



SweetCharity

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A Good Shepherd Publication

Cuddling Zen



Touching Lives and Hearts

Dear Friends,

Whether you're a parent or a pediatric caregiver there's nothing quite so heart wrenching as a baby's cry. For Jackie Swackhamer, an occupational therapist at the Good Shepherd Rehabilitation Hospital Emily Howatt Pliskatt Pediatric Unit, one particular baby's cry was a call to action, and so our Cuddle Program was born, the first of its kind in the region.

Jackie learned about other hospitals using volunteers in cuddle programs, did her research and developed a training curriculum. It has only been a few months since the program launched, but it has generated a lot of excitement on the unit and adds yet another unique dimension of care for our littlest patients.

The power of human touch is almost magical. The late Conrad Raker is remembered by many residents for the gentle hand he placed on a shoulder or arm in greeting. And every day I see the compassionate touch of nurses, therapists and aides who help and heal our residents and patients.

As important as touch is, increasingly technology plays a vital role in our mission, creating new frontiers in rehabilitation that improve outcomes and increase independence. In this issue you'll read how the Ekso Bionics exoskeleton is changing the life of Michaela Devins who was paralyzed after a diving accident. But advanced technology comes at a cost, and when Michaela's insurance coverage ended, she turned to Good Shepherd's donor-supported Ekso Wellness Fund to bridge the gap letting her continue with her Ekso sessions.

Thanks to the generosity of one of our donors we have an opportunity to match a \$25,000 challenge pledge to this fund doubling the size of the gift. But we only have until December 31 to raise those funds.

I'm asking for your help. As you plan your holiday budget, I hope you'll consider making a year-end gift to the Ekso Wellness Fund so we can reach our \$25,000 goal in time. When you do, you'll be touching lives and touching hearts.

Thank you.



John Kristel, MBA, MPT, FACHE
President & CEO



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How a baby's cry became a rallying call for launching a heart-warming program on Good Shepherd's inpatient pediatric unit.

Cover photograph: Randy Monceaux



Forever Thankful

Michaela Devins is one compelling reason donor support is needed for the Ekso Wellness Fund by December 31.



The Raker Memorial Awards

Good Shepherd honors three who continue the Raker legacy of caring.

The Long Walk to Recovery

A car accident left Maura Ringer with broken bones but not a broken spirit.

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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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Cuddling Zen

Carol Mark is turning 75, and she's spending her birthday doing something that literally is near and dear to her heart. Sitting in a dimly-lit room Carol holds six-month-old Ella Tuggle close against her chest and gently rocks the tiny baby girl. The look on Carol's face, and on Ella's face too, is one of pure joy and contentment.

"This keeps me young, I'll tell you," says Carol. "And it's good therapy for both the baby and the cuddler. I'm so relaxed and that makes the babies feel relaxed, safe and secure."

If there's a little bit of heaven on earth then for Carol and other volunteers in Good Shepherd's newly-launched Cuddle Program, surely this is it. The program is modeled on similar programs throughout the country, many of them on neonatal intensive care units where the cuddle program concept began. Jackie Swackhamer, an occupational therapist at the Good Shepherd Rehabilitation

Hospital Emily Howatt Pliskatt Unit in Bethlehem, developed the program there in response to a need that could not be ignored.

"We had a patient on the unit who was admitted for our neonatal abstinence program," Jackie explains. "She literally cried eight hours out of the day because she was going through withdrawal and having

difficulty self-soothing. But when we held her, she stopped crying."

There's no lack of compassion on the pediatric inpatient unit, but with other patients needing 24/7 care there weren't enough hours or arms to spare. Staff popped in and out of the infant's room and took turns holding her every chance they had, but as soon as she was laid back down she began crying again tugging at everyone's heart strings.

When Robyn Van Norman, administrative assistant, saw a posting on social media about a cuddle program at a hospital in western Pennsylvania, she shared it with Jackie who loved the idea. "I'm really excited about this because there are so many benefits of cuddling children of all ages," says Jackie. "Cuddling helps them sleep better, manage stress better and control their autonomic functions better like heart and respiratory

Jackie Swackhamer, occupational therapist (above and right) gets ready to hand Ella Tuggle to Pam DiFrancesca, a volunteer in the Cuddle Program.



rates. In hospital settings, it's also been shown to decrease the length of stay, and for babies with neonatal abstinence syndrome it decreases the need for pharmaceutical intervention."

