

It's time for the 15th Annual Fall Fling!

On October 24, 2009, the Sarah A. Reed Retirement Center will hold its 15th Annual Fall Fling luncheon and Chinese auction event at the Ambassador Banquet and Conference Center starting at 10:00 a.m.

This exciting day starts with great shopping from some of Erie's finest vendors. Lunch follows with a style show featuring fashions from Coldwater Creek .

In addition, The Center will be giving away three extraordinary prizes to three lucky people. One prize is a full year of car washes compliments of Leo's Car Wash. A second prize is a special getaway from Scott Enterprises. The third is monthly flowers from Potratz for a full year.

One of the most popular parts of the Fall Fling is the Chinese Auction baskets. Each basket is valued between \$75 and \$100 and contains donated items from local retailers.

Tickets are \$20 and are available by calling Doug White at 878-2626 or dougwhite@sarahareed.org

All proceeds from this event will benefit The Sarah A. Reed Retirement Center's Special Purpose Fund. This fund is designated for purchases that directly benefit our residents, and includes items such as presents for each resident at Christmastime, special activities or outings.

Thanksgiving Memories From Our Residents

"I think everyone has a story about the Thanksgiving snowstorm of 1956; that's the one that stands out in my mind, the one I'll never forget!

"We always went to my mother's house for Thanksgiving dinner. We lived around East 41st & Old French Road (Cypress Street) and my mother lived at 33rd and Liberty- about a 5 minute drive from our house.

"It had been snowing all day. We knew that we shouldn't go to my mother's house, but we went anyway. There were 5 guests as well- and four out of the five guests were from out of town! After dinner, we decided we'd better try to make it home. It took us two hours to get home! My husband, Fred, tried every street he could think of to get us home, but they weren't passable. We finally made it all the way over to State Street and drove up the street and got as far as East 41st and French Street. We had to leave the car and walk the rest of the way home. Our son, Bill, was 9 years old and our daughter, Nancy, was just a baby then so she had to be carried.

I think everyone watched the weather on WICU for 3 days!"

Contributed by RM resident, Jane Taylor

More Resident Thanksgiving memories on Page 1, 6 & 7!



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THE REEDER July 2009

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By the time of the printing of this article, demolition of the loading dock off West 23rd Street should be underway. This is the first phase of a complete renovation of the existing kitchen space of over 3000 square feet plus an addition of approximately 1066 square feet. The kitchen facility has not been significantly updated since 1969. The number of residents served has almost doubled since then and we have consequently increased the number of staff working in the space. The complexity of food services has increased as well since we now serve a more frail population of residents that require a variety of therapeutic diets and diets of varied consistencies. Production processes and demands of the kitchen have increased and needs are stretching beyond the capabilities of the current structure.

Most of the existing equipment is outdated and is costing more in maintenance and repair, and it is difficult at times to find parts. The existing space limits the type of equipment we can purchase and restricts our ability to operate more efficiently and provide new dining service options. The equipment is generally fixed and makes cleaning difficult. Our generator capacity is limited and thus a number of items in the kitchen are not available during power outages and extended periods of outage could result in loss of product. In general, lighting needs to be upgraded and wall and flooring surfaces need updated as wall surfaces are deteriorating and ease of cleaning would be beneficial. The layout of the kitchen and existing freezer/cooler space makes it difficult during deliveries, as space for unloading is not available, access to these areas is difficult and takes more time, so it interrupts the kitchen routine.

E.E. Austin & Son, Inc. is the General Contractor on the job. The cost of the project is approximately \$1.7 million. The Center is seeking grants and loans to help fund the project. It is expected to take nine months until completion and will be phased to provide the least disruption to our food service program. The initial phase will involve demolition of our existing loading dock, construction of the new addition, roofing work and renovations in the boiler room. An update will be provided in future articles.

Activities News

by Shirleen Dowd

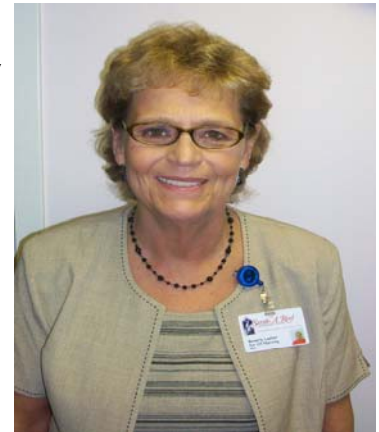
A new Gazebo, located on the Reed House Patio (adjacent to the Atrium), was purchased and set up in June for residents and families to enjoy. Over the summer months, many residents and families have enjoyed the cool air and shade provided by the new Gazebo.

