



# Pinecrest Press



Volume 10 Issue 2

March/April 2016

## **Reflections from the Desk of Fero Labash, CEO**

Since 1893, Pinecrest Community has been providing seniors high quality residential and health services as expressions of Christian ideals and values. We began our work because

there was a great need in the communities of northern Illinois to care for widows and orphans. We continue that work because, over the last 118 years, the need has grown exponentially.

The small home with 19 rooms started by the Church of the Brethren to care for widows and orphans in the nineteenth century has grown into an active community of nearly 200 residents and nearly as many staff. Though our mission and ministry is to provide quality residential and health services for seniors, Pinecrest staff and residents alike are actively giving back to the communities in which we live and work.

While Pinecrest has been serving our community since our very creation, we may not always talk about the many ways we serve so as not to boast. In today's society where some take advantage of not-for-profit status, however, we must set aside this modesty and give an account of our impact on the community. For this reason, Pinecrest recently created our very first Social Accountability Report.

In this report, we share stories and give accounts of the many ways Pinecrest contributes to northern Illinois. The report documents the thousands of hours donated both to Pinecrest by volunteers and to the community by staff on behalf of Pinecrest.

Although Pinecrest is tax exempt in some areas of our operations, Pinecrest's Social Accountability Report outlines the property taxes and surcharges we pay which help support our local school district, the Village of Mt. Morris, its library, fire district and park district, Ogle County, and other special districts. In addition, the Social Accountability Report details the financial impact Pinecrest has on our community as the largest

employer in a village that has been devastated by major job loss due to the closing of a large printing plant and the relocation of other companies to urban areas or other states.

Pinecrest's Social Accountability Report lists the numerous faith-based and community not-for-profit organizations we support through the free use of our facilities, through fundraising events and through staff time serving on boards and committees of other organizations. Pinecrest's collaboration with several institutions of higher education to provide educational opportunities in the medical field are highlighted, and the impact of programs we've designed and implemented to help address the health of seniors is discussed.

Copies of Pinecrest's 2016 Social Accountability Report were distributed to:

- Mt. Morris Village Hall
- Area Hospitals
- Mt. Morris Library
- Mt. Morris churches
- Mt. Morris Senior Center
- Physicians credentialed at Pinecrest
- Church of the Brethren – IL/WI District Churches
- Pinecrest Board
- Various locations around Pinecrest's Campus
- Pinecrest Website/Blog/Facebook Page

We will feature selected sections of the Social Accountability Report in this and upcoming newsletters.

If you are interested in receiving a copy of the full report, please contact Amy at 815-734-4103 or email [asikyta@pinecrestcommunity.org](mailto:asikyta@pinecrestcommunity.org). We would be happy to mail or email a copy of the report to you.

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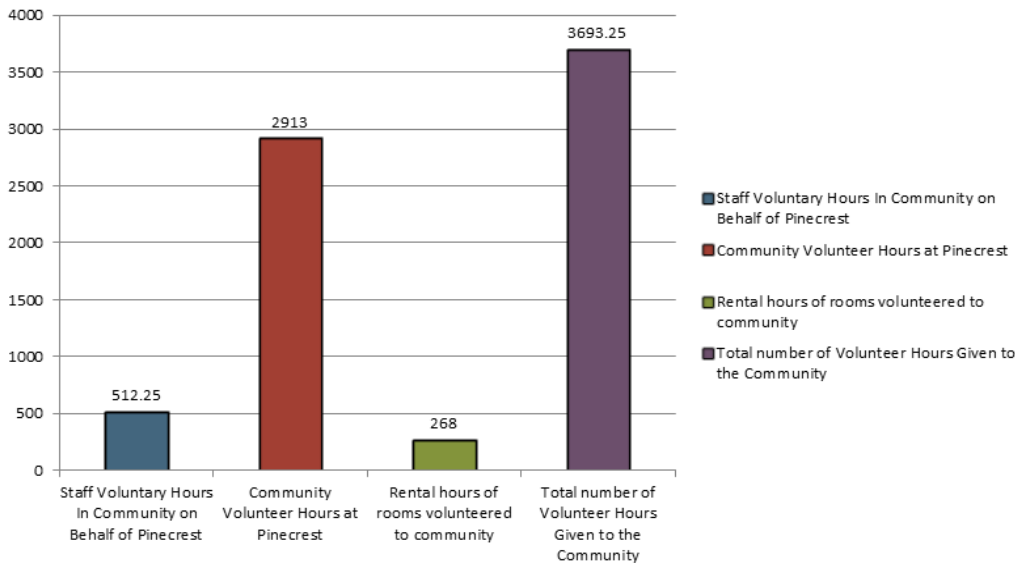
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As a not-for-profit organization, we're charged with contributing to society, being accountable to our community and those we serve, and showing through words and deeds that we deserve the trust placed in us. Pinecrest's Social Accountability Report was creat-

