

A Rich  
Experience,  
A Place To  
Call Home

85th Annual  
MCSA  
Conference  
Greensboro  
N.C.

Masonicare  
Launches  
Spirituality  
Program

# The CORNERSTONE

A PUBLICATION OF

MASONIC COMMUNITIES  & SERVICES ASSOCIATION



FALL 2015



## MASONIC COMMUNITIES & SERVICES ASSOCIATION

[www.masoniccommunities.com](http://www.masoniccommunities.com)

### Our Mission

To provide support, leadership and guidance to member organizations to deliver quality of life care and services.

### Our Vision

To recognize providers and inspire members in their service to others.

### Our Values

Knowledge  
Best Practice (Quality)  
Trust  
Networking (Sharing)  
Support System (Fellowship)  
Heritage/Professionalism

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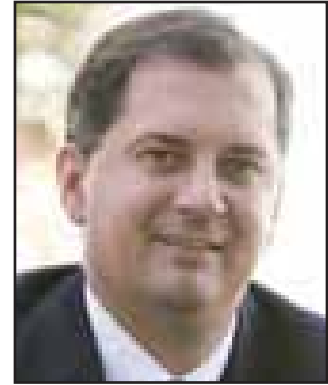
# Executive Corner

Wow what a difference a year makes! For those of us that have been involved with the association for a while, I don't think anyone can recall a time period when the association has faced as many challenges as has recently occurred. The last several months have seen a significant amount of turnover, with several of our colleagues departing their respective communities and programs for one reason or another. While there are invariably feelings of remorse that we will no longer be working closely with these effective leaders who through the years also became our friends, we are reminded that there are others within our fraternal network that are willing, able, and motivated to accept new responsibilities and can help propel this association into the foreseeable future. Admittedly we have had to "regroup" over the past few months, however I am sure you will agree that with the exciting changes occurring, we are back stronger than ever.

The first major change has been the addition of Shannon Byrne as MCSA Executive Director. Since the beginning of the year Shannon has successfully transitioned into the top position and I am excited to work with on her ideas for growing the association and adding value to our members and partners.

The accounting staff of the Kentucky Masonic Home, led by Chief Financial Officer Todd Lacy has assumed the accounting functions of the association, which includes processing monthly financials, annual audits, managing bank accounts etc.

We also welcomed Barbara Ramsey, Executive Director of the Masonic Home of Missouri, who not only joined our Board but has also graciously volunteered to restart the outreach committee, with emphasis going forward on sharing best practices in the growing field of outreach programs



across the nation. The board also welcomed Gary Charland, Executive Vice President of the Masonic Homes of California.

Our marketing and membership committee, led by Carl Anderson of the Masonicare of Connecticut, has successfully replenished the working group with new members Meg Gammage Tucker of Masonic Home of Kentucky and Victoria Cataldo of the Masonic Home of New York. Carl has done a great job of working with Shannon and the committee on revamping our website, introducing a new association logo, having a booth at the Grand Master Conference in Vancouver, and revamping the quarterly newsletter. The marketing committee has also welcomed the additional involvement of the Masonic Home for Children at Oxford print shop that has amazed us with their creativity and passion for publishing and printing.

As we continue to stabilize the association, we are continuing to look for additional leaders willing to serve on various committees, hosts conferences, or participate on the board going forward. Referrals within our respective organizations, communities and programs are key, and I hope you will help us in recruiting the best and the brightest to serve our beloved association going forward.

*"When you're surrounded by people who share a passionate commitment around a common purpose, anything is possible."*

*– Howard Schultz, CEO of Starbucks*



Three Pillars resident, Paul Rossmiller, reflects on his years growing up on the Masonic Farm

## A RICH EXPERIENCE, A PLACE TO CALL HOME

Paul Rossmiller, 88, moved to Three Pillars Senior Living Communities in May of 2014, returning to the land he sowed as a young boy. You see, he grew up on the Masonic Farm. Born in 1927, Paul was orphaned and lived with his aunt and uncle. When he was in the fourth grade, his uncle was hired on as the farm manager at the Masonic Home, and with that came the opportunity to live on site.

He spent his initial time there goofing off as any kid would do, until it was decided that he was old enough to handle the reel mower. Around the time he was in fifth grade, Paul began mowing the grass at both the Home and the farm. Imagine the work entailed with keeping all that ground neatly manicured! He said he felt like he mowed nearly every day.