"A lot of our kids' parents can't always be here for different reasons, so it's really nice to be able to provide something like this to them. No child should stay in their crib all day or not be held. The power of human touch is really important apart from the therapy."

Jackie contacted a nurse at Thomas Jefferson Hospital in Philadelphia that had a cuddle program. The two women met on one weekend and spoke several times so Jackie could learn how to develop a cuddle program just for Good Shepherd. A committee was formed to work out logistics and Jackie then created training material for a cuddler orientation. Good Shepherd's volunteer office seemed like a natural place to enlist cuddlers so Jackie also worked with JoAnn Frey, volunteer coordinator, to begin soliciting volunteers. JoAnn says the response has been enthusiastic.

*"I'm really excited
about this
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The Good Shepherd Cuddle Program focuses on infants under the age of one. Potential cuddlers are screened and trained. Not only do they go through Good Shepherd's regular volunteer orientation, they also attend a two-and-a-half hour orientation led by Jackie and Julianne Hirst, a recreational therapist. The training covers numerous do's and don'ts of cuddling as well as a primer on the medical complexities, infection control procedures, safety measures, and the equipment required for some infants.

Cuddlers learn a variety of holds essential to the job since one size does not fit all. There's the football hold, the belly hold and the cradle position. Some babies like to be held by the cuddler standing up, others prefer when the cuddler is sitting down. Still others prefer to be held over the cuddler's shoulder or on a lap. Factor in nasogastric tubes or tracheotomy tubes and it becomes evident that cuddling these little ones has its own learning curve.

On her first day as a cuddler, Pam DiFrancesca, 61 years old and semi-retired from the family business, found herself getting more excited and just a little nervous as she drove from her home in Easton to Bethlehem. "It's not just picking up a healthy child and cuddling," says Pam. "Each child has his or her own set of preferences."

Pam's first official cuddle on a warm fall day in September was Ella. With both Jackie and Carol looking on, Pam gently picked up Ella and held her over Pam's right shoulder. Ella began fussing letting Pam know it wasn't her favorite position.

"Sometimes if you switch her to the other shoulder, she likes it better," advises Jackie.

Pam makes the switch and little Ella becomes quiet and content.

"I think when you're a baby you should be nothing but comforted and loved," says Pam.

Pam got involved in the program because of her love of infants. After seeing an article on the internet about cuddle programs, she checked all the local hospitals hoping to find the same program. Pam hit the jackpot when she discovered Good Shepherd had a program in the works.

"I truly love infants and just like to hold them and make them feel better," says Pam. "So I decided to give it (the program) a try. It is a vigorous program to become a volunteer, which I think is good because it shows this is not taken lightly."

Carol has been a Good Shepherd volunteer on the pediatric inpatient unit for several years. She was drawn to the program as an extension of her 20-year career as an associate teacher in the IU-20 for children with special needs. The now retired mother of three says she makes it a point to volunteer when there are babies on the unit.

"This is my zen," says Carol. "To come in here and hold the baby is so relaxing. They call me the baby whisperer because when I hold a screaming baby, it stops. I think God gave me this gift to cuddle babies."



Ella Tuggle brings smiles to the faces of Carol Mark, a Cuddle Program volunteer (seated in rocker) and Jackie Swackhamer, occupational therapist.

The Cuddle Program is not only making babies and volunteers happy, but staff as well who welcome the extra arms and love the cuddlers bring to the unit. "This is a huge benefit to our patients and our staff," says Jackie. "It's a win for our cuddlers. It's a win for our babies. It's a win for our staff."

As baby Ella became more relaxed and her eyelids grew heavy, Jackie transferred her to a stroller which Pam slowly pushed around the unit. Ella soon was sound asleep in a zen world all her own.

"There isn't a whole lot in the world that makes your heart expand," says Pam. "Any baby, regardless of who it is, makes your heart expand."

FALL CLASSIC BRINGS HOME A BIG WIN FOR THE KIDS



The Lehigh Country Club was the setting on Monday, Sept. 11 for 138 golfers, tennis and pickleball players who turned out for Good Shepherd's 2017 Fall Classic benefiting the Pediatrics Program. Together with the Celebrity Bartender event on Thursday, Sept. 7, which raised over \$3,000, more than \$175,700 was collected. Brilliant sunshine and blue skies were the hallmark of

the day which began with breakfast and concluded with a barbeque, live auction and raffle. Hall of Famer and NFL wide receiver Andre Reed played with the top grossing foursome.

