



Sweet Charity

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A Good Shepherd Publication

**Never
Surrender**



His Spirit Lives On

Dear Friends,

Last summer, six-year old Annabella Story was admitted to the Good Shepherd Rehabilitation Hospital Pediatric Unit in Bethlehem. Annabella had suffered a stroke after a tangle of malformed blood vessels burst in her brain.

Stroke isn't something we think of as happening to children but it is one of the top ten causes of death, according to the International Alliance for Pediatric Stroke. In fact, stroke can happen to anyone at any time including teenagers, children, newborns, and unborn babies.

Annabella's motto in life is, "Never give up. Never surrender." It's more than a motto though, it's very much the spirit that's helped get her and her family through the most challenging time of their lives.

It was a blessing to Annabella's parents, Rick and Maggie, that their daughter could get the very best of care within a few miles of their home at the Good Shepherd Rehabilitation Hospital Pediatric Unit in Bethlehem. As you read Annabella's story, I hope you'll be inspired to support our mission, because your investment in programs, services and staff education help make outcomes like Annabella's possible.

Good Shepherd is blessed to have had many good friends through the years, among them, one very special friend in particular, Dick Cowen, author of "Papa Raker's Dream." Sadly, Dick passed away on February 24 at the age of 83.

Dick loved history and telling other people's stories. But I think his telling of the first 80 years of Good Shepherd's history is nothing short of remarkable. He brought a seasoned reporter's skills to the task but wrote from the heart. I can think of no one else who could have done the job as superbly as he did. We are honored to be able to pay tribute to him in this issue on page 15.

We all will deeply miss Dick but his spirit, like that of our founders, lives on in his writing. What a gift he gave us all.

Sincerely,



John Kristel, MBA, MPT
President & CEO





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COVER STORY

Never Surrender

Annabella Story was only six years old when she had a stroke, but with help from a team of therapists and caregivers at Good Shepherd, Annabella is living up to her motto, “Never give up, Never surrender,” and literally making strides.

Cover photograph: Randy Monceaux

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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.



NEVER Surrender

"Get a bird in the air! Get a bird in the air!"

The emergency room nurse bolted out of the treatment room, her voice crisp with urgency as she called for a MedEvac helicopter. Her clipped tone left no doubt that this was a matter of life and death for six-year-old Annabella Story who lay unresponsive on the table.

In the waiting room outside, Annabella's parents, Rick and Maggie, and her 14-year-old brother Keaton, fought to keep calm as their hearts plunged. Could it have been just two hours ago that they were enjoying a summer's day on the lake, a day Annabella declared was "the best day ever"?

"It was like a bad nightmare," says Maggie. "We couldn't believe it was happening to us."

But it was happening to them, and it was going to get much worse. Annabella was having a stroke and her chances of survival were getting slimmer by the minute. Her personal motto, "Never give up. Never surrender," was about to be put through the most severe test of her young life.

Hot sun. Cool lake waters. A new boat. Wednesday, July 2, 2014, was about as perfect a day as it could get for Annabella and her family who had traveled from their Bethlehem home to enjoy the Fourth of July holiday in the Finger Lakes section of New York State.

Annabella's mother, Maggie, is a regular customer at the veterinarian clinic.



Sharing a laugh with dad.

The gregarious and athletic little girl spent about an hour giggling as she was pulled behind the boat on an inner tube before going for a swim. When it was time to head back to shore, Annabella reached for the ladder to climb into the boat. Suddenly, her arms went limp. "She couldn't do it," recalls Maggie. "I thought she was fooling around, but she was crying uncontrollably."

Rick hoisted Annabella into the boat and laid her down. "Where does it hurt?" he kept asking. Annabella couldn't respond. Her right leg started to seize and her eyes rolled back into her head. "Dial 911!" Maggie screamed as the boat raced back to the dock.

The ambulance arrived within minutes and Annabella was rushed to the local hospital. It soon became apparent to the medical team that Annabella needed a level of care they couldn't provide. Annabella was put on a MedEvac helicopter and flown to University of Rochester's Strong Memorial Hospital which has a state-of-the-art pediatric neurosurgical program.

Rick, Maggie and Keaton watched as the chopper took off, not knowing if they would see Annabella alive again. Then they raced the 90

miles to Strong Memorial, heartsick and fearing the worst, arriving just as Annabella was being taken into the operating room for emergency surgery.

Three hours later, the family learned that Annabella had suffered a stroke because of an arteriovenous malformation (AVM), a tangle of arteries and veins that had formed deep inside her brain and likely had been there since before birth. An AVM shortcuts the normal flow of blood, redirecting it into veins at an abnormal rate, resulting in tremendous pressure that can cause the veins to burst and bleed into the brain tissue.

A portion of Annabella's skull was removed to relieve the crushing pressure. The outlook was not good. Annabella's brain stem, which controls all basic activities of the central nervous system such as breathing, had been compressed so tightly it had stopped functioning.