By the time Paul was in middle school, WWII was in full force and men began leaving to serve in the armed forces. So, his responsibilities grew. He milked cows, made hay, and even helped with slaughtering cows, pigs, and chickens. In fact, the farm raised hundreds of chickens. Paul admits his least favorite chore was picking up the eggs. He recalls scooping hickory nuts from the groves on the farm and helping to harvest an abundance of fresh fruits and vegetables, including corn, cabbage, carrots, strawberries, gooseberries, and raspberries. The farm was the food source for the Home and they would slaughter meat once a month to provide for the residents. Life on the farm involved hard work, but it was work Paul enjoyed.

He lived in the mansion on the farm, a three-story home. He found an access point at the top floor that allowed him to look out over the surrounding land,

a “secret” he was excited to discover as a curious boy. It was in this lookout spot that he saw Holy Hill for the first time off in the distance.

Paul’s fondest memories as a youngster include the time he spent with the residents at the Home. He remembers the “smoker room” in the Home where the male residents would socialize. This recreational room included pool tables and was where residents taught Paul how to shoot pool.

“It was after the Depression and I heard so many stories of loss,” Paul remembers. “There were a lot of interesting people that lived in the Home. I learned a lot.”

When it was time for Paul to decide where he’d like to spend his golden years, the answer was easy. Since his time on the farm as a young boy, he always knew he’d want to return. He witnessed how well the people treated each other and the wonderful relationships between the residents and employees. These were memories that he always held dear to his heart.

“I had a history here and such wonderful memories of working on the farm. I saw how great the Masons took care of people and I knew that Three Pillars would be the place for me, coming back to the place I enjoyed so much as a boy,” said Paul.



Research shows gardening has positive effects on everyone, particularly seniors.

# GARDENING

## Is Great Therapy

By Kathy Contino-Turner

A group of care givers at the Masonic Care Community have been helping our residents in our skilled nursing center grow vegetables in special raised garden beds. Residents in our independent living com-



munity Acacia Village as well as in our Adult Residential home, also have raised bed gardens and have been enjoying the bounty of the harvest. From peppers (both hot and sweet) to tomatoes, lettuce and herbs, residents of this community are enjoying fresh vegetables that they planted, watered and nurtured since late May.

Research shows gardening has positive effects on everyone, particularly seniors. Work-

ing in a garden increases levels of physical activity, and helps with mobility and flexibility. It improves strength and endurance as well as reduces stress and promotes relaxation. Gardening is a stimulant, and improves wellbeing as a result of social interaction with others. You only have to stop by during a gardening activity, to listen to our residents talk about their gardening experiences and comment on how well the plants were growing. An added benefit is the residents get to enjoy nutritious, home grown produce and take great pride in knowing they grew it themselves. Gardening is also an activity that many of our seniors enjoyed for years. Some say, there is nothing like digging in the dirt!

Our MCC staff, including Bob Butler and his grounds crew, made sure raised gardens were available to everyone. At Acacia Village, Bob and his team have even tilled soil for larger gardens. The raised beds at the Health Pavilion were built with an area for wheelchairs, making garden accessible to all. Our therapists have been active proponents of a gardening program and thanks to the efforts of Vicki Cataldo, our Director of Development, a grant was secured from Excellus Blue Cross Blue Shield to help cover the costs of constructing the raised garden beds. In addition to the gardens for our residents, we are hoping to harvest a field of pumpkins this fall and our team is working on other gardening opportunities considering the land available on this beautiful 440 acre campus!



# MUSIC VIDEO RELEASED BY THREE PILLARS SENIOR LIVING COMMUNITY

Residents and staff at Three Pillars Senior Living Communities in Dousman, WI, released a lip-syncing music video in celebration of Older American's Month in May. The video, featuring residents and employees lip syncing and dancing to a cover version of David Bowie's "Golden Years," can be viewed on Three Pillars' YouTube channel: <http://www.youtube.com/ThreePillarsSenior>. The project was created in collaboration with student volunteers from Kettle Moraine High School's KM Perform School for Arts & Performance.

