



CHRIST THE KING MANOR

NEWSLETTER

January - March 2023

In an effort to do our part to help the environment, we are happy to announce that our Newsletter is available online at www.ckmanor.org. We will be happy to send you a reminder of when it's available by sending us your email address and contact information to info@christthekingmanor.org.

DANCING INTO 2023!

Our wonderful Activities Team, led by our Activities Director Robin Badger, does a tremendous job in coordinating entertainment for residents in our main facility. If you want to have a polka party, listen to some ragtime tunes, or hear various performers play their instruments, our team will have them every month.

To ring in the new year, we invited residents from our Skilled, Personal Care, and Memory Support facilities to gather in our main dining room to hear the stylings of Professor Moses. He brought his ragtime concert all the way from Colorado when he moved to Pennsylvania. His shows pack the house every month, and his skill on the piano can be heard all throughout the building.



We have numerous performers who join us throughout the year, but none have been as consistent, popular, and requested as Denny and Frank. Denny plays the trumpet and sings while Frank accompanies on his accordion. Every song gets feet tapping and folks singing along. Their polka parties fill out our Activity Room and dining room, and we're so appreciative of their long dedication to playing for our residents.

Music keeps things lively at Christ the King Manor. Our residents are so appreciative of the performers, so if you know someone who would like to share their talents, give us a call!



FULFILLING A DREAM



In early 2022, our Care & Compassion Committee started a new initiative, the Fulfill a Dream Program. The committee and corresponding fundraising subcommittee still raise funds for residents and staff in need of assistance, but they wanted to reach out to the community for additional support. Spearheaded by our Director of Social Services Marisa Rothrock, the committee wanted to go beyond the ways they've helped in the past to make dreams come true for our residents.

"I came up with the vision of the Fulfill a Dream program at Christ The King Manor after coming to the realization that many of our residents have dreams that some of us take for granted on a daily basis," Marisa said.

The Fulfill a Dream Program was created to help residents experience a dream of their choosing, typically surrounding family, friends, and involvement in their communities. Our first Dream recipient was Jerry Seliga, who hadn't been out on the golf course with his friends since his arrival at the Manor. With the help of the committee and a nursing team, Jerry had a great afternoon on the course.

Jerry's outing was exactly what Marisa had envisioned when she kickstarted the program. Other dreams included trips to visit home communities and dining experiences from local restaurants, but the spirit of the program was perfectly captured just before Christmas.

FULFILLING A DREAM



Mary Elias' kids are scattered far from Christ the King Manor. They range in age from 18 to 25, and although they all attended DuBois Central Catholic for some time, none live in the DuBois area. Brian, Juliet, Matthew, and Caleb (pictured above), had not often been able to visit their mom at the same time. Coordinating schedules around school, work, and the military in the case of Matthew, was proving difficult as Christmas approached. Luckily, Marisa Rothrock and the Care and Compassion Committee were ready to step up and help.

"Seeing a resident's smile and the joy in their eyes when their dream is fulfilled is a feeling beyond belief," Marisa said. With that in mind, she got to work setting up Mary's dream.

Marisa reached out to Comfort Suites to see if she could get the whole family under one roof again. With the assistance of Comfort Suites manager Joe Perpich, they were able to set the Elias family up with adjoining rooms to allow Mary's nursing team to stay within reach.

The nursing team was on call via walkie talkies in the other room so the family could be together for the night. Christa Overbeck and Ally Schatz helped make Mary and her family comfortable, and the stay would not have been possible without their expertise and care.

"(The aides) were pretty hands off in the way that they weren't hovering," Caleb said, "They were like, 'If you need us, we've got the walkie talkie. Otherwise, have fun.' They were very helpful. It eliminated a lot of stress. We could just relax and spend time with our mom."

With the plans set, Marisa contacted Caleb to coordinate a day for all of the Elias siblings to come back to DuBois.



FULFILLING A DREAM

“We really only see each other when we come to visit mom,” Caleb said.

For the siblings, Mary’s dream to have them all under the same roof again was a full family reunion.

