



Sweet Charity

Summer 2016 Volume 109, Issue 2

A Good Shepherd Publication



**Girl
Power**

Your Gifts Change Lives

Dear Friends,

Many of you no doubt have heard the Biblical phrase, "It is more blessed to give than to receive."

That simple spiritual message is one of many that has guided me through life and it is one I have seen demonstrated time and again among our staff, our residents, our donors, our volunteers, and even our patients, who give of themselves in so many ways.

Giving to others can be life changing, as you'll read in this issue of *Sweet Charity*. Certainly that is the case with some of our nursing staff who are the proud recipients of donor generosity. Since the Oberly-Allen Endowment for Nursing Scholarships began just three years ago, it has grown to include 10 scholarships from donors inspired to help our nurses further their education and ultimately provide better patient care. With these scholarships, every one of those donors is strengthening Good Shepherd's mission of enhancing lives, maximizing function and inspiring hope with expertise and compassion. That's about as good as it gets.

Another example of donor generosity and its impact can be found in our cover story about 12-year-old Anna Faura. Thanks to a gift from the RJ Foundation, we were able to purchase the ZeroG gait and balance system for our outpatient pediatrics program. This wonderful technology is making a big difference in Anna's life and other children too.

And if you have any doubt about the future of philanthropy with the next generation, meet the students from St. Thomas More School in Allentown who raised more than \$4,500 for the MS Wellness Program. This truly was a labor of love for these young people and they asked nothing in return except perhaps the satisfaction of knowing their gift will be put to good use by people with multiple sclerosis.

It is more blessed to give than to receive, that's true, but the good feeling that comes from a generous heart is a wonderful gift to get in return.

Sincerely,



John Kristel, MBA, MPT
President & CEO



Girl Power

Anna Faura is discovering an exciting new level of independence with a little help from Amanda Kleckner, pediatric physical therapist, and the ZeroG gait and balance training system.

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Cover photograph: Randy Monceaux



Friends Forever

How an act of kindness, love and respect by Todd Schappell, occupational therapist, for Navy veteran and Good Shepherd resident Greg Miller formed a bond that will last forever.



Resident Profile

Raker resident Karen Geller, Psy.D., is one smart lady with a sense of humor that not even multiple sclerosis can keep down.



Giving Back

The eighth graders at St. Thomas More School honor a beloved principal and his late son with a generous donation to the MS Wellness Program at Good Shepherd.



Patience Is a Virtue

When teaching children with autism how to swim patience is a virtue and repetition is key.

For the Record

A photo on page 14 of the Spring issue incorrectly identified a resident in the art therapy program. She is Janet Washburn.

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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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GIRL POWER

Anna Faura is positively giddy with excitement. It's a Thursday afternoon at the Dornsife Pediatric Therapy Suite on Good Shepherd's south Allentown campus and for the pretty and energetic 12 year old, that means one-on-one time with the ZeroG, a gait and balance system that brings life-changing technology to children like Anna.

For Anna, who has cerebral palsy, this is one of the best days of the week because for the first time in her life, Anna is walking as she's never done before, experiencing mobility without relying on her walker. Suddenly, the world seems to hold greater possibilities for a girl on the verge of becoming a teen-ager, who is yearning for more independence and literally is making strides to achieve that goal.

"She has some girl-power attitude and that's what you want her to have, independence and a high functioning level despite her disabilities," says Anna's mother, Melissa, marveling at her daughter's enthusiasm and progress. "I consider the ZeroG state of the art and so innovative. She's just blossomed since doing this."

That Anna is able to keep her sense of delight is all the more remarkable for a young girl who had to learn to walk not once but twice. Melissa and Anna's father, Xavier, know that beyond the uncertainties Anna will face as she grows older, two things have been a reassuring constant in their lives, Good Shepherd and a daughter who is their "angel on earth," bringing them light and love and joy.

Melissa first became acquainted with Good Shepherd in the 1990s when she worked there as a dietitian in the rehabilitation hospital and then again some years later as a clinical nutrition manager.

"Little did I know then that I would need and

value their services on a personal level for my daughter," she says.

Anna was born on October 3, 2003, delivered by Caesarean section.

