

The TOWNE HOUSE Retirement Community

A BHI SENIOR LIVING COMMUNITY

2209 Saint Joe Center Road
Fort Wayne, IN 46825
(260) 483-3116

www.townehouse.org



ACCREDITED BY THE NATIONAL CONTINUING CARE ACCREDITATION COMMISSION

THE TOWNE CRIER OCTOBER 2020



All at once, Summer collapsed into fall. Oscar Wilde

The change in weather brings the excitement of a new season along with desires to grab our sweaters and spend time enjoying the beautiful outdoors. We start October with a trip to Orchard Hills Farms in Kendallville. Since 1969, this family-owned business has been producing multiple varieties of apples. You will want to try your hand at apple crisp after spending the afternoon here.

Lake life anyone? On October 13, The Towne House bus will travel to Syracuse, Indiana for an overnight trip on the shores of Lake Wawasee at The Oakwood Resort. Enjoy good food, good company, sunsets, and more in this beautifully appointed resort on Lake Wawasee. At the end of the month, you will also notice an additional trip—a *mystery* trip is slated to occur on the 27th. October is full of mystery. Happy Halloween everyone!

October would not be complete without the addition of music. Heartland Sings will be here on October 16 to entertain us. More is more with music, and we will entertain you again on October 21 with a rousing musical performance featuring sounds from the Roaring 20s. All of this and more, coming in October! For details on any of our programs, trips, or entertainment, please see Ann Marie, Program Director.



HAVE A SAFE AND **EXCITING** MONTH, Sarah and Lori

Retirement Center Special Events

TUESDAY, OCT. 6 @ 1:00PM (HR/FL) 
ORCHARD HILL FARMS \$



Take a trip to Kendallville, to the Meyer family farm which has been in business for 51 years. We will board a one-step-up wagon, to ride around the orchard learning about the different species of

apples and the grafting process. Then, inside the barn, we view the process of preparing the apples for customer sales.

\$3.00 Tour Fee

TUESDAY, OCT. 13 @ 2:00PM (HR/FL) 
**OVERNIGHT AT OAKWOOD RESORT
LAKE WAWASEE, SYRACUSE, IN. \$\$\$**



Located on the edge of Lake Wawasee, Indiana's largest natural lake, this luxurious resort features unmatched sunset views of the

Lake. We will dine at the resort restaurant, Pier & Back Porch. You may also want to indulge yourself at their Oakwood Coffee & Creamery. Starbucks™ Refreshers®, along with coffees, teas, espressos, cappuccinos, Frappuccino's, ice cream and scones are for purchase. See Ann Marie (8010) for details!

Sign up by Friday, Oct. 2. Room cost is \$120.00 with check payable to The Towne House. Dinner and all other expenses are yours.

*Titles marked with a pencil have sign-up sheets in the Towne Hall.
Limited seating on the bus.
Limited seating in the Towne Hall*

TUESDAY, OCT. 20 @ 12:00PM (HR/FL) 
HOPPY GNOME BREWERY LUNCH \$\$



You will enjoy lunch with the Brewmaster who will educate you on craft beer and the history of this brewery.

He will also provide samples of their three finest craft beers. Bring your taste for beer and money for lunch.

TUESDAY, OCT. 27 @ 10:00AM (HR/FL) 
MYSTERY BUS TRIP \$\$



All aboard! we have surprises in store for you on this Mystery Bus Trip! Bring your anticipation and money for lunch as we meander the countryside to a few different destinations! This will be a fun day trip!

OCTOBER MUSICAL PERFORMANCES

SAT. OCT. 3 @ 1:00PM TH
CELEBRATION STRING QUARTET

FRI. OCT. 16 @ 7:00PM TH
HEARTLAND SINGS SONGS OF WAR

WED. OCT. 21 @ 2:15 TH
DAVID BLACKWELL AND MARLENE LOBSIGER

SAT. OCT. 24 @ 1:00PM TH
A CAPPELLA SINGERS

FRI. OCTOBER 30 @ 7:00PM TH
ROBERT NANCE AND MARTYNA BLEKE



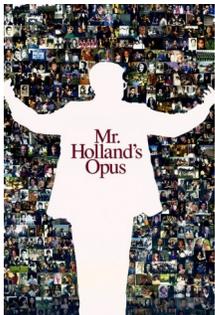
Photo Gallery



Movie Theater Schedule

The following movies will be shown on Saturdays at 2:00PM on CH92

SATURDAY, OCTOBER 3



Mr. Holland's Opus
PG 1995 Drama/Musical
2h 23m

Composer Glenn Holland (Richard Dreyfuss) believes that he'll eventually write a transcendent piece of music, but in the meantime he's taken a job at an Oregon high school.