Bringing additional celebrity status to the classic was Carl Wolter, two-time long drive world champion, who leveraged his considerable talent to further advance the fund-raising mission with golfers eager to improve their overall scores. Good Shepherd Trustee Paul Emrick chaired the event for the second consecutive year and was given the Bob Ford Volunteer Leadership Award. For many years, Bob was deeply involved in the annual event, helping to raise thousands of dollars and volunteering countless hours. Presenting the award was Bob's widow, Mary Elaine.

Check out the video on YouTube or on SweetCharityOnline's Facebook page.



*First place golf:
(L-R) Jim Stillittano, Andre Reed,
Dion Reed with Good Shepherd
President & CEO John Kristel*



*Top scorers tennis: (L-R)
Bob Springer, (John Kristel),
Rich Underwood*



*First place pickleball: (L-R)
Dale Inlander, Dottie Kelly,
(John Kristel), Mike Schiffer,
Annie Sweeney*



*Paul Emrick, second from left,
recipient of the Bob Ford Volunteer
Leadership Award with John Kristel to
his right, and Mary Elaine Ford,
Bob Ford's widow, daughter and
son-in-law Christine and Romo Belejo*



FOREVER Thankful

Five years after a diving accident left her paralyzed from the neck down, Michaela Devins did something she thought was forever lost to her.

“It was amazing to be able to walk with my dad down the aisle,” says Michaela, recalling her wedding day. “After my accident I never thought I would be able to do that. It’s hard to put into words what that means. And then to be able to stand across from my husband as we said our vows and look at him eye level was indescribable. I am forever thankful to Good Shepherd for making that happen.”

It was a combination of technology, inspiration and determination that made that precious moment possible. Every week for one year, the now 27-year-old had been making the six-hour trip from her home in Plattsburgh, New York, to Good Shepherd in Allentown for an hour of physical therapy in the Ekso Bionics exoskeleton. The Ekso is a wearable bionic suit which enables individuals with lower extremity paralysis or weakness to stand and walk. Battery-powered motors drive the legs and replace neuro-muscular function.

Getting to Good Shepherd though was more than a journey of miles, it was a journey of hope. Michaela, who became a quadriplegic after the accident, didn’t think she’d qualify to use the Ekso until a therapist in Syracuse, New York told her about another quadriplegic patient who was traveling to Good Shepherd for Ekso therapy sessions.



*Christina Wood,
physical therapist,
helps guide Michaela
Devins in the Ekso.*

Skeptical, Michaela called Good Shepherd and was thrilled to learn that indeed, there were other quadriplegics using the Ekso. "I couldn't believe what I was hearing," says Michaela.

In October 2014, Michaela came to Good Shepherd for a consultation. "They determined I was a candidate and they got me up in the Ekso that day," says Michaela. "From the moment I stood up in it and before I took a step, there were parts of my brain that were lighting up that hadn't lit up since the accident. I looked at my mom. I was a little teary. I got to walk around a little bit. When I left I said, 'We have to come back.'"

Over the next year, family members pitched in and drove Michaela to Allentown for her Ekso sessions. During that time, Michaela was planning her January 1, 2016, wedding to Kyle Devins. When Frank Hyland, executive director and administrator of the Good Shepherd Rehabilitation Hospital found out, he and Michaela's therapists made it their mission to bring the Ekso to Michaela's wedding so she could take that walk down the aisle like any other bride.

"We had all kinds of sessions trying to figure out how I was going to wear it with my dress," says Michaela. "There was a lot of brainstorming."

With each Ekso session, Michaela has been uplifted in body and soul. "It's been a huge part of my life since coming to Good Shepherd," says Michaela. "I look forward to the weekly opportunity to stand up and walk around for an hour. There's proven benefits for the way it not only helps with your physical health, but emotionally and psychologically too."

Since she's been working with the Ekso Michaela says she has gained strength in her upper torso and

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Help Us Meet the Matching Challenge by December 31

When Joan Moran and her sister, the late Alice Anne Miller, saw the Ekso Bionics exoskeleton in action, they knew this was life-changing technology that they wanted to support. "We saw it as a wonderful thing for people with disabilities," says Joan. "It is very beneficial for those who might otherwise not be able to walk on their own again. Seeing somebody using it is what convinced us. The Ekso gives people a sense of independence and control of their lives, and improves their quality of life. It is truly a miracle."

