



# Sweet Charity

Fall 2018 Volume 111, Issue 3

A Good Shepherd Publication

**TRUE  
GRIT**



# A Place Called Home

Dear Friends,

By the time you read this, summer will be gone and fall will have arrived. While many of us here at Good Shepherd had our share of leisurely days vacationing, the work of serving our patients and residents didn't take any time off.

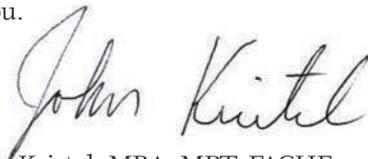
Fun, though, was never in short supply, and the recreational therapy staff at our long-term care resident homes delivered. In Allentown, there was the annual Rakerstock music event and a very clever whodunnit by the Raker Drama Group. In Bethlehem, residents were treated to Sheppapalooza, a daylong music extravaganza, and the All-American Picnic, both summertime favorites. You'll find photos of the play and the picnic in this issue. The smiles show how we care not just for the body but for the spirit too.

One of the cornerstones in the Good Shepherd mission statement is a pledge to inspire hope. Our 159 residents who call Good Shepherd home have some pretty special hopes and dreams. Sean Timmons is one of those residents. Sean came to live at the Good Shepherd Home-Bethlehem after lying bed-bound for six years in a nursing home following an accident. Since coming here, Sean's quality of life has exceeded his dreams and that of his family's. Sean has our exceptional staff in Bethlehem to thank for that.

Pat Kleintop, a resident of the Raker Center in Allentown, had a dream too. Pat longed to take a trip back to Maine, where she spent many happy family vacations. That dream came true when a staff member and volunteer drove Pat to Portland, Maine, for a brief visit. Sadly, Pat passed away shortly after returning, but the extraordinary effort made to fulfill her final wish was a gift to her caregivers as well.

It is said that home is where the heart is. At Good Shepherd, the place our residents call home is the heart of who we are and what we do best: live our mission every day. And we do it with your help.

Thank you.



John Kristel, MBA, MPT, FACHE  
President and CEO





# TRUE GRIT

She's only 15 years old, but Megan Miller shows she has what it takes to overcome the odds after being sidelined by a gymnastics accident.

4

Cover photograph: Randy Monceaux



8

## A Reason to Be Grateful

Dick and Lois Bohner say "thank you" to Good Shepherd with a legacy gift.



12

## When Christmas Came Early

Sean Timmons had given up on life, until he came to live at the Good Shepherd Home-Bethlehem.



18

## Women's Giving Circle Launches Into Its 10th Year

This group of philanthropic women is going strong and is seeking new members to be even stronger.



20

## From Maine, With Love

A trip to Maine was on Raker resident Pat Kleintop's bucket list, and she checked it off just in time.

**Reflections** By Chaplain Kelly Brooks **10**

**The All-American Picnic** **14**

**1908 Raker Society Members Gather for Luncheon** **15**

**Whodunnit Showcases Raker Resident Drama Group** **16**

**Gifts of Love** **22**

**In Memoriam**

Richard "Rick" Schall **24**

Cheree "Cici" Sommers, Myrna Chubb **25**

## 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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# TRUE GRIT

*If grit and determination could be bottled and sold, then Megan Miller would be a wealthy young lady. Throw in a tough competitive spirit and there's a formula for success. Since she was two years old, Megan has leveraged those qualities to become a level 8 gymnast. She never could have imagined that at 15, she would need to draw on those resources for a challenge greater than anything in gymnastics: learning to walk all over again.*

*Megan nails a routine  
in competition.*

Sunday, March 18, was an easy day at the center where Megan trains with her gymnastics team. A little conditioning. Some basic training. Megan was on the trampoline practicing a 1-1/2 front flip for the first time. "I was just messing around," she says. "I kind of got lost in the air and didn't know where I was. I don't know exactly how I landed. I just heard the loud cracking and ended up on my back. My neck hurt a lot."

That crack turned out to be two broken vertebrae in her neck. When Megan's fingers and stomach went numb, Megan knew something had gone horribly wrong. "After a few minutes I couldn't feel my legs," says Megan. "I was scared."

Megan's parents, Doug and Brenda, were called and told that Megan had an accident. No one knew just how serious it was. They arrived at the scene in time to see a policeman holding their daughter steady on the trampoline until medics arrived and took Megan to the trauma center of a local hospital.