Though at first the job frustrates him, and his unconventional methods often draw the ire of the straight-laced vice principal (W.H. Macy), Mr. Holland grows to love his students as the "temporary" position stretches into a decades-long career; and, in the end, they reveal just how much they love him back.

SATURDAY, OCTOBER 10



It Happened in Brooklyn
1947 Musical/Comedy music
1h 44m

After returning home from the war, soldier Danny Miller (Frank Sinatra) heads straight to his old stomping grounds in Brooklyn, N.Y. He's determined to attain success as a singer and help his friends reach

their own dreams along the way. Danny moves in with old chum Nick Lombardi (Jimmy Durante) and falls head-over-heels in love with schoolteacher Anne Fielding (Kathryn Grayson). But will an upper-crust acquaintance (Peter Lawford) wreck his new romance?

SATURDAY, OCTOBER 17



Wish You Well
2013 Drama/Family
1h 49m

With help from a lawyer (Josh Lucas), a great-grandmother (Ellen Burstyn) fights to prevent a coal company from taking her land.

SATURDAY, OCTOBER 24



Secretariat
PG 2010 Sport/Drama
2h 3m

Despite her lack of experience, housewife and mother Penny Chenery (Diane Lane) agrees to take over management of the family Thoroughbred farm after her father (Scott Glenn) becomes ill.

Successfully navigating her way through the male-dominated world of horse racing, Chenery, together with veteran trainer Lucien Laurin (John Malkovich), fosters a gifted colt that ultimately crosses the finish line into history as the Triple Crown winner in 1973.

SATURDAY, OCTOBER 31



Guys and Dolls
Musical/Romance
2h 32m

Gambler Nathan Detroit (Frank Sinatra) has few options for the location of his big craps game. Needing \$1,000 to pay a garage owner to host the game, Nathan bets Sky Masterson

(Marlon Brando) that Sky cannot get virtuous Sarah Brown (Jean Simmons) out on a date. Despite some resistance, Sky negotiates a date with her in exchange for bringing people into her mission. Meanwhile, Nathan's longtime fiancée, Adelaide (Vivian Blaine), wants him to go legit and marry her.



This Era of Worry

Chaplain Douglas Vogel
dvogel@townehouse.org

One place a person can find wisdom in the world is the COMICS section of any newspaper.

One of our residents recently shared with me her discovery of a pertinent one by Stephan Pastis entitled, *"Pearls Before Swine."* The comic featured a dialogue between good natured Pig and intelligent Goat on the subject of worry.

"Are you worried about being able to pay your rent?" asked Goat.

"What day is today?" asked Pig.

"Sunday," said Goat.

Then Pig went on a tangent.

"Sundays I worry about getting the virus."

"Mondays I worry about the economy failing."

"Tuesdays I worry about racism."

"Wednesdays I worry about the planet."

"Thursdays I worry about losing my healthcare."

"And Fridays I just started saving for murder hornets, those giant hornets that are coming to kill us all."

"O wait, Saturdays I worry about losing my job. So sure, I can fit that in Saturday."

"Quite the era," Goat responded.

To which Pig replied,

"My worry schedule's packed."

For some, it's easy to feel like Pig.

Finding something to worry about is easy. For most of us in today's world that might include one or more of the following: the escalating pandemic, one's declining health (or someone we know), fires out west, or flooding down south. It could be loss of employment, lack of money, abundance of bills, tension of social unrest, instability of government, pain of the past, or uncertainty of the future. It could be the threat of a foreign nation, or the risk of a vaccine not working. It could be the fear of death or the fear of *after* death. What is a person to do?

Interestingly, the origin of the English word *worry* goes back to 1300 CE, and meant "to slay, kill or injure by biting and shaking the throat (as a dog or wolf does)." Over time, it came to mean "to strangle," "to turn or bend," "to harass, annoy or bother," and "to feel anxiety or mental trouble."

The idea of worry even goes back to Biblical times. (Yes, worry has been around for a long time.) The Greek word *merimna* translates "to have care, anxiety, and worry"; its root meant "to divide or to separate." This means *merimna* represents a mental

state or condition in which someone is occupied with or is dwelling upon something.

The word was used positively and negatively. In the positive sense, it meant the idea of *focused care*. This is the essence of compassion or loving someone. By contrast, the negative sense conveys the idea of an unwanted, unhealthy distraction. Obviously, both are present in everyday life. The worry that Pig was concerned about was the bad one called "anxiety."

