



# Sweet Charity

Fall 2017 Volume 110, Issue 3

A Good Shepherd Publication

## The Sunshine Boy



# Compassion Beyond Borders

Dear Friends,

This issue of *Sweet Charity* has an international flair and a reminder of just how blessed we are to have ready access to quality medical care. Our cover story features Hysen and Magbule Hamzaj, a young couple from Kosovo who welcomed the early arrival of their son while visiting family in the United States during the Christmas holidays. Magbule developed high blood pressure, jeopardizing her life and that of her unborn son, and requiring his delivery by C-section. Hysen shared a sobering thought that had Aron been born in Kosovo under the same circumstances, it is possible mother and son would not have survived.

Fortunately, their story has a happy ending, and Hysen and Magbule are deeply indebted to the role the Good Shepherd inpatient pediatric team played in helping Aron overcome feeding problems.

From Kosovo we go to Ghana, where Asare Christian, MD, MPH, a physical medicine and rehabilitation physician here at Good Shepherd, took four of his colleagues on a medical mission trip. Dr. Christian is from Ghana, and he is out to change the medical landscape in his homeland where rehabilitation therapy is virtually unknown. The Good Shepherd team brought their skills, expertise and compassion to people in need, sharing an experience that was filled with amazing moments of love and learning for everyone.

On a more poignant note, Good Shepherd mourns the passing of the Rev. Harold Weiss, whose devotion to Good Shepherd spanned decades. Hal served on our board of trustees and several committees, bringing insight, compassion and wisdom. Hal's gentle spirit, strong faith and astute perspective were comforting guideposts for all of us charged with serving Good Shepherd's mission. He truly will be deeply missed.

Fortunately for us, superb rehabilitation is right here at home where Good Shepherd has been serving the community since 1908. With continued support from loyal donors like you, we will be here for many years to come, giving back and helping to heal a broken world one patient at a time.

Thank you.



John Kristel, MBA, MPT, FACHE  
President & CEO





A couple from Kosovo discovers the compassionate care and expertise of Good Shepherd's inpatient pediatric unit staff 5,000 miles from home.

## The Sunshine Boy

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Cover photograph: Randy Monceaux



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### Anchors Aweigh

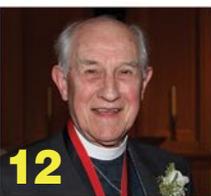
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### Our Mission

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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# THE Sunshine Boy

Twice, the United States came to the rescue of Hysen Hamzaj's family. The first time was in 1999 when family members immigrated to the U.S. from Macedonia as refugees from the Kosovo War. The second time was in 2016, when doctors saved the lives of his wife, Magbule, and their infant son, Aron, who was born prematurely. It was, says Hysen, a miracle.

It was Christmas 2016. Hysen, 41, and Magbule, 35, had traveled 5,000 miles from their home in Pristina, Kosovo, to spend the holidays with family in Wyomissing, Pa. Christmas day dawned crisp and clear. It was a good day for a stroll around the block. Hysen was between 29 and 30 weeks pregnant with the couple's first child. During their walk, Magbule felt unusually tired and had difficulty walking. The couple returned to Magbule's sister's house, where Magbule became ill, then fell asleep.

Magbule awoke a few hours later with blurred vision and a headache. Her hands, feet and the tissue around her eyes was swollen. Hysen, a head, neck and throat surgeon, took her blood pressure. It registered 220/117 (normal is 120/80).

Hysen knew his wife and baby could be in danger, so at 11:55 p.m. Christmas night, Magbule was rushed to the emergency room at Reading Hospital. Magbule was diagnosed with preeclampsia, a high blood pressure disorder that can develop during pregnancy. The baby's heart rate was dangerously low. Doctors wanted to deliver the couple's little boy as soon as possible, but they needed to

*Lindsey Nolt, speech language pathologist, shares her expertise about feeding baby Aron with Magbule and Hysen Hamzaj.*



*Baby Aron in the NICU held by his mother.*

get Magbule's blood pressure under control before any surgery could be done safely. "They said we cannot postpone more than one or two days," says Hysen.

Around 2 p.m. on December 26, Magbule began having seizures. "I saw her eyes rolling back and she was starting to bite her tongue," says Hysen. "The medical team came in to intubate her."

Magbule was rushed to the operating room for an emergency C-section. "When they took her I thought it's over," says Hysen, his eyes misting at the thought. "One moment you are with her, the next moment it could all be over. All I said was, 'Don't let me be alone.'"

Baby Aron was safely delivered at 2 pounds, 11 ounces. A nurse videotaped Aron's first cry. "It was like a raisin in the sun," says Hysen. "He was like a little sparrow."

But Aron's survival and that of his mother hung in the balance. Both mother and child were intubated. Magbule was admitted to the intensive care unit. Aron was sent to the

neonatal intensive care unit. His heart torn, Hysen stayed by his wife's side, pulling himself away on one or two occasions over a four-day period to check on his son.

Magbule was placed in a medically-induced coma for 36 hours and given two blood infusions as doctors struggled to bring her blood pressure under control. The turning point came on December 30 when Magbule's blood pressure dropped to normal. The crisis past, Magbule was stable enough to be transferred from the ICU to another unit, eventually getting released to her sister's on January 2, 2017.