Megan had broken her C5 and C6 vertebrae. A crushed disc had been dislodged, damaging her spinal cord and rendering her paralyzed. "They told us that if she had fractured her neck one vertebrae higher she would have been on a ventilator," says Brenda.

Megan needed emergency surgery. Within an hour after surgery, Megan started to regain feeling in her legs and her reflexes were responding. The success of that first surgery led to a second surgery four days later. As Megan was in the holding bay of the operating room she looked at a nurse and her true grit came out. "She asked the nurse, 'So what sport do you think I could do now?'" says Brenda.



Doug and Brenda were first told that Megan had a 30% chance of any kind of recovery. Now the neurosurgeon predicted a good outcome within a year and a half. Even the smallest movement was a big gain. "The whole time she was in the hospital it felt good to see that she was moving after not moving at all and being so lifeless," says Doug.

By Friday of that week, Megan was sitting up in bed and therapists began working her arms and legs. The following Monday, eight days after being admitted, Megan was discharged to the Good Shepherd Rehabilitation Hospital Emily Howatt Pliskatt Pediatric Unit in Bethlehem.



*Megan with Carrie Bose,  
occupational therapist.*

have to put her down,” says Carrie Bose, an occupational therapist.

“I needed a lot of help,” says Megan. “I got dizzy and sick.”

Megan had to build up her strength, stamina and fine motor skills to do the simplest things like brushing her hair and teeth, and holding a spoon or fork to raise it to her mouth. Just as they’d done since Megan was two and driven to compete in gymnastics, Doug and Brenda remained their daughter’s most devoted cheerleaders. “I told her it was up to her,” says Doug. “How much she puts in to it is how much she’s going to gain back.”

Megan didn’t disappoint either herself, her therapists or her family. She brought her A game. “She was always very focused and very determined to push herself,” says Erika Herzer, a physical therapist. “The goals she would pick for herself were always challenging. She would try anything we would ask her to do and she always gave 110 percent.”

Megan kept moving up the goal posts. “I remember the first week she was here,” says Erika. “She said she wanted to walk by her birthday in November. Then she said she wanted to walk by the time she went to the beach in August.”

“I’m very competitive,” says Megan with a little smile.

Like the athlete she is, Megan craved the rigorous daily routine of therapy. She even continued to work on her exercises outside of her regular therapy session which advanced her progress even more, says Carrie.

From the beginning Megan made one thing clear to her therapists and care givers. “The first thing she told them was, ‘I’m not leaving until I’m walking,’” says Brenda.

Megan’s years of training as an athlete were kicking in. She would need every bit of that to achieve a goal unlike any she’d had before. When Megan arrived at Good Shepherd, she was very weak and unable to do anything for herself. She had some use of her right hand and arm, but her left side was significantly impaired. Megan’s only movement in her legs was being able to wiggle her toe. Just sitting up was a challenge. “She had been laying flat pretty much since she’d been in the hospital, and when we had her sit up, her blood pressure dropped quickly and we would

*Megan with (from left) Erika Herzer, physical therapist; Ali Serson, recreational therapist; and Carrie Bose, occupational therapist.*



Megan drew on support from her boyfriend and family who celebrated every achievement with her. “Her family is phenomenal,” says Erika. “They advocated for her so much and were here all the time. Without them I know she wouldn’t have gotten as far as she did.” Megan’s gymnastics coach and teammates all stayed close too, pulling for their teammate who was up against the toughest competitor yet: herself.

As Megan got stronger, she began using a walker. “I got the best birthday present of my life,” says Brenda. “She walked on my birthday.”

On August 1, four months after being admitted, Megan did what she said she was going to do and walked out of Good Shepherd. She left behind a team of therapists and care givers who feel like they’ve been part of a miracle. “She is an

absolutely amazing kid,” says Erika. “To see her determination, how hard she worked and to be a part of her journey was such an honor. For us to see her walk out those doors was my dream for her. It was phenomenal and so emotional. I think we all were crying.”

As Megan begins her sophomore year at Liberty High School, she is challenged to juggle her school work with three afternoons a week of outpatient physical, occupational, and hand therapy at Good Shepherd. Although Megan still needs a wheelchair, with each step she moves closer to greater independence.



“Megan was just one of those special once in a career kind of kiddos,” says Carrie. “You don’t get to see that kind of progress in a person. She definitely has a story to tell and we encouraged her to tell it when she’s ready.”