Shortly before Christmas, Mary and her four kids were finally together again. They ordered out from Luigi’s Ristorante. Mary and Caleb got the Lobster Ravioli, and they all shared tiramisu and cheesecake for dessert. Their room was filled with snacks, games, Christmas decorations, and a tree. They spent the night reminiscing and reconnecting while playing Uno and trying to learn the card game Skip-Bo. Juliet was thrilled to see her mom in such high spirits.

“She was great,” Juliet said. “She was so happy to one, be around us all, and (two), just to be out. I just like to see my mom so happy, especially around Christmas, which we haven’t gotten to do (together) in a long time.”

Juliet and Caleb’s favorite moment from the night was heading to the hotel pool. The lift that would have allowed Mary into the hot tub wasn’t working properly, and while that could have put a damper on their stay, the family made the most of it and laughed fondly about the experience. Joe Perpich offered the family a free stay courtesy of Comfort Suites once the lift is fixed, so the Elias family will try to get together again for Mary’s birthday.

“That was kind of a blessing in disguise,” Caleb said. “July 22 is (Mary’s) birthday. It’s mid summer, so we should all be able to get together.”

The siblings made the most of their time with their mom before heading back to school and basic training. None yet have kids of their own, but they said it was a powerful reminder of the importance of family and togetherness they can apply to their own families in the future. They look forward to the next time they can all get together, and they’re thankful that Christ the King Manor has people willing to go the extra mile to make these dreams happen.



To donate to Christ the
King Manor, visit:
ctkmanor.org/donate
or scan the QR Code.

“As stereotypical as it might sound, just having everyone together in one place, that was the biggest thing,” Caleb said. “Whenever we see our mom, it’s never all four of us. It was getting the family back together. Family time is very important to me.”

HEROES IN THE COMMUNITY

Driving on Route 210 between Trade City and Plumville, Tiffany Reesman spent her birthday and day off taking a friend to an appointment. As an LPN Charge Nurse at Christ the King Manor, Tiffany is naturally caring with a predisposition to help others, but she went above and beyond normal actions when she saw what unfolded ahead of her on the road.

A buggy, belonging to an Amish family traveling on the same road, had been in a collision with a vehicle and was overturned off the side of the bank. While many may have passed by without a second thought, Tiffany understood the gravity of the situation and sprang into action. Her training and expertise aided her and those involved in the crash, but her character and heroics were just as important.



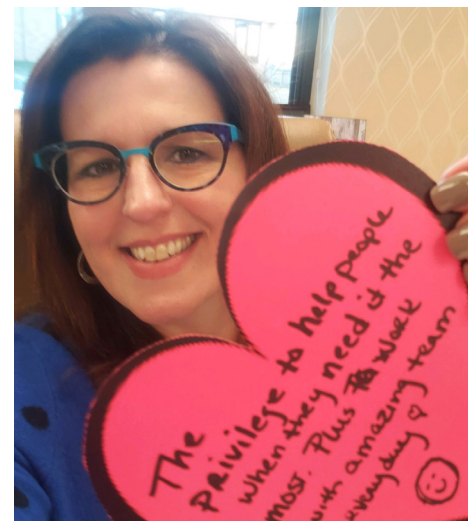
Without hesitation, Tiffany was out of her vehicle, across the road, and helped to flip the buggy off of a trapped passenger. Her calm demeanor de-escalated the situation until paramedics arrived, and she helped ensure that everyone walked away from the accident.

We're incredibly proud to employ someone as brave and humble as Tiffany. She wouldn't call her own actions heroic, but we certainly can't think of a more fitting description of her selfless actions. Since joining our team in August of 2022, Tiffany has been a great member of our nursing team and an even better person within our community. Thank you for all you do for our residents, your coworkers, and even strangers in need on the side of the road.

WE LOVE WHAT WE DO!



February is the month of love, so we wanted to take the time to share why we love what we do at Christ the King Manor. All month long, we had our staff write down things they love about CTKM to post for all to see. We love our team, and it's great to see that there are so many reasons people love what they do. Our staff truly makes a difference in the world, and we cannot thank them enough.



EMPLOYEE OF THE MONTH!