Aron, however, was not going anywhere soon. His tiny, underdeveloped lungs made every breath a herculean effort. Aron was diagnosed with chronic lung disease and relied on supplemental oxygen to breathe. Struggling to

take each breath, Aron was burning up precious calories which made gaining weight difficult. A nasogastric (NG) tube feed administered through Aron's nose provided the additional necessary nutrition, but he needed to be weaned off the ventilator so he could breast feed or drink from a bottle.

Over the next four and a half months in the NICU, as Aron's lungs got stronger, he gradually began breast feeding. Aron had an aversion to bottle feeding though, and still needed the tube feed. Aron slowly progressed enough to be transferred to an inpatient rehabilitation program, and on the recommendation of a doctor at Reading Hospital, Aron was admitted to the Good Shepherd Rehabilitation Hospital Emily Howatt Pliskatt Pediatric Unit in Bethlehem on May 5, 2017.

Lindsey Nolt, a speech therapist, was part of an interdisciplinary team working to build Aron's strength and remedy his feeding problems. "When Aron came to us he was really sleepy and his endurance was really poor," says Lindsey. "He wasn't able to stay awake more than five or 10 minutes during a feed. He also was showing lots of signs of distress when we showed him the bottle. He would push it away and cry, and sometimes gag. That's why we did trials with the breast. He stayed awake and was calmer and happier."

By the time Aron was discharged, he was able to stay awake for feeding sessions of 30 and 40 minutes, says Lindsey.

Parent education is an important component of the unit's feeding program, and Magbule and Hysen were fully committed to learning all they could to make breast feeding with mom more pleasurable and productive. "We provided hands-on education and strategies to



*Aron loves being held by his dad, Hysen.*

help improve the quality of the feeding session, rather than focusing on how much the baby could drink,” says Lindsey. “When Aron first came his parents were providing too much stimulation to him during feeding by talking to him and touching him. They just were unaware of how to make feeding as pleasurable as it could be.

“We provided a lot of training about better feeding positions, ways to reduce environmental stimulation by making sure the room was dark and quiet, and what to look for when Aron was beginning to show signs of stress. These strategies helped Aron to remain calm and actively engaged during feedings. His parents did a really great job. They were very hands-on and loving to Aron, and willing to implement the strategies for him every day.”

Building Aron’s strength and physical endurance was another challenge tackled by physical and occupational therapists. “Aron was not a big fan of being on his tummy,” says Beth Sensenig, a physical therapist, “and tummy time is very important for children when they’re developing because it helps them develop more physical strength in the upper body and neck, which can carry over into oral strength as well. The more stability there is in his neck, the better we could help manage his swallowing.”

Because Aron favored turning his head to the right, Carrie Bose, an occupational therapist, employed exercises encouraging Aron to turn his head to the left for full range of motion so he could better engage with his envi-

ronment. She also helped improve Aron’s motor skills such as reaching for a toy and bringing his hands together.

As difficult as it’s been to be away from home for so long, Hysen and Magbule are grateful for the quality of care which far exceeds what they would have received in Kosovo. “I was amazed at the system over here,” says Hysen. “We don’t have speech or respiratory therapists. If this had happened in Kosovo, I have my doubts they (Magbule and Aron) would be alive.”

Magbule found it deeply comforting to be able to sleep in Aron’s room at Good Shepherd and be with him around the clock, a practice unheard of in

*continued  
on page 22...*



**Carrie Bose, occupational therapist,  
working to strengthen Aron.**

# Anchors Aweigh

Hat. Check. Sunscreen and sunglasses. Check. Floatation device. Check.

Edwin Zajac, a resident of the Good Shepherd Home – Bethlehem, was ready and raring to go. Now all he had to do was wait for his boat to come in. When it did, a big smile crossed his face in anticipation of an exciting ride on a motor boat with the wind in his face and the spray of whitewater spewing behind him.

For several decades, dating back to at least the 1980s, members of the Frick Boat Club in Allentown have been treating Good Shepherd residents to an afternoon of motor boat fun on the Lehigh River. For Edwin, the excursion on Sunday, July 9, brought up some special memories.

“It reminds me of when we used to go to Rehoboth Beach,” says Edwin. “I used to go with my family, and I used to fish out in the bay with my dad and uncle. I caught a huge flounder. The biggest. I took it home for dinner.”

The Frick Boat Club is one of Allentown’s best-kept secrets, its

*Inset photo: Melinda Guffy, therapeutic recreation specialist, with Raker resident Migene Burkey.*



members say. The club is named after G. Henry Frick who was an Allentown policeman from 1893 to 1899. Tucked away down a non-descript dirt road in an idyllic setting of trees with a serene, uncluttered view of the river, the private club with 18 boat slips began in the early 1900s as a collection of small canoe clubs bought by G. Henry who incorporated them into one organization.

In 1947, PPL Corporation took over the property but granted the boat club a “charity” lease of \$1 a year with one condition: that every year, the club perform a charitable deed for a mutually agreed upon organization. That organization was Good Shepherd.

“This demonstrates that helping the community is part of PPL’s DNA,” says Carol Obando-Derstine, regional affairs director for PPL Electric Utilities. “It’s who we are and what we do and have done for years.”

Keeping the Good Shepherd tradition alive hasn’t been a problem with the boat club’s members who look forward to the day as much as the residents, staff and volunteers who help out.

“We have no problem getting buy-in from our members,” says Don Trexler, club president, “because it’s one of the few days we get to share our toys with somebody else. They (the residents) are the most appreciative group we could bring here.”