*Megan with her parents, Brenda and Doug, at the Allentown Fair.*

***Grateful to Good Shepherd with helping him regain his independence, Dick and Lois Bohner show their gratitude with a legacy gift.***

Richard Bohner was enjoying dinner on a Saturday night out with his wife, Lois, when he began feeling something wasn't quite right. The next morning he awoke with a searing headache. The pain was so bad, Lois took

Dick to the emergency room of a local hospital where an MRI prompted immediate surgery. The source of Dick's pain turned out not to be a tumor, as doctors suspected, but an infection in his brain.

Dick spent a week in intensive care while the infection was treated. Two weeks of rehabilitation therapy followed. Dick finally made it home and the infection eventually cleared up, but the assault on his brain left Dick with some vision problems. "By that time I realized my eyes weren't working as they were supposed



to,” says Dick. “I kept bumping into things. My peripheral vision was reduced significantly. I was told not to drive.”

The loss of Dick’s independence was a blow to the retired PPL executive who enjoyed an active lifestyle that included regular golf outings with his friends and international travel. Dick was referred to Good Shepherd’s renowned Vision Therapy Program. Dick was evaluated and began physical and vision therapy to address some visual field loss and impaired depth perception. “His visual impairments were impacting his balance so he was using a cane,” says Alyssa Hauck, a physical therapist specializing in neurorehabilitation. Dick’s goals were to be able to drive again and improve his balance so he could walk with confidence unaided.

“He was highly motivated and worked very hard to achieve his goals,” says Alyssa. By the time Dick left in October, he had passed all his balance testing goals and no longer needed a cane. Perhaps best of all, Dick was cleared for the occupational therapy driving program at Good Shepherd and back on the golf course.

“Alyssa and the people there made you believe they could make you better,” says Dick. “In the back of your mind it’s the amount of hope that is given. They were really helping me and I could feel good about it.”

Grateful for having regained his independence, Dick and Lois revised their will to include a gift for Good Shepherd. The couple’s personal ties to the organization, going back many years, also inspired them to include Good Shepherd in their estate plans. Lois’s father, Elmer K. Shaffer, had been a pharmacist serving Good Shepherd’s long-term care residents. He also

served on the board of trustees and was instrumental in getting Lois’s maternal grandmother placed in the Good Shepherd Home.

Dick’s mother, Madeline Bohner, was a substitute teacher in Allentown and taught many of Good Shepherd’s youngsters in her classroom. Dick also recalls a time when he was working at PPL and Good Shepherd sent residents to help with the laborious job of processing by hand up to 60,000 customer bills a day.

“Growing up I always heard good things about Good Shepherd,” says Dick. “I always felt it was a beneficial place.”

Dick never imagined that one day he would experience for himself just how beneficial Good Shepherd would be in his life. Grateful for the care he received, Dick and Lois are confident their bequest to Good Shepherd will continue to benefit others for years to come.

“When we made up our will there were a few local charities we thought were worthwhile,” says Lois. “Good Shepherd is one of them.”

***For more information on including Good Shepherd in your will or estate plan, contact Jeannette Edwards at 610-776-3386 or [jedwards@gshr.org](mailto:jedwards@gshr.org). Visit [SweetCharityOnline.org/plannedgiving](http://SweetCharityOnline.org/plannedgiving) to download a free estate planning guide and record keeping book.***



*“Consider it pure joy,  
my brothers and  
sisters, whenever you face  
trials of many kinds,  
because you know that  
the testing of your faith  
produces perseverance.”*

(James 1:2-3)

# Reflections

— by Chaplain Kelly Brooks

What wakes you up in the morning? What gets you out of bed? Is it the sun coming through your curtains to welcome you to the day? Is it the smell of freshly brewed coffee? For me, it is the sound of my daughter calling to me, wanting breakfast. She and my husband are true blessings to me. I am fortunate that I have a supportive family as well as a large extended family of love. In addition, I have countless other friends and colleagues that are caring and inspirational.

It isn't usually until we are in the middle of a crisis that we realize or become aware of the blessings in our lives. These moments of “crisis,” whether physical, emotional or spiritual, can be pinnacle moments where we assess our life's meaning. We may take inventory of how we have lived our lives and what people are in it. We may find some regret, some guilt and some joy.

We often discover that through life's experience, we have more strength and resilience than we realize. We may also find that we have more people and a greater support system than we know. It is those people who cheer us on, offer us kind words and even pray with us for healing. We may come to understand that there are some people who have entered our lives, if only for an instance, while others are life-long companions on our



journey. We also may come to comprehend a new faith perspective through our experience. We may develop a more deep and meaningful relationship with God.