That is what Jesus refers to as "the anxieties of life" (Luke 21:34) and "the worries of this life" (Mark 4:15). In the Sermon on the Mount, he admonishes followers, *"Do not worry about your life, what you will eat or drink; or about your body, what you will wear...Who of you by worrying can add a single hour to his life?"* (Matthew 6:25-34)

St. Paul's blunt advice regarding worry? *"Do not be anxious about anything"* (Phil. 4:6). In other words, don't do it! Don't waste time on it! I know, easier said than done. **SO HOW DO WE NOT WORRY?**

[1] When the apostle Peter writes, *"Cast all your anxiety on him [Jesus] because he cares for you,"* he means that Jesus is perfectly present, he cares for us, and he knows everything, including our darkest moments. He has our back.

[2] When the apostle Paul writes, *"Do not be anxious about anything..."* he goes on to say, *"...but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus"* (Phil. 4:6-7). This means as we give our worries to the Lord, he replaces it with his peace. Great deal, I say.

[3] Likewise, when Jesus says don't worry about life, he goes on to command us to replace it with a meaningful life: *"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own"* (Matt. 6:25-34).

So no matter what, let's make sure our daily walk with Christ involves this mindful steadfastness, which will safely guide each of us through this era of worry to a place of peace and quiet.

"An anxious heart weighs a man down, but a kind word cheers him up." ~Proverbs 12:25



OCTOBER BIRTHDAYS

EMPLOYEE CHRISTMAS FUND

Can You Believe It ?

It's already October and your Christmas Fund Committee will be meeting to start making plans for this year.

As a reminder, The Towne House has a policy of no tipping throughout the year. Instead, at Christmas-time, we have the opportunity to say "Thank You" to our staff with a one-time contribution to the Christmas Fund. These funds will normally be allocated and given to the staff at a joyful Christmas party. This year has been a challenge for all of us. The Covid virus has impacted all our lives. Activities have been cancelled, programs have been postponed, church services have been held on Channel 92, the Salon has been closed, games have come to a halt.

However, through all of this, our staff, both those seen and unseen have been working diligently to be sure we are cared for and cared about. Maybe we haven't gone to The Carriage Room or the Cafe for meals, but the dietary staff and servers have worked hard to prepare and bring meals to our apartments! Maybe we haven't been able to have activities, but the activities have come to us...coffee, ice cream treats, wine and cheese, games, crafts, and so much more.

The nursing staff has worked hard administering Covid testing as well as continuing their normal duties. The housekeepers have kept our apartments and the building clean and welcoming. The maintenance staff has continued keeping our building and grounds in good condition. The newspaper and the mail carriers were not able to come into the building, but the paper and the mail came every day to our doors.

So, please keep all this in mind as you consider your gift this year. Your generosity will be SO much appreciated.



MARTHA BREITWIESER	01
RUBY MERTZ	01
JEANNE MILLER	04
VIRGINIA COATS	06
KATIE SCHWARTZ	06
TOM WOLFRUM	09
EDITH PHILLIPS	10
DANA GURNEY	11
DOTTIE BASSETT	12
HANS MEHR	12
HERB WEIER	13
ANN SILLETTO	14
DONNA CAMBENSY	15
MARY SPIROU	16
ANITA DUNLAVY	18
ART BRICKMAN	21
BETTY MARTIN	23
EDWIN BOKNECHT	25
C.R. HEWES	25
DONALD GRABER	26

Health Center/Towne Square/Harbour

GRIFFIN MARTIN	10
IDA MAE RICKETTS	19
JOAN SHEETS	19



Health & Rehab Happenings

October Happenings

Fridays @ 2:00PM Treat Carts

Every other Friday in October, we will have some sort of sweets cart that will go room to room to offer treats to those who want them!

Thursday October 8 @ 10:00AM Autumn Drive OUT

We will take our monthly trip out to go view some beautiful fall foliage and drive around the Fort Wayne area before returning for lunch.

****No Trick-or-Treat Event****

There will be no Staff and Resident Trick or Treat event this year due to necessary precautions for Covid-19. We will likely be doing treat bags and other different things to mark the holiday. Residents, watch for announcements and fliers for more details.



Pictured left: the August birthday cart, which went room to room delivering cupcakes and cards to those with birthdays in August!

