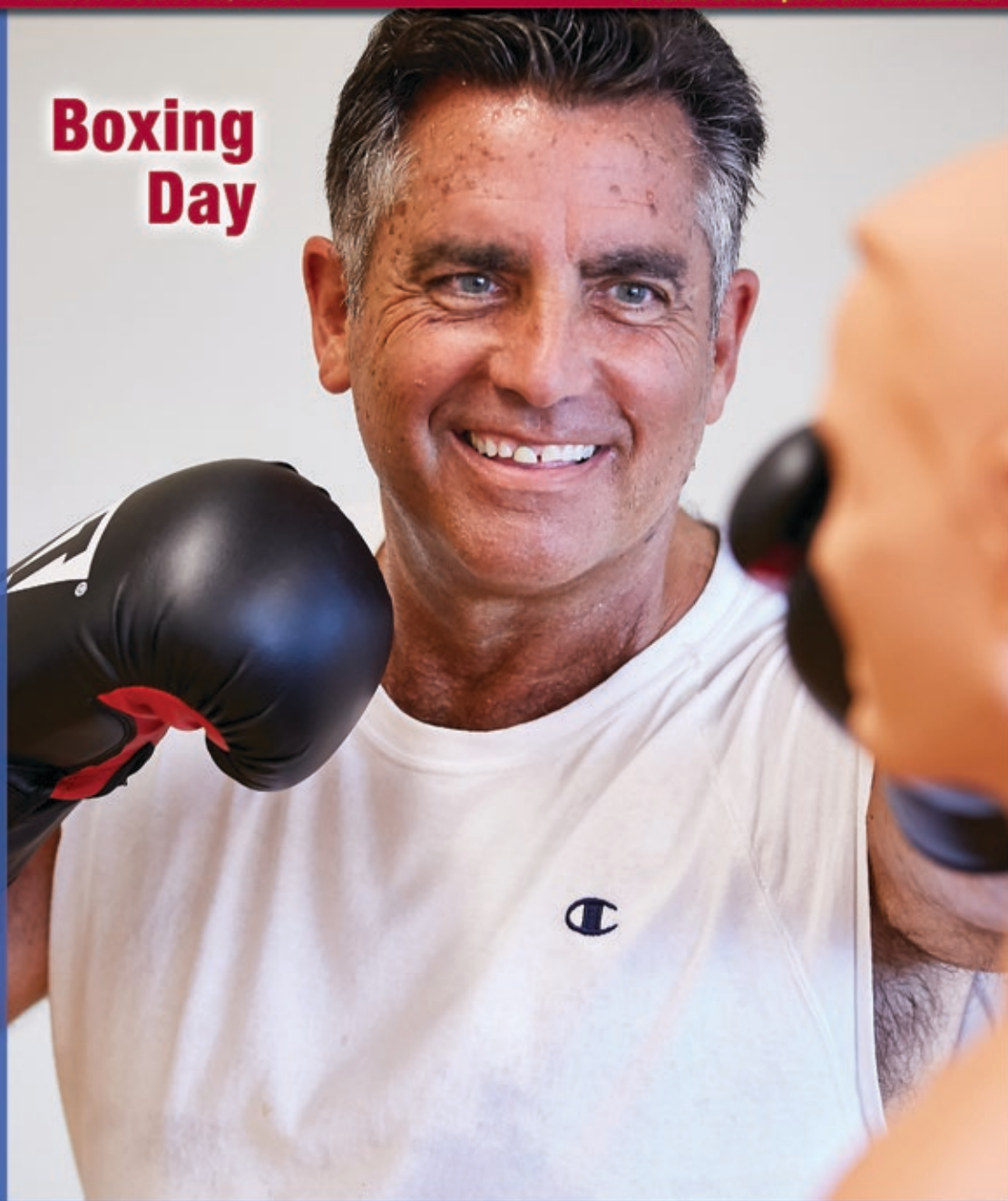


Sweet Charity

Fall 2016 Volume 109, Issue 3

A Good Shepherd Publication

**Boxing
Day**



Be Part of the “Next Big Thing”

Dear Friends,

Another summer has come and gone. While the pace of things here at Good Shepherd remained brisk, I was able to carve out some time to attend two special events with our long-term care residents.

In June, I attended the Sunset Ball with residents of the Good Shepherd Home Raker Center where I had the privilege of crowning the ball king and queen, an “official” duty that has become one of my favorites. We also have a ball for residents of the Good Shepherd Home-Bethlehem. I’d never experienced anything like this before coming to Good Shepherd three years ago. Every single resident is made to feel like a king and queen, and when it came time to hit the dance floor at The Palace Center, our residents did so with gusto, their wheelchairs becoming an extension of their energetic joy.