When I sit with patients or residents, often it is the people they speak of tenderly rather than the illness they are facing. It is knowing and understanding that God's presence sustains them. Through something difficult comes great meaning. I often hear the statement: "My faith and family will get me through this situation". Instead of labeling themselves by their illness and diagnosis, they define themselves by their faith, strength and blessings. They have figured out that it isn't the objects that one accumulates but the things that one cannot touch that matter the most.

This was one of Mama and Papa Raker's perspectives. They chose to see the person and not the illness. They chose to respect and guide with faith and perseverance. They too faced difficult times, such as losing a child, but their faith and God's words carried them through. Despite the pain of their loss, they found solace in taking in a disabled little girl named Viola. Certainly, their grief was not eliminated, but their purpose and calling enabled them to face other challenging times.

It is by Papa's and Mama's example that we continue to carry out their mission and vision today. They demonstrated that having a community of people who love us brings us joy as

well as compassion. Their gracefulness and faith are unfailing motivators for our staff to get out of bed in the morning. It is their calling to Good Shepherd to be conduits of healing and support for our patients and residents, if only for a moment.

*"We often  
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than we realize."*

# When Christmas Came

## Early



For six long years, Sean Timmons lay in a nursing home bed feeling helpless and hopeless. Once the owner of a successful HVAC business, Sean was cleaning his gun at home in 2012 when it accidentally discharged. The bullet pierced his chest and severed his spinal cord paralyzing his legs. He was only 57 years old.

Sean spent the next four months in the hospital. For two of those months, Sean was in a

medically-induced coma. The Baltimore native finally was released to a rehabilitation facility for several weeks of physical therapy before moving to a nursing home in Maryland. Sean spent the next six years in bed, getting out only two or three times. Sean's weight ballooned to 300 pounds. An attempt at using a manual wheelchair failed because it didn't fit him properly.

Sean relied on caregivers for everything. He was given bed baths, shaved and shampooed a few times a month. Therapists told him he had "plateaued" making therapy futile. His legs became painfully swollen with edema and were wrapped in ace bandages. "I didn't think or feel anything," says Sean. "I had no hope until I got here."

"Here" is the Good Shepherd Home-Bethlehem, where the 62-year-old former active Marine who once enjoyed scuba diving and sky diving, has been living since February 14. Fittingly, Sean's Valentine's Day admission marked the start of a love affair between Sean and Good Shepherd, a place where he has emerged from a dark cocoon and found happiness he thought was lost forever.

"We joke around that he was our Valentine's Day gift," says Ingrid Baruch Lande, director of long-term care rehabilitation services and Sean's physical therapist. "From day one he was very motivated and positive."

Sean has his sister Patti St. Clair to thank for finding Good Shepherd. Unhappy with Sean's quality of life in the nursing home, Patti began searching the internet from her home in Castle Rock, Colorado, hoping to find something better for her brother. Sean's other sister, Christine Bartrum, also explored different facilities in Maryland, but as both sisters found out no one offered therapy beyond six weeks.

Sean abandoned any hope of ever having a better quality of life until Patti discovered Good Shepherd. She liked what she saw online; a brighter atmosphere for long-term care residents and a wide range of technology for helping people achieve maximum independence. Hopeful but wary of yet another disappointment, Patti called Good Shepherd and spoke with Lori Kneule, admissions coordinator for long-term care. Lori was willing to consider Sean for admission and, along with Melissa Hedden, RN, made the three-hour drive to Maryland to meet and assess Sean.

"I just couldn't believe they took the time and effort to drive that distance to visit with him," says Patti. "They loved his personality. They just saw him lying in bed. From the very beginning they said they would work with him and get him in a better place. They gave us such hope."

Sean was put on a waiting list and Lori kept in touch with Patti. In January 2018, Lori called Patti to say there was an opening. Was Sean still interested in coming to Good Shepherd? "I was just amazed," says Patti. "She wanted to bring Sean in. I think when I called Sean and told him he was going I'm not sure he fully comprehended at first. He was a little apprehensive."

Whatever doubts Sean had that this move was the real deal soon dissolved after arriving at Good Shepherd. His personal care, which had largely been neglected, was quickly addressed. His long hair was cut and he was treated to a good shower. Therapists lost no time in getting Sean out of bed every morning for physical, occupational and recreational therapy. "I had no expectations," says Sean. "They started working with me right away. I couldn't believe it."