Jay Nakahare, who is Don’s son-in-law had the pleasure of piloting his Sea Ray Sport boat with Edwin and volunteer Beverly Voorhees (main photo, opposite page), and Jay’s two-year-old son Toby and wife Amy. “It’s a special day,” says Jay, as he kicked up the speed a couple of notches to Edwin’s delight. “It’s a community here. Everybody looks out for one another.”

After several runs up and down a section of the Lehigh, the boats returned to the launch, and the residents were treated to a picnic of grilled hot dogs, baked beans, salad, and homemade desserts prepared by boat club members.

“It was a really fun day today,” says Edwin. “A great day. Nice weather and good food and drinks and dessert.”

Don adds, “It’s a win-win because we feel good we got to share our boats and the residents have a good time.”

## **Take the Year-End Matching Gift Challenge**

Good Shepherd’s residents are in need of a new, larger bus for more wonderful community outings like this. Once again, several resident families have agreed to match funds towards the purchase of a four-person, wheelchair-accessible bus, but we can’t do it alone. You can double your gift and help us reach our goal of \$70,000 by taking the Year-End Matching Gift Challenge and sending your tax-deductible donation of \$10, \$25 or even \$100 before December 31st. Any additional funds raised will be used for bus maintenance and for resident activities and outings. Just use the envelope in this issue or make a donation at [SweetCharityOnline.org](http://SweetCharityOnline.org) and note your gift is for the Year-End Matching Gift Challenge. Thank you!

Asare Christian is no stranger to the suffering of others. Growing up in his native Ghana, the affable physician witnessed the inadequacies of a medical system ill-equipped to deal with the litany of illness, disease, developmental disability, and trauma all too familiar to the people of Ghana from small villages to big

cities. A medical crisis hit his own family when his elderly grandmother fell and suffered a traumatic brain injury. Surgery followed, but with rehabilitation medicine and therapy virtually unknown in Ghana, this vital woman became an invalid dependent on her family for care.

## *Giving Back to* **GHANA**

Dr. Christian shakes his head sorrowfully at the memory. That deeply personal experience propelled him to pursue a career in physical medicine and rehabilitation. More than a career though, Dr. Christian has made it his mission to bring this branch of medicine to sub-Saharan Africa. Working with The International Rehabilitation Forum (IRF), a non-profit organization founded by Dr. Andrew Haig who was Dr. Christian's mentor while studying at the Medical College of Wisconsin, Dr. Christian sees opportunity to improve patient outcomes and quality of life through funding for education and partnerships fueled by compassion.

Dr. Christian's passion and enthusiasm is shared by a growing number of medical professionals, including four Good Shepherd clinical colleagues who accompanied him in May on a 10-day mission trip to Ghana. Dr. Christian's group included two nurses, a physical therapist and a respiratory therapist. In honor of Dr.

Christian's grandmother, they began their trip in Dr. Christian's home town of Begoro before going to Komfo Anokye Teaching Hospital in Kumasi where they held a symposium for clinical staff and educated them on the benefits of a more cohesive approach to patient care and

*Dr. Abena Tannor from Ghana with Dr. Asare Christian at Good Shepherd.*



the critical role of rehabilitation therapy. “The idea is to have the Ghana people own it,” says Dr. Christian of the vision for a new medical landscape in rehabilitation there. “Sustainability is the goal.”

The divide between health care in the United States and Ghana is monumental. “There is no rehabilitation in Ghana,” says Dr. Christian. “There is limited physical therapy, but there is no support (for patients) when they go home. They get out of the system and there is no one to care for them.”

The economic implications are devastating for a country with a predominantly low middle income population and no resources to care for people with disabilities, says Dr. Christian. Patients typically have poor outcomes when released from acute-care hospitals because of the lack of rehabilitative care. Vast numbers of people are unable to return to functional independence and the work force, relying on family members to care for them.

“It’s not a very patient-centered approach to care,” says Dr. Christian, adding that in the medical community the concept of working as a team is foreign. “One of the goals is to teach more multi-disciplinary care.”

People with disabilities are not perceived charitably in Ghana, and women who give birth to a special needs child bear a punishing social and emotional burden. Dr. Christian and the Good Shepherd team met some of those women at Kate’s Little Heaven School, a day care for children with and without special needs. The day care was started by a retired pharmacist whose son has cerebral palsy. Dr. Christian and his colleagues evaluated some of the children and were able to enlighten several mothers.



*The Good Shepherd mission team with Ghanaian orthotics and prosthetics clinicians Ronald (center) and Ato (far right). L-R: Ashley Corby, RN; Dr. Asare Christian, MD, MPH; physical therapist Laura VanArsdale, PT; Lorillie Soleta, RN, with a young patient; and respiratory therapist Bill Barnes, RN, RPT.*

“For me, this was by far the most valuable and touching experience,” says Dr. Christian. “I was able to just sit and listen to the struggles and barriers for parents with a child with a disability in Ghana. The most compelling theme was the fact that most men leave the marriage and blame the women for having given birth to a child with a disability. I was able to educate mothers that they did not do anything wrong. This lifted a weight of guilt, isolation and loneliness. They felt so relieved.”

In Begoro, the medical missionaries went to a clinic where they conducted health screenings, answered questions and Dr. Christian administered pain intervention. Expectations were for a low turnout but word of mouth got around and 200 people showed up eager for help and knowledge.

“Ninety percent of the people don’t know how to speak English so that made doing the therapy very challenging,” says Good Shepherd nurse Lorillie Soleta, RN. “Some of them even cried. They were very thankful. They hugged us and want us to go back again.”