Exposure to the enterovirus during birth led to viral encephalitis, inflammation of the brain. For the first two and a half weeks of her life, Anna was kept in the neonatal intensive care unit. The tiny infant struggled with fever, uncontrollable seizures and a low heart rate. Unable to breathe on her own, Anna was on a ventilator. It took four days before the diagnosis was confirmed, an excruciating time for Melissa and Xavier who didn't know if their baby would survive.

"She almost died," says Melissa. "We had her baptized three days after being born."

Finally Anna stabilized enough to go home but there were more struggles ahead. It took two months to finally get the seizures under control and as time passed, other problems became apparent: Anna wasn't reaching the normal developmental milestones. She was non-verbal, she couldn't sit up on her own when she was 10 months old and she didn't start to crawl until she reached 18 months.

Melissa also noticed that Anna wasn't reacting to light and movement. "You could pass by her and she wasn't tracking," says Melissa. A specialist determined when Anna was two months old that she had cortical visual



impairment, a disconnect between what she saw and what her brain was able to process. “It was like an uphill climb of Mt. Everest because it was one obstacle after another,” says Melissa.

The cerebral palsy diagnosis came when Anna was a year old. Immediately Melissa and Xavier began exploring therapies that would help their daughter be the best she could possibly be. They had plenty to work with. “She was the most loving and happy child,” says Melissa. “She was able to adjust to anyone who picked her up, she didn’t cry much and she was comforted easily.”

At two, Anna began physical therapy at Good Shepherd’s outpatient pediatrics program through early intervention. A year later, occupational and speech therapies were added. Having worked for Good Shepherd years before and

witnessed some powerful recoveries with neurologically impaired patients, Melissa knew that if her daughter was to thrive, Good Shepherd offered the best chance.

“I loved the interdisciplinary approach to improving patient outcomes,” says Melissa. “It was just incredible for me to see how the team worked together. It was so worth coming to work every day.”

As Anna grew, the need for orthopedic surgery became more apparent. In 2013, Anna’s femurs were fractured and rotated then realigned on her hips with plates and screws to prevent her legs from turning inward. Anna was admitted to the Good Shepherd Rehabilitation Hospital Emily Howatt Pliskatt Pediatric Unit in Bethlehem where she had to learn to walk all over again.

When Anna arrived, she could only stand for 15 seconds. After two and a half months, with leg braces and a walker, she walked out.

“What a joy that was,” says Melissa. “I thought she was never going to walk again but she showed us that with her spirit and sense of hard work and determination that she could do it. She’s teaching us every day.”

Melissa credits much of Anna’s recovery with the excellent teamwork between Good Shepherd’s outpatient and inpatient therapists. “Within a very short period of time, they knew exactly what to do with Anna,” says Melissa. “The care was seamless.”

“I’m inspired by how she’s able to do stuff and when I’m having a hard day, I think of her.” — Juan, Anna’s brother



Once again, Anna resumed outpatient therapy. When the RJ Foundation generously provided funding for purchase of the ZeroG, Anna's physical therapist, Amanda Kleckner, began evaluating Anna as a possible candidate. A harness fastened to an overhead track helps support Anna's body weight allowing her to walk without holding on to anything and giving her a sense of greater independence.

"She needed to work on hands-free ambulation and I liked the ZeroG for her because it decreases her fear of falling since it catches her," says Amanda. "Anna now is getting more mobility outside of her walker and her gait pattern is improving because she's taking longer steps and has less hip rotation."

Amanda also uses a treadmill in Anna's sessions with the ZeroG, helping her progress even more. "She can get 1000 steps in a short amount of time by going faster on the treadmill," says Amanda. "The repetition helps with neuroplasticity, retraining the muscles and nerves."

Whatever nervousness Anna had during her first session with the ZeroG was gone by the third session. Fear gave way to fearlessness and that has become evident at home where Anna, under the watchful eye of her brother, Juan, and parents, now can walk through the downstairs hallway on her own and delights in climbing up and down the stairs with more confidence than before she began using the ZeroG.

"If I go to hold her waist, she'll move my hand off her waist as if to say, 'Mom. I've got this,'" says Melissa.

Excursions to the park near their home bring out even more of Anna's hunger for indepen-



dence. Melissa and Xavier beam when they watch how much faster Anna moves using her walker as she makes a beeline for the park. Watching their daughter's confidence bloom exceeds what these devoted parents ever imagined.