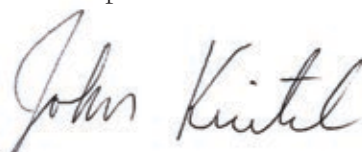
Another annual event in July brought together residents from the Bethlehem home and their families at the All-American Picnic. As with the ball, our talented and creative recreational therapy crew partnered with nursing, maintenance, dietary, and others for a great afternoon of delicious picnic food and entertainment.

While technology has become integral to many of our programs at Good Shepherd helping people with disabilities achieve greater independence, I am touched every day by the deep compassion of the human heart that guides our staff in all they do. Many have forged close personal relationships with our residents who are like family. They participate in these events and many more not just because it’s a job but because they want to be there, sharing in the experience.

As the holidays approach our residents are already getting excited about the “next big thing,” their holiday wish lists, anticipating the many gifts they’ll receive, lovingly shopped for and wrapped by our staff and volunteers.

I hope you’ll remember Good Shepherd and our 159 residents in your year-end giving. When you support our mission you’re making the best investment of all in the people who make Good Shepherd the extraordinary place it is and in those who call this place home.

Sincerely,



John Kristel, MBA, MPT
President & CEO



Boxing Day

An innovative therapeutic exercise program lets people with Parkinson's throw a few punches at the disease.

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Cover photograph: Randy Monceaux



Gala in the Garden Breaks Another Record

Jaindl family members led the charge in a heart-felt drive that made this year's event the best yet.



Women's Circle Generosity Proves Life Changing

New members were welcomed, last year's gifts celebrated and new recipients chosen for this year's round of charitable giving.



The Sunset Ball

Good Shepherd Home Raker Center residents glittered and glowed at their annual ball.

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Every Day's a Holiday

Volunteer of the Year Ann Kichline is all about having fun and helping others.



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Our Mission

Motivated by the divine Good Shepherd and the physical and cognitive rehabilitation needs of our communities, our mission is to enhance lives, maximize function, inspire hope, and promote dignity and well-being with expertise and compassion.



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*An innovative therapy
gives Parkinson's disease
a pummeling.*



Opposite page: Keith Young works on building strength and stamina punching a heavy bag. This page: Pat Cray goes a round with Ryan Macalintal, exercise physiologist.

Wellness Program. When he learned about Rock Steady last winter at a Good Shepherd wellness clinic it appealed to him. "I'm not afraid of exercise so I thought, why not give boxing a shot, and I got hooked," says Keith.

Parkinson's disease is a progressive, neurodegenerative disorder that affects 1 million people in the United States. It occurs when nerve cells, or neurons, in an area of the brain that controls movement become impaired or die. Healthy neurons produce the brain chemical dopamine. Impaired neurons produce less dopamine which leads to tremors, slow and unsteady movements, loss of balance, and difficulty speaking.

Keith and his fellow Rock Steady boxers may not give Parkinson's a knockout punch, there is no cure, but studies have shown increasing physical activity to at least two-and-a-half hours a week slows the decline in quality of life. Boxing and other kinds of intense exercise increases dopamine levels and can slow the progression of the disease. Benefits include improved functional mobility, safety, confidence, and energy levels. Learning a new task also leads to the development of new neuronal connections (neuroplasticity).

Rock Steady Boxing uses professional boxing techniques adapted to people with Parkinson's. The regimen includes lateral foot work, bag punching, stretching, resistance exercises, and aerobic training. The program began in Indianapolis in 2006 by Scott C. Newman, a prosecutor who developed Parkinson's, and has spread to more than 50 gyms worldwide. Newman began taking intense, one-on-one boxing lessons and discovered significant improvements in his physical health, agility and daily functioning.

Keith Young is taking no prisoners. Sweat beads on his forehead as he jabs his gloved fist at his sparring partner. "Jab. Jab. Uppercut. Uppercut. Hook," urges Dori Billowitch, a physical therapist assistant, as she dances around the center of the room, her body protected by thick padding from the punches Keith levels at her.

Keith may not be the next Muhammed Ali, but the third generation plumber and the late great champion have something more in common than a passion for boxing: Parkinson's disease. Keith isn't taking it lying down though. He's fighting back. Since joining Rock Steady of the Lehigh Valley at Good Shepherd several months ago, Keith is beginning to feel better physically and mentally for the first time in the five years since Parkinson's high-jacked his life.

"For someone like me who's been very physical my whole life, it was hard to accept (Parkinson's)," says Keith. "Up until I got this, I was never sick a day in my life."

The 64-year-old Bethlehem resident does therapeutic swimming and physical therapy through Good Shepherd's Parkinson's

Boxing Day

Rock Steady Boxing's mission and message are simple: If you have Parkinson's, you are not alone. For people with the disease, that's a powerful message of hope. Camaraderie is one of the binding forces that brings people like Keith back to class week after week, helping keep depression on the ropes.

"For four years I battled depression and lacked energy to do anything," says Keith. "This (Rock Steady) helps with morale because it's a lonely world out there when you have Parkinson's and everybody's looking at you."