Joan and Alice long embraced Good Shepherd's excellent reputation in the community. When Alice spent some time as a patient in the Good Shepherd Rehabilitation Hospital, the sisters began to form a closer relationship with the organization. "We knew Good Shepherd was a good place and have always supported it," says Joan.

Alice passed away on June 11, 2017, but the sisters' shared legacy of compassion and philanthropy to Good Shepherd continues. Together they have extended a challenge pledge of \$25,000 supporting the Ekso Wellness Fund. An additional \$25,000 must be matched by donors by December 31, 2017 for Good Shepherd to receive the funds.

Your gifts, in any amount, are needed now so Good Shepherd can provide more charitable care to people like Michaela. Please make your gift to the Ekso Wellness Fund today by using the envelope in this issue or on the web at SweetCharityOnline.org. Thank you.

THE Long WALK to Recovery

Tara Ringer was getting worried. Very worried.

Several hours ago on a rainy Saturday last May, her 25-year-old daughter Maura had called saying she was leaving her Brooklyn, New York, apartment to come home for an early Mother's Day visit. When what should have been a two-and-a-half-hour drive stretched into three hours and still no daughter, Tara and her husband Jeff got that sinking feeling something wasn't right. It just wasn't like Maura not to call if she'd been delayed.

Tara usually didn't like to call Maura when she was driving, but now Tara picked up her own cell phone and dialed her daughter's number. "Somebody at the hospital answered the phone," says Tara. "It was some man from Lehigh Valley Hospital Cedar Crest. The first thing out of my mouth was, 'Is she alive?' He said she was and was getting a CT scan. That was the worst call of my life."

Not knowing anything more, Tara and Jeff rushed to the hospital from their Schnecksville home. "We saw her in the emergency room. She was white as a ghost, shaking and in shock," says Tara.

Maura recalls little of the accident or the hours and days immediately following. "I remember the car kind of going out of control, I hydroplaned off the road and hit a tree," says Maura. The next thing she remembers is waking up in

the hospital's intensive care unit 12 days later. "I was off in the abyss somewhere," she says.

The litany of Maura's injuries included 16 broken bones: her T1 vertebrae, left scapula, left wrist, eight ribs, and four breaks in her pelvis. She had a fracture in the back of her skull and a traumatic brain injury similar to Shaken Baby Syndrome where the brain sustains neurological damage from being shaken violently back and forth.

"She had several brain bleeds from the shaking," says Tara. "It was like a concussion times 10 is how it was explained to us."

In the hospital, Maura struggled with a blood clot and underwent surgery to repair her broken pelvis. She needed a neck brace and a catheter. Unable to eat, Maura was fed intravenously. Then there was the pain, so intense it made even sitting up in bed excruciating.

But Maura's strong body and spirit pulled her through. After two weeks Maura, who played competitive softball and field hockey in high school, and frisbee in college, was ready for inpatient rehabilitation.

"We were offered two choices," says Tara. "I had heard good things about Good Shepherd from everybody who goes there and that they work wonders."

On May 25, Maura was transferred to Good Shepherd's brain injury unit in Allentown.

"When I arrived I was scared, in severe pain and just beginning the most physically and mentally challenging time of my life," says Maura. "Prior to arriving at Good Shepherd, I had only sat up several times in the hospital

and that required a lot of help. The friendliness and supportiveness of the doctors, therapists, nurses, and staff meant the world to me. They helped me regain my control over my own body through physical therapy and regain my independence by teaching me to perform daily tasks through occupational therapy.”

Tara and Jeff are grateful for the way Good Shepherd involved them in their daughter's recovery. “They realized we were very involved parents,” says Tara, “and they welcomed us into all the different disciplines for all the different therapies, so we kind of learned along with Maura.”

Maura quickly regained all of her cognitive abilities with only minor vision problems. Now came the hard work of physical and occupational therapy. After almost a month as an inpatient, Maura could transfer herself in and out of her wheelchair, and dress and bathe herself with little to no assistance.

On June 23, Maura returned to her parents' home. She then began therapy at Good Shepherd Physical Therapy – Schnecksville.

“When she started with us, Maura was still in a wheelchair with significant weight-bearing restrictions, and wearing a hard cervical collar along with a wrist brace,” says Jennifer West, physical therapist. “Sessions were restricted to mat exercises.”