"I think our hopes for her in the beginning were not that great," says Xavier. "But after the surgery and what Good Shepherd has done for her, it's good."

Adds Melissa, "Good Shepherd is a blessing to our family. The therapists are highly dedicated to improving our daughter's functional abilities and it's providing her with the latest technology to advance her. When she's doing the ZeroG, she's just happy and as a parent, that's all you want for your child."

*Occupational Therapist
Todd Schappell presented
Greg Miller with replicas
of his stolen Navy medals
beautifully displayed in a
shadowbox*



For eight years, Greg Miller proudly served his country in the United States Navy as a supply petty officer 3rd class. His tours of duty included two aircraft carriers with most of his career spent on board the storied carrier, the USS Saratoga. The ship and its 4,500 crew members served with distinction during Operation Desert Shield, making six record-breaking Suez Canal transits and supporting the U.S. Sixth Fleet NATO commitments.

Greg, now a resident of the Good Shepherd Home-Bethlehem, saw many exotic locales along the way with port stops in Spain, France, Egypt, and Turkey, to name a few. And when he was honorably discharged in 1993, along with the memories and many lasting friendships, Greg took with him several prized military decorations including Navy Achievement and Good Conduct medals.

To Greg, now 48, his medals were priceless. So when his home was robbed in August 2013 and the safe where he kept his medals was stolen, Greg was devastated.

"I figured I'd keep them safe in there," says Greg. "I was mistaken."

Greg's life took another hit three years ago when at the age of 45 he suffered a stroke. In September 2014, Greg came to live at Good Shepherd where Todd Schappell, an occupational therapist, heard his story and decided to do something about it.

"It was important for me because Greg's military service was important to him and he still talks about it," says Todd. "From an occupational therapy perspective, it's integral in working with someone to know about the roles they've taken on in life."

Todd also comes from a family with a long history of military service and saw an opportunity to give back to a veteran. "Although I have not been in the military, my father, grandfather and great-grandfather all served in some capacity," says Todd, noting that one ancestor even served in the Revolutionary War. "Since I do not directly serve my country in the same capacity these guys did, the least I can do is make sure that they and the public know how much their service is appreciated."

Working with Greg's case manager, Nicole Mitchell, Todd reviewed Greg's discharge papers and after further research was able to order to order identical medals.

On Friday, March 25, in the company of Greg's family and fellow residents, a surprise ceremony was held at Good Shepherd and Greg was presented with duplicates of his awards beautifully mounted in a shadowbox. A sheet cake ordered by registered dietitian Leslie Billowitch was decorated with a photo of the USS Saratoga and the ship's motto, "Invictus Gallus Gladiator."

"I just think what they did for Greg was wonderful," says his mother Judy.

For Greg, it was a gesture that forged yet another friendship as strong as the steel of the USS Saratoga and the relationships formed with his Navy buddies.

"I was totally blindsided," says Greg. "I'll never forget today. He'll be my friend forever. Like the guys I served with, friends forever."

Adds Todd, "I know in my heart he was truly appreciative. I would do the same if I could for any veteran."

It Is What It Is

Resident Profile:
Karen Geller, Psy.D.

Karen Geller hadn't even reached her sixth birthday when she knew that one day, she was going to get her doctorate. Smart and inquisitive, Karen prized knowledge like other children prized dolls or toy trucks.

When Karen was three years old, she wanted to be a nurse. Knowing her daughter could achieve even more, her mother Bette tossed out the first of many challenges that would motivate Karen in the years to come. Bette asked Karen, "Why stop there? Why not be a doctor? Why not go all the way? Use your brain. It's a thinking tool!"

So Karen applied that thinking tool and, inspired by her uncle who held a doctorate and was a Fulbright scholar, she knew when she was five that she too wanted a doctorate of her own. Far from being intimidated, Karen was attracted to the hard work that went into such a lofty academic goal. "It was special because it was hard," she says. "And it was a challenge. My brother and I both like challenges. Both of us grew up wanting to figure things out."

When Karen was 11 and volunteering in a Saturday program for neurologically impaired children, she felt called to the field of psychology. "I always knew I wanted to help," she says. "I was always drawn to the underdog."