Part drill sergeants, part coaches, part comedians, Dori and her partner Ryan Macalintal are both certified Rock Steady coaches. They also bring to the boxing ring qualifications that make Good Shepherd's program even more impressive. Dori is LSVT-BIG certified, specializing in large functional movement therapy for people with Parkinson's and Ryan is an ACSM certified exercise physiologist (ACSM-EP-C) and is Functional Movement Screen (FMS) certified.

Rock Steady was launched at Good Shepherd in February and is the only one in the Lehigh Valley region. About 15 people are enrolled in the twice-weekly sessions that begin with a dynamic warm up and core-strengthening balancing exercises.

"Are you steady?" Dori asks Keith who is struggling to stay balanced on a BOSU ball.

"I'm as steady as I'll ever be," he says. "Believe it or not, I used to surf, California, Hawaii. I used to have good balance."

After warming up, participants move to another room and the boxing circuit. A computerized program sounds a bell and partici-

pants begin working out at different stations in one-minute intervals before moving to the next station.

Equipment includes a mannequin named "Bob" who gets pummeled, punching bags, kettle bells and a 60-pound leather bag with handles that participants flip from one end of the room to the other. Dori and Ryan keep the pace brisk, cutting slack only when absolutely needed. Even vocal muscles get a workout.

"Come on! I can't hear you!" Dori yells, encouraging her boxers to call out their punches. It all works together because Parkinson's, she explains, makes everything a little smaller, slower and quieter.

"The brain sends a signal to do something and they feel like they're moving their arm but then realize it's not moving as much as it used to, so there's your smaller," she says. "Reactions also change, so there's your slower which leads to stiffness. And the voice is a muscle that gets softer with Parkinson's. It's use it or lose it. So there's your quieter."



Humor is an important part of the program at Good Shepherd and laughter creates a lively and fun atmosphere that helps motivate people to keep pushing through the challenging 90-minute class.

continued on page 26...



*Keith Young warms up with battle ropes;
Class participants work on balance.*



Gala
in the *garden*
2016



About 500 guests gathered for the annual Gala in the Garden on Friday, May 21, on Good Shepherd's south Allentown campus to enjoy a stellar evening of cocktails, fine dining and dancing. And while all went home feeling good about having raised a record-

breaking \$320,000 for the Good Shepherd Rehabilitation Hospital Emily Howatt Pliskatt Pediatric Unit in Bethlehem, the real winners of the evening are the children who come to Good Shepherd for hope and healing.

Good Shepherd is deeply grateful to all our donors, sponsors and guests, and to Mark, Beth and Zachary Jaindl for serving as co-chairs and to Jaindl Properties, our presenting sponsor. We also extend our appreciation to Lee and Jodi Gauker of Fleetwood for allowing us to tell the story of their daughter Callie, who was a patient, in a powerful video.

Watch and be moved by Callie's Story at SweetCharityOnline.org.

Opposite page, from left to right: Allyssa Sirb and Gala Co-Chair Zachary Jaindl; Good Shepherd Board of Trustees President David DeCampli and Pam DeCampli.

This page, from top: Gala Co-Chair Beth Jaindl (left) and Monet Kristel; Joseph Block selling raffle tickets; honored guests Jodi, Callie and Lee Gauker; Gala Co-Chair Mark Jaindl.



Women's Circle Generosity

The power of philanthropy to change lives has long been a binding force among members of the Good Shepherd Women's Giving Circle, a donor society founded in 2009. That mission was reaffirmed at the group's annual meeting on June 23 when two Good Shepherd programs were awarded \$68,000 benefiting long-term care residents and children.

Long-term care received \$36,000 towards the purchase of a two-passenger van for transporting Good Shepherd residents to and from appointments, recreational outings and visits to family members. An additional gift of \$19,000 was made by an anonymous donor

making it possible for Good Shepherd to acquire the van. Also awarded was \$32,000 for a

Helping Hands Sponsorship for Pediatrics.

"Resident transport is a continual need for our long-term care population," Ingrid Baruch Lande, director of rehabilitation services wrote in her application proposal. "We want them to have the very same possibilities for joy and fulfillment that we hope for ourselves as well as the chance to make beautiful memories that can sustain them through the tough times in life."

Good Shepherd has four vans for transporting residents, but replacement of the vans is a strong need since the aging vehicles get heavy daily use and continually need repairs. Residents then rely on public transportation which presents several challenges. Residents frequently find themselves waiting excessive periods of time for return trips to Good Shepherd or are left without a ride if they are not at the pickup site when transportation arrives.

Carrie Kane, interim administrator, Good Shepherd Home-Bethlehem, thanked the group for its gift of \$53,000 in 2015 for the Assistive Technology Lending Library and Assistance Program. Below, Cheryl Dougan (left) chats with incoming president, Marilee Falco. Cheryl's son Renzo Viscardi received a communication device from the Assistive Technology Lending Library.