"As one surgeon put it, there was power going to the house, but the fuse box was broken and nothing made it past. The lights weren't working," says Rick. "We were given 24 to 48 hours to hope for positive signs or have to make a harrowing, mind-numbing decision."

The next few days, Rick and Maggie took turns spending every moment by Annabella's side as she lay unresponsive. "I lost count at 13 different machines and monitors each, on their own, performing a small measure of life-saving and life-giving services, the sum of which, was keeping my little girl alive," says Rick.

Rick and Maggie watched for any sign that Annabella would pull through; a flicker of an eyelid, the slight movement of her tongue when they applied a mint-flavored moisturizer on her lips, anything.

Together, Rick and Maggie found strength through prayer, family and friends. They harbored hope, even when very little was given. "The constant feedback was negative," says Rick. "We were told she had a very minimal chance of pulling through, that she may never walk again, she could be blind or she wouldn't be able to breathe on her own."

But Maggie recalled someone telling them, "Don't ever let anyone tell you what your daughter's going to do or not do, because they don't know."

About 8 p.m. on July 8, as Rick was reading aloud to her, Annabella began opening her eyes just a little bit and a single tear trickled out of her eye. "I cannot ever remember feeling so simultaneously overcome with happiness and grief," says Rick.

As the days passed, Annabella astonished her caregivers with her progress. She could squeeze her mother's hand, blink in response to questions, hold on to her beloved stuffed animal, Pepper, that looked just like her dog at home, and even watch portions of her favorite Disney movie, *Frozen*.

But she was a long way from being out of danger. The AVM still remained and needed to be removed. On July 21, surgeons finally were able to operate. Nine hours later, Annabella was wheeled out of the operating room. Most of the AVM had been successfully removed.

Annabella began physical, occupational and speech therapy, achieving small victories that just a couple weeks before were unimaginable. Then came the day that Maggie will never forget. On July 31, Maggie walked into Annabella's hospital room and was told by the nurses that Annabella had a surprise. Maggie was asked to turn around, her back towards the inside of the room.

"Finally, after what seemed like an eternity, they said I could turn around," recalls Maggie. "And when I did, Annabella looked at me with those huge brown eyes and said, 'I love you mama,' followed by a chorus of singing 'Let It Go' (from the movie *Frozen*). I managed to control my tears of joy and gave her the biggest smile I could muster along with a huge hug. It felt great!"

After 44 days at Strong Memorial, Annabella was transferred in mid-August to Good Shepherd Rehabilitation Hospital Pediatric Unit in Bethlehem. The AVM impacted Annabella's right side, resulting in pronounced weakness in her arm and leg. The little girl who had been so athletic, who had made the under-9 girls' soccer travel team for Saucon Valley, who was a gymnast and played lacrosse and loved to run and swim, that same little girl now was in a wheelchair, having lost a lot of muscle,

unable to raise her right arm, and with a tracheostomy to help keep her airway clear.

By the time Annabella arrived at Good Shepherd, she was eating a soft diet but she still had difficulty swallowing on her own.

"Learning to swallow was the first goal," says Maggie. "They used electrical stimulation while she was chewing to help the muscles on her right side get stronger. Within a month, she passed the swallow test and could eat whatever she wanted."

The respiratory therapy team also quickly weaned Annabella off the breathing tube and employed a technique that minimized scarring, a lifelong reminder for patients who have had the surgery.

Working out in the pool with physical therapist, Erin Fisher.

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Do you know a Good Shepherd nurse you'd like to thank in a special way? Well, now's your chance. We're accepting nominations for The DAISY Award for Extraordinary Nurses and we want to hear from you.

The DAISY Award is an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. Good Shepherd Rehabilitation Network is a proud DAISY Award Partner.

The DAISY Foundation was established in 1999 by the family of J. Patrick Barnes who died of complications of an auto-immune disease at age 33. DAISY stands for Diseases Attacking the Immune System. One of the foundation's goals was to honor Pat's memory by recognizing extraordinary nurses like those who cared for him during his eight-week hospitalization.

DAISY Award honorees will be publicly recognized and receive a certificate, a

DAISY Award pin and a hand-carved stone sculpture, "A Healer's Touch."

Qualifications should include:

- Demonstrates professionalism in the work environment
- Job performance exemplifies the mission
- Collaborates with the health care team to meet patient/resident needs
- Establishes a special professional connection with patients and families through trust and emotional support
- Uses critical thinking skills in the delivery of extraordinary patient care
- Demonstrates excellent interpersonal skills with peers and co-workers
- Models empathy and demonstrates a caring attitude in all situations
- Excellent educator of patients and their families

"Nursing is a team sport and I couldn't do what I do without the help of my extraordinary colleagues."