The next year, when she was 12, Karen's focus on a career as a psycholo-



“Laughing is one of my favorite hobbies.”

gist sharpened while volunteering at Camp Sunshine with children who had multiple physical and cognitive disabilities. “What I really liked was sitting with them and getting to know them which meant being a psychologist,” she says. “And I never wavered from that.”

Karen, now a resident of the Good Shepherd Home at Conrad W. Raker Center lived in East Paterson, New Jersey until she was seven and the family moved to Ridgewood, New Jersey. That tug to serve the underdog pulled at her from various directions. Karen remembers reading the book “Karen” by Marie Killilea whose daughter was born in 1940 and had cerebral palsy. Karen Geller was impressed by how her literary namesake persevered and leveraged her abilities rather than let her disabilities hold her back.

One difficulty children in the 1940s had was finding leg braces that fit. Intrigued, Karen went to the library and began researching about how to make braces. “I wanted to learn,” she says. “I wanted to know.”

Karen’s paternal grandfather was active in the labor unions, a role that further influenced her determination to help others. “I grew up with a very strong feeling that I should be doing something to improve the world,” says Karen. “As my maternal grandmother said, I have to earn my place on the planet.”

Karen entered Boston University in 1978 and graduated cum laude in 1982 with her bachelor of arts degree in psychology. All throughout her college years, Karen worked for several organizations whose young clients, children and adolescents, had emotional and behavioral problems. Many also had physical challenges.

After college, Karen held down a variety of jobs. One was working in the pricing department at a liquor importing company in New York City. “I left after three months,” says Karen. “What I did made absolutely no difference to anyone. Nothing changed. Nothing improved.”

What followed was a period of discernment as Karen gravitated towards working with emotionally disturbed and learning disabled children. During that time Karen decided that it was time to go for her doctorate. So from 1984 to 1989, she studied at the Ferkauf Graduate School of Psychology, part of Yeshiva University in the Bronx, New York, and graduated with her doctorate of psychology in clinical psychology.

“I was really struck by how my students with language disabilities had all kinds of emotional disabilities,” she says. “I wanted to put those things together and in graduate school discovered this whole area of neuropsychology... It was perfect.”

Karen did her post-doctoral fellowship in developmental neuropsychology at North Shore Children’s Hospital in Salem, Massachusetts, before returning to New Jersey to be closer to family. At the end of 1995, she opened up her own private practice in neuropsychology.

There was a medical storm brewing inside her though. In 1992, Karen had her first

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Reflections

— by Chaplain Kelly Brooks

*“Peace I leave with you;
my peace I give you.”*

— John 14: 27

In the midst of our busy lives full of stress and responsibilities, where do you go to find peace? Do you take a walk or find a friend to talk with. Do you go somewhere special? Do you exercise? Or maybe you find peace in prayer. Prayer can give us the reassurance of God’s presence, which may give us serenity and tranquility.

There is no right or wrong way to pray. It is convenient to use. Prayer comes in a variety of forms. It can be a corporate known prayer that we have said all our lives which may provoke feelings of holiness and stability. A learned or familiar prayer such as The Lord’s Prayer or the Serenity Prayer reminds us of our connection with God.

You can read or quote scripture as a form of prayer. Reading the Bible may give us words to express ourselves. The Book of Psalms is written poetry of feelings to a grace-filled God. Bible stories can reveal to us answers to problems that we are struggling with. They remind us that even God’s chosen people are just as ordinary as we are. Many faith traditions use scripture as a mantra in a meditative prayer. Prayer beads or a rosary are vehicles for prayer that help us focus on the calmness of our soul.

Prayer can be a free-form expressive with no written format to follow. This allows the prayer to



describe specific needs, hopes and thanksgivings. Prayer celebrates the joys and heals the sorrows of life. Free-form prayers let us vent our problems and hurt feelings, which decreases anxiety. Finding and receiving forgiveness allows us to heal old wounds.

Sometimes prayer can be just one word; help, thanks, peace. Or prayer doesn't even have to be words at all, for instance chanting or humming. Prayer may be listening to music, either religious or secular. When we can't even find words to say, God finds us in the silence. Meditation is a form of prayer that brings solitude and peace.

