

FAN Mail

Friends and Neighbors Newsletter

Elim Park Place

Cheshire's Not-For-Profit Nationally Accredited Continuing Care Retirement Community

Spring 2007



These are exciting times at Elim Park. We are witnessing two significant programs – our new Wellness Center and Bethel Place along with our in-house Wellness Program – grow and blossom together. Both of these developments will place Elim Park in the forefront of communities offering an active, independent and fulfilling retirement lifestyle. We are humbled by the support we have received for these programs.

As spring beckons, we feel blessed. We recognize God's blessing and continued guidance as we seek to serve our residents and the community. All of us have much to be thankful for in this season of renewal and growth, a fact I am reminded of every day here at Elim Park.

Ron Dischinger, President

Ground Broken for Wellness Center and Bethel Place

What once had been a dream, a vision held tightly by the community, friends and supporters of Elim Park, became a reality on Saturday, March 24.

On that day, in front of over 300 residents, their families and invited guests and dignitaries, ground was broken for Elim Park's much anticipated Wellness Center for Physical Health and Bethel Place our future home for worship and the performing arts.

"This is really the culmination of a dream, of four years of hard work, planning and anticipation," explained Carl Jahrstorfer, Director of Planned Giving at Elim Park. "So many people have stepped forward and given their time and talents to make this day come true."

The new Wellness Center will feature a warm water aquatic therapy and fitness program for residents and the over 450 patients who use Elim Park's short-term rehabilitation program annually. The multi-purpose Bethel Place will provide a new chapel for Elim Park as well as a one-of-a-kind performing arts center for the greater Cheshire community.

Featured speakers at the event included John Rude, a nationally-noted consultant who helped Elim Park develop its comprehensive Wellness Program, and Reverend David DeVries, pastor of First Trinity Baptist Church in Fairfield.

The building of the new Wellness Center and Bethel Place is being funded by the Celebrate Life! Capital Campaign, which according to Carl, currently stands at \$4.5 million towards its \$6 million goal. The campaign's chair is longtime Cheshire CPA, Bill Meyerjack.

"The response from the friends of Elim Park to this campaign has been wonderful. We've witnessed countless acts of selfless generosity," said Carl. "We're pleased to announce that the Grand Hall in Bethel Place will be called Nelson Hall in honor of Mr. and Mrs. Hilmer Nelson's lead gift." 🇺🇸



Residents Help Review Bethel Place Plans

Making a Charitable Contribution

Bethel Place, Elim Park's new chapel and performing arts center, is about 12 months from completion, yet residents Arthur Dayton, Dick Hoyt and Betty Redfield probably feel they already know every nook and cranny.

Arthur, Dick and Betty are among a group of about a dozen residents who served on a Design Committee, which met monthly to review the architectural plans for Bethel Place. The Committee was

formed to give the architectural firm the invaluable perspective of individuals who would ultimately use the facility.

"I think we were all interested in seeing what it was going to look like," remembers Dick. "We had a lot of discussion about the slope of the floor. We wanted to make sure it wasn't too much. This is going to be a beautiful center. Bethel Place is going to be a real boon for the community." 🍀

Nelson Hall at Bethel Place will be a masterpiece in facility design and aesthetics. To ensure that the up to 350 attendees will enjoy performances and programs in Nelson Hall, it will feature fully-cushioned, theatre-style seating.

Friends of Elim Park now have the opportunity to help furnish Nelson Hall with their own "seats of honor." As the Celebrate Life! Campaign nears its \$6 million goal, every one of the 350 new theatre-style seats is available to commemorate your commitment of \$5,000 per seat. To learn more about this very special naming program, call Carl Jahrstorfer, Director of Planned Giving, at 203-272-3547, ext. 172.



Bob Mosely, Arthur Dayton, Betty Redfield, Ron Dischinger, Dick Hoyt, Marie and Dwight Campbell review plans for Bethel Place.



Q. Is it true that chocolate is good for you?

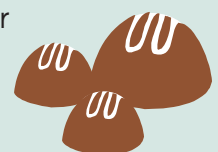
A. The health benefits of chocolate have been in the news quite a bit lately. Chocolate contains flavonoids, similar to those in red wine and tea. The flavonoids in chocolate are potent antioxidants. Antioxidants are important because they help remove free radicals from the bloodstream. Free radicals cause cell damage, which can lead to

heart disease, cancers and the breakdown of other body systems.

The antioxidants in chocolate promote improved circulation by relaxing blood vessels and reducing clotting. Antioxidants also reduce LDL, the bad cholesterol, and may increase HDL, the good cholesterol. Of all plant foods tested, chocolate has the highest antioxidant activity, even more than berries! Cocoa ranks the highest in antioxidants followed by dark chocolate then milk chocolate – white chocolate has none.