Proves Life Changing

"This gift from the Women's Circle will make such a difference to our residents," says

Ingrid. "The purchase of a new van will give them the opportunity to plan and enjoy experiences with their friends and families and allow them to have their dreams come true."

The Helping Hands Sponsorship for Pediatrics will provide speech and occupational therapy for one year to three children with autism whose families are unable to pay, filling a funding gap of \$10,000 per child.

"Of the 3,400 children we served last year, 700, close to 20 percent, are on medical assistance with no secondary insurance," wrote Jodie Moulton, director, outpatient pediatric services, in her case for support. "Because Good Shepherd treats all children for therapy regardless of means, we accept lower than normal reimbursement, resulting in an annual deficit of over \$1.3 million."

New member Amanda Zarnas holds the future of philanthropy, baby Nina.

Children who successfully reach their therapy goals place their handprints on the Wall of Graduates at Good Shepherd's pediatric outpatient program in the Health & Technology Center on the south Allentown campus.

"Nothing is more gratifying then seeing the smile on the face of a child taking their first step or saying their first words," says Jodie. "The tears of joy from a parent hearing the words 'mom,' 'dad,' or 'I love you' for the first time mean more then I can ever fully express. Thanks to the generosity of the Women's Circle, three more children will have the opportunity to achieve life-changing success. This is what our mission is all about."

In other business, Marilee Falco took over the group's leadership from Mary Evans who served for two years, adding 24 new members and awarding \$138,000 to five different Good Shepherd programs.

Joining Anne Baum as co-hosts for the annual meeting which was held in Anne's spacious and comfortable party barn were Marie Dowling, Marilee Falco, and Michelle Landis.



Would you like to join the Women's Giving Circle and be part of something that changes lives of people with disabilities for the better?

For more information visit SweetCharityOnline.org or contact Carol Carpenter in Development at ccarpenter@gshr.org or 610-778-1044.

Reflections

— by Chaplain Paul Xander

*Just like a deer that craves
streams of water,
my whole being craves you, God.
My whole being thirsts for God,
for the living God.*

*When will I come and see
God's face?*

*My tears have been my
food both day and night,
as people constantly
questioned me,*

"Where's your God now?"