IMPORTANT INFORMATION

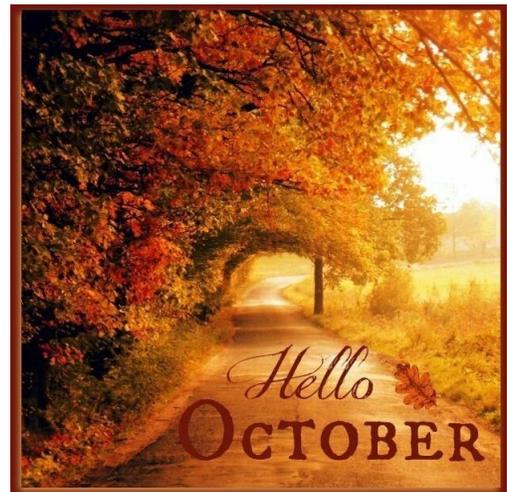
****Remember****

As we get in to autumn and the weather starts to get colder, it will become even more important to stay active, stay healthy, and remember to follow the guidelines for infection control and preventing the spread of illness.

Stay Safe!

There are a number of things that you can do to help yourself and your neighbors stay safe.

- ◆ Practice good hand hygiene—Wash your hands frequently with soap and water, scrubbing for at least 20 seconds. When hand washing is unavailable, use an alcohol-based hand sanitizer making sure your hands are thoroughly covered.
- ◆ Even when not in group activities, practice good social distancing with 6 feet of space between you and the next person.
- ◆ Wear your mask when you will be in close proximity to or interacting with others. Even if you are 6 feet away or outdoors, you should still wear your mask.





Rehab News

OCTOBER 2020

Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

Knee Pain

The knee joint is the largest and most complex joint in the body. Enduring a significant amount of stress, the knee acts as a support system for our body when sitting, walking, running, and climbing. The number of moving parts in the knee that makes it so useful also causes it to be vulnerable to injury.

Knee pain is a common complaint that affects people of all ages. Simple wear and tear and years of walking can cause the knee joint to weaken and become susceptible to inflammation. While we can't go back and reverse the damage, there are lifestyle changes you can do now to lessen the stress.

Maintain a healthy weight. Remember that every extra pound adds more strain on your joints and increases your risk of injury and osteoarthritis.

Keep moving. Exercise is a great way to alleviate knee pain. Low impact exercises such as walking, yoga, and swimming can help your knees without further damaging the joint.

Increase your strength. Strength training to build up the muscles in the hip and around the knee joint can help provide support to your knee.

How Can Therapy Help?

A Physical Therapist can help you to reduce pain while increasing strength and flexibility to help your body feel and move better. You will learn what exercises can help your knees without further damaging your joints.

An Occupational Therapist can help you to reduce strain on your joints during daily activities. You will learn methods to relieve discomfort and improve performance through various physical techniques and activity modifications.

If pain is limiting your ability to perform normal daily activities or participate in activities you enjoy, ask your doctor if Physical or Occupational Therapy is right for you.

Sources:
www.mayoclinic.org and www.health.harvard.edu

News from the Executive Director

Dear Residents,

I am in the process of finishing our community operating budget for 2021. The goals in meeting occupancy levels in each building will still be a challenge especially in the midst of the pandemic. The closures certainly add a level of frustration for our sales, marketing, and environmental services teams. By the middle of October, my work should be complete and submitted for review. I will make sure I share the details with you once the budget is approved.

Prairie Landing, our neighborhood on Illinois road, is coming along nicely. The construction has begun on the clubhouse as well as the model homes. Our sales team will set up their workspace in one of the model homes once it is complete. They had a successful trip to Indianapolis with a group of prospects to view the already finished homes on the Hoosier Village campus. They were able to view those homes and get questions answered about how they will look in Fort Wayne. Some of the homes are sold, and our sales team is hopeful that the rest will move fairly quickly!

The coronavirus has made its presence known on our campus twice to date. In both cases, a small group of residents and one employee were affected. All cases with the exception of our first case have been asymptomatic. Our team of staff and consultants have been focused on ensuring testing is completed as well as the safe and appropriate practice of infection control measures such as wearing masks, sanitizing hands, keeping social distance, and wearing other personal protective equipment when necessary.

Flu season is upon us as well. Our nursing team has scheduled the flu clinic date to occur early in the season to be on the front end of virus to hopefully prevent it from infecting our campus significantly. Much of what we are currently practicing with the coronavirus will protect us all from the flu too! Safe practices, and immunization is recommended. Immunization against the flu is offered for all residents and staff.