— Jan Hoffman, RN



Sam Miranda, senior vice president, patient care and chief nursing officer, with Jan Hoffman, RN, who works on the brain injury unit and was a recipient of last year's DAISY Award.

You can nominate a Good Shepherd nurse by visiting SweetCharityOnline.org or by filling out this form and sending it to Lorillie Soleta, Good Shepherd Rehabilitation Network, 850 South 5th Street, Allentown, PA, 18103. Nominations must be received by April 30, 2015.

I would like to nominate

from the

(unit/department).

Please describe a situation or story involving the nurse you are nominating that clearly demonstrates he/she meets the criteria for The Daisy Award. Feel free to use additional pages.

Date of Nomination

Your Name

Address

City/State/Zip

Phone

Email

I am (please check one):

- Former/Current Patient
- Family
- Visitor
- MD
- Staff
- Volunteer





Healing WATERS

Patrick DiMaria slips into the warm-water therapy pool at Good Shepherd, fully immersing himself and gliding through the soothing waters like a fish. He pops up, a huge smile on his face that says it all.

“Patrick has always loved the water,” says his father, Joe. “He’s never been intimidated by it. It’s a good form of exercise and I think it calms him. It’s a sensory thing because Patrick loves to be under the water.”

The handsome 12-year-old from Allentown, who was diagnosed with autism when he was a toddler, is among several children benefiting from an Autism Speaks scholarship fund. A number of those children come from financially disadvantaged homes and otherwise would not be able to afford the swim lessons offered through Good Shepherd’s therapeutic swimming program.

Recreational Therapist Allison Ghorm, who has worked with Patrick for about six years,

says children are taught swim strokes, how to overcome their fears of being in the water and safety skills, like walking on the pool deck and treading water.

“Each child is at a different swimming and cognitive level so skills are taught according to their ability to understand and perform the skill,” says Allison, adding that several now can swim the length of the pool without help. “One of the biggest safety skills is for the child to be able to manage themselves in the water without assistance from the therapist or an assistive device.”

For parents who have children with autism, and for therapists too, just finding an activity that the child wants to stick with is a challenge.

“Autism is consistently inconsistent,” says Kate. “That’s the best advice we were given



See a video of Patrick swimming at SweetCharityOnline.org

“Thanks to Allison, water therapy has been the most rewarding therapy for Patrick and for us.”

— Kate DiMaria

when Patrick was diagnosed. Patrick was not an easy child in the beginning. He was and still is very hyper so I can see where people might have lost their patience with him. But I’m happy to say that all the people in Patrick’s life get it. Allison in particular.”

One week, for example, Patrick might accomplish one thing; the next week, he wouldn’t, explains Kate. “I think the key is finding the right match with a therapist who’s able to tap into your child in a way that others can’t. Thanks to Allison, water therapy has been the most rewarding therapy for Patrick and for us.”

Adds Joe, “I think having this grant just helps families by giving them the opportunity to explore the services Good Shepherd can and does provide.”

Kate and Joe delight in seeing Patrick’s progress. He has better coordination of his arms and legs in the water, and has improved his safety skills.

“Patrick is our only child,” says Kate. “He is the love of our lives. We couldn’t imagine life without him. Today, Patrick is safe in the water and he loves it. We can’t thank Allison enough for all her hard work.”

Autism is a complex neurobiological, developmental disorder that is typically diagnosed in childhood and often lasts throughout a person’s lifetime. According to *Autism Speaks*, a leading autism science and advocacy organization, research has shown that increased aerobic exercise, like swimming, can significantly decrease the frequency of negative, self-stimulating behaviors that are common among individuals with autism, while not decreasing other positive behaviors.

One theory behind these findings is that the highly structured routines, or repetitive behaviors involved in activities like swimming, may be similar to or distract from those self-stimulating, repetitive behaviors associated with autism.

His Spirit

wheelchair. "I like having my own life outside of Good Shepherd and I like giving back what I have received from others. My job makes me feel like I'm doing something good for other people."

John was born in Westfield, Mass., before moving with his family when he was two years old to Maryland for a better education and improved access to specialized health care. He completed his high school education at Ridge Ruxton School in Baltimore, Md., and was employed by the Penn-Mar Organization in a workshop for people with disabilities.

But John was frustrated by his inability to talk. His world took a life-changing turn for the better as a teen-ager when he was introduced to his first communicator at a rehabilitation center in Baltimore.

"It was exciting to be able to answer people and talk on my own, and it gave me a kind of freedom," says John.

Through the years, the technology has improved, opening John's access to the world. He loves using the computer, has his own Facebook page, and Skypes with his mother, Vicki, once a week.

John says he lived in a group home for several years but it wasn't a good fit. He moved back home for another three years before learning about Good Shepherd through a friend. The move in 2007 has been one of the best things in his life, affording him greater independence and an opportunity to apply his intellect in myriad ways. He is especially honored to have



The walls of John Pursley's room leave no doubt that he's a big Washington Redskins fan. But one item in particular stands out. It's a large black and white photo of a five-year-old John with Michael Jackson who shot to fame in the 1960's as the lead singer for The Jackson Five.