*continued on page 20...*

# A Good Life



Mary Anne Weiss has more than six decades of memories of a good and loving marriage to her late husband, the Rev. Harold Weiss. One vivid memory takes her back to the days when Hal, as many called him, would come to help out on her father's farm near a small town bearing the quaint name of Yellow House, near Boyertown, Pa. Tall and lanky, and wearing a straw hat on top of his wavy brown hair, Hal would dip his hands deep into the water trough on a hot summer day, scooping up the cool water and splashing it on his face.

Mary Anne still has that old straw hat, a reminder of their 62 years of marriage which came to a close with Hal's passing on July 15, leaving his family, and colleagues at Good

friends

*Hal and Mary Anne Weiss at home.*

*At the podium upon receiving the Raker Memorial Award in 2010.*



Shepherd and the community in sorrow eased only by the grace of having known this most gentle and wise of souls.

Sitting on the enclosed back porch of the comfortable center hall colonial where she and Hal raised their two daughters, surrounded by potted red geraniums, pieces of driftwood and seashells from vacations at the shore, and sipping a glass of homemade iced tea flavored with mint from the garden, Mary Anne spoke of her husband who rose from serving two small country parishes to holding the title of bishop of the Northeastern Pennsylvania Synod of the Evangelical Lutheran Church of America.

“He was very smart in many ways and astute,” says Mary Anne. “People have been telling me how he affected their lives. He was more quiet spoken with people. He listened and helped. And he saw the potential in others.”

It was a long road Hal traveled in his 86 years from his parents’ farm near Amityville where he milked cows and raised chickens to help pay his tuition at Muhlenberg College, the first and only one of two of the nine children to attend college. After getting an English degree from Muhlenberg, Hal graduated from the Lutheran Theological Seminary at Philadelphia, following a calling to serve that was as much a part of his DNA as his smiling blue eyes.

But Hal’s distinguished career never overshadowed the essence of the man himself, someone whose heart and faith guided him in all he

did for his church and as a cherished friend of Good Shepherd. Hal was a board of trustee member, chair and vice chair for nine years, and served on many committees, including the Governance Committee for 21 years. He was driven not by a need to be recognized but by an innate desire to give back, mentor others and offer encouragement to people from all walks of life. “He was very kind and very thoughtful,” says Mary Anne. “Respectful. He enjoyed people but he didn’t have to be in the limelight. Yet he had a sense of humor and knew when to use it, like to relieve tension in a conversation. And my mother liked him.”

Mary Anne and Hal’s paths crossed not just on the farm, but at church. Hal was in seminary but occasionally helped Mary Anne’s mother teach bible school. “I noticed him coming and going,” says Mary Anne adding that the two enjoyed each other’s company at the picnic when bible school ended. “His personality sort of captured me.”

Love took its course and after two years of courting, Hal asked Mary Anne’s parents for her hand in marriage. The couple wed on June 11, 1955, a bittersweet occasion preceded by the sudden death of Hal’s father from a heart attack that April.

The pace of life quickened with Hal’s graduation from seminary in May, ordination in June and then a move to Toms Brook, Virginia in

July where Hal served two small parishes for about six years. From there, the couple went to Fleetwood, Pa., until 1969 when the call came for Hal to serve as assistant to the bishop of Northeastern Pennsylvania Synod. A higher office was not something Hal sought, but his faithful service and leadership capabilities led him to being elected bishop in 1983 and then reelected when the Evangelical Lutheran Church in America was formed in 1987. Hal was reelected to a third term in 1991 before retiring in 1995 but continued to serve as interim bishop until 1996.

Along the way, Hal and Mary Anne's family grew. They welcomed two daughters, Rebecca and Elizabeth, married now with children of their own. "He was so good with our daughters," says Mary Anne. "They both graduated the top of their class. Because he read and studied, they were readers and outstanding students."

In his eulogy before a packed crowd who gathered on Saturday, July 22 in Egner Memorial Chapel at Muhlenberg College to celebrate Hal's life, Bishop Samuel Zeiser spoke eloquently of the "river of mercy" flowing through Hal his entire life. Those waters, it could be said, poured forth in Christian love, healing many a troubled soul.

Hal restored his own soul in nature and loved being outdoors. Hal and Mary Anne were both camp counselors growing up, and they honeymooned in World's End State Park in Sullivan County. "We were in a cottage that had mice in the wood pile," says Mary Anne. "There was

no running water and only one (light) bulb hanging from the ceiling. And of course there was an outhouse."

The newlyweds hiked during the day and at night beneath "pretty moonlight skies." It was, says Mary Anne, a joy.

Over the years there were trips with their daughters to national parks out west where they continued to get mileage out of Mary Anne's grandfather's 60-year-old L.L. Bean tent, vacations at the Jersey shore and time spent in a little cabin on a hill near Fleetwood with 15 acres of woods. "He was the woodsman," says Mary Anne. "He would take down dead trees, saw and split them. We had a wood-burning stove in the house."

The summer garden in the Weiss' backyard is still vibrant with late summer blooms of

purple coneflower, yellow rudebeckia and orange zinnias. There is mint running wild and sweet tomatoes on the vine. "He was a caretaker of the earth of creation," says Mary Anne, looking at the garden where Hal asked her to plant several flower bulbs before he passed. "He was the one who put the birdseed out in the feeders. Now I'm doing it."