"In honor of Older American's Month, we wanted to create a video that would celebrate and share the vibrancy of our residents and staff," said Natascha Bohmann, Chief Marketing and Communications Officer at Three Pillars. "This project has

been an extraordinary intergenerational opportunity for our residents and it has truly been a pleasure working with an incredibly talented group of Kettle Moraine students. We had so much fun with this project and are thrilled with the final video." Three Pillars residents commemorated Older Americans Month with a week of celebratory days, which concluded with a showing of the grand debut of the final video.

Video star Bill Wells commented, "It was very rewarding to be a part of a happy film about a happy place!" Wells and his other video star friends have enjoyed sharing the video with friends and family far and wide and hearing back from them, "Hey, I saw you!"

For more information about this story or Three Pillars Senior Living Communities, please contact Kelsey Pangborn, Communication Strategist at 262.965.7333 or [kpangborn@threepillars.org](mailto:kpangborn@threepillars.org). [www.threepillars.org](http://www.threepillars.org)



**Three Pillars' resident June Bjorklund enjoying a root beer float at the video debut party**



**(L to R)  
Residents Ruth Cervay, Katie Fischer, Lois Prindle, and Frances Stotler working hard on the set during one of the filming days.**



## Masonicare Launches Spirituality Program

With the support of the George A. and Grace L. Long Foundation, Masonicare launched a much-needed Spirituality of Dementia and Age-Related Illnesses program in the spring of 2015. This program provides education, training, and support for caregivers dealing with the spiritual implications of dementia and age-related illnesses. It is also designed to help clergy and congregants understand the complexities and spiritual needs of those with dementia.

The program is facilitated by Rev. Carl Anderson, M.Div., Vice President for Mission Effectiveness and Spiritual Relations, and Audrey Grove, MS Family Counseling, Director of Community

Services, both of Masonicare. The program reaches out to faith-based organizations with a model that they can replicate within their congregations to help those dealing with the ravages of dementia.

During the three educational sessions, participants are encouraged to share their perspectives through journaling and group interaction. They also read, *Spiritual Care for Persons with Dementia: Fundamentals for Pastoral Practice* as a primary teaching tool. This book is a comprehensive resource for attendees and facilitates group understanding and discussion of dementia and spirituality.

The second portion of the program

helps participants learn how to develop and maintain support groups within their congregations.

The spirituality of Age Related illnesses and Dementia is part of a mission-driven social accountability program of Masonicare that provides the community with free health education and information. This program is also the result of an Action Learning Project that Reverend Anderson developed as part of the inaugural 2013 Connecticut LeadingAge Academy. He is "very grateful to Masonicare and the Long Foundation for providing the resources to help congregations consider the specific spiritual needs and implications of age related illnesses and dementia."

## Congratulations, Mark Stratuman!

Mark submitted the winning name of our new newsletter,  
**THE CORNERSTONE.**

# SOUTHERN HOSPITALITY AT ITS BEST: 85TH ANNUAL MCSA CONFERENCE

The 2015 MCSA Annual Conference in Greensboro, North Carolina was the perfect blend of friends renewing acquaintances; business associates sharing best practices, informative presentations and some of the best southern hospitality imaginable.

Speakers from inside and outside



health care shared their visions of the revolutionary changes that are taking place within our industry. Discussions ranged from innovative ways to engage our residents and patients to the proper structure of management teams and boards of directors.

The event was enhanced by our keynote speakers. Kicking the program off was nationally renowned speaker Christopher Ridenhour who not only entertained the crowd but also how to enhance our organizations through positive, purposeful and empathetic relationships. On Tuesday morning we were joined by the managing director of Cain Brothers, Joe Mulligan, whose presentation provided an overview of current market activities and trends within key health care sectors and how they are influencing the senior care industry now

and shaping its future. We closed the conference with an engaging and emotional session presented by LeadingAge president & CEO, Larry Minnix, who presented a case on what it will take to have a successful Future in Aging Services.

Attendees were treated with some exceptional food and hospitality while enjoying the Southern cuisine and touring The Masonic Home for Children at Oxford on Sunday evening and WhiteStone: A Masonic and Eastern Star Community on Wednesday evening. Plus we took everyone for the Ride of a Lifetime and networking dinner at the famous Charlotte Motor Speedway.

The team in Greensboro had a great time putting on the conference for all the attendees and will have an even better time enjoying the show next year in San Francisco!

