



The Episcopal Home

May 2019

*"Sweet May hath come to love us, Flowers, trees, their blossoms don;
And through the blue heavens above us, The very clouds move on." (Heinrich Heine)*

A Milestone Birthday

100 Years Young: Bertha Mackey Celebrates Milestone Birthday



Bertha Mackey donned a tiara and pink sash, designating her as the "Birthday Girl." Colorful balloons were tied to her chair at the head table as she enjoyed her party celebrating her 100th birthday at the Episcopal Home, surrounded by her close friends and five generations of her family.

Mackey was born March 28, 1919, in Blairsburg, Iowa. Her family later moved to Chicago, where she met her husband Floyd "Paul" Mackey, whom she married in 1937. The Mackeys moved to Pennsylvania, Paul's birth state, in 1948. She worked as a hand sewer at the old Stanley Company in Chambersburg for 23 years and was a housewife with six children.

"I am dumbfounded, to tell you the truth. I was never expecting anything like this," Mackey said about her party. "In fact, I never expected to live as long as I have. To reach age 100, well I guess you could call it a miracle."

Mackey thanked God for letting her grace the earth for a century. She also was grateful for living to see her numerous grandchildren and great-grandchildren, something she described as her greatest accomplishment.

Five of her six children also attended the party. Mackey said she has the best children in the world. "I have children that I literally adore," she said, "And I think they are all beautiful."

The day of smiles and laughter came to a close with a big cake in honor of Mackey's milestone

HAPPY BIRTHDAY!

RESIDENTS

May 8: Marietta

May 9: Mary W.

May 17: Vivian

STAFF

May 18: Wayne

May 25: Nancy

May 25: Mike



Recently, Mary Grace and I met with Robert Torres, Acting Secretary of Aging for the Commonwealth. Stephanie Cole, Executive Assistant, was also present. We were there to talk about Family Group Decision Making (FGDM). This process is used throughout the child welfare system in Pennsylvania, but hasn't been used much, if at all, when an older person needs to make a plan for staying in their home as they age. FGDM brings together any people or organizations an older person feels might be able to assist them with various needs in their life. There is a trained facilitator for the meeting, which results in a very detailed plan for the person. The purpose and goals of the meeting are set by the older person.

The Episcopal Home received a \$30,000 grant from the Partnership for Better Health to conduct 75 groups in the next year. Mary Grace and I believe this process is important to helping older people have the best quality of life with the help and support of family, friends and community services.

Personally, I have known Acting Secretary Torres for over 25 years. We served together on the Harrisburg City School Board. I enjoyed seeing him again after many years and telling him about Family Group Decision Making and about The Episcopal Home.

-The Rev. Rebecca S. Myers

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The Rev. Rebecca Myers, Robert Torres, and Mary Grace Shearer met in Harrisburg to discuss Family Group Decision Making.

DATES TO REMEMBER

Why not join your resident for a special event?



**May 6 & 20
Milan & Casey
11:00**



**May 11
Ice Cream Sandwiches
2:00**



**May 9
Music with Robilee Leedy
2:00**



**May 12
Meal & Special Dessert
Noon**



**May 18
Music with Lisa Turchi
2:00**



**May 22
Supper Out
4:30**



May 23
Music with Dr. Jurgenson
1:30



May 27
Inside Picnic
Noon



May 29
Baking Club
2:00



Important Date Change!

The Shippensburg Town Band will be performing a free concert at the Episcopal Home on **June 11** (changed from June 25) at 7PM in the EH parking lot. Refreshments will be served and everyone is welcome.



FROM THE DIRECTOR'S DESK

At Table

*Table fellowship is more than eating and drinking together.
It is one of the most ancient signs of human intimacy and community.*

We have six large tables in the EH dining room that will accommodate 36 residents and/or guests. Typically, the room is used for three resident meals per day – meals that are home cooked and prepared with minimal fat and sugar. Meals are served family style so residents can choose what they eat and in what quantity. Additionally, meals are customized to resident preference and need.

Sometimes the dining room is quiet and the residents have nothing to say; however, they are being present to each other in the quiet. Other times, there are many discussions. They are busy catching up with each other on what is happening outside the EH. Residents do connect with each other and enjoy each other's company. Table talk is the EH newspaper of choice.

There are many discussions about the quality of the meal, whether or not one's vegetables are cooked too much or not enough, or whether or not we are having chicken again. Residents are asked for food ideas and for special food-centered activities such as wine and cheese, salad day, or some other idea they would like to try. Special menus are discussed for holidays and it is interesting to note the special meals some of the residents have had with their families, and now with their EH family.

Once in a while, mealtime can be a source of contention because the music is too loud or not loud enough, or whether the curtains should be open or closed. This is normal banter in community living and some type of agreement is usually reached. When the banter occurs, never make the assumption that dining room contention is a sign of a lack of solidarity, because it is in the dining room that the residents are most powerful. They feel empowered by each other and the group as a whole because it is a communal experience to share a meal.

Saying grace is a time of human intimacy. At two of the three meals, we say grace. A resident will volunteer to "do grace." He or she will express thanks for the meal and then state other blessings of this life as well as petitions. This is when we know that life is real and can be joyful and sorrowful at the same time.

- *May you have good memories of those who cannot be with you.*
- *May you have appreciation for yourself, what you do for others, and what others do for you.*
- *May we treat each other with kind words and thoughts and always be fair.*

Kind wishes!
Mary Grace



Around the House



Walter Crider is our newest volunteer musician. A self-described "hillbilly singer," he entertained residents with a toe-tapping, hand clapping program of folk tunes, ballads, and hymns.

Some of our crafty residents made May Day door hangers for all of their EH neighbors. They filled each of the pretty decorations with a special snack.





Residents recently participated in a "Get to Know Your Neighbor" activity to meet and mingle with our newest residents.

Thanks for responding to our spring mailing!

Your Support is Vital

Your generosity helps our residents who need financial assistance.

[Click here to donate online](#)

You now have the option of making a monthly automatic online payment

THIS MONTH'S ACTIVITIES

[Click here for this month's
ACTIVITY CALENDAR](#)

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The Episcopal Home is a place where residents receive friendship, spiritual nurture, rest, recreation and excellent physical care in a peaceful setting which allows them to live in a place of safety, warmth and love. The Home is able to care for those with limited financial means because parishes of the Episcopal Diocese of Central Pennsylvania support the facility. Through the ministry of the Episcopal Home, the Church is engaged in God's mission to value life and care for others.



The Episcopal Home

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