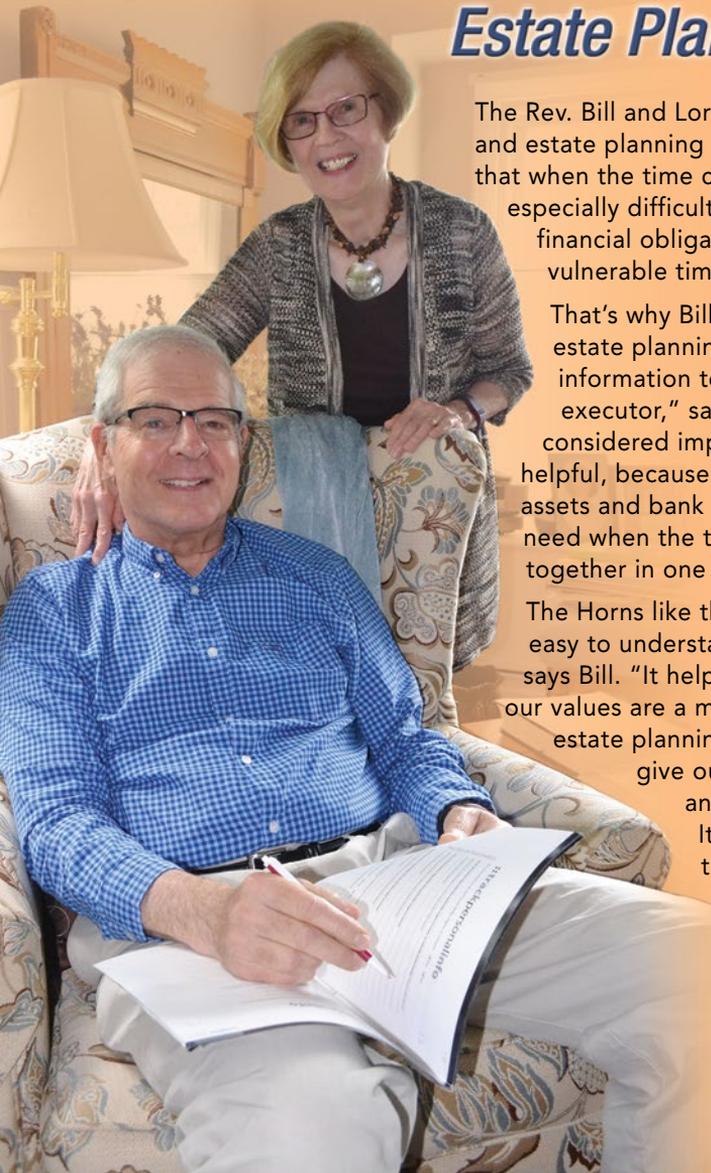
Then she adds, "He said, 'I've had 85 years of a good life.' He said that often."



*Holding the silver and amethyst Bishop's Cross handmade for Rev. Weiss.*

***Memorial gifts may be made to Good Shepherd Rehabilitation Network using the envelope in this issue or at [SweetCharityOnline.org](http://SweetCharityOnline.org)***

# Estate Planning Made Easier



The Rev. Bill and Lorraine Horn know that preparing a will and estate planning can be overwhelming. They also know that when the time comes, lack of planning can make things especially difficult for their loved ones faced with legal and financial obligations and decisions during an emotionally vulnerable time.

That's why Bill and Lorraine like Good Shepherd's estate planning guide. "It helped us think of important information to share with our daughter, who is our executor," says Bill, "information that we wouldn't have considered important. The record book is especially helpful, because it gave us a place to record all of our assets and bank account information that our daughter will need when the time comes. Now all of our information is together in one book."

The Horns like that the guide is both comprehensive and easy to understand. "Filling it out gave us peace of mind," says Bill. "It helped us reflect on our core values and how our values are a match with Good Shepherd's. We know the estate planning guide is one of the best gifts we can give our family. It will help them after we're gone and ease their stress during a difficult time. It's one of the nicest things you can do for those you love."

To request your free printed estate planning guide, complete the form below, or contact Jeannette Edwards at 610-778-1075 or [jedwards@gsrh.org](mailto:jedwards@gsrh.org). You may also download the guide at [SweetCharityOnline.org/plannedgiving](http://SweetCharityOnline.org/plannedgiving).

Good Shepherd encourages you to consult your attorney.

## Yes! Please send me a free Estate Planning Guide.

Name \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

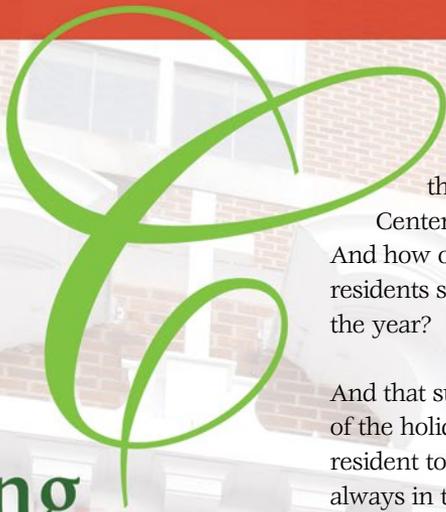
Have you already included a gift for Good Shepherd in your will or estate plan?

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



Christmas only comes once a year, but for Scott McCall, a resident of the Good Shepherd Home Raker Center, it's never very far from his mind. And how could it be, with one of the other residents singing Christmas songs throughout the year?