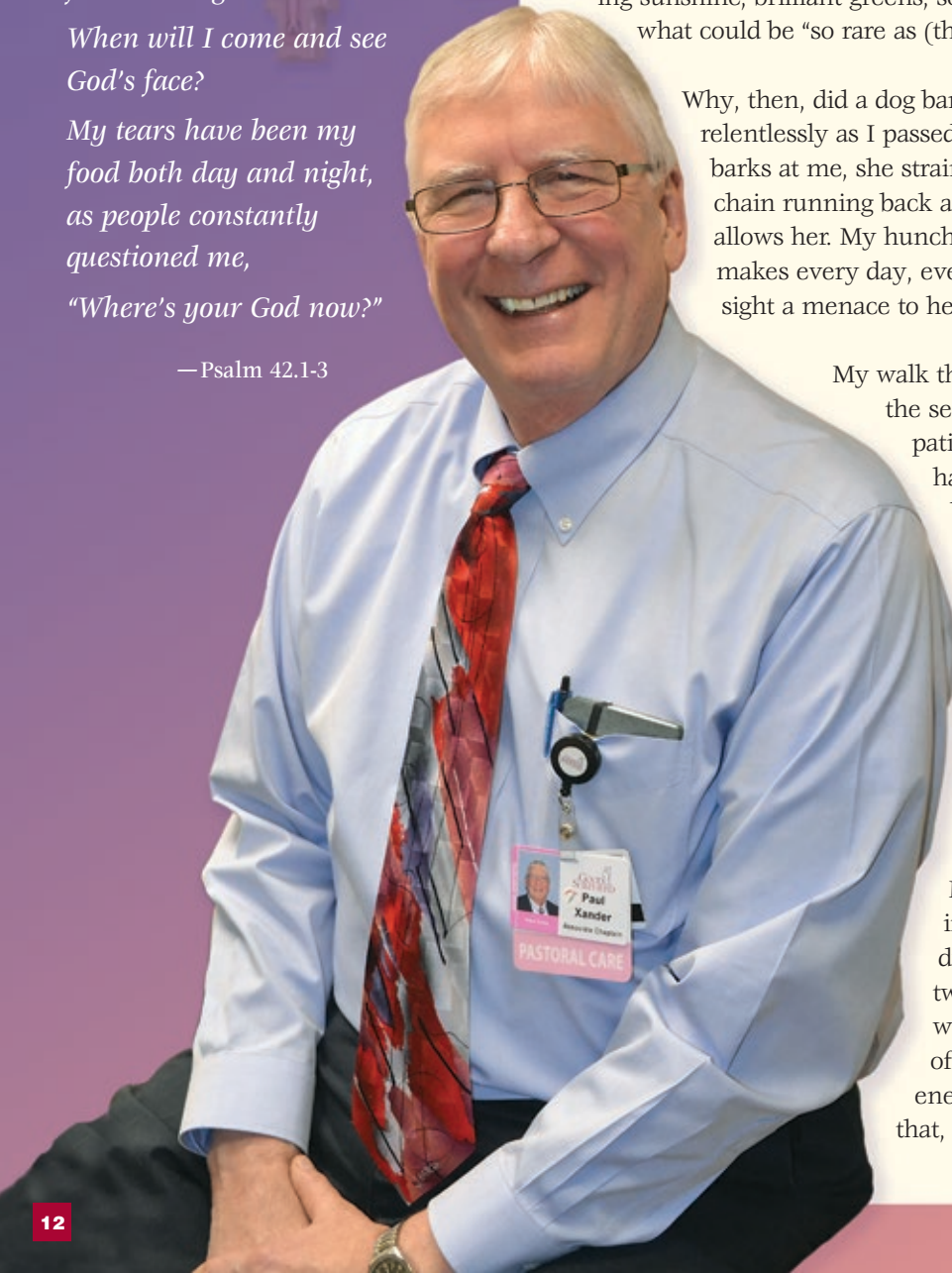
— Psalm 42.1-3

It was indeed the perfect day when I set out on my walk on a spring morning. The poet James Russell Lowell would have saluted it. Cool air, warming sunshine, brilliant greens, sounds of birds – what could be “so rare as (this) day in June?”

Why, then, did a dog bark so fiercely and relentlessly as I passed by? When she barks at me, she strains against her chain running back and forth as far as it allows her. My hunch is that the chain makes every day, every passerby, every sight a menace to her.

My walk this morning was on the second day after outpatient surgery to have a cardiac defibrillator implanted. As I walked and pondered the dog's dilemma, I reflected on the chain my own health had imposed on me.

During a period of two weeks in May, while exercising in the gym and during my daily two-mile morning walks, I was aware of a certain lack of energy and stamina that, as an outcome of



my hard work, should not have been present. It was then I had a sense of being held back from what I wanted or needed.

For the previous six months, I had worked as a heart failure patient using medication, diet and exercise to maintain stable heart rhythm and to improve the flow of blood through my heart's ventricles. While the stabilization of the heart rhythm did come, the improvement of the blood flow did not. I knew where we were headed even before I was told and that surgery was inevitable.

That morning, when I heard the dog barking and saw her choking at the end of the chain, I recalled those two weeks in May when the links of my own chain were being forged. Imagining the feel of those chains, both the dog's and mine, I am given a new perspective on Psalm 42. If the deer "craves streams of water" why doesn't the deer just go to one? In the imagined idyll of nature, deer and other animals graze peacefully beside still waters. In the real world, however, if a deer ventures out of hiding to a stream, chances are some creature will pounce. Just as my barking dog's life is controlled by a chain, so the deer's life shrinks in fear.

I don't know how far the psalmist meant to take this analogy. He might have meant nothing more than, "The deer is thirsty, and so are we." The deer thirsts for a stream's water, and we thirst for the living God.

But I choose to take it deeper and make it more personal. The deer, like my neighborhood dog, is constrained by a chain of fear. Even though the water is readily available, the deer doesn't dare go to it. He longs for it from afar.

That sounds like the spiritual journey that many of us are on. We yearn for God, but are hesitant of embracing the nearness of God. Chains hold us back. One chain may be the fear of a God who seems too large, maybe too demanding. Another chain is a fear of exposure to those who mock the faith-seeker or prey on them.

Perhaps we are feeling unworthy of being in God's presence, a feeling deftly reinforced by the bullies of life. Another may be the formalities we impose on our thirst, demanding that it meet certain standards, follow certain doctrines, lead to certain approved religious practices.

Such chains can make even a day "so rare as (this) day in June" seem unwelcoming and God elusive. But just as chains are made, so can they be broken. If only we trust in Him, the one who quenches even the deepest of thirsts, then there is no chain strong enough to hold us back from fearlessly partaking of the clear, cool waters of God's healing presence.

All-American Fun!



Picture-perfect weather was one of the ingredients for the annual All-American Picnic held on Friday, June 24. Residents of the Good Shepherd Home-Bethlehem and their family members enjoyed fabulous fare of grilled hamburgers, macaroni salad, baked beans, potato chips, fresh watermelon, and an array of desserts.

"It's a great time to come together to grill and chill as one very large family," says Rachel Tholan, recreational therapist. "The atmosphere is just so relaxing with the summer smells from the grill, the live entertainment, the conversations, and the festive flair of red, white and blue. It's also a chance for all of the staff to enjoy each other in a different environment, one of fun, sun and games. We especially appreciate the families who donated a variety of desserts."

The recreational therapy team, which organized the picnic, also announced the theme for the 2016 Bethlehem ball: The Hocus-Pocus Ball.

Thank you to all our therapists, nursing staff, maintenance crew, dietary, and everyone who pitched in to make this event so memorable.