However, chocolate is full of fat. Approximately half of the calories in a candy bar come from fat, and half of the fat calories are saturated fat, the type that clogs arteries. But that doesn't mean you should never eat chocolate. Drinking hot cocoa or eating a small portion of dark chocolate every once in a while can be part of a nutritionally sound diet. Moderation is the key!

– Barbara Womer, MS, Wellness Coordinator



Meet Debria Francois, Recreation Director

"This is a dream come true," explains Debria Francois, when talking about her job at Elim Park. "I feel I've spent the last 20 years of my life being prepared by God for this job."

Debria joined Elim Park a little over a year ago after running several of her own businesses over the years. She has been an interior decorator, has taught crafts and most recently had her own home management business in which she coordinated appointments, repairs, shopping trips and other errands for seniors.

"Everything I have done over the years has come together with this job," says Debria. "I'm truly amazed."

As Elim Park's recreation coordinator, Debria wears many hats. She is in charge of developing and coordinating the continuing care retirement



Debria Francois organizes a theater outing via the Elim Park Concierge Service.

community's extensive program of activities and entertainment. She is also in charge of the Concierge Service, and her office is often a beehive of activity, with residents coming and going.

In February, Debria helped put together an Art, Collectible and Hobby Show. Over 25 residents

shared their hobbies, collectibles and knowledge with other residents and guests.

"I love to hear the wisdom and knowledge our residents are willing to share," says Debria. "I'm a people person, and I love the people here. My job lets me give of myself to others. What could be better?" 🌿

"Pandora's Box" Yields a Beautiful Treasure

Elim Park Place resident Louise Miller's late husband Kenneth's family had no idea what they would find when they cleaned the family attic some 50 years ago. Inside one of four, dust-laden, long-forgotten trunks, carefully wrapped in old newspaper, was a stunning find – a beautiful, hand-embroidered, antique "crazy quilt" in perfect condition.

The 60" by 72" work of art was meticulously crafted sometime between 1875 and 1910 by Jeanette Adelaine Sharpe Baldwin, a distant relative of Kenneth's.

"To my husband's family, it was like opening Pandora's Box," says Louise. "They didn't expect to find anything of value, and inside was this beautiful, antique quilt, hand-spun clothing from the early 1900s, even a baby's christening dress."



The Miller Family heirloom was recently on display at the Elim Park Art, Collectible and Hobby Show. Featured at the show were photographs, wood carvings, coins and a wide assortment of collectibles from two dozen Elim Park residents.

"There is a pretty active and experienced bunch of quilters here, and they were almost in awe of the crazy quilt," concludes Louise. "People who knew nothing about quilts were fascinated by it." 🌿

Louise Miller and a photo of Jeanette Adelaine Sharpe Baldwin

Calendar of Events

All programs are open to the public and subject to change. To join us, please call 1-800-994-1776 or 203-272-7550 for reservations.

Wednesday, April 4 - 1pm
American Cancer Society **"Who we are and what we do"** hosted by Gus Burriesci & Mary Ann Vanderjagt, chapel

Thursday, April 5 - 2pm
Connecticut Opera Express musical performance, chapel

Monday, April 16 - 1:30pm
C.L.U.E. - Connecticut Wildlife hosted by Connecticut Department of Environmental Protection, Village Green Lounge

Thursday, April 26 - 7pm
Spring Concert - Girls Choir, Village Green Lounge

Wednesday, May 2 - 1:30pm
Weather in the USA - discussion and slide show hosted by Art Horn, Village Green Lounge

Wednesday, May 2 - 7pm Yale
Women Slavic Chorus- folk

songs from European countries, Village Green Lounge

Wednesday, June 6 - 2pm
Vinnie Carr One-Man Musical Presentation, Deck at Jazzman's Cafe

Call for date - 7pm
Cheshire Community Band Outdoor Concert

Wednesday, June 27 - 2 pm
"WingMasters" Science & Nature Program of North American Birds of Prey, Village Green Lounge

Open House Events
Learn How to Stay Well and Live an Abundant Life at Elim Park Place

Wednesday, April 18 - 1pm
Wednesday, May 23 - 10:30am
Wednesday, June 25 - 1pm

Refer a Friend and Save

Good news travels fast, especially when it's news about the wonderful lifestyle at Elim Park Place, one of Connecticut's premier continuing care retirement communities. Many of our residents first heard about the community from a relative or friend who already lived here. That is why we created a Resident Referral Program. If you, as a resident, refer a friend who then moves into Elim Park, you and your friend could each receive a one-time, \$1,000 credit off of your monthly fee. If you would like to learn more about our Resident Referral Program or have a friend who would like to take a tour, call Margaretann Foster at 1-800-994-1776 or 203-272-7550. You can also visit us online at www.elimpark.org.



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