The Gazebo is just one item that was purchased through the Sarah Reed Special Purpose Fund. Sarah's Fall Fling, which takes place each October, is a fundraiser that supports the Special Purpose Fund.

So, thank you to everyone who supports Sarah's Fall Fling, and who give donations to the Center! The residents have really enjoyed their new Gazebo.



As The Sarah A. Reed Retirement Center strives constantly to stay on the leading edge of innovative care for our residents, we are extremely proud to share that we have launched a comprehensive Continence Care Program in partnership with Silvercare Solutions. The Continence Care Program is a special medical care program to avoid, reduce, and treat urinary and bowel incontinence. This specialized care has been proven in over 200 long-term care facilities over the past 25 years.



What comes to mind when you think of how urinary incontinence affects your loved one? Is it uncomfortable for them? Is it a major concern for the family? Is it just a part of aging? Can nothing be done?

Unfortunately, incontinence is a problem, which affects over 50% of residents in long-term care facilities. It is well documented that incontinence is a major contributing factor to falls, recurrent urinary tract infections, depression and skin breakdown which adversely affects quality of life. Proper diagnosis and treatment of urinary incontinence has a major impact on daily functioning and improved quality of life.

Most long-term care facilities are not equipped with the medical expertise to manage this medical condition. However, at The Sarah A. Reed Retirement Center, we are different. Our partner, Silvercare Solutions, uses a Nurse Practitioner/Continence Specialist who will provide treatment for your loved one in the privacy and comfort of their room and recommend a plan of care created specifically for them. The Continence Specialist is not only expertly trained to provide continence care, but is also certified to work specifically with geriatric patients. Silvercare's Continence Care Protocols have been honed through 25 years of practice and are not only appropriate and effective for the geriatric patient, but also for the long-term care setting.

The Sarah A. Reed Retirement Center strives to provide outstanding care for our residents. We have a great nursing staff team who is dedicated to this mission. However, incontinence is a medical situation that requires a unique approach to resident care. We are excited to introduce our continence care program as we feel it will greatly improve the health and lives of our residents", states Beverly J. Lasher, Director of Nursing

We always are searching for ways to be a leader in care-innovation for our residents and the continence care program is truly an innovative approach.

The Sarah A. Reed Retirement Center Continence Care Program: One more way we think differently about the care of our residents.

Anniversaries



Debbie Mann and Eric Schultz congratulate Don Vogelhuber on his 15-year anniversary at SAR.



Julie Barrett is congratulated by Beverly Lasher and Lisa Osinski on her 10th Anniversary at SAR!
Congratulations!

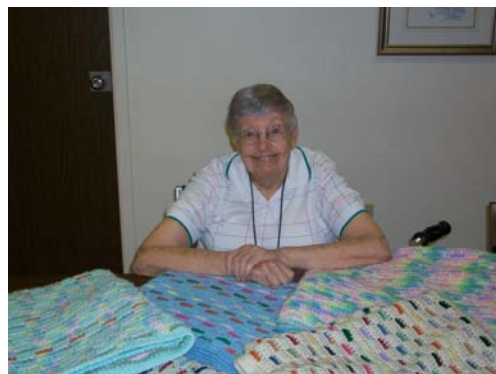
Thank You, Mary Anderson!

Reed Terrace resident, Mary Anderson, has been very busy over the past year and a half with a project that has warmly benefited the residents of Reed House.

She has crocheted at least 15 lap afghans for our residents on the nursing side of the facility. Each afghan takes approximately 25 hours to make- 375 hours to make 15!

Mary has lived at S.A.R. for almost three years. She volunteers in the S.A.R. library. Her hobbies include playing Bingo and reading. She used to knit many afghans, sweaters, and other articles over the years as gifts for family and friends.

Thank you, Mary, for your thoughtfulness and dedication to making sure that our residents throughout the nursing units have warm and beautiful creations to keep them toasty and cozy!