ed to share with you the often quiet work that Pinecrest does each and every day to benefit and improve our community. As we work to make a positive impact on the lives of seniors, we hope you will agree that we have become a valuable asset in the communities we serve.

## An Excerpt from the 2015 Social Accountability Report

### 2015 Volunteerism at Pinecrest



With regard to elders who volunteer, a growing body of studies shows they gain health benefits that go beyond a sense of purpose. Research has established a strong relationship between volunteering and health.

Those who volunteer have lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer. Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face

**Volunteerism** — Volunteering helps build a safer, stronger, more cohesive community, and increases the social network between communities and neighborhood, as well as providing a solid outlet for people who want more out of life. Pinecrest offers a wealth of volunteer opportunities from the fun to the more serious, from office work to gardening, from tutoring to music.

In large ways and small, the community around Pinecrest and members of the Pinecrest staff make volunteerism a regular part of their daily lives.

The value of Pinecrest Community's volunteers— those on our staff who volunteer in the community, and those in the community who volunteer at Pinecrest — are an enormous value. For staff members, volunteering individually or as a group leads to bonding and the pride that comes in giving of yourself for the greater good. Pinecrest staff members often volunteer in small groups, which builds confidence between the staff members and within the community. Pinecrest staff members care about the people in their surrounding communities, and it shows.

higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing. According to a multitude of studies, here is a partial list of the benefits volunteers enjoy:

- Longer life spans
- Decrease in mental health issues
- Decrease in depression
- Reduction in chronic pain intensity
- Increased socialization
- Decreased isolation
- Greater sense of purpose in life
- Stress relief
- Sense of fulfillment and well-being
- Opportunity to make new friends
- Opportunities to bond and build bridges
- Increase in professional experience
- Sense of having strengthened the community and workplace
- Civic engagement satisfaction



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## Staff Get Silly for Seuss

**P**inecrest Manor residents celebrated Dr. Seuss' birthday on March 2.

Activity Coordinator Trisha Crumley, pictured at right, read stories and passed out red and blue fish-shaped cookies in ode to the famous children's book, "One Fish, Two Fish, Red Fish, Blue Fish."

Residents wishing to receive a keepsake photo posed with Cat in The Hat props provided by Janell Miller, Director of Activities.

Pastor Rodney Caldwell, pictured at right, popped in to have his photo taken and read some classic Dr. Seuss stories to the residents.

The familiar stories were a wonderful trip down memory lane!



## Fundraiser Brightens Residents' Day!

**T**he annual Valentine's Day balloon fundraiser raised just over \$853 for the United Way, a Pinecrest partner.

Many family members and staff purchased balloons to show their loved ones they care and to support a great cause.

Residents enjoyed the gourmet

cookie included with each balloon bouquet.

Thank you to the staff and volunteers who spent HOURS blowing up balloons, attaching gift tags and cookies, and delivering the bouquets to the Grove, Village, Terrace, and Manor residents!





## What's Happening at the Village?

The annual cabin fever party was held Friday, March 4, and this year the Village was filled with many buccaneers enjoying the pirate-themed event. Pictured top right are residents Lois Steffan and Carol Hachmeister; bottom right, resident Donna McInay.