Prayer decreases stress and blood pressure. It improves mood. It helps us to heal in a variety of ways: physically, emotionally, mentally, and spiritually. Hospital studies show that praying during times of illness improves the healing process. Furthermore, praying for others actually helps the person praying by decreasing anxiety and allows us to feel like we are helping others.

Prayer can be done anywhere: in a church, in a hospital, at home or in a field of flowers. We do not need to go anywhere or find the perfect place to pray. Prayer is anywhere and anytime we are in the presence of God. Prayer is pausing for a magnificent sunset. It is watching your child play and listening to his or her laugh. Prayer is flowers blooming in our front yard. Prayer is all around us. When we listen, look, seek, we find opportu-

nities for prayer and peace. The one true thing is that no matter what your faith is or how you pray, we can find utter acceptance from a God who loves us no matter what.

Where do you find peace? Sometimes it is as simple as a deep breath, sometimes it is in the gathering of family around the dining room table. Peace is where you find the grace of God and realize it.

*“Sometimes
prayer
can be
just
one word;
help,
thanks,
peace.”*

Scholarships Help Nurses Achieve Higher Education Goals

The third annual Oberly-Allen Endowment for Nursing Scholarships Awards Celebration was held on Thursday, May 12, on Good Shepherd Rehabilitation Network's south Allentown campus. The celebration brought together donors and scholarship recipients who will use the funds to advance their nursing education which ultimately leads to even better quality of care for Good Shepherd's patients.

The 11 recipients received the following scholarship funds: Oberly-Allen, Fleming Family, Women's Circle, Stabler Foundation, Breidegam Family, D. Estella Raker and Roberta Raker Hudders, Rosemarie Kroboth, Larry and Amy Beans, Angela Pessina, Dr. Dawn Costello, and Lehigh Valley Community Foundation/Delphine Quinn.

In addressing the recipients, donor and presenter Jill Raker Hudder Douglass, granddaughter of Good Shepherd's founders, the Rev. John and Estella Raker, said, "The compassionate care you give people here is the foundation of Good Shepherd. With the advances in medicine

today, we need the education to continue and our family is happy to help along the way."

Since the Oberly-Allen endowment was created three years ago, \$558,706 in gifts and pledges have been raised with a goal towards raising \$1 million. Good Shepherd is seeking to surpass the Institute of Medicine's 2020 recommendation of 80% of RN staff holding a bachelor's of nursing degree, with 100% of our RN staff being BSN prepared. We are currently at 70%. Good Shepherd is also proud to have 99% of our nurses holding Certified Rehabilitation Registered Nurse credentials.

Congratulations to all our scholarship winners.

*Good Shepherd President & CEO John Kristel with scholarship winners (left to right): **Lori Moyer-Wolfe, RN, CRRN; Conni Salvador, RN, CRRN; Ashley Corby, RN, BSN, CRRN; Dan Zica, RN, BSN; Lorillie Soleta, RN, MSN, CRRN; Denise Jarrouj, RN, BSN, CRRN, CWON; Jennifer Ko, RN, BSN; Noah Smith, RN, BSN, CRRN; Helen Grace Garcia, RN, BSN; Shena Ramage, RN; and Donna Miller, RN, CRRN, CBIS, who also received The DAISY Award For Extraordinary Nurses, a national recognition program celebrating the extraordinary compassion nurses provide their patients and families every day. Not pictured is Lisa Krajcic, RN, CRRN.***





It Is What It Is

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multiple sclerosis attack in the form of optic neuritis, inflammation of her optic nerve in her right eye. She lost her vision in that eye for about a year.

Karen enjoyed five and a half years of good health until March 10, 1998. She went to bed that night feeling a little woozy. The next morning, she began experiencing tingling and numbness on the left side of her face and arm. "As the day went on, I lost my balance. I knew enough to know this was MS," she says.

A spinal tap and other tests confirmed what Karen suspected. "I thought this is it. The rest of my life is going to be about illness and nothing else. I was a mess."