Trimming the Fat From Your Holiday Feasts

By Andrea Simons-Snedden, MS, RD, LDN

Already the holidays are right around the corner, and before you know it the celebrations (with all of the delicious food) will begin! As the social calendar fills out with office parties, family celebrations, and football gatherings, so unfortunately might the waistline.

The most important thing is to be realistic - deciding to lose weight over the holidays may be a losing game. Strive to maintain your weight instead. Trying to maintain your exercise program (or some version of it as time gets away from you!) can help minimize stress as well as unwanted weight gain. Here are some tips from the American Institute for Cancer Research to carry you through the round of celebrations without feeling guilty or deprived.



When You're the Guest

- Eat a low fat breakfast and nutritious lunch before going to a big holiday dinner. It will help you enjoy the meal without overindulging.
- Snack on high-fiber fruit with a tall glass of water a half hour before the feast.
- If you are asked to bring an item, bring your favorite low-calorie dish so you will have at least one healthy choice.
- Don't deprive yourself of your favorites – make it a balancing act. Perhaps skip the salad with dressing (you can have one any day of the year) and go for a small portion of that homemade stuffing. Balance your favorites with low-calorie foods such as veggies with a sampling of dip, or boiled shrimp with lemon or cocktail sauce.
- If you'd like some alcohol, order a white wine spritzer instead of a cocktail.
- Sample desserts as if they were rare wines.
- Take a walk instead of seconds.

When You're the Host

- Serve part skim and reduced fat cheeses with veggies, fruit, and crackers.
- Make Eggless Nog with low fat vanilla frozen yogurt and low fat milk instead of eggs and cream.
- Use margarine (the soft, tub variety, free of trans fats) instead of shortening, lard, or butter. In baked goods, try substituting equal amounts of unsweetened applesauce in place of oil.
- Prepare vegetable stuffing outside the bird so it won't absorb the fat. If you wish, for presentation, simply arrange prepared stuffing around the roasted bird on a serving platter.
- Fat-free cream, light whipped topping, or evaporated skim milk can replace light cream, whipping cream, or evaporated milk.
- Use 1 percent or skim milk instead of whole milk (or some of the creamier, more full-bodied versions of skim milk now available at supermarkets); Try low fat yogurt instead of sour cream.
- Substitute egg whites for whole eggs. Generally, 2 egg whites = 1 whole egg; Use 1 egg white for each whole egg if you like a lighter-textured baked good.

So where does Aunt Millie's double chocolate fudge cheesecake (your *favorite*) fit into this program of enlightened eating and restraint? That's the beauty of making small, smart sacrifices...it makes room for the occasional no-no.

More Resident Thanksgiving Memories

Well, we had a strange Thanksgiving during the storm of 1956- we had kids that weren't invited!

"We lived in Millcreek on Loveland Avenue, which is by Powell Avenue. Our neighbors had company for Thanksgiving who came all the way across town from Wesleyville.

"Well it snowed and it snowed! The snow just kept on coming! We had so much snow that one side of our house was completely covered from the roof down to the ground! The neighbors called to say that their company was stuck and unable to return to Wesleyville; would it be possible for us to take 3 of their kids for the night? We said ok, but they ended up staying for two days! With our two sons, that made 5 kids in the house, but we survived!"

Contributed by RM resident, Jane Joslin

"I had an oven that wasn't quite large enough to put the turkey in, so I bought an electric roaster. The roaster was on my husband's workbench down in the basement.

"I put the turkey in the roaster and, after a few hours, I thought something was wrong- I couldn't smell the turkey cooking. I went downstairs to see how the turkey was coming along. As I'd never used an electric roaster before, I wasn't sure what I was doing. Since the turkey wasn't doing anything, I decided to take the turkey back upstairs and figure out a way to put it in the oven.

"The turkey was all oiled and seasoned. As I got to the top of the basement stairs, the roaster slipped out of my hands and the turkey slid across the kitchen floor! It was hard to pick the thing up because it was all oiled! I finally got it and washed it off as best I could and managed to get it in the oven after all. It ended up being a pretty good meal!"

Contributed by RT resident, Bonnie Seymour

"Thanksgiving in 1956 was our first Thanksgiving in our new house at East 34th and Wallace. We didn't have a lot of room or furniture, but we had 14 people for dinner.