And that suits Scott just fine. Scott is such a fan of the holiday at Good Shepherd, he is the first resident to submit his Holiday Wish List, always in the first week or two of June.

# Making Holiday Wishes Come True

The resident Holiday Wish List is a time-honored tradition. Good Shepherd's 159 residents in both the Allentown and Bethlehem homes make their wishes known, and then the shopping begins in

*Scott McCall with a few DVDs from his collection.*



earnest by volunteers and staff. Hundreds of wrapped presents are then passed hand-to-hand and put into Santa sacks for delivery to each resident. In Allentown, this is the much beloved Hands Down St. John Street tradition. The same tradition, Gifts Into Bethlehem, has become a bonding ritual bringing joy to staff, family and volunteers.

Wish list fulfillment is made possible in part by donors whose contributions purchase a wide variety of items ranging from body sprays and washes to gift certificates for restaurants, sports memorabilia, comforters, and much more.

Scott's requests always include lots of CDs and DVDs reflecting his love of music and classic television shows. Scott is a big Elvis and country-western music fan. His taste in DVDs harkens back to the good old days. "I like old-time shows like Perry Mason, Howdy Doody and Johnny Carson," says Scott. "They take me back to a simpler time."

A resident since 1984, Scott came to live at Good Shepherd when he was 18. He likes the family feeling among residents, staff and volunteers, and finds comfort knowing that there's always someone to talk things over with. "Friendships are important to me," says Scott. "If I have a problem or something, I can go to the chaplain or one of the nurses."

Scott cherishes memories of Christmases past at Good Shepherd when the late Rev. Dr. Conrad Raker was administrator. "He used to play his flute," says Scott. "He was a kind man. I liked him very much. He was a friend to me." Conrad also was a father figure to Scott whose own father died before Scott was born.

Scott is grateful for the love that surrounds him today, but there's a void with Conrad's passing in 2002 that for Scott and so many at Good Shepherd will never quite be filled. "Dr. Raker was a good person," says Scott. "I wish there was somebody in the Raker family to take over for him."



*Above: Conrad Raker playing the flute at a holiday event in 1983.*

*Below: Erinn Vassallo, a therapeutic recreation specialist, with presents destined for residents of the Good Shepherd Home - Bethlehem.*



***Won't you help make our residents' holiday wishes come true? Please use the envelope in this issue to make your gift to the Resident Holiday Wish List or visit us on the web at [SweetCharityOnline.org](http://SweetCharityOnline.org). Thank you!***

# Reflections

— by Chaplain Paul Xander

*Jesus said, "Come to me, all you who are struggling hard and carrying heavy loads, and I will give you rest. Put on my yoke, and learn from me. I'm gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light."*

(Matthew 11:28-30)

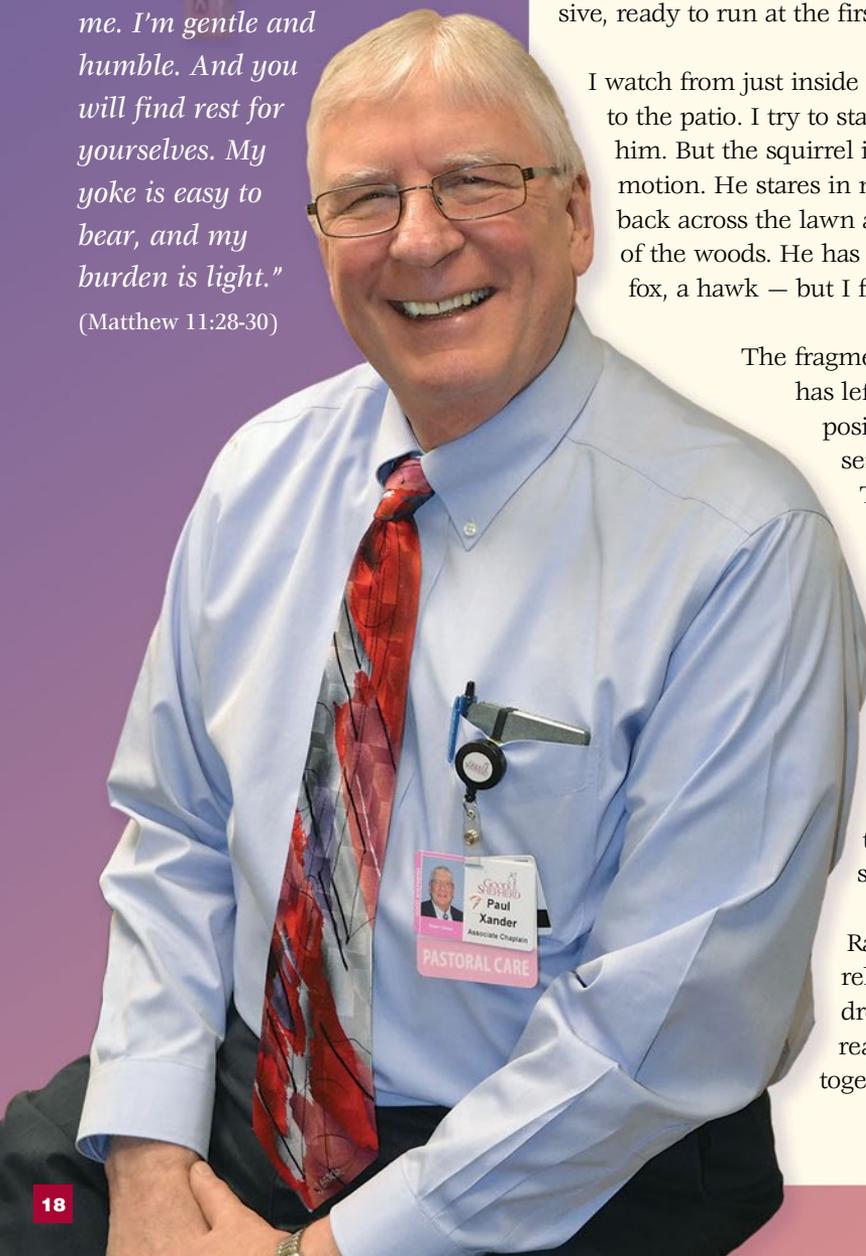
A solitary squirrel walked across my patio this morning, probably driven out of the nearby stand of trees across the street by hunger. He looks alone, apprehensive, ready to run at the first sign of danger.