Maura Ringer (center) was joined by her mother, Tara Ringer (right) and a friend, Jane Keen (left) on the Sprint, Stroll & Roll to Recovery walk.

But Maura's motivational spirit and work ethic propelled her forward, and once rid of the collar and neck brace, her progress took off, says Jennifer.

One of Maura's biggest challenges was building both her confidence and strength to put her full weight on her right leg. Jennifer and the Schnecksville therapy team focused on helping Maura achieve that goal which they knew would be significant for Maura's recovery.

“Maura and her mother were apprehensive, as expected, once Maura was allowed to bear more weight through her legs with walking” says Jennifer.

continued...



“Prior to this Maura was only taking a few steps with her walker to transfer. A huge difference was seen in Maura once she was able to walk more and then was educated on stair negotiation. She was able to get to her parents’ second floor where now she can sleep.”

This was another victory for Maura. “It was at this point that things really turned around,” says Jennifer. “The ability to gain more independence was very important to Maura’s motivation and success. You could see it in her face.”

Jennifer recalls the day she saw Maura get out of the car and walk into the clinic on her own without any assistive device. “That was a first, and she looked great,” says Jennifer. “It is moments like those that make you really appreciate and love being a therapist.”

Maura has cut back from three to two weekly sessions of physical therapy and continues to improve her balance, strength and stamina. She hopes to be able to drive again and return by the end of the year to her job as an industrial engineer in New York City.

Walking has become a favorite pastime for Maura who enjoys evening walks with her father. In October Maura participated in the Sprint, Stroll & Roll to Recovery walk to raise funds for The Brain Injury Association and Good Shepherd. Maura also has started going to Good Shepherd’s Vision Therapy Program to address the lingering effects of the accident that affected her peripheral vision.

“My experiences at both Good Shepherd locations has been truly transformative,” says Maura. “Being more mobile and capable of caring for myself boosted my spirits immensely and set the stage for my continued success with physical therapy. I am very grateful that I was afforded the opportunity to work with such a great organization and wonderful people.”

Maura’s parents are equally enthusiastic about the care their daughter has received. “Good Shepherd is absolutely fabulous,” says Tara. “I highly recommend it to everyone I speak to. I tell them there’s no place else anybody should ever go for rehabilitation.”



Recoveries like Maura’s are what inspire Jennifer West in her work as a physical therapist.

Where There's a Will, There's a Way To Leave a Legacy of Caring

Having a will is important to make sure your loved ones are taken care of. It's also a simple way to have a big impact on patients and residents who rely on Good Shepherd every day.

After providing for your family, consider leaving a portion of the remainder of your estate to Good Shepherd. Your charitable gift will provide treatment for patients, joy to residents, and hope through new therapies and technology.

Writing a will is easy to do. If you need help getting started, download Good Shepherd's free estate planning guide from our website, SweetCharityOnline.org/plannedgiving, or request your free printed guide by returning the form below.

For more information or answers to questions, contact Jeannette Edwards at **610-776-3386** or jedwards@gsrh.org

Good Shepherd encourages you to consult your attorney.



Yes! Please send me a free Estate Planning Guide.

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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 32nd Annual **Raker**

Unseasonably cold weather didn't prevent a large turnout of donors, associates, family, and friends from attending the 32nd Annual Raker Memorial Awards on Friday, November 10, at Grace Lutheran Church in Allentown.

Raker Memorial Award recipients were R. Richard Schall and Senator Patrick Browne. Lorillie Soleta was the Raker Spirit Award recipient.

Senator Patrick M. Browne

Senator Browne is majority chairman of the state Senate Appropriations Committee serving his third term as senator for Pennsylvania's 16th district. Senator Browne has authored numerous state laws covering a range of issues including child protection, education, job creation, and government reformation. A native and resident of Allentown, the senator crafted the one-of-a-kind, 130-acre Neighborhood Improvement Zone (NIZ) to help revitalize downtown Allentown allowing tax revenues, except for property taxes, from the NIZ to be reinvested in the zone. Senator Browne has been a strong advocate and ambassador for Good Shepherd and people with disabilities. The senator authored a law to hire citizens with disabilities and provided major support for the creation of Good Shepherd's new campus.