"It snowed so much that day! As my guests were getting ready to leave, I handed them all kinds of leftovers to take home with them. Before long, everyone came back inside, covered in snow (the snow was wet and heavy), and handed me back the leftovers! Everyone stayed for three days! My mother made turkey soup, turkey hash, turkey whatever...by the time Sunday rolled around, we were sick of turkey and the refrigerator was bare!

"W.I.C.U. was the only television station and put on movies all night long to keep people entertained!

"Thanksgiving night my brother had to go to work (3rd shift) at Hammermill. He walked all the way from our house to work! The next morning, when his shift was over, he walked all the way to my parents' home at East 32nd and Wayne to pick up their insulin (they were both diabetics), then he walked back to our house.

"To this day, whenever we get together for the holidays, we often talk about that particular Thanksgiving- we'll never forget it, that's for sure!"

Contributed by RM resident, Marion Paulsen

More Thanksgiving Memories

My mother always lived with us so, for many years, everyone came to our house (17 total). Folks would stay from Wednesday evening till Sunday morning for the Thanksgiving weekend.

When it was time to go, my sister would always say, "This was great; next year it's my turn!" So, one year I called her the first of November and said, "Remember that Thanksgiving invitation? We are all coming!" There was a scream, a pause, and then she said, "That's great!"

Everyone arrived Wednesday evening. Thursday morning my sister got up at 4:00 a.m. to start the turkey and so forth, but her oven would not work. An elderly couple lived next door and my sister called and asked the lady if she could use her oven. This was a very awkward situation for my sister, as she really didn't know these neighbors other than to wave "hello" from time to time. The couple, who were in their 80's, lived in a very large brick home. To my sister's surprise, the lady said, "Just bring everything over!" Some of us carried the turkey and all the fixings over to the neighbor's.

By mid afternoon, seventeen of us were seated in the large formal dining room of this couple's home. The lady got out all her best china for the occasion, which probably hadn't been used in many years. So, there we all sat with two strangers in their home...and we had a fantastic Thanksgiving dinner!

Contributed by RM resident, Howard Sammons

"My most memorable Thanksgiving was in 1942 or 1943 in France while I was in the Army. There was a schoolhouse in the country where the Army cooks set up to serve the men their Thanksgiving meal. The guys were lined up outside for about a half of mile! We had our mess kits filled with turkey, cranberries, stuffing- the works! The only bad thing about it was that it was pouring rain and the rain got all over our food cause we had to stand outside in the rain to eat it. But, we ate it and thought it was good!"

Contributed by RM resident, Bob Eisert

On November 27, 1958, we had a bad storm on that Thanksgiving, too. I had the turkey in the oven and had all my stuff ready. My company arrived, but I had to leave. I was due in December, but my labor pains started!

"My brother-in-law drove my husband and me to the hospital. We could hardly make it up the hill on west 24th street on our way to Saint Vincent's Hospital!

"When I finally got into the hospital, the nurses checked me and I was so far along in my labor that they sent me right away to the delivery room; they hadn't time to prep me or anything!

"The doctor came out and found my husband and told him that he had a a new baby boy. My husband started to walk away when the doctor yelled at him, "Wait a minute! You've got another one, too!" My husband was shocked! Neither one of us knew that I was carrying twins!

"We hadn't any names picked out yet, so the hospital named them "Baby A" and "Baby B" till we could figure out names for them. They were identical twins. Well, the first son we named Kenneth Adrian, and the second son we named Keith Bernard. My husband never could tell the difference between the two boys till the day he died!"

Contributed by RT resident, Sophie Zambrzycki

Meet Pianist, Fred Fischer

Fred Fischer is the son-in-law of Dick and Edith Love, who are residents at Sarah Reed. He's been married to their daughter Judy for twelve years. They live in Scotch Plains, New Jersey. The following is a short history of how Fred became "hooked" on music.

It all began when Fred's dad showed him how to play "Ain't She Sweet" on the piano. "Five Foot Two", "Yes, Sir, That's My Baby", "Baby Face", and "Darktown Strutter's Ball" quickly followed. Fred was only eleven years old. By the time he was twelve he was playing in dance bands locally in the Connecticut area where he grew up.