Estate Planning is Easier With Our Free Guide!

If you haven't updated your will in a few years, or don't have a will, we have a great new tool that will help you get started.

Good Shepherd's step-by-step guide provides a simple explanation of the estate planning process and will assist you in gathering information to share with your advisor and family.

A will is the best way to make sure your money and property is given to those you care about the most. In addition to your will, keeping your information organized and in one place is an essential part of a good estate plan.

To request your free printed guide, complete the form below or contact Jeannette Edwards, senior planned giving officer, at **610-778-1075** or **jedwards@gsrh.org**. You may also download the lesson and record books at www.SweetCharityOnline.org/plannedgiving.

Good Shepherd encourages you to meet with your advisors to review your will and estate plan.



Yes! Please send me a free Estate Planning Guide.

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Phone # Email

Address

City State Zip

Have you already included a gift for Good Shepherd in your will or estate plan?

Please let us know so we can thank you and invite you to our next 1908 Raker Society event:

☐ Yes, I have included a gift for Good Shepherd in my will or estate plan

Return this form in the envelope provided, or mail to: Planned Giving Office, Good Shepherd Rehabilitation Network, 850 S. 5th Street, Allentown, PA 18103

THE

SUNSET BALL

Warm and vibrant colors set the tone for the Sunset Ball enjoyed by about 195 friends and family with residents of the Good Shepherd Home at Conrad W. Raker Center on Friday, June 24 at The Palace Center in Allentown. Seventy-four residents spent the hours leading up to the ball having manicures done, makeup applied and hair styled by the Metro Beauty Academy before being transported to the ball by drivers and their assistants as part of the resident Community Access Program.

This decades-long tradition is organized by the Recreational Therapy Department and involves hours of loving team work including dietitians, nurses, certified nursing

assistants, support staff, and volunteers, among others.

"The ball is the highlight of the year," says Melinda Guffy, a certified therapeutic recreational specialist. "Residents start planning as soon as New Year turns. The royal ceremony, the camaraderie of family and friends, the cohesiveness of the staff, and dressing up all make this a wonderful annual event."

(From left) Eric Buskirk with Rosemary Rodriguez, certified nursing assistant; Amy Dobrzyn, RN, dancing with Stephanie Schlier; members of the recreational therapy team and event organizers Erin Kaminetsky, Melinda Guffy, Mike Losagio, Debbie Gaumer, and Rachel Tholan.





QUEEN
Maddy Logozzo



KING
Eric Childress

THE ROYAL COURT

LADIES

Aesha Lee-Thomas
Fritsy Pacheco
June Nestor

LORDS

Philip Zaharchuk
Kyle Maurer
Migene Burkey

Your gifts to
Good Shepherd help provide
for special events and
resident outings all year long.
Please, make a gift today
by using the envelope
in this issue or online at
SweetCharityOnline.org.
Thank you!



Every Day's *a Holiday*



Ann Kichline listens to Mahmoud Abdelkarim during her rounds as a patient ambassador.

Ann Kichline hasn't met a holiday she doesn't love. She's transformed herself into a Christmas tree, the Easter bunny, a Thanksgiving table, and a cow. And that's the short list.

"If I find something really funny, I wear it," says Ann. "The stranger I get, the more the patients like it. When I dress up I come away feeling better than they do."

That's the spirit that earned Ann the 2015 Conrad W. Raker Volunteer of the Year Award at Good Shepherd's annual volunteer dinner in April. Ann's radiant smile, upbeat personality and ever-changing rainbow-colored hair make every day feel like a holiday and have been her stock in trade for the five years she's been a volunteer as a patient ambassador and sales clerk in the Good Shepherd Rehabilitation Hospital gift shop.

Six years ago, Ann was the one in bed at Good Shepherd recovering from back surgery. "A year after my surgery I started volunteering because I was here as a patient and I thought they did such a good job," says Ann. "Sometimes when I meet other people, it puts things in perspective. I see many situations and I think I can relate to them because I have a lot of problems."

As someone with a long history of medical challenges ranging from orthopedic problems



to a blood platelet disorder that sometimes lands her in the hospital, Ann brings genuine empathy to her work.

"I see a lot of different situations and I think I can relate," she says.

Ann knows that often it's the little things that make a difference during a patient's stay. "Sometimes it's just a matter of getting them a cup of water or handing them something they can't reach, like the remote control," says Ann. "Or maybe talking to the nurse. That's a big part of it, just making sure everything's going ok."

Ann's professional background as a certified allied addiction practitioner leverages a compassionate heart and good listening skills which she used helping clients trying to get back on track with their lives at Penn Foundation, a residential facility for men with psychological and substance abuse problems. Ann also has taken coping with grief workshops taught by the late Swiss-American psychiatrist Elisabeth Kubler-Ross best known

for her groundbreaking work on the five stages of grief.

