

Directions

A Biannual Newsletter of The Hickman



We bid farewell to Sharpless-Hall

As part of our plans to serve more Elders in West Chester, on June 13th, we began a three-week process to take down Sharpless-Hall and make way for a new, larger building that will include a secure dementia program. This new program will be located on the first floor and the only one of its kind in West Chester.

Construction of the new building is likely to begin sometime this summer. "We are thrilled by the progress represented by the demolition milestone as we prepare to construct a new facility designed to meet the needs for the population we serve today and those we will serve in the future," said Mark Snyder, Chairman of the Board of Directors of The Hickman. "After careful deliberation on how best to address the changing needs of seniors in our community, this new building will offer area residents an updated, enhanced and programmatically appropriate facility for seniors who choose to live in a community setting as well as those who need increased assistance and care."

The new structure, yet to be named, will be a 3-story, gable roof building featuring a secure, first-floor dementia care program with a dedicated outdoor garden. Supportive living and personal care services will be available on the 2nd and 3rd floors. Following a "household model" design, the new building will provide for more

intimate living and opportunities for social interaction. Country kitchens and multiple dining rooms are also planned to offer more choice regarding residents' dining experience.

As construction continues, updates will be sent via Facebook weekly to keep neighbors and area residents informed. For detailed information on what to expect at and near the construction site and to support the project, please visit thehickman.org and "friend" us on Facebook at "The Hickman Friends Senior Community of West Chester". If you would like to receive weekly email updates, please email SFruchtman@thehickman.org.



When you're here, you're home.

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Community Member

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Meet Board Member ANDREA TAYLOR

Andrea Taylor, Ph.D., is the developer of Across Ages, an NREPP evidence-based intergenerational mentoring program. This programs mobilizes older adults (people 50+) as mentors for younger individuals with behavioral health issues. Across Ages has been replicated 90 times and Dr. Taylor offers many lessons for developers who want to replicate mentoring programs. For over 25 years Dr. Taylor was the Director of Training at Temple University's Intergenerational Center. She is currently the President of Taylor Consulting and Woman's Encore.

Living with Dementia 8 Ways to Make a House a Home

Orientating landmarks. Many residences use name plates and showcases attached to the bedroom door that display memorabilia to trigger room identification.

Room layouts. Keep the layout of the person's room simple and intuitive or easy to understand. Avoid cluttering the room with an excessive amount of furniture.

Keep it open. Position the bed with enough space around it to enable bed-making. For some people with dementia, it may be better to have one side of the bed against the wall to prevent falling out.

Furnishings. Room furnishings should remind the person with dementia of his/her former home.

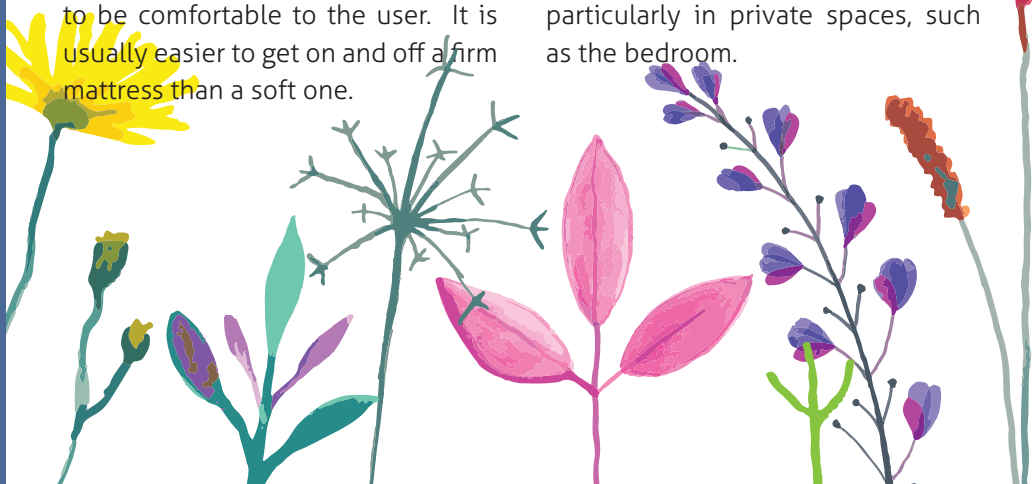
Sleeping soundly. The bed needs to be comfortable to the user. It is usually easier to get on and off a firm mattress than a soft one.