Karen continued working as long as she could until the challenges of MS proved too great. In 2011, she gave up her license to practice and the next year entered a long-term facility in

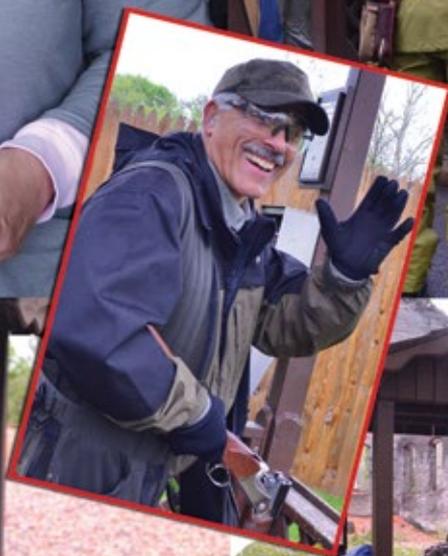
New Jersey before transferring to Good Shepherd in 2013.

Since coming to Good Shepherd, Karen has applied her "thinking tool" to accepting and adapting to life with MS. "If you can laugh at something, you can live with it," she says. "It is what it is."

Karen is much loved among the residents and staff, and enjoys participating in the resident Art Therapy Group, the MS Wellness resident group and wouldn't think of missing her monthly wine-and-cheese get-togethers with her Raker pals in the Happy Crackers.

Family for Karen now encompasses many friends at Good Shepherd. "The people who have been here for many years say it still has that family feeling," says Karen. "This is my home."

22nd Annual Conrad W. Raker Sporting Clays



Congratulations

Neither wind nor rain (nor snow thank heavens) could keep more than 160 sporting clays enthusiasts from turning out for the 22nd Annual Conrad W. Sporting Clays Invitational on Friday, May 6, at Lehigh Valley Sporting Clays in Coplay. Cool temperatures and intermittent heavy rains dogged the participants but the uplifting spirit of camaraderie that marks this fund raiser brought a bit of sunshine.

More than \$71,000 was raised from the sale of entry fees, program ads and raffle tickets with proceeds going to the Long-Term Care Community Access Program which provides funds for Good Shepherd's 159 long-term care residents to enjoy educational, cultural and recreational trips, and community outings.

"For you and I it's easy to pick up and go somewhere whenever we want to," said Ted Douglass, honorary chair of the clays invitational committee and whose great uncle, the Rev. Dr. Conrad Raker, started the event. "If we decide to go out to dinner or to the movies, we can make this decision and just go. However, for these residents, much more planning has to go into this simple act for transportation and supervision needs."

We are grateful to The Douglass Group/Merrill Lynch for again sponsoring this year's event, and thank the Air Products Retired Volunteers and Boy Scouts of America — Eagle Scouts from Williams Township Troop 31 for volunteering in the parking lot and on the course.

See you next year!

to our Winners!

First Place Men:

John Citarella
Ricky Fung-A-Fat
Dave Kepler
James Martyn
Joe Totenbier

First Place Women:

Tylee Totenbier

Gold Squad – Specialty Physician Associates:

Dave Yen
Bill Biles
Dave Brown
Ron Earle
Dave Kepler
Marty Nothstein

Silver Squad:

Harry Budenz
John Citarella
Ricky Fung-A-Fat
Cliff Quinn
Beany Sarnicke

Bronze Squad – Nazareth Ford:

J. Shauger
Jim Flader
Roy Knipe
James Martyn
Arthur Rosenberger

Look who's paying it forward – the students of St. Thomas More School in Allentown who raised \$4,578.34

for Good Shepherd's MS Wellness Program with their Second Annual Junior High Charity Fundraising Dance, "Rave to Save," and other events. Also contributing were children in the K-6th grade homerooms who held a coin challenge to win an out-of-uniform day.

The students chose Good Shepherd in loving memory of Brett Weber and in honor of his father, Carl Weber, who is the middle school principal at St. Thomas More. Regina Loiacono, a junior high school teacher and Rave to Save dance coordinator said, "All the 8th grade students remember his (Brett's) infectious smile, loving heart, generous spirit, and his service dog Sophie, who was always by his side at all major St. Thomas More events."

Brett, who had multiple sclerosis, passed away in 2014. He was a beloved member of the MS Wellness Program and an accom-

plished artist who inspired many with his Broken Art Creativity Class at Good Shepherd.

"We are so very grateful for this incredible donation from the young people at St. Thomas More," says Jerry Werner, program coordinator. "Brett was passionate about art and knew it has tremendous healing power. The art class he helped start lets people explore their creative talents, find mental respite from the daily challenges of MS, participate in a leisure activity that is engaging, learn a new hobby, and have a sense of accomplishment and pride in their work."