Ann uses tools from those workshops in her work as a patient ambassador to lend a willing ear and sympathetic heart to anyone who needs it. "I learned you need to let people feel their pain," she says. "I've sat on the bed and literally had somebody cry on my shoulder. 'Cry,' I tell them. 'Get it out.'"

In 2007, Ann retired from Turning Point of Lehigh Valley where she helped victims of abuse find community services. It was a difficult year for Ann who had been diagnosed with kidney cancer and myasthenia gravis, a neuromuscular disease causing muscle weakness and fatigue. Fortunately, Ann's cancer was found early. Her kidney was removed and nearly 10 years later Ann is cancer free.

Ann is proud of many things in her life, among them the five-year pin she received at the volunteer dinner. And she beams when she talks about persevering to complete a two-year liberal arts degree from Lehigh Carbon Community College and the joy she felt walking across the stage to receive her diploma in 2009. "I was very proud of that too," she says. "I didn't start college until I was 44. I only took one class at a time and because life got in the way, it took me 17 years to complete my degree."



(From left) Ann reviews paperwork before visiting patients in the hospital; Volunteering in the Good Shepherd gift shop.

Helping others at Good Shepherd is one of Ann's greatest pleasures. Last year alone she volunteered 463 hours. Some days are more physically demanding than others, but Ann doesn't focus on that. As far as she's concerned, every day is a good day to give back.

"I have a good support system and faith in God that he's going to help me through it," she says. "I try to be as active as I can. I think volunteering is a good thing to do. It's a way of sharing of ourselves and helping somebody else at the same time. And it feels good. I always come away feeling good."

Would you like to become a Good Shepherd volunteer? Visit us at SweetCharityOnline.org and "Get Involved" or contact JoAnn Frey, volunteer coordinator, at 776-3125 or jfrey@gsrh.org.

good NEWS



Grants Expand Programs

Good Shepherd recently received a grant from **Provident Bank**

Foundation for scholarships for children with physical and cognitive disabilities to take swimming lessons through the Pediatric Aquatic Therapy Program. Children participate in either group or one-on-one sessions and learn water adjustment and swimming skills through the use of adaptive techniques and equipment. Pictured (from left) is Catherine A. Logan, banking center manager and Trevor J. Hart, assistant vice-president, market manager, both with the Hamilton Street branch; Julie Zumas, corporate and foundation relations officer; and Allison Ghorm, a certified recreational therapist and swim instructor.

ESSA Bank & Trust Foundation awarded a \$5,000 grant to the Vision Therapy Program serving older teens and adults with vision problems stemming from neurological disorders or injuries such as concussion, stroke and multiple sclerosis. In five years, the demand for this renowned program has increased with all six vision therapy rooms operating at full capacity every day. Currently patients wait two to four months to begin vision therapy treatment. The ESSA grant will help with renovations, equipment and staff training for another therapy room.

& great GIFTS

AFTER BLACK FRIDAY & CYBER MONDAY...

GIVING TUESDAY NOVEMBER 29

**Be part of the Face of Philanthropy at
Good Shepherd Rehabilitation Network.**

Join us for this online global day of giving.

Here's how!

"Like" Sweet Charity on Facebook ([Facebook.com/SweetCharityOnline](https://www.facebook.com/SweetCharityOnline)).

On Giving Tuesday, November 29,
make an online gift and make a difference in the lives
of children and adults with disabilities.



Gifts of Love

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Rev. and Mrs. Frederick S. Foerster, Ret	Ms. Caroline Foerster Eichner
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IN HONOR OF THE 50th WEDDING ANNIVERSARY OF...

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IN CELEBRATION OF...

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We thank the generous families and friends who honor their dear ones with memorial gifts and living gifts of honor. These gifts help support Good Shepherd's mission of service to people with disabilities, many who otherwise could not afford the therapies or long-term care they need.

IN MEMORY OF...

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Laverne G. Kamp

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Gifts were received from March 14 through May 22, 2016.

IN MEMORIAM

Karen Youngdahl

An inheritance can take many forms. For the Youngdahl family, one treasure that's been passed down through generations is the determination to weather life's storms with strength. Karen Youngdahl, a resident of the Good Shepherd Home Raker Center for 49 years, was gifted with that spirit right up until her passing at age 66 on May 22.

Karen was born in Washington, DC, on February 6, 1950, a daughter of the late Catherine "Kitty" and Richard "Dick" Youngdahl who were generous benefactors to Good Shepherd. Karen was diagnosed with cerebral palsy as an infant. She used leg braces for balance but mobility was a challenge. Karen's brothers Carl and Lee recall how Karen's doctor and parents harbored hope that with determination and hard work,

perhaps Karen's brain could be retrained to restore the functionality that was lacking. Although Karen was unable to achieve that independence, the Youngdahl family says the cutting-edge technology now employed by Good Shepherd to help others is a dream come true.

Karen's intellect and love gave her the strength to accomplish all she could. "She had the Youngdahl spirit," says her sister Ann (Youngdahl) Lang. "She was a very determined child."