His first piano lessons were in 1948 with Miss Plinkcavitch, honestly, that was her name. She actually was a very talented music teacher at the Stewart Elementary School in Garden City, Long Island, NY where Fred went to school from kindergarten through third grade. His first lesson was in the John Thompson Preparatory Piano Book and by the end of the book he was able to play "The Wigwam Song". Then Fred continued with books one and two from the same John Thompson piano course where he struggled to read music, having difficulty especially with the bass clef. At the end of the year the family moved to Connecticut and Fred gave up the piano for the violin. He was grateful to have only the treble clef for reading notes! During the year of 1949 he spent hours reading through the stacks of popular sheet music, which belonged to his dad, a business man who was a very good jazz and ragtime piano player.

In 1950, on the first day of fifth grade, nine year old Fred contracted polio, along with brother Garry and sister Liz. While recuperating he missed two years of school, both fifth and sixth grades. Fred has been in a wheelchair and on crutches and leg braces ever since. At eleven years of age he started "real" music lessons with his dad, and for the last almost sixty years his life has been a joyous adventure making music!!

Fred Fischer is a classically trained pianist and church organist, but his first love is jazz. He has been playing professionally since the age of 12 when he and 15-year-old jazz clarinetist Brad Terry played a New Year's Eve gig in their Connecticut hometown. By the age of 13, he went to Julliard to study with well-known jazz instructor Johnny Mehegan. At 16, he entered Boston University to major in music theory and composition. There, on the advice of jazz commentator Father Norman O'Connor, he studied classical piano with Margaret Chaloff, mother of the great jazz saxophonist, Serge Chaloff.

After soloing in Greenwich Village clubs for a time, Fred took on a partner -- banjo virtuoso Patty Tyler, whom he later married. Billed as The Glad Rags, the two moved to Scotch Plains, New Jersey and several years later, in 1970, began a twelve-year engagement at Auntie Mame's in Stirling, New Jersey. The group swelled with the addition of Fred's sister Liz on guitar, and later Fred and Patty's son Chris on drums. The Glad Rags cut two albums and played many clubs and concerts in the area until Patty's death of cancer in 1993.

In 1999, Fred retired as director of choral music at the Wardlaw-Hartridge School in Edison, New Jersey -- a position he held for seventeen years. Since then he has been able to devote full time to performing and private teaching. He performs with the Beacon Hill Jazz Band, the Summit Stompers, and the Connie Knight Orchestras. In addition he is currently performing with and arranging for a jazz-vocal trio that includes himself, sister Liz, and jazz singer Nancy Nelson. They have performed at the Bickford Theatre in Morristown, NJ and the Watchung Arts Center in Watchung, NJ and for the Friends of Dresden Music Foundation in New York City.

For the past 22 years, Fred has been the organist and choir director at the United Church of Christ in Plainfield, New Jersey. There his occasional jazz pieces became so popular that he was asked to devote one Sunday morning service each month to jazz. It was here at the church that Fred first met Judy Love. She had moved to New Jersey in 1995 to become the children's librarian at the South Plainfield Library. When the yellow pages directed her to this church, Bill VanWienen, one of the choir members, advised Fred, "Judy's a soprano, don't let her get away!" Fred took his advice, and the rest is history!

*****Special Note: Fred and Lois DiFucci will, once again, be performing piano duets for you on Thursday, October 8th at 2:00 P.M. in the Atrium. The concert will feature songs of autumn.**



Fire Safety

by Debbie Mann & Karen Brobst

Recently, our Reed Manor and Reed Terrace residents have had some changes in their response to a fire drill. Meetings were held in May with individual floors to review the new emergency protocol. New brightly colored green signs were hung on the back of each resident door outlining what steps to take during a fire emergency or fire drill.

Previously, we had asked residents to remain in their room when the fire alarm sounded. At the direction of the Department of Public Welfare, the governing body of the Personal Care Home, **ALL** residents are to initially evacuate their room into the hallway. If a resident sees smoke or flames, they are to immediately evacuate to a fire safe area. These areas are beyond the fire safe doors in the hallway or to the nearest stairwell. If a resident does not see smoke or fire, they are to remain in the hallway and await further direction from staff. An in-service was also held for all residents on Friday, August 21th. Debbie Mann reviewed the above fire safety procedure, as well as provided safety tips and weather alert protocols.

Additional questions about fire safety can be directed to Debbie Mann at x. 627 or Karen Brobst at x. 651.