Although the cabin fever party only happens once a year, opportunities for fun and activities are plentiful.

Village residents enjoy bingo, card games, musical entertainment, exercise classes, and day trips.

Looking for something slower paced? Join a friend in the library for puzzle building, a friendly chat and a cup of coffee at afternoon coffee time, or munch on freshly popped popcorn

while watching a movie in the multi-purpose room.

Liliana Hammer, Manager/Services and Activity Coordinator for the Village, is always coordinating activities and loves to plan new things! Since she started her position, Liliana has implemented a weekly local shopping shuttle (in addition to the existing monthly shuttle), chair chi exercise classes (in addition to the regular chair exercises), and monthly birthday parties.

Always looking for new and fun things to try and places to see, Liliana is open to suggestions for trips and activities.

If you have an idea you would like to share, contact her at 815-734-4103 or [lhammer@pinecrestcommunity.org](mailto:lhammer@pinecrestcommunity.org).



## Long-Term Care Insurance

Long-term care insurance not only protects you if the need arises, it also protects your family as they will not need to worry about how they will provide the care you need.

Many painstakingly plan and save for their retirement only to see their funds depleted more quickly than anticipated because of an unexpected diagnosis or need for care. According to the website [longtermcare.gov](http://longtermcare.gov), 70% of people turning 65 can expect to need some long-term care during their lives and even though 30% of those 65 and older may never need long-term care, 20% will need it longer than 5 years.

### ***Below are some average costs genworth.com lists in its 2015 cost of care overview***

- \$80,300 annually for a semi-private room
- \$91,250 annually for a private room
- \$44,616 annually for a home healthcare aide
- \$17,904 annually for services in an adult day health care center

Would you be able to financially survive after paying these costs directly out of pocket? These costs can be

eye-opening, especially when 20% will need long-term care for more than 5 years.

There are several types of policies for long-term care. There are policies just for long-term care, policies which combine life insurance and long-term care coverage, and those that combine annuities and long-term care. Any one of these could help ensure you receive the level of care needed.

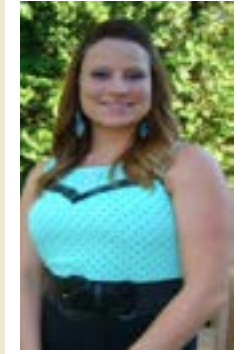
A new year often brings new resolutions. This year consider a resolution to benefit you and your loved ones! If you have never heard of long-term care insurance or have been putting off researching it, now is a great time to look into it.

Since long-term care insurance is different from traditional health insurance, it is best to do research on the policy that would best fit your needs. The cost is based on several factors, including your age when you purchase the policy, the maximum the policy will pay per day, the maximum number of days/years the policy will pay, and any other optional benefits you may choose.

Ask your insurance agent or financial advisor, or visit [longtermcare.gov](http://longtermcare.gov) for more information on determining a plan that is right for you.



## What's Happening at The Grove Community Center by June Jacobs, Manager/Services & Activity Coordinator



Pinecrest Grove Community Center began hosting the local "First Friday" event in February; and so far has hosted two of these family friendly evenings of music. This event showcases local musical talents, and all are welcome to participate. The reception from the community has been phenomenal!

To accommodate such great turnouts, the organizing group decided to move the start time up to 6 pm.

Musicians are welcome to come at 5:30 p.m. to sign up for a time slot to perform a mini set. If you would be interested in attending this open mic opportunity, mark your calendar for the first Friday of next month and stop by the Community Center!

On another note, Yoga classes have begun on Thursday evenings from 6-7 p.m. Classes are being taught by Jen Newendyke. The current session runs through April. Not sure if you will like it? No worries, just drop in and pay for one class to give it a trial run. You can view Jen's website or contact her directly with more questions at [www.practiceyogawithjen.com](http://www.practiceyogawithjen.com).

cians who perform at community events, retirement centers, and churches. They are noted for their rousing marches and inspirational music.