John's face lights up with his trademark grin and sparkling blue eyes at mention of that long ago meeting when John, now 45, was getting therapy at the Kennedy Institute in Baltimore, Md., and Michael paid a visit. He is as excited today at the memory as he was forty years ago, and a lifelong challenge with cerebral palsy has not diminished John's zest for life one bit.

At the Good Shepherd Home-Bethlehem where John has lived for eight years, life is good. When he's not involved in some activity, like going to an IronPigs baseball game or the drive-in movies, listening to music or helping to lead a Resident Council meeting, John volunteers four days a week at Phoebe Nursing Home in Allentown, bringing good cheer to the residents.

"I love it a lot," says John, who talks through a communicator attached to his

SHEPHERD
REHABILITATION

of Independence

been chosen to serve as vice president of the Resident Council group which advocates for the long-term care residents in Bethlehem.

“Since coming here, I feel like my life has changed,” says John. “I became my own person and gained some independence. I’m able to have more freedom, get therapy and go out into the community to participate in activities. I thank Good Shepherd Bethlehem for helping me achieve my goals.”

Opposite page: A young John with pop star Michael Jackson.

Watch a video of John Skyping with his mother on the SweetCharityOnline Facebook page.



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“When we remove the tracheostomy tube, we tape the incision in a way that it heals very nicely,” says Dr. Rosauro Dalope, medical director, pediatrics. “The other key is the way we take care of the wound afterwards. Not only do we tackle the bigger battles, but also the smaller ones that show how much we care and how meticulous we are.”

Annabella's peripheral and field of vision also had been affected. She learned to make adjustments by holding playing cards in a way that she could see them. She also had some cognitive impairment and problems including reading comprehension and following directions.

Physical therapists concentrated on strengthening with such activities as riding a three-wheel bike in the halls with her right foot tied to the pedal and challenging her in the parallel bars to walk the length and retrieve game pieces.

Annabella loved her therapists and much of the work was fun, but it was also demanding since she was being challenged to use her weakened right side for everything from getting dressed, to feeding herself, writing, and walking.

“She didn't like occupational therapy because it was frustrating for her to have to learn all over again how to do things with one hand,” says Maggie.

But learn she did. Three months after being admitted, Annabella walked out of Good Shepherd. Now 7, Annabella is a second grader at Saucon Valley Elementary and continues with outpatient therapy at Good Shepherd in Allentown, where she's made friends with another little girl recovering from a stroke.

Her passion is her stuffed animals, of which she has many, and she already knows what she wants to do when she grows up.

“I think this ordeal has pointed Annie in the direction of becoming a veterinarian, which Maggie and I fully support,” says Rick.

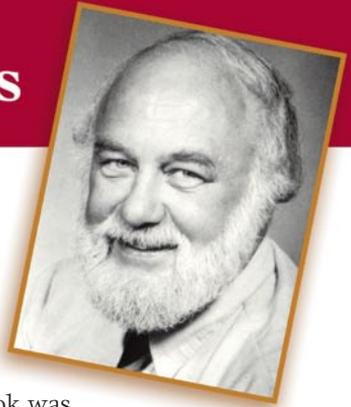
Life for the Storys is once again getting back to normal. The household rings with Annabella's laughter and her bedroom is so filled with stuffed animals, it's sometimes hard to find her buried among them in her bed. She climbs the stairs with a rocking gait and likes taking long walks on the driveway leading from the house to the road, just as she did before her stroke.

Annabella has a way to go but her parents and her outpatient therapists are encouraged by the progress she's making. No one's giving up or surrendering, least of all Annabella.



Annabella and her therapy pal Lia Sampson, 8.

A Storyteller for the Ages



A tribute to the life of Richard W. Cowen, author of "Papa Raker's Dream"

The Good Shepherd family lost a beloved member on Tuesday, February 24, with the passing of Richard Cowen, author of *Papa Raker's Dream*, a history of The Good Shepherd Home published in 1988. Dick, as he was known by his byline, died in St. Luke's Hospice. He was 83.

Dick was an extraordinary reporter, author and historian, who wrote for the *Morning Call* newspaper in Allentown for 42 years. His passion for history in the Lehigh Valley and beyond, resulted in a weekly column called "Remembering" about newsworthy people from the past. That passion, along with his keen intellect and reporter's acumen, made him the perfect choice to write *Papa Raker's Dream*, which Good Shepherd commissioned him to do.

The book covers the first 80 years of Good Shepherd's history, beginning in 1908, and captured the pioneering spirit of its founders, The Rev. John "Papa" and D. Estella "Mama" Raker, who devoted their lives to providing a home and so much more to people with disabilities.