Surface treatments. Keep the surface treatments on the walls, floors and ceilings easy to clean and easy to understand. Busy wallpaper patterns may be distracting and misinterpreted.

Color schemes. Provide color and contrast at each place a task needs to be performed or where someone truly needs to see an item, such as a toilet seat or dinner plate.

Let there be light. An 80-year-old person usually needs three times as much light as a teenager to perform the same function. Provide light by closets, dressers, desk and bedside.

To the extent possible, The new setting should reflect its resident's preferred style or tastes as much as possible. Ethnic and cultural diversity should also be considered, particularly in private spaces, such as the bedroom.



Change, Progress and “Being Quakerly”

By Executive Director Pamela Leland, PhD

It is a time of change at The Hickman ... and not simply because we are tearing down the Sharpless-Hall Building and building a new building here on the Quaker Block.

The changes we face as a community are multiple and both internal and external. Externally we are confronted with the larger demographic and economic trends facing our industry. Today's Elders prefer to live in their own homes for as long as possible. As such they are moving into our community older and more often in immediate need of care and assistance.

A second challenge is one of economics. Often people who approach us do not have the personal financial resources to live in a supportive community – despite their obvious need. Because of the generosity of past and current donors, The Hickman is in a position to support our residents who have depleted their resources (currently 25% of our residents) but we are not currently in a position to subsidize residents when they initially move in. As a society we are not prepared for the increasing costs of care of our Elders.

The third trend is the increasing level of dementia that is being seen in the older population and the lack of sufficient resources for people with dementia and their families.

These external forces have direct impact on us as a community. How do we foster a sense of family and connectedness between and among residents, their families and our staff when residents live with us for shorter periods of time? How do we meet the growing gap between individuals' personal financial resources and the cost of care?

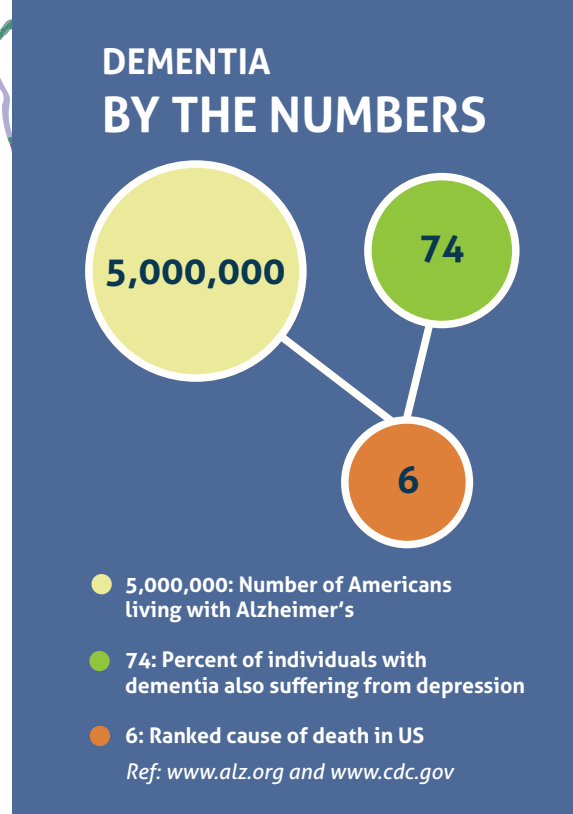
How do we respond to the increasing level of dementia that we see in our residents? How do we support residents as they see their friends living with the consequences of this devastating disease? How do we support families as they observe their parent's or family member's decline? How do we build relationships and sense of community between and among residents amidst a diversity of physical, mental and cognitive abilities?

Responding to these questions – meeting this challenge – will take our minds, our hearts and our collective will. We know that responding effectively is only possible with a larger community, a new building, and more specialized dementia programming. It is an exciting time for us – not because we are getting a new building but because we are building our capacity to meet the needs of today's Elders in a more responsive and financially sustainable manner.

Shortly after I began as The Hickman's executive director and the work on our expansion was gaining ground, we were accused by certain individuals in

various media of being “un-Quakerly.” Tearing down an old building was seen as not honoring our Quaker beliefs and traditions. Our response then—and now—is that bringing new resources to the community, serving new and emerging needs, is wholly compatible with Friends' testimonies of equality, justice and stewardship.

This project honors and extends the work of Friends that began here in West Chester 125 years ago.