Sean's caregivers and therapists had their work cut out for them. "Sean never got to deal with his body after his spinal cord injury so he didn't know how to be in his body," says Ingrid. "When he came to us, because he had not been out of bed for six years, his whole body was so stiff with contractures. He had no trunk control and no ability to move anything from the waist down. I'd never dealt with anything like it."

*continued on page 26...*



## Good Shepherd's Residents Need You to Help Bring Holiday Cheer

Sean Timmons has experienced several "firsts" since coming to Good Shepherd last February. Now he's looking forward to one more: his first Christmas with his new friends in his new home. It's been many years since Sean had a truly happy Christmas. He remembers many wonderful holidays growing up: decorating the tree, the anticipation of opening gifts, filling up on the holiday turkey and homemade desserts, and attending midnight mass. But those memories were like a dream as he lay in bed in a nursing home for six long years.

Sean feels like Christmas came early when he arrived at Good Shepherd and found a loving, compassionate family of care givers and fellow residents. But Sean has another Christmas surprise coming as one of Good Shepherd's 159 long-term care residents in Bethlehem and Allentown who fill out their Holiday Wish Lists and then experience the joy of opening their presents at Christmas.

**Your donations to the Resident Holiday Wish List make it possible for Good Shepherd to buy the hundreds of presents that help make this time of year so very special for Sean and all our residents. Giving is easy. Just fill out the envelope in this issue or go on the web to [SweetCharityOnline.org](http://SweetCharityOnline.org) and make your gift today. Thank you!**

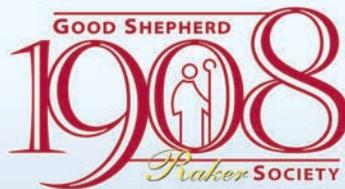
**Perfect weather**, fabulous food and a gathering of friends and family were just the ingredients on Friday, June 22, for the All-American Picnic enjoyed by residents of the Good Shepherd Home-Bethlehem. Non-stop entertainment by Dan Flok had people rocking throughout the afternoon. Grilled hamburgers with all the fixings and barbequed pulled pork sandwiches were tops on the menu along with salads, side dishes and an array of homemade desserts and fresh watermelon. Thank you to our wonderful recreational therapy team who organized the event and everyone who pitched in. The picnic is just one more example of the love Good Shepherd staff has for our long-term care residents.



# THE ALL-AMERICAN PICNIC



# 1908 Raker Society Members Gather for Luncheon



Forty-nine members of the 1908 Raker Society gathered for the group's 10th annual luncheon on Friday, June 15, in the Health and Technology Center on Good Shepherd's south Allentown campus. Good Shepherd President and CEO John Kristel gave updates on the organization's projects, expanded services and accomplishments, and fielded questions.

The 1908 Raker Society welcomes those who have included a gift for Good Shepherd in their will or trust and inform us of their plans. Individuals who establish planned gifts such as gift annuities or name Good Shepherd as beneficiary of a retirement plan or insurance policy are also members of the society.

Over the past 100 years, the forward-thinking generosity of 1908 Raker Society members has allowed Good Shepherd to embrace new treatments and technologies, and respond quickly to the needs of the community we serve. Since 1985 a total of \$87 million has been received from bequests and other planned gifts. On average, Good Shepherd receives \$2.5 million every year.

*For more information or to inform Good Shepherd of your intentions, contact Jeannette Edwards, senior planned giving officer, at [jedwards@gsrh.org](mailto:jedwards@gsrh.org) or 610-776-3386.*



# WhoDunnit

*The scene:* An old mansion on an island where guests have gathered at the invitation of a mysterious man.

*The plot:* An eccentric millionaire and amateur mystery buff intent on committing the perfect crime.

So who keeps knocking off the guests? Is it the butler? The maid? The doctor? The actress? The accusations were flying and everybody was a suspect in the Raker drama group's production of "And Then There Was One – A Spoof" by Michael Druce. The eight actors, all residents of the Good Shepherd Home Raker Center, rehearsed weekly for seven months under the direction of the recreational therapy staff. The talented troupe, with a little help from their friends at Raker, ably maneuvered around the set in their wheelchairs delivering their lines with humor and style to a full and appreciative house. The mystery was eventually solved and all's well that ends well. Congratulations to everyone for putting on such a wonderful production.