Located in Rockford, Ill., this band was organized in 1985 by Fred M. Hubbell as a part of an effort to encourage the performance of concert music within the church and community. The band is independent of any religious affiliation. For more information, visit their website at [RCFBand.org](http://RCFBand.org).

Their performances are free-of-charge and all are welcome to attend.

Auditions for PAG's June performance were held on March 9 and 10.

The Performing Arts Guild summer production will be "The Big 5-OH". The cast consists of 3 men and 4 women. "The Big Five-OH" is a hilarious, sometimes touching, account of a grown man coming to terms with his age, his relationship with his son, and his future. It is the story of a middle-aged man finally growing up.

For more information, please contact show Director David Sheely at (719) 740-6162. The show is scheduled for June 10,

11, 12, 17, 18, and 19.

Like the Grove on facebook to keep informed of all of the wonderful activities! There is always something fun at the Grove, we hope you can join us!



The Rockford Christian Fellowship Band "A Concert Band With a Christian Ministry," will perform in the auditorium on Sunday, April 10, at 4 p.m. Pictured above, this band consists of dedicated Christian musi-

### Resident Writes Memoirs

Manor resident Mary Ecker, 99, has recently released a book of memoirs about her first 19 years of life and growing up in China with her Missionary parents, twin brother, and two older brothers.

Everyone at Pinecrest is very excited about her book, ***Child of Two Coun-***

***tries: My China Legacy***, and many have already ordered copies for their reading pleasure.

Mary's book was written with help from her daughter, Sarah Marquis, and can be found for sale online at [amazon.com](http://amazon.com).

A large print version of the book is also available.





## Report from Diana Verhulst, Director of Advancement

*"Money to some extent sometimes lets you be in more interesting environments. But it can't change how many people love you or how healthy you are."*

Warren Buffett

I've been behind on one of the many wonderful opportunities I have working at Pinecrest — sales of charitable gift annuities.

For some time now, my phone hasn't rung with anyone interested in purchasing one, so I thought I'd take the time to share what I know, hoping someone may be thinking about how to invest funds that used to earn higher interest back in the days when savings accounts paid 5%. A charitable gift annuity can do that for you.

### What is a Pinecrest charitable gift annuity?

A gift annuity is a contract under which a charity, in return for a transfer of cash or other property, agrees to pay a fixed sum of money for a period of time. A person who receives payments is called an "annuitant" or "beneficiary".

The contributed property becomes part of the charity's assets, and the payments are a general obligation of the charity. The annuity is backed by all of the charity's assets, not just by the property contributed.

Reasons a Charitable Gift Annuity may be attractive to you:

- Higher interest than a standard certificate of deposit
- Guaranteed income for life
- Partly tax-free income
- Lowers income taxes
- Reduces capital-gain tax
- Supplements retirement income
- Avoids management responsibilities
- No up-front costs
- Provides support of your charity's mission services

### Some points to consider:

You (the annuitant) receive your payments as long as you live, even if your payments **exceed** the annuitant's investment in the long run.

If a residual amount remains at the annuitant's death, the charity (in our case, Pinecrest) becomes the beneficiary. A portion of the charitable gift annuity is tax-free.

Gift annuities can be created for as little as \$1,000. Typically, the amounts invested are higher, though. Rates vary depending on your age. The older you are, the higher your rate.

Let me help you with your questions. Call me at 815-734-4103—Diana

## Century 2 Club Luncheon to be Held Thursday, April 28

The Century 2 Club consists of donors who have either indicated Pinecrest in their estate planning, invested in a Pinecrest gift annuity, or donated \$10,000 or more to Pinecrest in their lifetime.

This group of donors is honored every spring with a luncheon at the Grove Community Center.

This year's luncheon is scheduled for Thursday, April 28, at 11:30 a.m. and will feature harpist Mary Ley, who was suddenly unable to perform last year due to an unforeseen injury. We are excited to hear the beautiful music Mary will make!

Pinecrest understands busy weekday schedules; there-

fore the luncheon is limited to about one-and-one-half hours.