Memorial Awards

R. Richard Schall, Ph.D

One of Good Shepherd's most beloved associates, Rick Schall began working at Good Shepherd in 1993 as director of psychology. He transitioned to part-time work in 2016. With exceptional skill, wisdom, sensitivity, and wit, Rick has guided and helped countless patients and residents bringing to his work recognition of the "special role of rehabilitation as a loving act of restoration of both mind and body." Rick's considerable contributions as a volunteer leader in the community includes work with the American Heart Association, MS Society and Parkinson's Disease Association. He has also served as a board member of the Lehigh Valley Brain Tumor Foundation. Rick's generous nature extends to being a donor to and advocate for Good Shepherd's We Care employee campaign.

Lorillie Soleta, MSN Ed., FNP-BC, RN, CRRN

The Raker Spirit Award is given to an associate who embodies the spirit of Good Shepherd's founders, the Raker family, in his or her daily activities.

In her 12-year career with Good Shepherd leading to her current position as nurse manager for the rehabilitation hospital, Lorillie has served as a nurse and clinical educator with a passion for continuing education for herself and Good Shepherd's nurses. Lorillie is a native of the Phillipines who came to the United States with a dream to work as a nurse. Lorillie was nominated by her peers for the award in recognition of her dedication to her patients and staff, going above and beyond to deliver compassionate care and be a role model as a mentor and advocate. Lorillie's leadership to the nursing department includes serving on numerous committees and leading inpatient spinal cord injury and amputee programs. This year, Lorillie was part of a small team of medical missionaries from Good Shepherd who went to Ghana to help an underserved population with their rehabilitation needs.

From left: John Kristel, Good Shepherd president and CEO; Senator Patrick Browne, Lorillie Soleta, R. Richard Schall, and Gary Schmidt, chairman, board of trustees.

Below: Touring Choir-Lehigh Valley Charter High School for the Arts directed by David MacBeth.

Right: Raker resident Conchita Collazo who read the scripture.



WHERE?

Are They Now?

OLIVIA STERNER



Olivia Sterner looks and acts like just about any 14-year-old. What's not typical about this shy, pretty teen was a brain tumor the size of two golf balls that was diagnosed when she was two years old.

In 2005, Olivia underwent surgery at the Children's Hospital of Philadelphia to remove the tumor and place a shunt in her head to drain excess fluid. Olivia returned home and began physical and occupational therapy at the Good Shepherd Pediatrics Program in Allentown.

Today Olivia is a freshman at Palmerton Area High School. In the past five years, Olivia has been challenged by scoliosis, a curvature of the spine that is gradually twisting her torso and will require a spinal fusion to help bring her back in alignment. Meanwhile physical and occupational therapy at Good Shepherd Physical Therapy – Palmerton is building Olivia's stamina and balance.

"She's still a work in progress but she feels good and she's positive about it," says Jessica Greif, Olivia's mother. "She's taught me that you can truly be strong if you put your mind to it."



Olivia Sterner and her mother Jessica Greif.

Family: Parents Jessica Greif and Luke Sterner; brother Nate, 17; and sister Isabel, 4.

Favorite Pastimes: Hanging out with friends, going to the movies and Dunkin Donuts after school, bowling, boating at the Jersey shore, learning to ride Western on a horse named Partee.

Favorite Music: Country stars Luke Bryan, Jason Aldean and Justin Moore.

Favorite Foods: Pizza, chicken nuggets, steak, chicken, popcorn, Oreos, Tastykakes.

Favorite Color: Blue

Summer Highlight: Attending a Pink concert in Atlantic City, New Jersey.

Olivia, 14, in a new dress for her school's homecoming dance.

Reflections

— by Chaplain Kelly Brooks

*For where your
treasure is, there your
heart will be also"*

(Matthew 6:21)

I grew up in a very snow laden area. Snow in the winter was a way of life. I gained an appreciation for the gentleness of the snow. There is something beautiful and simplistic about listening to snow falling in the evening. The way the snow lightens the sky and the quietness of the snow hitting the already fallen snow.

There is something to be said about the simple things in life. My most happy times are reading to my daughter. She does not know about materialism. She is happy just coloring or playing on the swings. Life is very complex. We work too many hours and accumulate too much stuff that we will never use. In a go, go, go world, we seldom stop to smell the roses or watch the snow fall. When we get back to our roots, to simpler times, we are reminded that the things that count in life don't cost anything. We discover our heart and soul is content to listen to the birds chirp in the morning or the gentleness of the waves lapping on shore. It is there that we find the happiness and joy that comes from just being present in the moment.