Congratulations to Sarah Michalski, our first Employee of the Month for 2023! Sarah has been a crucial part of our nursing team for 26 years. She is attentive and responsive for each of her residents, and she's always willing to help those around her. She always knows what's best for her residents, which demonstrates her dedication to her career. She truly goes above and beyond for Christ the King Manor. Congratulations on such a well-deserved honor; we would not be the same facility without employees like Sarah!

Congratulations to our February Employee of the Month, Heather Dodd! Heather coordinates our Home Support division and keeps everything running smoothly for her team. When we receive new clients, she does everything in her power to make sure they're comfortable during their transition to our care. She has taken nights of her own time to make sure a new client was properly cared for. She helps train new office staff, and she is a true joy to work with. Her smile and radiant positivity make her clients and coworkers' days better. Thank you for being a true professional and ideal employee. Congratulations on a hard-earned honor!



Jenny Fernandes has been a crucial part of the Christ the King Manor Team since she started in our Nurse Assistant Training Program. She graduated in last June and hasn't looked back. She takes great care of the residents in her hall, and she was nominated by Brian Belinda for her hard work and dedicated care. She brings a positive spirit to work that helps the residents and coworkers in her hall through tough days. She is always reliable, thoughtful, and knowledgeable. Her story of success coming through our CNA program is exactly why we like to train our own nursing team from within. Jenny represents the true career growth achievable through perseverance. Congratulations, and thanks for all you do.

PARTNERING WITH PENN STATE

Having great relationships with businesses and institutions within our community has been vital to our success and longevity since opening our doors in 1971. The partnerships we form are critical to the development of the bright young minds in the area. The Occupational Therapy Department at Penn State DuBois regularly comes to our campus to get hands-on experience working with our residents in areas such as balance, fall prevention, and coordination. We're happy to provide their students a place to learn, and we're grateful for the services they're able to provide to so many.

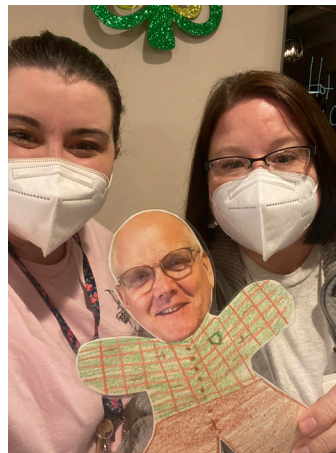
Additionally, we attended their annual Career Fair to meet with career-seeking students about opportunities at Christ the King Manor. Our HR Generalist Stephanie Stahlman coordinates our local high school and collegiate visits. As a graduate from Penn State's Occupational Therapy program, she has unique insights that connect her with the students we visit. We're proud to continue to work with Penn State students to benefit our community.



WHERE'S RODNEY?

All throughout March, we challenged our employees to search high and low, all throughout our campus to find Rodney. Our Director of Environmental Services Rodney Shaffer was a great sport and allowed us to make a cutout version of him to hide.

The scavenger hunt included prizes that could be won by taking a picture with Rodney, and some even took him on vacation with their families! Thanks to Rodney for his willing participation, and thanks to all the staff who played along!



NURSE ASSISTANT TRAINING PROGRAM

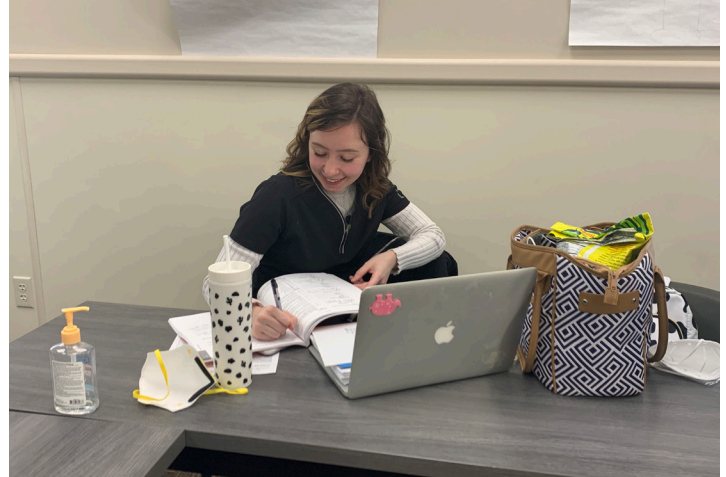
Our Nurse Educator and Director of Staff Development Latrisha Cowan is truly second to none. She runs our Nurse Aide Training Program, which prepares members of our Nursing Team to become Certified Nursing Assistants. She has guided dozens of students on the path to their dream careers. Many of our CNAs come from her program, which brings in new employees and helps current staff advance their careers.