Shannon Byrne

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# Pennsylvania Retirement Villages Renovating, Expanding



## Masonic Village at Lafayette Hill Expands Retirement Living Options

To meet the growing needs of active individuals age 60 and older in the Philadelphia area, on Aug. 17, Masonic Village at Lafayette Hill completed a 96,000 sq. ft. addition with 60 new apartments, bringing the total number of retirement living residences on the campus to 158. The community also offers 38 personal care residences and 60 nursing care suites.

The original building's façade has been updated for a more contemporary look and parking areas have been increased. The new building includes one and

two-bedroom apartment floor plans ranging in size from 800 to 1,120 sq. ft. of living space. Sustainable practices incorporated into the building include LED lighting, high-efficiency heat pumps and boilers/chillers, and low-emissions carpet and paint.

Connected to the original building, the addition provides indoor access to amenities and activities throughout the campus such as two restaurants, a bowling alley, a woodshop and a wellness center.



# Ashlar Creative Solutions Helps with Growth of Masonic Home of New Jersey

Ashlar Creative Solutions is a for-profit subsidiary of the Masonic Villages of Pennsylvania which provides management, development and consulting services to other senior service organizations, generating income to help underwrite Masonic Villages' nonprofit Mission of Love. As manager of Masonic Charity Foundation, which owns the Masonic Home of New Jersey, Ashlar Creative Solutions has overseen the successful renovation and marketing of 85 retirement living units in 2014 and 2015; the refunding of existing debt resulting in more than \$1.2 million in annual savings; and operational and process changes resulting in cost savings and in-

creased revenue that directly supports the Masonic Charity Foundation's extensive charitable mission.

Because of the tremendous success of the renovations and marketing of the 85 retirement living units, Ashlar and Masonic Home of New Jersey are currently premarketing new retirement living cottages and additional apartments. Based on the interest of New Jersey Masons and the surrounding community, construction could begin in 2016, which could add up to approximately 220 apartments and/or cottages. By spring of 2016, a model retirement living unit is expected to be ready for prospective residents to tour.

*As manager ... Ashlar Creative Solutions has overseen ... the refunding of existing debt resulting in more than \$1.2 million in annual savings*

# Enhancing Person-Centered Care

## MASONIC VILLAGES AT SEWICKLEY & ELIZABETHTOWN



Older adults can experience a higher quality of life, from dining services to social opportunities, in the newly-renovated and expanded Sturgeon Health Care Center at the Masonic Village at Sewickley and the upgraded Masonic Health Care Center at the Masonic Village at Elizabethtown.

The existing Masonic Village at Sewickley health care center underwent renovations, and a 66,000 sq. ft. addition was constructed. The residents' 110,000 sq. ft. home is laid out in eight 16-bed units, called neighborhoods. It includes 88 private rooms, each with a bathroom, and 20 private suites, each

with two private rooms and a shared bathroom. Each neighborhood has its own living room with a fireplace and large screen television, parlor room for parties and family gatherings, porch and dining room with a private kitchen. Residents select their meals at the time of service, food is cooked-to-order and staff spend more time socializing with residents.

The Dogwood and Redwood Courts are special care neighborhoods designed to accommodate up to 32 residents with Alzheimer's disease and other related dementias. Hawthorne Court is home to the new Transitional Care Unit, which provides short-term rehabilitation.

### NEW STURGEON HEALTH CARE CENTER



Renovations to the Masonic Health Care Center, which is home for up to 453 residents at the Masonic Village at Elizabethtown, began in 2011 and were finished on July 31, 2015. Work was done at a pace to ensure the least amount of disruption for residents. All suites received updated paint and décor, and expanded suites are no longer separated by a curtain, but a windowed partition for privacy. Each neighborhood has a fireplace and a larger living room. Nurses' stations are now referred to as care bases and were relocated from the center of each neighborhood to less obstructive spaces. A new Transitional Care Unit includes 28 private and 20 semi-private suites for individuals who need short-term rehabilitation.

New county kitchens in each neighborhood allow residents to choose when they dine and offer more selections. Meals are prepared upon ordering, and as in Sewickley, staff have more time to interact with residents. Also the case with the Sturgeon Health Care Center dining rooms, residents are eating so well, the need for supplements has decreased.



**NEW COUNTRY KITCHEN**



Renovated Suite  
at the Masonic Health  
Care Center  
at Elizabethtown

Larry Lefever Photography