We need to take time for ourselves; to breathe in, to ponder, and to pray. We need to take time to care for ourselves: that includes body, mind and spirit. When we care for ourselves, we create time for balance and peacefulness. We need to exercise our minds with word games, exercise



our bodies with physical activity and exercise our spirit with prayer, worship and community. Even Jesus took time away from the crowds to go up to the mountain and pray. He knew that self-care was an important part of his ministry and his ability to be present with so many people. Jesus also knew that being connected in community also creates a positive support system.

Jesus commanded us to love your neighbor as ourselves. When we seek out our neighbors to show kindness, we find that we also benefit. It only takes a minute to help those who are around us already. Taking a few leftovers to an older neighbor, offering a hand up the front steps, even just smiling and waving to one other creates a community. These simple actions make a huge difference not just to those we help but are also life-changing experiences for ourselves. When we get to know each other, we find that we are more alike than we realize.

These simple acts of kindness are what the Rev. John (Papa) and Estelle (Mama) Raker, and their son, the Rev. Dr. Conrad Raker had hoped to inspire. By treating each other with respect no matter the skin color, age, physical appearance, faith or culture, we create a more unified community. They not only created a residence for those in the community in need but a movement of shared responsibility and acceptance. The Rakers presented us with a different view of those with disabilities. They

have and continue to remind people not to see the wheelchair but to see the person. It is then that we also come to understand each other as humans and what each of us has to offer the world. It is then that we find contentment in the simple. It is as easy as laughing with a friend, sharing wisdom or watching the snow fall with a neighbor. It is a treasure when we discover the beauty God created in ourselves and those around us.

“By treating each other with respect no matter the skin color, age, physical appearance, faith or culture, we create a more unified community.”

Gifts of Love

IN HONOR OF...

Rev. Charles E. Fair, Ret

Good Shepherd

Hamburg Staff

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Anneliese Tunnhoff

Throughout her long and remarkable life, Anneliese Tunnhoff retained a strong spirit forged in the destruction of war-torn Germany. Strength, courage, grace, and faith defined her 96 years. On September 19, this devoted friend of Good Shepherd passed away and joined her favorite dance partner, her husband Paul to whom she was married 65 years and who preceded her in death in 2004.

Born in Kassel, Germany, on December 4, 1920, Anneliese met Paul at a church youth group where they began a lifelong passion for dancing. "We would go to the German Club on a regular basis and they would be on the dance floor all night," recalls a daughter, Ruth Scott, who lived down the street from Anneliese in Wyomissing and helped care for her in the last few years. "They did the two-step, the tango, the waltz, and the polka. It was poetry in motion to watch them dance."

During WWII, Paul, who served in the German army, was captured by the Russians and spent five years as a POW in a camp in Siberia. On July 4, 1953, the couple moved with their four young daughters to Glen Burnie, Maryland, where Paul worked as an engineer for the U.S. Army.

When Anneliese arrived in the United States, she spoke only German and learned English reading the newspaper. Knitting, crocheting and needlepoint were favorite and at times necessary activities. "During the war years, I can remember her unraveling sweaters that weren't good any more and knitting something out of them," says Ruth. "And she would take our uncles' old uniforms and take them apart to make skirts and dresses."

Devoted to her family, Anneliese kept a clean tidy home and taught her daughters to do the same. A "terrific cook and baker," Anneliese's specialty during the holidays was her turkey filling with sausage. "To this day everybody in our family makes her turkey filling," says Ruth.

Anneliese and Paul Tunnhoff



Anneliese and Paul became involved with Good Shepherd after their fifth and youngest daughter Rita, who has cerebral palsy, became a resident in 1981, opening a fulfilling new chapter in the family's life as volunteers, leaders and donors. Among her many contributions Anneliese donated countless handmade afghans and bibs for the residents. In 1993 the couple was honored with the Raker Memorial Award.

Memorial gifts may be made to The Good Shepherd Home by using the envelope in this issue or at SweetCharityOnline.org.

IN MEM

Philip Zaharchuk

Every Christmas when Philip Zaharchuk went home to visit he could always count on his mother Margaret making his favorite food: a Ukrainian cabbage soup. "I would butter a special Ukrainian bread, cut it in cubes and put it in his soup," recalls Philip's father, Roman.

Philip enjoyed that soup for the last time during Christmas 2016. On Wednesday, August 24, 2017, the gentle 58-year-old passed away at the Good Shepherd Home Raker Center in Allentown where he was a resident.