Invitations have been mailed for the luncheon and responses are requested by April 21.

If you believe you should have received an invitation and did not, contact Amy Sikyta at 815-734-4103.

If you have indicated Pinecrest in your estate planning, please let us know as we would like to include you in the club and would love to honor you at this luncheon. We want to thank you! No detailed information on your estate planning wishes will be required, we just need to be informed you have indicated Pinecrest as a beneficiary.



## **FORE!**

**I**t's that time again! The annual Good Samaritan Golf Play Day.

Join us Friday, May 20, at Sunset Golf Club in Mt. Morris for an 18-hole scramble and a day full of fun! The event starts with registration as early as 10 a.m., lunch at 11 a.m., and tee-off at 11:45 a.m. Bring a foursome or come alone and meet some new friends!

Registration is \$60 per person and sponsorship opportunities are available. All participants will receive a door prize and a chance at \$1,000 at the hole-in-one contest sponsored by Williams-Manny insurance. There will also be raffles and a 50/50 drawing.

To register or sponsor, or if you have any questions, contact Amy at [asikyta@pinecrestcommunity.org](mailto:asikyta@pinecrestcommunity.org) or call 815-734-4103.



## **Quilt Raffle**

**T**hank you, Pinecrest supporters Julie Robinson and Carol Bellows who created a beautiful quilt to be auctioned off in support of the Color Me a Memory program.

This quilt was pieced by Julie and quilted by Carol. It features beautiful multi-colored thread which shows the intricate heart pattern on the white back side.

The quilt will be on display in the front office. Ticket sales will begin April 1 and be available for purchase at all Pinecrest events. Tickets are \$2 each or 3 for \$5. The drawing will be held October 24 and the winner will be notified. If you would like to purchase a ticket, you may do so in the front office or call Amy at 815-734-4103.

Pictured at left with the quilt is Michelle Brown, Terrace Unit Coordinator; and Megan Foley, CNA. Both have been very active in the Color Me a Memory program since inception and will be speaking about the program at the LeadingAge Illinois annual meeting and exposition in April.



## **Wishes Are Beginning to Be Granted!**

**T**he 2016 Wish Lists have been mailed, and Pinecrest is grateful to have received such a positive response so far.

Several items have been purchased, and others have received partial funds towards their purchase.

These items are things Pinecrest's department heads have found a need for but are not in our normal operating budget.

If you are considering donating to Pinecrest and wish to purchase something on our list, please remember to indicate which item you would like to purchase. If that item has already been purchased, your gift will go towards another item on the list.

A copy of the list can be found online at [pinecrestcommunity.org](http://pinecrestcommunity.org). If you have any questions or would like a copy of the list, contact Amy at 815-734-4103 or [asikyta@pinecrestcommunity.org](mailto:asikyta@pinecrestcommunity.org).

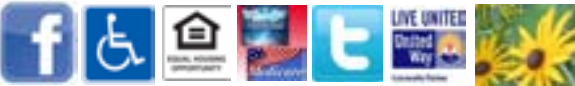




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**Our Mission —**

Pinecrest Community is a not-for-profit continuing care retirement community organized exclusively for charitable and benevolent purposes that:

- ◆ Provides high quality residential and health services as expressions of Christian ideals and values.
- ◆ Invites and welcomes all people, without discrimination.
- ◆ Promotes an active retirement and healthy lifestyle with respect, dignity and security for the whole person.
- ◆ Recognizes a responsibility to work in concert with other providers and the community to improve the quality of life and health services for older adults.

**Pinecrest Press** is published bi-monthly by Pinecrest Community Marketing Department, 414 S. Wesley Ave., Mt. Morris, IL 61054. 815-734-4103. If you have suggestions for articles, you may contact the department directly. See contact information below.

Pinecrest Press would like to “Go Green” in the future. If you would like to join our efforts by receiving this newsletter by email, contact Amy Sikyta: [asikyta@pinecrestcommunity.org](mailto:asikyta@pinecrestcommunity.org).

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