In our most recent graduating class, all four students went on to pass their certifications to become CNAs! We're proud of the growth they've shown since joining our team, and we're thankful to have a program that allows us to develop our staff. We want to help our team follow their chosen career path to achieve their dreams. Thank you to Trish and her students for helping the Manor provide the highest level of care.

Congratulations to Brandy Hunsberger, Amy Brown, Maizee Hockinson, and Mackenzie Hanes for your hard work, perseverance, and intelligence needed to pass our class and gain your certification!

Our next class runs from June 21 to July 19, so sign up today to pursue the career of your dreams. For more information about the program or to sign up for a future class, visit:

<https://www.ckmanor.org/nursing-assistant-training-program>



TURNABOUT BOXING AT CTKM

Being part of a community means supporting those in need and offering yourself for the betterment of those around you. At Christ the King Manor, we're committed to uplifting our community through acts of service and programs that improve quality of life. In that spirit, we were more than happy to open our doors to the Turnabout Boxing program for their Knockout Parkinson's Symptoms class.

Every Wednesday evening, the class meets at our Community Center at 2 Cottage Lane to work on balance, core training, neuromotor training, and overall physical health. Spouses act as sparring partners for those with Parkinson's, and the class draws nearly 20 individuals weekly.

The program's founder, Aviana Gillaugh, is a local high school student with a bright future in boxing. She is a nationally ranked competitor with her sights set on the Olympic Games. Her dad, Gregg Gillaugh, helps run the program, and her mom, Tonya Gillaugh, is our Director of Personal Care. Aviana leads the exercises, encourages the boxers, and keeps the class lighthearted.

If you or someone you know could benefit from the Knockout Parkinson's Class offered by Turnabout Boxing, please contact them through the following means:

Phone: (814) 290-7810

Email: contact@turnaboutboxing.com

Website: www.turnaboutboxing.com



TURNABOUT BOXING AT CTKM

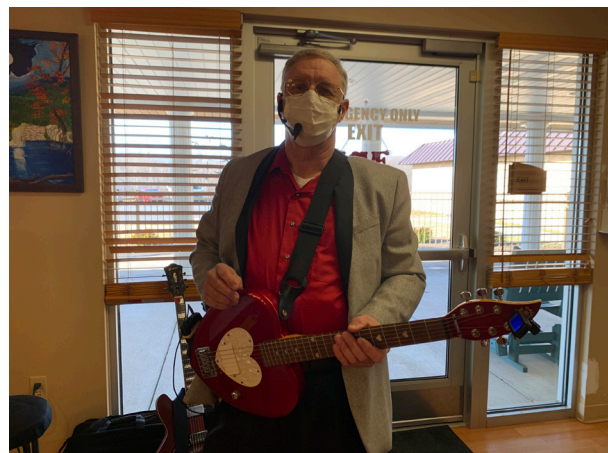


STATE SENATOR VISITS CTKM

Thank you to Pennsylvania State Senator Wayne Langerholc, District Director Jim Miliauskas, and Constituents Relations Representative Andrea Schickling for meeting with our Administrator and CEO Paula Felton-Werner about policies related to the long-term care industry. We appreciate your time and consideration!



FUN IN ACTIVITIES!