*Janet Washburn  
as the singer*

*Casey Reider  
as the ingénue*



# SHOWCASES RAKER RESIDENT DRAMA GROUP

*(Below, L-R) Charles Fell as the inspector, Eric Buskirk as the handsome man with help from Melinda Guffy, therapeutic recreation assistant.*



*(Clockwise from top) John Gulich as the butler; Sally Niles as the plain woman with volunteer Sue Kauffman; Michael Losagio, therapeutic recreation assistant, as the doctor.*

*See a slide show with more photos on SweetCharityOnline's Facebook page or on the web.*



# Women's Giving Circle Launches

*"Women reaching out to do together what*

Last year Carrie Fellon was strolling among the booths at the Lehigh Valley Women's Summit 2017 when she stopped to inquire about the Good Shepherd Women's Giving Circle with Michelle Landis, a member and former chairwoman. This year at the 2018 summit at Cedar Crest College, Carrie was on the other side of the display table as a Women's Circle representative answering questions, not asking them.

"I never really understood what the Women's Circle was all about," says Carrie, a certified financial planner. "I soon realized that it was

a chance to come together with women of generous spirits to pool our dollars and decide where to give the money, and to learn more about community and philanthropy."

The Women's Circle philanthropic mission, and Good Shepherd's, resonated with Carrie who became one of the group's newest members this year and also is a member of the core team. A very personal chord was struck when she toured Good Shepherd and heard a presentation at her first group meeting for support of a children's playground at the inpatient pediatric unit in Bethlehem. "We have a four-year-old special needs grandson," says Carrie, who imagined him being able to benefit from just such a playground. "When I took a tour of Good Shepherd I was able to under-



*Outgoing chair Marilee Falco (left) with incoming chair Anne Baum who has set a goal of increasing membership to 100.*



*Carrie Fellon*

# Into Its 10<sup>th</sup> Year

*we could not do alone.”*

stand more fully the kinds of therapy Parker undergoes and I was able to better identify with the equipment he considers toys.”

The Women’s Giving Circle began with eight women and has grown to 65. An annual membership fee of at least \$1000 is collectively used to support up to three Good Shepherd programs which members choose by voting. In the last nine years, \$500,000 has been raised to support such things as the Needy Patient Program, nursing and therapist scholarships, to purchase a bus for Good Shepherd’s long-term care residents to use on community outings, the technology lending library, wellness coaching, and more.

Carrie sees many benefits in belonging to the Women’s Circle. In addition to the networking opportunities with other successful career women and community volunteers, Carrie likes knowing that her donations are staying here at home. She also likes having a vote on choosing program recipients, being able to ask questions of project presenters and getting updates on project outcomes and the people benefiting from the services.

Anne Baum, the newly-appointed chair, says she has set some lofty goals of increasing the group’s membership to 100 in this its tenth year. “That would be amazing,” she says. “What we could help Good Shepherd do with that money gives me chills to think how wonderful that would be...It’s a really inspiring group to be a part of. One of the most rewarding components is knowing that we really do make a difference for the people Good Shepherd serves.”

## Women’s Circle Chairs – Past and Present

2010 (Charter) <b>Marna Hayden</b>	2014 <b>Michelle Landis</b>
2011 <b>Cathy Leiber</b>	2015 & 2016 <b>Mary Evans</b>
2012 <b>Jane Koehler</b>	2017 & 2018 <b>Marilee Falco</b>
2013 <b>Pat Lockard</b>	2019 <b>Anne Baum</b>

*Good Shepherd’s Women’s Giving Circle is for women who want to make a philanthropic difference while experiencing the joy of camaraderie. The group is open to all women who like to support the mission of Good Shepherd, improving the lives of children and adults with disabilities, by giving at least \$1,000 annually. Members meet five times a year at homes or other venues and serve as co-hosts.*

*For information on joining contact Carol Carpenter, 610-778-1044 or [ccarpenter@gsrh.org](mailto:ccarpenter@gsrh.org)*



# From Maine, With Love

Pat Kleintop may have had a strong streak of Pennsylvania Dutch in her blood but she also had a lot of Maine. She loved pot pie, home-made noodles and shoofly pie. She also loved Portland, crab cakes and lighthouses. Two weeks before Pat died, she checked a big item off her bucket list when she made a nostalgic trip back to Maine where she vacationed with her family when she was a child.

“Based on the conversations Pat and I had, I knew it was going to be her last trip so I wanted to make it as special as possible,” says Barbara Grant, a certified nursing aide who was one of Pat’s care givers at the Good Shepherd Home Raker Center in Allentown where Pat lived for 18 years before passing away Saturday, May 12.

