County for a little friendly competition, fellowship and fun.

Congratulations to all who participated! ❖



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NEW GARDENS CULTIVATING ABUNDANT LIFE

Thanks to the generous donations of many, residents, families and staff can now enjoy the new gardens at Passavant Community, which were dedicated in a ceremony June 9.

“As we dedicate the Bittcher Game Garden (North Garden) and the Alice Osborne (South) Garden, my prayer is that all who walk through it linger in it and will be renewed, strengthened, filled with laughter and encouraged with hope,” said Laura Roy, executive director of Passavant Community.

Construction on the gardens began last summer, and the property has since been transformed into an oasis for those who live on campus and their families.

The North Garden includes a bocce ball court, horseshoe pit, shuffleboard court and a gazebo.

“So far, the residents are really enjoying the gardens,” said Brian Damaska, wellness manager at Passavant Community. “We have been holding tournaments out there and a few residents are teaching others how to play some of the

games. It’s a great way to get some exercise and socialize.”

In the South Garden, there is plenty of space for relaxation under the pergola and gazebo or around the koi pond. It has also become a popular spot for intergenerational gatherings, entertainment and luncheons.

“We like to promote the idea of active aging here, which can mean different things to different people. The gardens are giving us additional space to provide the opportunity to make that happen,” Damaska said.

Jody Gulish, Community Life coordinator at Passavant

Community, agrees. “Our outdoor garden and game space provides more than just social connections. For many residents, gardening and outdoor sporting activities connect them to their past, providing engagement opportunities, spiritual enhancement and physical well-being as part of their **Abundant Life**®.”

Special thanks to the George H., Lillian S. and Mary S. Campbell Foundation and the many other generous donors who helped make these gardens a reality. ❖



ABOVE: The bocce ball and shuffleboard courts in the North Garden have become a popular gathering spot for residents.



LEFT: The South Garden offers plenty of space for gatherings, luncheons and entertainment.

FUN IN THE SUN

Residents and program participants from all around the Lutheran SeniorLife system have had a busy summer with parties, picnics, excursions and outings – now that’s living an **Abundant Life!** ❖



LEFT: Genevive and Loyal Westerman, residents at St. John Specialty Care Center, were unable to attend the wedding of their beloved granddaughter, Kathleen, on August 26. So the wedding party came to St. John! Kathleen and her husband Frank renewed their vows, with Genevive and Loyal in attendance, in St. John’s chapel.

BELOW: A luau at LIFE Armstrong County took a “bite” out of the summer heat.



ABOVE: Residents at the Commons at Stonebrook Village held a 4th of July picnic on their patio.

LEFT: LIFE Lawrence County celebrated Senior Citizens Day with a photo booth, games and other activities.



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