I watch from just inside the closed sliding glass door to the patio. I try to stand back so that I don't disturb him. But the squirrel is spooked by the slightest motion. He stares in my direction and then races back across the lawn and the street into the safety of the woods. He has predators there too — a red fox, a hawk — but I frighten him more.

The fragmented life of modern America has left many of us in this squirrel's position: alone, apprehensive, sensing danger, ready to run.

The fearfulness of an isolated people seems to be reshaping society in such a way as to diminish our resiliency. Clearly, I do not represent a threat to the squirrel outside my window. But the lone soul, disconnected from others for any one of many reasons, doesn't know that. In his fear, all movement seems threatening.

Rather than live like the squirrel in its lonely terror, as children of God we are called to reach out to each other, to come together in a network of resilience



*“We can change direction. Our world depends on it. We are all in this together. We are trying to venture beyond fear.”*

that will support all in times of hardship and distress, growth and healing, risk taking and transition. We are already linked together because of God’s mercy, abundance, and justice.

I take that as a practical challenge, something humans can do and would do if shown the way. Someone needs to tell people, you aren’t alone. God loves you, and others are prepared to love you. The resiliency required to move forward, knowing we are not alone and feeling ready to run flourishes when we can embrace an interdependence that has become more and more foreign in our culture.

Jesus said that directly: Come to me, and I will give you rest. Bring your burdens to me. Put on my yoke and learn from me. I’m gentle and humble. And you will find rest for yourselves. My yoke is easy to bear, and my burden is light.

He sends his followers to say the same.

We can change direction. Our world depends on it. We are all in this together. We are trying to venture beyond fear. Some are bolder than others, but none of us wants to go through life skittish and ready to run.

The followers of God in Christ have been sent to demonstrate a world view not caught in the fearfulness of isolation but to show us

the path towards a world providing rest, healing and support in the form of interdependency. In responding affirmatively to Jesus’ call to “put on my yoke and learn from me,” we do not simply attempt to demonstrate the actions of an absent master. On the contrary, we rely on the ongoing presence of Jesus himself. This, too, is included in what Jesus means by “rest.”

Jesus bears the name of the one promised in Isaiah: Immanuel, “God with us” (1:23). All who take the yoke of being followers of God in Christ upon them can experience a kind of new creation sustained by the ongoing presence of the Creator in a life of interdependence. In experiencing this interdependence, all will know of the constant flow of God’s gifts in and through the talents, skills, and blessings of our spiritual sisters and brothers surrounding us. We will experience the promised *God with us, ease of burden and rest*.

It is precisely in a life of interdependence, which includes the making of other disciples (28:19), that Jesus’ presence is guaranteed. Lest we forget who Jesus is, Matthew makes it clear from beginning to end: God is with us, even to the end of the age.

# Giving Back to GHANA

*continued from page 11...*

The team also held a daylong symposium with physicians, nurses and therapists at the hospital in Kumasi. "It was amazing," says Lorillie. "There were about 50 to 60 people. Their questions were good. They really would like to learn. They take it seriously."

The trip proved eye opening and life changing for Lorillie and fellow nurse Ashley Corby, RN, who were struck by the poverty level and lack of medical equipment and common every day things. "I came from a third world country," says Lorillie, a native Filipino. "I did not realize there are poorer countries than the Philippines. They don't have blankets, they don't have pillows. They don't have IV pumps. They don't even have DVT (deep vein thrombosis) stockings."

"Some of them didn't even have sheets," says Ashley. "We brought sheets and they were so excited. It made me realize there's a lot of things that I take for granted and just how blessed we are. They were so grateful for the smallest things that we throw out here. "

Prior to their trip, Lorillie and Ashley held several tele-education sessions with nurses at the hospital in Ghana. "Every Monday we taught the nurses so when we got there we could be more hands on," says Lorillie.

The learning, as it turned out, was a two-way street. "What surprised me the most is what we learned from them," says Ashley. "We went over there thinking that we were just going to educate and share our knowledge



*Physical Therapist Laura VanArsdale models one of the custom-made tee shirts the team took to Ghana.*

with them, but we learned so much. The people there showed so much passion and are doing more with less. It was so inspiring. They were phenomenal."

The education didn't stop there though. Dr. Abena Yeboaa Tannor, a family physician and specialty/lead clinician in medicine and rehabilitation at Komfo Anokye Teaching Hospital, Skypes with Dr. Christian every Monday. Together they review patient cases in Ghana and engage in educational sessions. Dr. Tannor also visited Good Shepherd for three weeks in August shadowing clinicians under Dr. Christian's guidance.