Finally the time was right. The trip was made possible thanks to the donor-supported Community Access Program which Good Shepherd’s long-term care residents use to enjoy trips and local outings. “All she wanted to do was see lighthouses, get on the water and be in Maine,” says Erin Kaminetsky, a volunteer with the access program who coordinated the adventure.

*Barbara Grant, CNA, with Pat Kleintop*

On the last weekend of April, Pat, Barbara and Erin hit the road. Their chariot was a beautiful new wheelchair-accessible van purchased with funds from the Women's Giving Circle, a group of philanthropic women supporting Good Shepherd's programs and services. The new van made the 10-hour trip a breeze.

That first night in Portland, Pat was too excited to sleep. "She didn't want to go to bed," says Barbara. "She just wanted to look through the window."

Over the next two days Pat was treated to a cruise on a mail boat as it rounded the different islands off the coast, saw several lighthouses, enjoyed the quaint downtown shops, and dined on crab cakes. Pat said those crab cakes were the best she'd ever had. "She said she was having a good time," says Erin. "She was always smiling."

That Sunday, the three travelers headed home to Good Shepherd, stopping along the way to see Lenny the Moose, a 1,700-pound, life size chocolate tourist attraction. Not long after arriving home, Pat became ill and quietly passed away. She left behind many memories for the people who loved her.

"She loved shopping and she loved to eat," says Barbara recalling Pat's love of milkshakes. Pat enjoyed one of her last shakes with a cherry on top on the way home from Maine, along with a hearty serving of Belgian waffles.

Pat was born December 13, 1939, in Allentown. She was the daughter of the late Charles and Mary (Christman) Walbert. Pat's brother, Robin Walbert, says Pat had cerebral palsy since birth but enjoyed a vibrant and loving life with her family. "Pat was very happy go lucky," says Robin.

"She was always smiling. She never let her disability get in her way."

Pat also had a sharp mind and keen sense of self. "She had her opinions and reasons. She was a pretty smart cookie," says Robin. "She learned an awful lot by just sitting back and watching and listening. People couldn't pull the wool over her eyes."

Growing up there was a lot of music and singing in the Walbert house, says Robin. Their maternal grandfather played the violin and their mother played the piano. There also was a lot of baking and cooking featuring Pennsylvania Dutch fare.

Pat eventually moved out of the family home to independent living at Cedar View apartments. It was there that she met her future husband, John Kleintop. After three years, Pat needed more care and came to live at Good Shepherd. John also moved to Good Shepherd. The couple married on November 18, 2000, and enjoyed a few years of happiness together until John's passing in 2004.

At Good Shepherd Pat liked shopping and eating out. She loved sitting in the swing in front of the Raker Center and relaxing by the fish tank in the lobby.

Pat's trip to Maine was like the cherry on one of her beloved milkshakes. "That was the last thing she wanted to do in life, and she got to do it," says Robin.

While in Maine, Pat seemed to know that her life was coming to an end. She was ready and talked about going home. Home, it turned out, was where her husband John was waiting for her. "She said she would be seeing John again soon only this time she said, 'I'll be walking with him hand in hand and we'll be married again,'" says Barbara.

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Gifts were received from March 12 through July 1, 2018.



## Richard "Rick" Schall

*Editor's Note: Good Shepherd lost an extraordinary friend and colleague with the passing of Richard "Rick" Schall on August 12. The following letter was sent to Good Shepherd staff by Rick's close friend and colleague, Frank Hyland, executive director, Good Shepherd Rehabilitation Hospital. We extend our deep condolences to Rick's beloved wife, Terri, and the entire family.*

For the past 25 years, I have had the good fortune to work with Rick Schall, PhD. Like many of us, I considered him not only a coworker, but a cherished friend.

As many of you know, Rick has been battling cancer for the past two and one half years. Like many other aspects of his life, Rick approached cancer with grit, dedication and a sense of humor all his own. It is with a heavy heart that I tell you of Rick's passing.

Rick joined Good Shepherd in 1993 as director of psychology. For his patients, Rick was a gifted therapist and compassionate confidante, who understood the role of rehabilitation as an act of restoration of both mind and body. A graduate of Haverford College and Temple University, Rick was one of the very few Good Shepherd associates to have received both the Raker Memorial and the Raker Spirit awards.