The Youngdahl connection to Good Shepherd dates

back to Karen's parents who knew the Rev. Dr. Conrad Raker, son of Good Shepherd's founders. After hearing Conrad speak at their home church in Summit, New Jersey, they visited Good Shepherd and chose it as Karen's permanent home.

Karen was deeply spiritual and although she was hearing-impaired and couldn't speak, a look from her sparkling brown eyes or a touch of the hand spoke volumes. "Karen learned this very quickly because of her Youngdahl spirit and taught us all her special approach to life," says Ann.

Karen's loving family extended far beyond her blood relatives. "The moment she entered the Good Shepherd Home, everybody there became her family," says Ann. "This is not only because of the kind of woman our sister was but because of the remarkable staff at Good Shepherd and the astounding residents who were Karen's 'forever' friends. They're part of our family and always will be."

In the spirit of philanthropy that binds the Youngdahls with Good Shepherd, the family asks that memorial gifts for Karen be made to Good Shepherd Rehabilitation Network by using the envelope in this issue or online at SweetCharityOnline.org



Karen Youngdahl (right) and the late Bonnie Stallman were longtime roommates who shared a deep affection for one another.

GETTING *Crafty* WITH THERAPY

Sitting at a pint-sized table in the Dornsife Pediatric Outpatient Therapy Suite on Good Shepherd's south Allentown campus, four-year-old Emma Anderson furrows her brow in concentration as she carefully cuts a strip of blue construction paper. It's one of several she'll use for a patriotic shooting star. On the table are bits and pieces of red paper, glue and a box of crayons. When she's done, Emma will have completed July's "Craft of the Month."

"You're doing a great job Emma," encourages Megan Steber, an occupational therapist. This may not look like therapy, but it is. The "Craft of the Month" not only produces something each child can be proud of, it challenges children to reach their therapy goals.

Megan came up with the idea as a way to challenge children creatively. Cutting, drawing, gluing, and attending to multi-step tasks helps with occupational therapy. Verbally making choices between supplies and communicating wants or needs ties in to speech therapy. And walking to and from stations set up in the room to complete the craft can work on gait patterns which helps with physical therapy.

All the completed crafts are posted on a bulletin board. At the end of each month three winners are chosen and receive a certificate of achievement. Megan says the children have been very receptive to working on their crafts and parents are thrilled when their child wins.

This kind of teamwork and receptiveness to new ideas is what attracted Megan to work at Good Shepherd after spending a summer as an intern here in 2014 when she was a student at Elizabethtown College working on her master's degree in occupational therapy.

"The experience was very positive," says Megan. "It is an honor to work with Good Shepherd, to be part of a dedicated therapy team and to work with these kids every day to achieve their goals through innovative treatment ideas."





Dori Billowitch, physical therapist, helps Jeff Gilbert with a balance exercise.

Boxing Day

continued from page 6...

"Anybody have any plans this weekend?" asks Dori.

"I'm getting an MRI," deadpans Pat Cray, a petite 74-year-old from Allentown who joined Rock Steady in May.

At five-feet tall and about 103 pounds, Pat hardly looks like the rock 'em, sock 'em type, but she can pack a punch. Pat became interested in adding Rock Steady to her already vigorous exercise program after watching a CBS "Sunday Morning" piece on the program when she was living in Pittsburgh and saw women participating.

"I was not into athletics. I was more into the arts in school," says Pat. "Boxing doesn't come second nature to me but I thought why not give it a try. I didn't really care what it was. If it were hanging from a rope from the ceiling and if that would do the trick, I probably would do that too!"

After moving to Allentown in 2015, Pat was thrilled to learn that Good Shepherd offered Rock Steady and she wouldn't have to travel to Philadelphia or New York. It's been too soon for Pat to know if the boxing is having any effect on her Parkinson's, but she's grateful for the program and Dori and Ryan's motivational leadership.

"The quality of the instruction is excellent," says Pat. "They obviously know what they're doing and they do their best to change it up for us so we're not doing exactly the same thing every time. They work to keep it interesting for us. They work us hard, but I think that's their job."

Keith enjoys not only the workout but the friendships. "We're kind of a tight group in the sense that we worry about each other if someone doesn't show up," he says. "We talk about what's going on in our lives, what's bothering us, what aches today. You don't feel like you're the only person in the world with this disease."

Keith says he feels like his walking has improved and his core is stronger. "I feel really good," he says. "I get a little upset because I can't do what I used to do and Dori knows I get frustrated. But she'll say, 'Do the best you can.' They understand our limitations and alter the exercises, and we horse around, laugh and joke. It's nice to laugh. That's good therapy also."

"I thank the Lord for Good Shepherd Rehabilitation that they're there for people like me who need help. I'm trying to move forward as are we all."

Watch the video at SweetCharityOnline.org



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Good Shepherd Plaza
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1-888-44REHAB
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PHOTOGRAPHY

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