The book was a labor of love for Dick who spent a year researching material. Most of the information

was culled from decades of back issues of *Sweet Charity*. After the book was published, The Rev. Dr. Conrad Raker, Papa and Mama's son who became administrator at Good Shepherd, wrote to Dick saying, "Not many have the joy of knowing what they have done will live after them."

One of the finest tributes to his writing came at a Good Shepherd event a year or two after the book was published. He overheard a woman in a wheelchair talking about the book and went over and introduced himself. She said, "I'm blind, but I know what you look like. I read your book twice before I went blind."

Dick's lifelong wife and helpmate, Connie, worked behind the scenes to help Dick with the book. He acknowledged her contributions as someone who "quietly and efficiently led me through all my emotional storms in the writing of this book when I repeatedly panicked over simple troubles with the computer. Her skill and knowledge of this electronic wizardry and, above all, her calm were invaluable."

Dick was a generous donor to Good Shepherd and received The Raker Memorial Award in 1995. In addition to his wife, Dick is survived by his children, grandchildren, and six great-grandchildren.

Go to SweetCharityOnline and click on Share Your Story to read in Dick Cowen's own words how he wrote *Papa Raker's Dream*.



I Remember Mama

Stern. Loving. Compassionate. Wise. D. Estella Raker, or Mama as she was known was not only a woman ahead of her time, she was a cornerstone essential to the life and growth of The Good Shepherd Home, providing strength and drive to a mission that continues more than 100 years later.

The late Rev. Dr. Conrad Raker, Mama's and Papa's son who also was longtime administrator at Good Shepherd, once wrote, "Without her, I doubt that Good Shepherd would have survived....whether it would have prevailed. While Papa was on the road soliciting help, she was the organizer and manager."

She and Papa took a crippled orphan girl into their home, when no other institution would, launching the Raker's "great life plan," to care and nurture children and the elderly infirmed as their faith compelled them to do.

While Papa was the public face of The Good Shepherd Home, Mama served as matron, working tirelessly for a \$15 a month salary behind the scenes to pay the bills, scrub the floors, do the laundry, help with the cooking (although her culinary skills were not one of her strengths) and nurse, comfort and discipline the children. She was said to have bathed each child so thoroughly that years later, those children turned adults would recall it was as if "her finger went in one ear and came out the other."

"Mama was in charge of the ongoing work of the whole institution," says The Rev. Laura Klick, whose grandfather The Rev. Ira W. Klick, served on the first board of directors along with Mama. "She hired and fired the staff, she did the daily meal planning, she made sure the kitchen was clean, and that the boys weren't coming down the dumb waiters at night."

In honor of March as Women's History Month, Sweet Charity takes a look at the invaluable role D. Estella "Mama" Raker played as co-founder of The Good Shepherd Home along with her husband, The Rev. John Raker, in 1908. Mama passed away on August 11, 1963, after decades of selfless service at Good Shepherd and in the community.

See a timeline of Good Shepherd's history and more photos of Mama Raker at SweetCharityOnline.org



Papa and Mama Raker with son Conrad

Etiquette was adhered to under Mama's watch and any elbows on the dining table would be smacked down, says Rev. Klick. Door knobs were kept brightly polished under Mama's watch and any shenanigans was swiftly addressed.

Jill Raker Hudders Douglass, Mama's granddaughter, remembers a woman who was utterly devoted to her faith and demanded respect from those around her. "Once I said something like, 'Oh for heaven's sake,' and she looked at me and said, 'Don't you use that word like that.' I asked why not and she said, 'Because heaven is a holy place and we don't use it in that kind of term.'"

But Jill also recalls a sweet and loving grandmother with whom she spent days making rounds at the Home and sometimes stayed with overnight. After supper, warm summer evenings were often enjoyed with the whole family relaxing on the porch and watching the trolley go by. Her grandmother often gave her a nickel to buy a popsicle.

And she learned another important life lesson from Mama Raker. "I just remember always being reminded that people with disabilities were just like me and not to treat them any differently."

Born D. Estella Weiser, daughter of Jonathan and Rose Ann Weiser, on June 5, 1879 in Myerstown, Berks County, Mama, unlike many girls of her time, was educated at

Palatinate College in Myerstown and the Neff College of Oratory and Self-Expression in Philadelphia.

Her innate intelligence and education later propelled her into leadership roles in the community and at Grace Lutheran Church in Allentown where Papa served as pastor. She was one of the founders and first presidents of the Missionary Society at Grace and during World War I headed the neighborhood unit of The Red Cross.

Mama also was a mentor to many. "She was a woman way ahead of her time in her self-assurance and her administrative skills," says Rev. Klick. "She did an amazing job of taking other very capable women and nurturing them in their leadership capabilities."