Rick shared his time and talents with his community, having volunteered with the American Heart Association, MS Society and Parkinson's Disease Association. He served on the boards of the Lehigh Valley Brain Tumor Foundation, the Well Spouse Foundation Support Group, the Lehigh Valley Center for Independent Living, and the MS Center of the Lehigh Valley.

*Rest in peace, our friend.  
You will be missed.*

## Cheree “Cici” Sommers

When Cheree “Cici” Sommers was born, she was gifted with beautiful blue eyes and alabaster skin. She also was smart and feisty. Those latter two qualities would serve her well as she faced the challenges of living with spina bifida.

A resident of the Good Shepherd Home-Bethlehem, Cici, 43, passed away on July 18. Born on February 18, 1975, in Frankfurt, Germany, Cici graduated from William Allen High School. She briefly lived independently and was a Good Shepherd resident for two different four-year periods. Cici loved writing stories, reading and drawing animals.

Cici not only learned to live courageously with spina bifida, she had a way of making others comfortable when they were around her, says her mother Monica Sommers. Cici’s grace and wisdom conveyed an important lesson. “She taught me that others should have respect for people who are differently abled,” says Monica. “She just wanted respect for the person she was.”



## Myrna Chubb

Every year, Atlantic City, New Jersey, draws thousands of people hoping they’ll win big. Myrna Chubb was one of those hopefuls, drawn to play the slots like a bee to honey. Myrna never did hit the jackpot. She did, however, strike gold when she met and married Roy Chubb at the Good Shepherd Home Raker Center, where she lived for 39 years until passing away on August 6 at age 80. Roy and Myrna enjoyed 19 years together before Roy died. Somehow Myrna carried on, comforted by memories, family and friends.



Myrna was born in Philadelphia on June 15, 1938. Cerebral palsy would challenge her throughout her life, but it didn’t slow her down much. “She enjoyed life. She really did,” says her sister-in-law Dottie Chezik. “She had a wonderful memory, she was very, very kind and extremely thoughtful.” Myrna enjoyed two trips to Disney World in Florida and loved eating at Red Lobster. She was a member of the Big Wheels bowling team at Raker and played in national bowling competitions. But Myrna’s greatest joy of all was being married to Roy. “She was the happiest then,” says Dottie.

# IN MEMORIAM

# When Christmas Came *Early*

*continued from page 13...*

The team methodically coordinated Sean's therapies. Todd Schappell, an occupational therapist, focused on exercises and activities to improve Sean's physical, cognitive and visual skills. As part of his therapy, Sean discovered he loves working in the resident garden. "I never gardened before," says Sean. "It smells good out there."

Todd, who has a soft spot in his heart for veterans, also tapped in to Sean's background as a Marine to get results. "I kind of motivated him in the same way a drill sergeant would," Todd says with a grin.

Where he once needed five people to care for him every day, Sean now is getting stronger,

regaining some movement in his legs and is able to do so much more for himself. He can sit up on his own and is working on moving himself from his bed to his wheelchair using a transfer board. Sean also is more confident about socializing thanks to speech therapy he needed but never received after the tracheostomy that was done in the hospital six years ago. "I could hardly speak in the other facility," says Sean. "Here I'm talking a lot more and they understand me. "

Sean lost 65 pounds and has his own motor chair which he loves using to tool around at Good Shepherd and on community outings to places like Red Lobster and a local auto show.

The man who arrived sad and helpless just a few months ago has blossomed in to the person he thought was gone forever. "I did more in five months than I did in five years," says Sean. "I used to be independent but I lost it at the other place. Now at Good Shepherd I'm learning how to take care of myself. I've got everything I want."

Sean's family is grateful and relieved to have him back too. "I honestly do feel that if he had not gotten to Good Shepherd we were prepared to lose him," says Patti. "Since he has been at Good Shepherd he's like his old self before his accident. He's so happy. I feel that God gave my family a second chance for Sean to get better."

*It was a red letter day for Sean Timmons pictured standing tall for the first time in six years in a standing frame. Helping him are (left) Giselle Espada, the long-term care rehabilitation aide at the Bethlehem home; and Ingrid Baruch Lande, director of rehabilitation services for long-term care.*





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**RAKER MEMORIAL  
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**Friday, November 2**

Grace Lutheran Church,  
729 St. John Street, Allentown

**10:30 a.m.** – Musical Prelude

**11:00 a.m.** – Ceremony

*Luncheon to follow.*

RSVP by October 19 to JoAnn Frey  
at [jfrey@gsrh.org](mailto:jfrey@gsrh.org) or 610-776-3125

