

# Directions

Spring/Summer 2017

A Biannual Newsletter of The Hickman



## Fun and Fellowship at The Hickman

The Hickman staff spent a good part of last year gaining a better understanding about dementia and its effect on seniors. We found that the portion of our residents who have dementia wanted to participate in social activities, but were not always able to seek them out without assistance. We realized our residents with dementia fell into one of the following categories:

- Those who looked for activities and interactions with others, but could not follow the calendar or find events because of moderate cognitive change, or
- Those who required staff support to become involved in activities or engagement because of advanced cognitive change.

Our regular activity program was perfectly fine for most residents. However, we discovered that with additional staff assistance and making a few modifications to our current programming, we could better support the changing needs of those residents with dementia. This discovery led us to create two new programs - the Fellowship Club and sensory program.

The Fellowship Club is designed for residents who, despite memory loss and other cognitive changes, find comfort in the company of others. The Club consists of short duration programs, alternating between physical activities and cognitive exercises. The all-day program begins with a morning walk and ends with sensory activities in the evening.

For the sensory program, we use a purposefully peaceful designated space to create a Multi-Sensory Environment (MSE). Since the 1960's, the use of MSEs have been explored with both children and adults as a tool to both stimulate and calm when traditional therapies are not effective. MSEs use a combination of light, sound, temperature, touch, smell and sometimes taste to create a change in a person's mood or behavior. Combined with imagery and breathing techniques, MSEs are also effective for self-management of pain and anxiety.

Since the start of these programs in December, we have seen an increase in residents interacting with others and a reduction of anxiety and restlessness. We continue to expand and develop both programs to meet the increasing needs of our current and future residents.

If you would like to learn more about either program or are interested in volunteer opportunities, please contact Jen Harris at (484) 760-6306 or [jharris@thehickman.org](mailto:jharris@thehickman.org).



*When you're here, you're home.*

## 2017 Hickman Board of Directors

### Officers:

Mark J. Snyder, Chair  
*Community Member*

Ronald Petrocelli, Vice-Chair  
*Willistown Meeting*

Betsy Stratton, Secretary  
*Middletown Meeting*

Kenneth M. Witek, Treasurer  
*Community Member*

### Members:

Evelyn Brownlee  
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Richenda Davison  
*Wilmington Monthly Meeting*

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*Community Member*

David R. Johnson  
*Community Member*

Matthew Krasney  
*Falsington Monthly Meeting*

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*Lansdowne Monthly Meeting*

Robert Kolimaga  
*Goshen Monthly Meeting*

Ellen Millick  
*Willistown Monthly Meeting*

J. Dean O'Banion  
*Willistown Monthly Meeting*

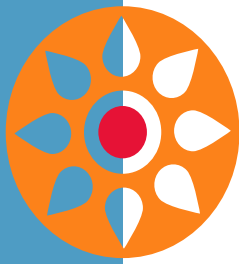
Stephen Olsen  
*Community Member*

Henry E. Schellenger  
*Valley Monthly Meeting*

Debra Ward Sparre  
*Community Member*

Andrea Taylor  
*Centre Monthly Meeting*

Shauna Yeldell  
*Community Member*



## Respite Stays Available at The Hickman

The Hickman has rooms available for respite stays of 7 days or longer in our warm homelike environment. Respite stays allow caregivers to take a break so that they can rest, take a vacation or go on a business trip without worrying about the safety of their loved ones. Your family members will receive excellent meals, opportunities to attend activities, and care and oversight during their stay at The Hickman. Respite stays are also ideal for those who have been discharged from the hospital or rehab center, but do not feel ready to return home to take care of themselves. Contact Diane Kauffman at The Hickman (484) 760-6403 or [dkauffman@thehickman.org](mailto:dkauffman@thehickman.org) to learn more about the advantages of a respite stay today!



## Sharpless-Hall Building Update

*Building our future, honoring our tradition.* The beauty of West Chester is abundant in many of the architectural designs that are nestled throughout the borough. Many of these buildings have an important connection as they tell great stories of the past. Our new building is designed to capture the essence of West Chester as an "Age-Friendly" community.

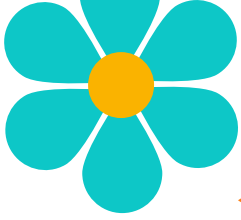
Over the past two months much progress has been made. The High Street parking lot has been expanded and restored for the West Chester Friends School use. Foundational work and masonry block walls of the basement are starting to be constructed. Plumbing work is near completion and electrical work will soon begin in the basement for the main switchgear. The next major task will include work above ground in preparation to receive structural steel.

Thanks to the dedicated construction team (and cooperative weather) we are on target to open in January 2018.

Please like our Facebook and/or Instagram pages for updates. Contact Jen Harris at (484) 760-6306 or [jharris@thehickman.org](mailto:jharris@thehickman.org) to receive a weekly email update.







# A Time of Growth and Expansion



By Executive Director Pamela Leland, PhD

This is an exciting time for our community – a time of growth and expansion, of exploration and integration of new programs and services.

In expanding the number of those who will have the opportunity to live in our community, we are also being called to expand our thinking about how we will serve them. What will be our role in meeting the needs of a growing number of older adults ... when, in only 12 years, 1 in 5 adults will be over the age of 65? How will we support the two-thirds of those at age 85 who have some type of disability? How might we support those family members in our area who are serving as unpaid caregivers ... an estimated 15 million people nation-wide?