Mama Raker's legacy lives on in the minds and hearts of those who knew and loved her. "I saw her as a woman with whom I was fascinated because she was powerful," says Rev. Klick. "She ran the show with an iron hand, but it was a gracious and loving iron hand. She took very good care of you. That's how you knew she loved you."

Going into the tomb, (Mary Magdalene, Mary the mother of James and Salome) saw a young man in a white robe seated on the right side; and they were startled. But he said to them, "Don't be alarmed! You are looking for Jesus of Nazareth, who was crucified. He has been raised. He isn't here. Look, here's the place where they laid him. Go, tell his disciples, especially Peter, that he is going ahead of you into Galilee. You will see him there, just as he told you."

Overcome with terror and dread, they fled from the tomb. They said nothing to anyone, because they were afraid.

(Mark 16:5-8)

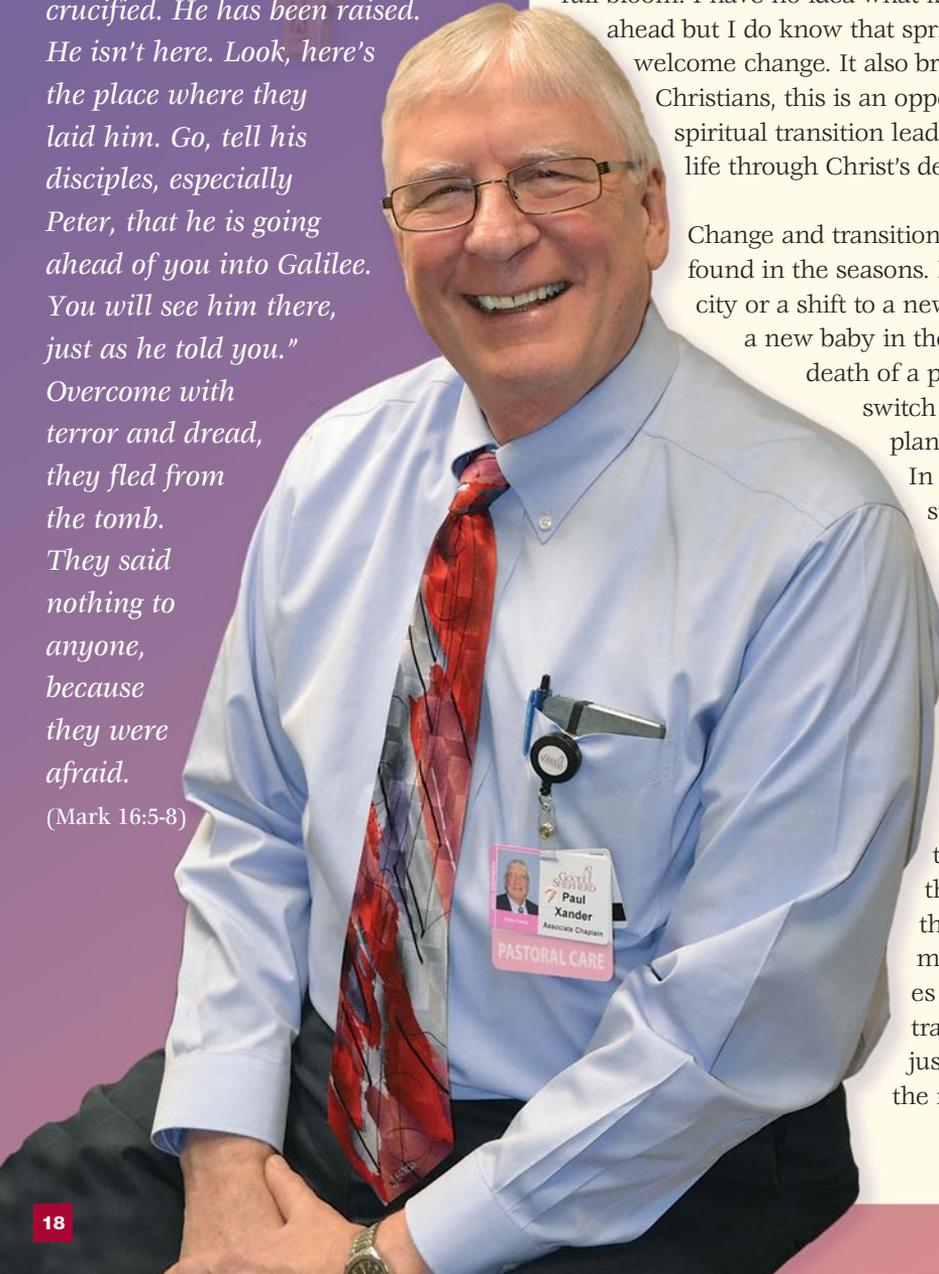
Reflections

— by Chaplain Paul Xander

As I am writing this column for *Sweet Charity's* spring issue, it is a bitter cold January day and hard to envision Good Shepherd's south Allentown campus in full bloom. I have no idea what kind of winter lies ahead but I do know that spring will bring about a welcome change. It also brings with it Easter. For Christians, this is an opportunity to make a spiritual transition leading to a fuller, richer life through Christ's death and resurrection.