Around The House





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 484-760-6300
 www.thehickman.org

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Comments or Questions:

Address to: *The Hickman*, 400 North Walnut Street, West Chester, PA 19380, 484/760-6300, emails to: info@thehickman.org. If you would prefer not to receive future correspondence from us, please email us and we will remove you from our mailing list. Thank you.

Welcome Rodney Sykes!



Rodney Sykes
 Dining Services Coordinator

Rodney Sykes recently joined The Hickman as Dining Services Coordinator. Rodney was born and raised in Philadelphia and has a broad background in food services. He spent the last nine years at Centerstone (former Days Inn) right here in West Chester. Rodney began working at Centerstone as a freshman at West Chester University and spent the last nine years working there and rising through the ranks from Server to Catering Manager. Rodney has two great passions...fine arts and football, and both were nurtured during his years at West Chester University. He was an art major and played football all four years. Although Rodney is not using a paintbrush on canvas to create art, he is still able to express his creativity through the culinary arts. His grandmother introduced him to cooking at an early age and he still considers her baked macaroni and lasagna as some of his favorite foods. Rodney is looking forward most to getting to know the residents and incorporating their ideas into the dining program at The Hickman.

Current Events at the Hickman

July-October 2016

4th of July Cook Out
 Monday, July 4 at 12:30pm

Summer Concert: GoodFoot
 Wednesday, July 13 at 6:30pm
 (Rain date July 14)

**PA Leadership Charter School Presents:
 A Midsummers Night Dream**
 Wednesday, July 27 at 3:00pm

Summer Concert: West Chester Band
 Wednesday, August 10 at 6:30pm
 (Rain date August 11)

Wild West BBQ
 Saturday, August 27 at 12:30pm

Gallery Walk
 Friday, October 7 at 5pm-9pm

For more information about events being held at The Hickman, please call (484) 760-6300. Dates/times are subject to change, and some may require pre-registration.



Our 125 Year History

“A home for friends of limited circumstances, where they might have the comforts which they could not have unaided.”

Photo Courtesy of Chester County Historical Society

The Hickman



Sallie A. Sharpless

A home in the truest sense. The story of the Friends Boarding Home of Concord Quarterly Meeting begins in 1890 with **Sallie A. Sharpless**, wife of William P. Sharpless, who was troubled about an elderly woman in her meeting who was too old and infirm to live alone and who had no family to care for her. She mentioned her feelings to

Lydia H. Hall, another member of the West Chester Preparative Meeting, and they carried their concern to the quarterly meeting which responded favorably.

The first location was a home rented at 445 North Walnut Street and Hannah Sharpless was appointed Matron at a salary of \$20 per month, out of which she was expected to pay any necessary help. The first boarder, **Mary M. Taylor**, aged 86, moved in and the home became a reality on April 1, 1891.

Old Main. It soon became evident that the rented house was unsuitable for permanent occupancy; it was too small, and the first winter made it clear that heating arrangements were inadequate. The committee decided to proceed at once to raise the necessary money to build a permanent structure. It was agreed that it should be “soundly built and commodious enough to house twenty persons, but simply and without unnecessary adornment.” The builder



*Mary Taylor**

was directed to proceed “as if he were building his own house.” The new building was completed and ready for occupancy on March 28, 1893, two years after the opening of the original house.

The Annex. The new building filled up quickly and the board decided to go ahead and raise necessary funds for another structure to house married couples and single men. The West Chester Meeting agreed to provide another lot, adjacent to the first. The building was erected during the fall and winter 1897-98 and was ready for occupancy by March 29, 1898. The new building became known as the Annex and contained 16 rooms.

At first, the two buildings were connected only at the ground level by a covered and latticed walkway. With the completion of the Annex, the Friends Boarding Home reached a stable enrollment of approximately thirty boarders, and maintained this level for more than thirty years with little outward change. Internal improvements continued to be made from time to time as needed and when the need for an infirmary was felt, several rooms in the Annex were set aside for this purpose and a new elevator was installed, as were electric lights.

The demand for rooms became quite great as did hopes that the facilities might someday be enlarged. This hope was fanned by a report in the early 1920's that West Chester Friends Meeting had received an offer of \$50,000 for an addition from a donor that wished to remain anonymous, but the matter remained dormant for several years.