One of the most significant questions we face is how to serve Elders who need supportive services but do not (or will not) have sufficient financial resources to pay for it. This isn't just our issue; it is an issue for society as a whole. A 2013 report from the National Institute on Retirement Security found that the average working household (i.e., someone who is still employed) has virtually no retirement savings and that the collective retirement savings gap among working households (age 25-64) ranges from \$6.8 to \$14 trillion ... that is "trillion" with a "T."

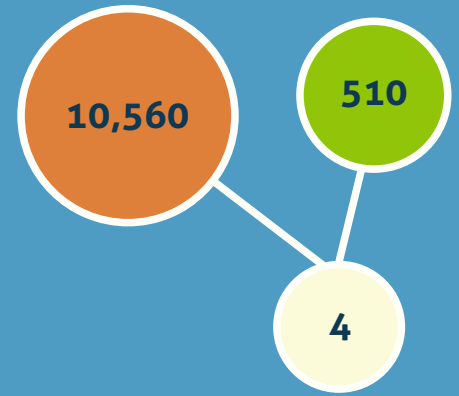
Serving Elders without sufficient resources is why we are here; The Hickman was founded to serve as family for those without. It is what we are called to do each day and drives us to expand the number of those who can live in our community. We may not be able to solve the larger issue of affordability, but we can labor to meet the financial needs of those who live with us now and will live with us in the future. Our ability to continue to offer financial assistance to those who have outlived their assets will depend on all of us working in partnership toward our mission.

In 2015 we provided more than \$180,000 in financial assistance to our residents. I hope you will generously contribute to our 2017 Annual Fund so that we can continue to ensure that no one leaves our community because of an inability to pay. An envelope is provided in this newsletter. You can also make a donation on-line at [thehickman.org](http://thehickman.org).

Thanks for walking this path with us.



## HICKMAN BY THE NUMBERS



- 4 mobile raised flower beds were constructed by Ben Cheng, Eagle Scout for resident's gardening.
- 510 minutes of Volunteer Pet Therapy visits occur every week.
- 10,560 pounds of food waste has been diverted from the landfill because of The Hickman composting program.

## Around The House



### NEWSLETTER TEAM

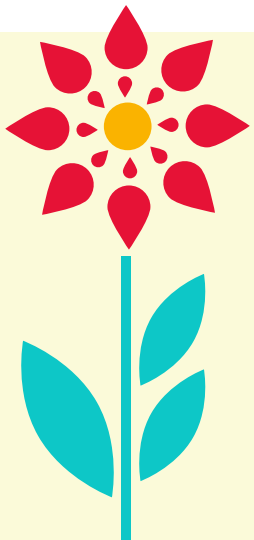
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Jen Harris

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Diane Kauffman, Monica Paulino  
and Yolanda Spruill

**Photographers:** Julie Frankum,  
Jen Harris & Rose Mazzamuto





## Comments or Questions:

Send to: The Hickman,  
400 North Walnut Street,  
West Chester, PA 19380  
Call: 484-760-6300  
email: info@thehickman.org

*If you would prefer not to receive future correspondence from The Hickman, please email us and we will remove you from our mailing list. Thank you.*

## Welcome Charles "Ebbie" Alfree III



**Ebbie Alfree**  
*Director of Advancement*

Charles "Ebbie" Alfree III recently joined The Hickman as the Director of Advancement. Ebbie was born and raised in New Castle, Delaware and now resides in Wilmington. He received his master's degree in organizational leadership from Wilmington University and has an extensive background working in the nonprofit sector. Ebbie spent the last four years as the Director of Fund Development and Events for NAMI (National Association of Mental Illness), where he travelled throughout the country overseeing a multitude of events

and programming. Prior to NAMI, Ebbie worked in Development and Marketing for NAMI Delaware, AIDS Delaware and Goodwill of Delaware & Delaware County. When not at The Hickman, you can find Ebbie at area theaters, museums and galleries. He is passionate about the arts and even writes theater reviews in his spare time, as well as sits on the Board of City Theater Company in Wilmington. Ebbie is a self-proclaimed foodie and enjoys discovering new restaurants and cuisines wherever he goes. After constant travelling with his last position, Ebbie is delighted to be at The Hickman in an office environment, working with dedicated colleagues and getting to know the wonderful residents.

## Hickman Events

**Main Line Opera Guild Performance:**  
March 19 from 3 to 4 pm

**Chalk Art:** April 4 at 11:00 am

**Sip & Sit: Pattison Hemmerly,**  
**Moving Solutions:** April 5 from 5-6:30 pm

**Easter Dinner:** April 16 at 12:30 pm

**Volunteer Appreciation**  
**Dinner:** April 29 at 12:30 pm

**Philly Senior Stage Presents:**  
**Fiddler on the Roof:** May 4 at 3 pm

**Cinco de Mayo Dinner:** May 5 at 12:30 pm

**Gallery Walk:** May 5 from 5-9 pm  
Featured Artists: Anika Christman, Barbara Grant  
& Alicia Quinn

**Mother's Day Afternoon Tea:** May 14 at 2 pm

**Memorial Day Picnic:** May 29 at 12:30 pm

**Yard Sale:** June 3 from 8 am to 12 pm

**Crab Boil:** June 11 at 12:30 pm

**Summer Concert:** June 14 at 6:30 pm

**Father's Day Breakfast:** June 18 at 8 am

**4th of July Cook Out:** July 4 at 12:30 pm

*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.*