Change and transition differ. Change is found in the seasons. It is a move to a new city or a shift to a new job. It is the birth of a new baby in the household or the death of a parent. Change is the switch from the old health plan at work to a new one. In other words, change is situational. It is different each news cycle.

Transition, on the other hand, is psychological and spiritual. It operates at the level of personal meaning. Transition is the inner orientation and self-definition that a person has to go through in order to make meaningful changes in daily life. Without transition, a change is just a rearrangement of the furniture.



*“Transition can
be wonderfully
transformative.
Christians celebrate
a huge transition in
the spring of each
year with Easter.”*

The difference between simple change and real transition hit home for me in the spring of 2014 when I was in a violent automobile accident on Route 422 between Reading and Pottstown. Upon being released from the hospital, I worked at my healing from the perspective of making simple changes or rearranging a few things in my life. Seemed easy enough.

But real healing arrived six months later when I both embraced the endings that had been occurring in my life since the accident and began experiencing and exploring new beginnings.

We humans most often fight accepting change in our lives. We struggle for awhile to perhaps avoid the finality of a situation we have endured because we don't want to accept the ending of one thing and embrace a new beginning. That means making more than a change. That means making a transition, which we often fear because it means letting go of something familiar.

But transition can be wonderfully transformative. Christians celebrate a huge transition in the spring of each year with Easter. Originally it was experienced, according to Mark's gospel, by three women who at first were frightened by the empty tomb. This shook the very foundations of life as they knew it.

From that moment on, these women, as all Christians, were given the message that the

risen Christ holds the promise of renewed life for us all. What a remarkable thing that is being offered to us, if only we open ourselves to this wonderful opportunity for spiritual transition and transformation.

When each one of us is called to face the end of one thing, such as the death of a loved one, the birth of a child, the loss of a job, the onset of illness, or a near fatal accident, may we discover that we are supported in searching how an old absolute has ended and a new reality to be experienced and explored has begun.

Each of us needs to invest ourselves in developing supportive relationships that will offer a sense of meaning for the events in our lives, a sense of hope that brings us meaning from the future, and a sense of a higher power who shares in our lives each day. That is how the ancient Hebrews and early Christians understood God: one whose presence (glory) pointed to the *more* of which we all are capable.

good NEWS

ABLE Act Helps Provide Better Pathway to the Future of Children with Disabilities

U.S. Senator Robert P. Casey Jr. (D-PA) visited Good Shepherd's south Allentown campus on Monday, December 22, 2014, to announce the ABLE (Achieving a Better Life Experience) Act, a new law allowing families who have a child with a disability to save for that child's long-term care through a tax-free savings account. Funds from the account would be available to cover qualified expenses such as education, housing, medical, and transportation. Casey and U.S. Senator Richard Burr (R-NC), first introduced the bill to Congress in February 2014.

The bill is good news for parents like Megan and Ken Brislin of Emmaus, who joined Casey at a press conference at Good Shepherd. The Brislin's daughter Kate, 7, has spastic quadriplegic cerebral palsy. "The ABLE Act recognizes the contributions that Kate makes to the world and it raises the standard of excellence that we can provide these children," says Megan. "The fact that we can set aside money today for Kate's future is a freedom that has never been experienced before by families such as ours. It sends a message of hope and victory for parents everywhere like Ken and I, recognizing our feelings and empowering us to help our daughter's future be much brighter."

For more information, visit the National Disability Institute online at realeconomicimpact.org



From left, John Kristel, Good Shepherd president and CEO; Ken and Megan Brislin, Kate Brislin, Sen. Robert Casey.

GivingTuesday Brings Out the Best in Our Donors

A big thank you to all of our friends who made donations to Good Shepherd on Dec. 2, 2014, GivingTuesday, a national day of philanthropy. We were thrilled to raise \$1,800 which can be used for many things from new software programs and special feeding utensils for children with disabilities to help purchase materials for our resident garden clubs, which help them with fine motor skills and bring great joy as they watch tiny seedlings grow into vegetables. Mark your calendar for next Dec. 1 when we'll launch the 2015 campaign on the SweetCharityOnline Facebook page. "Like" us on Facebook and be part of The Face of Philanthropy at Good Shepherd starting today.



Raker Residents Strut Their Stuff in Talent Show

Singers and comedians were in the spotlight on November 13, 2014, when some Good Shepherd residents took to the stage in Raker's Got Talent and helped raise \$3,000 for the resident Long-Term Care Management Fund. The show was organized by a group of volunteers from the Women's Giving Circle at Good Shepherd and was preceded by a reception and art show and sale featuring resident paintings. Twenty-five paintings, mostly still-lives and landscapes, were sold. About 90 residents and donors attended, and all deemed the event a huge success with moments that were both funny and poignant. Plans are afoot for the talent show and art sale to be repeated next year. Many thanks to event organizers Carrie Kane, Monet Kristel, Pam DeCampli, and Wendy Body.