Memorializing loved ones

In Memory of:

John Landini
John Landini
Thomas C. DePue

Thomas C. DePue
Rebecca 'Becky' Shoemaker
Theresa Uvena
Loretta Marzucco
John Landini Jr.
John Landini Jr.
John Wells
Marjorie R. Pasi

John Wells
Joanne Wachob
Rebecca 'Becky' Shoemaker
John Landini Jr.
John Wells
John Wells
Donald Hannah
Donald Hannah
Donald Hannah

Requested by:

Raymond Lockitski
Daniel and Anjanette Stahlman
Amy Snyder and Staff at Walmart
Pharmacy
Patricia Ryba
Patricia Ryba
M/M Dominic Barilar
Susan Lohman
Anna Jane Toney and Family
Mary Lynn Portzer
Donald and Linda Dyer
Robert and Carol Connacher/Dorothy
Armanini Family
Marsha Gustafson
Marsha Gustafson
John and Janet Caruso
John and Janet Caruso
John and Janet Caruso
Irene Rasavage
Rose Maxwell
Belva and Clarence Mitchell
Gary and Severia Hanst

Memorializing loved ones

In Memory of:

Donald Hannah
Donald Hannah
Donald Liedl Sr.
Donald Hannah
Andrew Reed

Donald Hannah
Donald Hannah
William J. Good
William J. Good
Geneva Malewicz
Geneva Malewicz
Geneva Malewicz
William J. Good
William J. Good
William J. Good
Geneva Malewicz
Geneva Malewicz
Geneva Malewicz
William J. Good

Requested by:

Glenn and Margaret Henery
Kristen Meterko and The Meterko's
Sam and Nancy McNaughton
Nancy Williams
Edward and Georgia LaValle and the Royal
Inn
Jim and Darla Shaffer
Penn Highlands - DuBois
Diane, Laura and Paula Lachesky
Patti Ryba
Patti Ryba
Ann Malasky
Buzz and Shelly DiGilarimo
Patrick Bolam
Tom and Bridget Rubritz
Msgr. Charles A. Kaza
Dorothy Scull
Jackie and Al Quagliotti
Eddie and Patty Neff
Michael and Linda Olivio



Heartfelt condolences are extended to the families and friends of the following residents who God has called home since our last newsletter.



In Memory

Contributions and Memorials

Enclosed is a gift of \$_____ to be used for the following

- ☐ Area of Greatest Need
☐ In Memory Of _____
☐ In Honor Of _____

Your Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone Number: _____

Please write your check payable to Christ the King Manor.

Your gift is tax deductible.

If you would like an acknowledgment sent to a family member (memorial) or to an individual (honorarium), please provide the recipient's name and address below:

Your Name: _____

Address: _____

City: _____ State: _____ ZIP: _____



CHRIST THE KING MANOR
1100 W LONG AVE
DUBOIS PA 15801



INFORMATION AT YOUR FINGERTIPS!

| | |
|-----------------------|---|
| General Information: | https://www.ckmanor.org/ |
| Career Opportunities: | https://www.ckmanor.org/employment |
| Donate: | https://www.ckmanor.org/donate |
| Facebook: | @ChristTheKingManor |
| Instagram: | @ckmanor |

SUBMIT YOUR PHOTOS

We want to see your pictures at Christ the King Manor.
If you have pictures related to our residents, employees, or facilities
that you would like to share in the next CTKM Newsletter, please email
them to:

hsutter@christthekingmanor.org.

If you are interested in supporting us, please cut out and send
the donation slip back to us at 1100 W Long Ave in DuBois.
Alternatively, go to [ckmanor.org/donate](https://www.ckmanor.org/donate) to contribute online.



ENCLOSED IS MY DONATION OF GREATEST NEED FOR 2023

| | | | |
|-------|----------|-------|-------|
| _____ | 1,000.00 | _____ | 50.00 |
| _____ | 500.00 | _____ | 25.00 |
| _____ | 250.00 | _____ | 10.00 |
| _____ | 100.00 | _____ | OTHER |

Name: _____

Address: _____

City: _____

Phone: _____

Email Address: _____

Card Holder Name: _____

Card #: _____

Exp. Date _____ CCV _____

New Partner: _____ Renewal: _____

* In an effort to Go Green, Christ The King Manor would like to collect email addresses so we can provide the option to
distribute information electronically to the Auxiliary members. *