"She is the first rehabilitation doctor in sub-Saharan Africa," says Dr. Christian with pride, explaining that Dr. Tannor is visiting Good Shepherd as part of her clinical rotation to complete a fellowship in physical medicine and rehabilitation through the IRF.

Lorillie says she hopes there will be return mission trips to Ghana to continue their work and benevolent outreach. "It's nice for Good Shepherd, reaching out, sharing our expertise," says Lorillie. "If you can save one life, that is enough. It's on the back of our tee-shirts we took with us to Ghana, "Teach One Person and You Save Hundreds of Lives."

"I think I came back a better nurse and a stronger nurse," says Ashley. "We realize here at Good Shepherd that we are experts and we know a lot more than any one, but sometimes we don't realize just how good we are."



## Women's Circle Awards Funds at Annual Meeting

Good Shepherd's Women's Circle capped off its 2016-2017 year by awarding \$70,000 plus an additional \$5,000 from an anonymous angel to three worthy programs. The group's annual meeting was held at the Good Shepherd Rehabilitation Emily Howatt Pliskatt Pediatric Unit on June 28.

### *\$20,000 – Women's Circle Long-Term Care Therapist Endowed Scholarship*

Funds will be used for therapists to obtain advanced certifications and specializations serving the often medically-complex population of Good Shepherd's long-term care residents in such areas as brain injury, wound care, assistive technology, palliative care, dementia, and more.



### *\$25,000 – Women's Circle ZeroG Walking Sponsorship*

Provides funding for the ZeroG Fitness Program to purchase additional equipment and sponsor 8–10 children a year. The ZeroG is a body-weight supported system that helps children who have difficulty walking achieve a more normal gait. This sponsorship lets therapists work with children with cerebral palsy in fitness activities and collect data for research.

### *\$35,000 – Hand Therapy Program*

Funding will partially provide for purchasing the newest generation of BTE PrimusRS technology improving strength and function of upper and lower extremities. Printed results show the patient's improvement over time and visual feedback along with objective measurements provide motivation for patients to achieve greater independence using their upper extremities.



*For more information on The Women's Giving Circle, visit us on the web at [SweetCharityOnline.org](http://SweetCharityOnline.org) under "Ways to Give" or contact Carol Carpenter at [ccarpenter@gsrh.org](mailto:ccarpenter@gsrh.org) or 610-778-1044.*

# THE Sunshine Boy

*continued from page 7....*

Kosovo. Hysen also was grateful for being able to spend every waking moment with his wife and son, breaking away only at night to sleep in a hotel provided by Good Shepherd.

And with every step of Aron's therapy, Magbule and Hysen were there, welcome partners with Good Shepherd in their baby's recovery. "In my country it's up to me to discuss things with the doctor," says Hysen. "I was having full access in every decision, every course of treatment and everything else."

From learning how to change Aron's NG tube and maintain the pump to learning appropriate feeding strategies for their son, Good Shepherd nursing staff educated Hysen and Magbule, giving them the confidence to care for Aron at home. "We are prepared," says

Hysen. "I think we can manage whatever happens."

After one month at Good Shepherd, Aron was discharged. The family is extending its stay with Magbule's sister in Wyomissing until Aron is fully weaned off the NG tube with help from feeding therapists in Good Shepherd's outpatient Pediatrics Program.

"Just saying thank you is not enough," says Hysen. "It's hard to express what you have in your heart. Such good people, good men and women, working in the hospitals in Pennsylvania, saved two lives. We have our Aron here. He's a happy boy. Like sunshine. It was a crazy vacation, but it's just a lovely, happy ending."



# IN MEMORIAM

## Lucia Scott Feathers

Love will find a way. This well-worn proverb once scribed by the 18th century English poet Lord Byron did indeed find a way for Lucia Scott Feathers who met her future husband Jake Feathers at The Good Shepherd Home and then married in 2001.



When Lucia came to live at Good Shepherd in 1999, she brought with her a gentle and sweet disposition that paved the way for love to bloom between her and Jake. The couple's time together was all too brief though when Jake passed away in 2004. Lucia's own passing came on Wednesday, June 28 at Lehigh Valley Hospital-Muhlenberg.

Lucia was born in Newburgh, New York in 1939. She lived with her parents until their death in the 1980's, necessitating Lucia's move to a care facility in the Pocono area before finally coming to Good Shepherd.

Sonya Middleton, a care manager at the Good Shepherd Home-Bethlehem where Lucia lived, remembers a classy and elegant lady who always took care with her appearance. "It was important for Lucia to look her best," says Sonya. "She liked to get her hair done by the hairdresser and ate up the compliments she received."

Lucia loved her red lipstick, says Sonya, and when she had it on, it signaled she was in a particularly pleasant mood. Lucia also loved her perfume and jewelry. "She was so proud when she finally got her ears pierced in her early 70's," says Sonya. "She accumulated quite the collection of earrings."

Lucia had a lovely singing voice and talked to Sonya about how she took singing lessons in her youth and at one point sang on the radio. "She was particularly fond of old church hymns like 'The Old Rugged Cross,'" says Sonya.

Lucia also had a sweet tooth for ice cream, says Sonya, and could easily polish off four bowls. Naturally the featured food at her birthday parties was ice cream, which she enjoyed with other residents.

Lucia was a huge fan of Dr. Phil and watched his television show every night before retiring. "Her wish was to meet him one day," says Sonya. "Lucia is greatly missed by her Good Shepherd family."

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# Sweet Charity

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