The Hickman Bequest and Building. In 1928 upon the death of **Nathaniel G. Hickman** of West Chester and the reading of his will, it became known that he was the donor reported on in the 1920's. He had not only bequeathed \$50,000 for the purpose of building an addition to the Home, but he had made the West Chester Friends Meeting the beneficiary of his estate resulting in an estimated bequest of \$1,125,000. Obviously, this was sufficient to build and furnish a splendid building considerably larger than the Home as it existed.

Construction began in 1935 and was completed in spring of

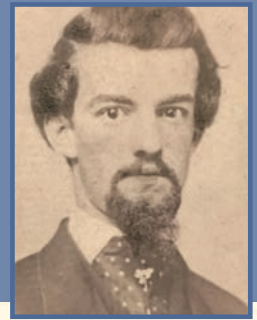


*Photo Courtesy of Chester County Historical Society.

Continued on back...

Our Mission Continues...

The Hickman is a senior living community located in the heart of West Chester, Pennsylvania. Guided by Quaker principles and tradition, The Hickman provides care and assistance to older adults who seek a safe and affordable living environment.



Nathaniel G. Hickman

1936. By late spring, the building was ready for occupancy. Some residents of Old Main moved into the new structure and gradually became accustomed to its gracious amenities. The rooms that were vacated were soon filled with staff members and employees.



*Lydia Hall**

The infirmary remained in the Annex and eventually filled the whole building. In 1950, it was renamed **Lydia Hall** in memory of the respected Friend who was one of the founders and first president of the board.

The tunnel was also constructed at this time to carry steam pipes as well as persons who walked from the old to the new building.

Anna T. Jeanes Unit. Some years after the opening of the Hickman building, the infirmary in Lydia Hall gradually became crowded and it became evident that additional infirmary space would be required. However, State authorities in Harrisburg were developing stricter standards and becoming more critical of the services and facilities provided in Lydia Hall. The doors and hallways were too narrow to permit movement of patients confined to their beds, the elevator was inadequate to accommodate a stretcher, and the housing of bed patients on the upper floors would be hazardous in case of fire. The Friends Boarding Home therefore decided to build an addition on the south side of Lydia Hall so that all infirmary patients could be accommodated on the first floor. The addition was completed in 1965; it contained sixteen beds and was eventually named the Jeanes Unit, after **Anna T. Jeans** who created the Joseph Jeanes Fund to encourage the development of infirmaries in quarterly meeting homes.



Anna T. Jeanes

A Personal Care Home. Early in the 1970s it became evident that the critical challenges regarding the infirmary had only been partially or temporarily solved by the addition of the Jeanes Unit. The expense of staffing it increased sharply as the State continued to raise the standards for the number of nurses required and record keeping. Hence in 1975, the Board decided to discontinue the infirmary and converted the rooms in the Jeanes Unit to the housing of ordinary residents. However, until it was vacated in late 2015 in preparation for demolition, the Jeanes Unit housed the community's frailest and most vulnerable

residents...a unit dedicated to providing the additional care and services they required to live safely and comfortably.

That was soon followed on June 1, 1980, with a new classification by the Pennsylvania Department of Public Welfare as a Boarding Home with Personal Care, a new category. This meant that the Friends Boarding Home would continue in its traditional role as a residential institution but also offered what had come to be known as "personal care services". A small staff of nurses and nurses' aides would take care of emergencies and assist residents with such activities as bathing and taking their prescribed medications.

What to do with Old Main and the Annex? By the 1980's and in spite of the reclassification of a Personal Care Home and the resolution of the infirmary, the problem remained that repairs and refurbishments to Old Main and Lydia Hall were needed in order to provide more attractive rooms and private baths. The decision was reached to renovate and upgrade the old buildings, and work was completed in 1982. The renovated rooms and suites were soon occupied by new residents and remained that way until both buildings, which had come to be known as Sharpless-Hall, were emptied and residents relocated to the Hickman Building in December 2015 in anticipation of demolition in 2016.

Staying true to the founding mission. As we embark on The Hickman Expansion Project in the months ahead, we often reflect on the sentiments and passion of those that established this community 125 years ago. Although the original structures, Old Main and the Annex, may no longer be here...the commitment they represent remains as strong as ever. In their place will be a new building that builds on the vision, passion and commitment of those early pioneers to ensure seniors in our community who need a supportive living environment, will always have one right here at The Hickman, Friends Senior Community of West Chester.



**Photo Courtesy of Chester County Historical Society.*