News from HR!!

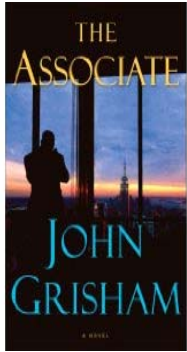
We are excited to announce that on September 10, 2009, we are having our 3rd Annual Employee Information Fair. It will be held in the Atrium from 10am to 2pm, so stop down! Free Hot Dogs will be grilled and served to our employees, compliments of National City. Vendors also representing Great Lakes Institute of Technology (free massages for our employees!!!), UPMC (our current health insurance carrier), Loesel-Schaaf Insurance, AFLAC, NW Savings, EcoQuest Air Purifiers, Verizon, Whole Food Co-op and more will be on hand to give information and to answer questions regarding health and benefits.

We are very excited to announce that on November 5th we will be having our first Holiday Shopping Extravagance. Vendors from all over the tri-state area will be present to make available a wide assortment of products. We feel this event will be beneficial for both the vendors and our employees. We hope it will be a fun and convenient way for employees and residents to take care of some of their holiday shopping needs.

Open enrollment for all SAR benefits will run from November 1 through November 30. Please see Sue or Gayle with any questions.

Finally, We will have our annual Thanksgiving Turkey and Christmas ham drawings this November and December.

The Associate by John Grisham, 2009. Large Print.



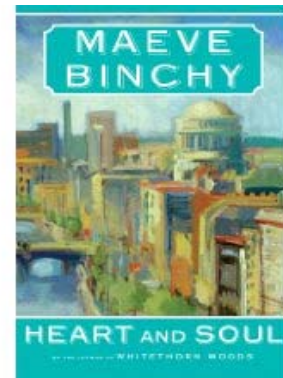
Kyle McAvoy grew up in his father's small-town law office in York, Pa. He excelled in college, was elected editor-in-chief of the Yale Law Journal, and his future has limitless potential.

But Kyle has a deep, dark secret from his college days that he can't forget. The secret falls into the hands of the wrong people and Kyle is forced to take a job he doesn't want- a job most law students can only dream about. His new job as an associate in the largest law firm in the world allows him to practice law, but he is also expected to lie, steal, and take part in a dangerous scheme that could send him to prison or possibly get him killed!

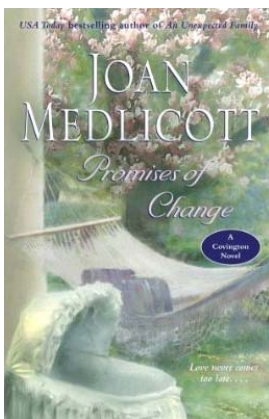
Heart and Soul by Maeve Binchy, 2009 Large Print.

Binchy tells a story of family, friends, patients, and staff who are part of a heart clinic in a community caught between the old and the new Ireland.

Dr. Clara Casey has been offered the thankless job of establishing a new clinic and agrees to take it on for a year. She has plenty on her plate already- two difficult adult daughters, the unwanted attentions of her ex-husband- but she assembles a wonderfully diverse staff that is devoted to helping their demanding, often difficult patients.



Promises of Change by Joan Medlicott 2009 Large Print.



This is the ninth book of the Covington series. Hannah and Max are happily married and enjoy nurturing the parkland they saved from developers. But their peaceful life is shattered when Max's estranged son, Zachary, returns from India with his pregnant wife, Sarina.

Soon there will be a new baby in Covington, and Hannah and Sarina bond while shopping in preparation for the blessed event. But Hannah worries about the rift that still exists between Zachary and his father and the fact that Zachary's and Sarina's marriage appears to be on the rocks.

Employee Appreciation Week



Happy 71st Anniversary!

In the last edition of the Reeder, we met Tom and Pia Jordano, two of Sarah Reed's residents who had recently celebrated their 70th wedding anniversary. We are fortunate enough to have two more couples at Sarah Reed who have achieved milestone anniversary celebrations.

"Always make up when you're mad" and "Look on the bright side of things." These two pieces of advice are offered by Tony and Mae DiBacco, a couple who reside in Reed Manor. Tony and Mae celebrated their 71st wedding anniversary on August 27th.