Matt Kerns and Jim Skelly sing "Lean On Me" with a little help from Carrie Kane; Women's Circle member Pam DeCampli contemplates a purchase of resident art.



Arts & Access Events Slated to Kick Off in July

Good Shepherd is pleased to be part of planning for "Arts & Access," a monthly series of arts events that will highlight the accessibility and inclusiveness of the region's arts and cultural organizations for all people of every ability. The series, slated to begin in July, will commemorate the 25th anniversary of the Americans with Disabilities Act. This ground-breaking legislation passed in 1990 prohibits discrimination against people with disabilities in employment, transportation, public accommodation, communications, and governmental activities. The Partnership for a Disability

Friendly Community of the Lehigh Valley, in which Good Shepherd has taken a leadership role, is collaborating with the Lehigh Valley Arts Council in planning the series. Watch future issues of *Sweet Charity* and visit us on Facebook and on the web at SweetCharityOnline for updates.



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Gifts were received from October 6 through December 17, 2014.

**FRI
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1**

The 21st Annual Good Shepherd Sporting Clays Invitational

Lehigh Valley Sporting Clays, Coplay 8 a.m.

Presenting Sponsor: The Douglass Group/Merrill Lynch, Proceeds benefit Good Shepherd's 159 long-term care residents by supporting recreational and cultural outings, activities and educational opportunities. For sponsorship and ticket information, visit GoodShepherdRehab.org/Clays or contact Andrew Block at 610-776-8311.



**SAT
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30**

Gala in the Garden

Good Shepherd South Allentown Campus 6-10 p.m.

Co-Chairs: Joe and Mary Pat Brake of Coca-Cola Bottling Co. of the Lehigh Valley
A fund raiser for the Good Shepherd Rehabilitation Hospital Pediatric Unit, Bethlehem. Exquisite food and beverage, fun and fellowship. Black tie and sneakers/fun footwear attire. For sponsorship and ticket information visit GoodShepherdRehab.org/Gala or contact Andrew Block at 610-776-8311.

IN MEMORIAM

Gayle Dahmer Stoneback



The Good Shepherd family lost a treasured friend with the passing of Gayle Stoneback, a former president of the Good Shepherd Auxiliary, on November 30, 2014, at Luther Crest in Allentown.

Gayle and her late husband, Ralph, had been world travelers. While visiting family in Michigan many years ago, Ralph suffered a stroke. After three weeks in intensive care at a local hospital, the couple returned home to Allentown where Ralph began physical therapy at Good Shepherd Rehabilitation Network.

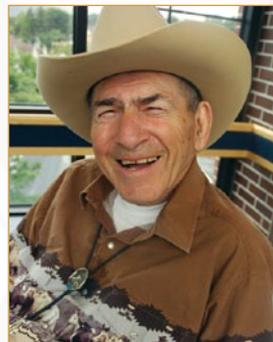
Ralph fully recovered, and grateful for the care he received, the Stonebacks extended their philanthropy to include Good Shepherd. After Ralph passed away in 1990, Gayle became involved in the Auxiliary, eventually becoming president, a position she held for 13 years. She also served on the board of trustees of the Good Shepherd Hospital.

A graduate of Sophie Newcomb College of Tulane University and Louisiana State University, Gayle obtained bachelor of arts and master of science degrees. She had been a long-time member of Trinity Lutheran Church in Quakertown and later joined St. Paul's Lutheran Church in Trexlertown.

Good Shepherd will forever be grateful for her generosity and volunteerism supporting our mission of serving those with disabilities.

Sherwood B. Hahn

The Good Shepherd family mourned the loss of Sherwood Hahn, 81, on December 6, 2014. Sherwood had been a resident of the Good Shepherd Home Raker Center since 1993 and was dearly loved. An only child, he was born May 8, 1933 in Plainfield Township. He attended the United Cerebral Palsy School in Bethlehem and was a member of Hope United Church of Christ in Wind Gap.



Sherwood enjoyed everything Good Shepherd had to offer: outings, the drumming circle, special events, the book chatter group, playing Uno, and spending time outside soaking up the sun. He loved clowns, art, and music, and brought a smile to so many faces with his own wide, craggy smile, twinkling eyes and sense of humor. One of his biggest joys was a trip to Nashville, a fulfillment of a lifelong dream.

Gifts in Sherwood's memory may be made by using the envelope in this issue or at SweetCharityOnline.org



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Questions? Contact Jeannette Edwards, senior planned giving officer, at 610-776-3386 or jedwards@gsrh.org. You or your advisor may contact us for gift language for your will or change of beneficiary forms.

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