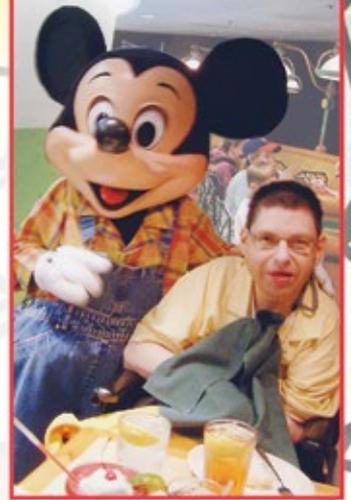
Philip was born June 5, 1959, in Egypt. The challenges of living with cerebral palsy since birth didn't prevent Philip from obtaining a graduation certificate from Boyertown High School. A lifelong love of sports was evident at a young age when Philip and his younger brother Dan would play a modified form of baseball with plastic balls. Trips to the shore where Philip built sand castles, family excursions to New York State and the Poconos, and the occasional Phillies game were all joyful experiences in Philip's life.

Philip lived at home until about age 21 when it became apparent he needed a greater level of care. In 1982, he moved to Good Shepherd. There, for the next 35 years, he was blessed by an extended family of caregivers and residents. "He had a contagious smile and was well loved," says Lisa Fake, RN, resident care coordinator at Raker. "He touched the lives of all the staff and residents. We're going to miss him."

At Raker, Philip went on community outings to see the latest movie where he enjoyed a soft pretzel and a soda. Another favorite activity was attending the Sports Happy Hour which he rarely missed. He was a fan of the Philadelphia Eagles, the Phillies and the IronPigs. Roman taught Philip how to score a Phillies game and taped the games for Philip to watch on his VHS player.

Roman and Margaret are deeply grateful to Good Shepherd for helping their son enjoy a special quality of life. "Good Shepherd was a blessing," says Roman. "He liked being there and was very happy."

Tributes in Philip's memory may be made to The Good Shepherd Home by using the envelope in this issue or at SweetCharityOnline.org



Philip with Mickey Mouse at Walt Disney World.



This portrait of Philip as a child hangs in the fourth floor dining room of the Raker Center where Philip was a resident.



Michaela and Kyle Devins

FOREVER Thankful

continued from page 11...

improved her balance. The weight-bearing exercise Michaela gets with the Ekso has helped build muscle mass in her legs, improve bone density, and reduce the risk of potentially life-threatening clots that can develop from prolonged sitting in a wheelchair.

The Ekso has benefited Michaela in another way too which she hopes will let her reconnect with a lifelong passion.

"I was part of a gospel choir and singing has always been such a big part of my life, and it's always going to be a part of me," says Michaela. "Knowing that my capacity for singing has increased because of the Ekso gives me more confidence to get back into it."

Michaela's joy though was dampened when she learned in June 2017 insurance would no longer pay for her Ekso therapy. Because the Food and Drug Administration requires a licensed physical therapist work one-on-one with each patient using the Ekso, the cost per

hour per patient is \$130. Good Shepherd's commitment to providing charitable care provides for \$30 to \$50 per patient per therapy visit, however that leaves a deficit for patients to cover.

"We don't have a lot of money," says Michaela "We live comfortably but there are limits. To pay out of pocket gets difficult."

When Michaela learned about the donor-supported Ekso Wellness Fund available to patients unable to pay for Ekso sessions themselves, and that the cost to her would be only \$20 per therapy session, Michaela's hopes to continue therapy with the Ekso soared.

"I thought, thank goodness, I can do this," she says.

Michaela and Kyle now live in Philadelphia where Michaela is working on a master's degree in counseling and mental health services at the University of Pennsylvania. Kyle, who has his medical degree, is doing a pathology residency also at the University of Pennsylvania. The move to Philadelphia has made it much easier for Michaela to get to Good Shepherd and with help from the Ekso Wellness Fund Michaela is literally continuing to make strides with the Ekso.

"The money that donors put forth impacts real people and real lives," says Michaela. "It does make a difference, and it's my hope that they know what having access to this amazing resource means. Every person I know that has used the Ekso Wellness Fund is so incredibly thankful for it because it gives them access to the Ekso where we wouldn't otherwise have it."

Watch a video of Michaela walking in the Ekso at SweetCharityOnline.org and on our [SweetCharityOnline Facebook page](#).

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