Mae worked at a local tie shop on Parade St. with Pia and Celia DiBacco. Pia, Celia, and Mae walked to work every day - rain or shine. Tony & Mae's first encounter was one rainy day when Tony (Pia and Celia's brother) drove up in a brand new 1936 Chevy and offered his sisters a ride home. As Mae recalls, "Nobody had a brand new car back then." Celia tried to arrange the seating so that Mae would be in the front seat with Tony, but Tony told Mae to sit in the back! A while later, Mae, who was not permitted by her mother to go to the east side of Little Italy (defined as east of Liberty St.) was coerced by a friend into going to the PP Club (which stood for the Pratola Peligna Club which describes the region of Italy where they are from.) There, Mae was reacquainted with Tony. They dated for a few years before marrying on August 27, 1938.

During the first few years of their marriage, Mae and Tony had a daughter, Carol. Before Carol turned one, Tony was drafted into the Marines and served in the Pacific region, including Guam and Iwo Jima. Tony recalls that he was on guard duty at the time the atomic bomb was loaded into the plane. He notes that he and his fellow Marines speculated on what was going on, but did not realize its significance at the time. At the end of the war, he returned home to continue working at Erie Enamel Works. Tony and Mae later had twin daughters, Sharen and Karen.

Tony and Mae were fortunate to have Mae's mother living with them for many years. She helped care for their daughters as the couple owned and operated Di-Sil's, a tavern located at 21st & Parade. Mae and her cousin's wife did all the cooking; both Mae and Tony note that their tavern was well known for their pizza. They stayed in the restaurant business for 35 years before retiring. They then traveled extensively, taking cruises and visiting 13 countries. They also enjoy spending time with their 5 grandchildren and 2 great grandsons.



Happy Anniversary Mr. and Mrs. Goergen!

According to Demaris and Roman Goergen, faith is what brought them together and it's helped them throughout their marriage.

Demaris and Roman first met in Phoenix, Arizona. Demaris had been living there for a few years, but came back to Erie when her first husband was killed in the service. Upon her return to Erie, she worked at the Erie County Courthouse. Demaris explains that she became "restless" in Erie and wanted to make a change. She decided to go back to Arizona; before moving, she contacted the priest at the Catholic Church and inquired about renting a room from a parishioner. She ended up living with a young woman named Elise.

Elise began to introduce Demaris to her friends at church. They also began to attend Bible study together; Roman was a member of the Bible study group. Demaris and Roman participated in many of the group activities together. They dated for about a year before he asked her to marry him. They came back to Erie to get married at Sacred Heart Church, Demaris' childhood church.



After their marriage, they moved back to Phoenix. Roman began working for the post office there. Demaris was busy with their family; their first two children were born in Phoenix. Demaris notes that she became homesick for Erie and Roman wanted to do whatever would make her happy! Roman put in for a "mutual transfer" and switched jobs with a postal worker in Erie who wanted to move to Phoenix. They eventually built a home on Elmwood Avenue, where they lived for 54 years. This is where they raised their 5 children. They are also the proud grandparents of 18 grandchildren and 16 great grandchildren. With number seventeen due early November.

Roman and Demaris have remained very involved in church activities their entire life. Roman sang for 40 years in the church choir at St. George's Church and was also a Eucharistic minister. They are also involved with the Legion of Mary.

Besides their faith, a grateful attitude is also evident. When asked if they had anything else they'd like to share, Demaris replied, "I'm grateful for Roman." And Roman's response? "You can reverse that answer for me" while pointing at his wife.

News from Around S.A.R.

Holiday Pictures at SAR, Sunday December 6, 2009!

Noted Erie photographer John Huegel will once again be at Sarah Reed to take Holiday pictures of our residents and their families. Last year's event was a great success and we are looking forward to having another great Holiday photo Day at Sarah A. Reed.

Please mark Sunday December 6 on your calendars for this special Holiday event. Special sign up sheets will be posted throughout the Center in November.

Each resident will receive a 5 x 7 photo at no cost or obligation. Additional copies in various sizes are available at reasonable rates. Again, you are under no obligation to purchase anything!

Please call Doug White at 878-2626 or email dougwhite@sarahareed.org for additional information.

New Arrival !



Kevin Komisarski of our physical therapy department and his wife Michelle welcomed Larissa Christine into the world on July 2, 2009. Larissa weighed in at 8 pounds 15 ounces and is 21 1/2 inches long!