For those who are not yet aware, I was married in September; therefore, my last name has changed. You will see letters, literature, or other communications from me signed with my married name "Riegling." It was a beautiful ceremony!

Enjoy this autumn season,
Amy Riegling
Executive Director

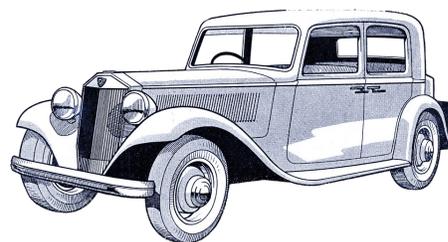


News from the Billing Office

Dear Residents,

I hope you all are doing well. We have a few garage spaces as well as carports spaces available for rent. If you are interested in renting, one please contact me at Ext. 8015 for more information.

Sincerely,
Rachel Simonis
Billing Specialist



New Residents



FayJean Royce recently joined The Towne House Retirement Community in Apartment 307H. FayJean was born in San Antonio, Texas; raised her family in Little Rock, Arkansas; and lived in a small town in Virginia prior to moving to The Towne House.

During her formative years, she attended various colleges which provided the education and training to work in many interesting and challenging jobs, the most fascinating as an election examiner for the National Labor Relations Board.

As FayJean has traveled the world, she considers herself a “Collector of Ancient Cities” as she has visited many of them. After attending a class at the School for Public Service in Little Rock, AR, she was inspired to engage with people in a creative way. Don’t be surprised if at a future time you are a recipient of one of her “Happy Faces.”

FayJean’s family consists of four children, fourteen grandchildren, and two great-grandchildren. One daughter lives here in Fort Wayne.

Since FayJean’s move coincided with the COVID-19 Pandemic issues, she is looking forward to meeting her Towne House neighbors and participating in a variety of programs.



Donald Graber recently became a Towne House neighbor in Apartment 241S. Don is originally from Loogootee, Indiana. Born into an Amish family, he was the second oldest of 15 children! He converted to Mennonite at age 8 and eventually moved to Fort Wayne when he married his wife (an only child) in 1959.

Don was a self-employed cement contractor, owning Graber & Graber Cement for 35 years, until he retired and sold the business to his son-in-law. He has enjoyed going on Caribbean cruises, and visiting the Germanic countries and Alaska. He still owns a home in Sarasota, Florida which he loves. Fishing and boating are two of his favorite activities.

The Graber family includes his three daughters Kimberly Wilson, Kelley Graber, and Michelle Groves. Don also has seven grandchildren and one great-grandchild with a second due in November. He is most proud of the accomplishments of his family.

Don was a very active member and elder at North Christian Church until it closed and is now a member at Taylor Chapel.

Photo Gallery



The Towne House Retirement Community
2209 Saint Joe Center Road
Fort Wayne, IN 46825

Nonprofit organization
U.S. Postage
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Fort Wayne, Indiana
Permit No. 1941

The mission of The Towne House Retirement Community is to enhance the quality of life for older adults within a secure environment which supports their needs, values, interests, and independence while encouraging personal and spiritual development.

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The **TOWNE HOUSE**
Retirement Community

A BHI SENIOR LIVING COMMUNITY

To receive The Towne Crier sent by email, notify Sarah Horacek at shoracek@townehouse.org

Escorting services are included throughout the community to meet the needs of the residents. Contact the Assisted Living Coordinator by calling Abby Terwiel at 8050.

Key Contact Extensions

Executive Director: Amy Riegling—8000
Assistant Executive Director: Mark Price—7014
Marketing Director: Sarah Horacek—7000
Sales Director: Lori Peare—8021
Billing Specialist: Rachel Simonis—8015
Environmental Service Director: Dan Forbing—8005
Executive Housekeeper: Anna Dale—8004
Maintenance Director: Jeff Schiek—8003
Transportation: Janet Niedermeyer—8013
Dining Services Director: Lea Klug—8007
Retirement Center Café—5345
Health Center Dining Room—6340
Director of Nursing: Suzanne Brady—8019
Assisted Living Coordinator: Abby Terwiel—8050
Retirement Center Nurses Station:—260-715-7809
Chaplain/ RC Social Services: Doug Vogel—8012
HC Social Services: Cathy Schiek—7001
Therapy/Rehabilitation: Josh Beaman—7003
Wellness Director: Natalie Fish—7088
RC Program Director: Ann Marie Sordelet—8010
HC Program/Volunteering: Jessica Barcus—7002
Beauty Salons: RC—8011, HC—7011
RC Front Desk—4000, HC Front Desk—7004