We are sure Kevin has all kinds of pictures to share!

Congratulations to Kevin, Michelle and Larissa!

Sarah' Brigade

Thanks to all who supported our hot dog and hamburger Sale on August 6th.

Keep on eye out for more activities for Sarah's Brigade in December!

Happy Anniversary

Mary DiMarco and her husband Phillip recently celebrated their 25th Wedding anniversary!

They were honored at a surprise party hosted by their children Anthony and Cassie.

Congratulations!

Congratulations Cameron Mattix!

Cameron Mattix, son of Noelle and Jim Mattix was granted a full scholarship to attend the Pennsylvania Free Enterprise Week 2009 at Lycoming College in Williamsport PA. Pennsylvania Free Enterprise Week is a weeklong economic education program that offers students an inside look at the private enterprise system and the way the free market functions. Cameron was nominated for this honor by his teachers at Strong Vincent High School, where he will begin his senior year this fall!

IMPORTANT

If you have news that you would like to share please email information to Doug White at dougwhite@sarahareed.org or call 878-2626.

Employee Headliners

<u>September</u>		<u>October</u>		<u>November</u>	
2	Sheila M. Black	2	Sanela H. Tutic	1	Jamie L. Roof
6	Salvacion D. Palicia	3	Heather I. Potter	3	Marie Copper
7	Elizabeth F. Lee	5	Marta P. Lopez		Rudolph T. Lipinski
	Inna P. Mayster	6	Nicholas A. Quirk	4	Laura J. Bliss
8	Diane Himes	10	Janet M. Rossi	7	Madonna Edwards
	Shanique K. Mathis	17	Jennifer K. Dowd	9	Gale Magyar
10	Linda K. Rhodes		Rosinna M. Colon		Vicki L. Miller
13	Dennis L. Gibson	19	Heather A. Barnett	17	Marilyn Tait
15	Shawn R. Wiesner	23	Karen M. Munson	22	Lois Difucci
16	Eric C. Schultz	24	Donna MacLeod	23	Karen Brobst
18	Sandra Dombrowiak		Valarria Hollingsworth	30	Lisa M. Osinski
19	Dina Scribner	28	Gloria A. Mondragon		Louanne M. Welsh
20	Katherine R. Leone	31	Rose M. Gibson		
23	Sue Vacanti				
24	Tina M. Partsch				
25	Lydia F. Wardi				
27	Danielle E. Spencer				
28	Leila J. LePore				
	Paul Russ				
29	Robert H. Crockett				

Welcome to Sarah A. Reed!

Bethany A. Anderson	07/08/2009	NURSE ASSISTANT
Richard A. Bailey II	07/27/2009	MAINTENANCE WORKER
Judith A. Baney	08/05/2009	LICENSED PRACTICAL NURSE
Brandon T. Bench	06/25/2009	DIETARY AIDE
Jennifer K. Dowd	06/15/2009	RECEPTIONIST-TYPIST
Amy L. Grayson	07/09/2009	RN CHARGE PRD WEEKEND
Gail L. Harman	07/20/2009	REGISTERED NURSE
Cassie M. Krawiec	07/23/2009	NURSE ASSISTANT
Katherine R. Leone	06/25/2009	DIETARY AIDE
Takia A McCreary	05/27/2009	DIETARY AIDE
Vicktoria A. Mikolajewski	05/27/2009	LICENSED PRACTICAL NURSE
Victoria M. Monde	05/27/2009	REGISTERED NURSE
Danielle E. Spencer	07/02/2009	NURSE ASSISTANT
Shawn R. Wiesner	07/07/2009	UTILITY/STOCK/DIET AIDE

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The Reeder is a quarterly publication of The Sarah A. Reed Retirement Center. Chartered as Erie's First Welfare Agency in 1871, The Sarah A. Reed Retirement Center is a private non-profit corporation committed to providing a comprehensive approach to retirement living. It provides this through a continuum of care for its residents in a secure and supportive environment by offering quality health care and services as well as opportunities for mental, physical, recreational and spiritual programs at a reasonable cost.

The REEDER

Editorial Director

Douglas K. White

Director of Development

814-878-2626

Editor-In-Chief

Lois DiFucci

Music & Art Director

814-878-2632

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