Funds will support the MS Therapeutic Art Class by helping pay for a professional artist who leads the class, supplies and provide partial pay for some participants. The donation

Giving St. Thomas

St. Thomas More 8th graders (from left): Olivia Hoeing, Emma Luchetti, Paige Ewing, Joseph Groves (dance committee), Nick Cari, Noah DeVos, Louis Baloh (dance committee), and Aidan Carey.



At right: Artist Brett Weber with his parents Carl and Anita at a 2012 Artability exhibit.

Below: Some of the grateful members of the MS Wellness Program with program manager Jerry Werner (back row, far left).

will also provide financial aid for those in the MS Wellness Program to join the Optimal Fitness gym at Good Shepherd (which Brett also enjoyed) and possibly fund a community-type activity such as bringing in a guest motivational speaker or hosting an MS family movie night with refreshments.

Brett and Sophie are dearly missed but we're pretty sure Brett is smiling down on us all knowing that his legacy of caring, giving and serving his community is in good hands with the next generation.



Back More School



PATIENCE Is a Virtue

When teaching
children with autism
how to swim,
patience is a virtue
and repetition
is key.



Water Safety Tips

What every parent needs to know.

- **Maintain constant supervision of children in and around open bodies of water including bathtubs, sinks and toilets. Small children can drown in an inch of water.**
- **Have young or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around the water. Supervision is still required.**
- **Keep toys not in use away from the pool and out of sight. Toys can attract young children to the pool.**
- **When using inflatable or portable pools, empty them immediately after use. Store them upside down and out of children's reach.**
- **Keep rescue equipment poolside. Don't wait for paramedics to arrive because you lose valuable life-saving seconds. Four to six minutes without oxygen can cause permanent brain damage or death.**
- **Enroll your family in learn to swim classes.**

For more water safety tips, visit the American Red Cross at redcross.org

Gavin Lipp just did something he's never done before and his mother is so happy it brings tears to her eyes.

"Oh my gosh," exclaims Eilidh (pron. a-lee) Lipp. "Look at that. He just dove into the pool! This is just so unbelievable."

Three years ago, six-year-old Gavin, who has autism, was petrified of water. "He was a kid who wouldn't put his head in the water," says Eilidh. "He wouldn't even wear goggles. That was one of the first hurdles."

Now, Gavin is like a little water bug. He not only submerges his head, but he dives down and scoops up two colored rings placed there by certified swimming instructor Allison Ghorm. He floats on his back, he swims from Allison to the wall and back again, and in every regard, Gavin looks like any other little boy learning to swim.

But as many parents who have a child with autism will tell you, being around water is likely to spark one of two reactions: fear or fearlessness. Either way, teaching children with autism how to safely enjoy being in and near water requires a teacher with special experience and skills.

"Patience is a virtue," says Allison, who has been teaching swimming and water safety skills to special needs children in Good Shepherd's Pediatric Swim Program since 1989. "It takes a lot of repetition and being patient. I had one little boy who it took a year to get him to wear goggles for 30 minutes."

Eilidh has watched with wonder at Gavin's transformation. The change has not only affected him, it's affected the entire family. She recalls one July 4th when they were invited to a friend's house with a pool. Eilidh

took Gavin over an hour early to ease his anxiety. "He went from a zero to 60 melt down," she says. "He would not go in the water. He was so fearful."

Family vacations near the ocean or any body of water were out of the question. Even bath time was a struggle. But all that's changed since Gavin started taking swimming lessons with Allison. Two years ago, the family vacationed at Point Pleasant Beach, NJ, and last year they went to Wildwood, NJ, where Gavin spent hours playing in the pool and the ocean.

Gavin was three years old when he started taking private lessons with Allison thanks to

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Gifts of Love

IN HONOR OF...

DONATED BY...

Ms. Donna L. Andrews	Mr. and Mrs. Leroy P. Goldberg, USAF, Ret
Ruth Beer	Margaret Schneider
April Bischoff	Mr. Albert Bischoff
Cathie, Dara, and Margo	Karen Zavec
Easter	Mr. and Mrs. William J. Wagner
Good Shepherd Kutztown Staff	Mrs. Helen S. Breidegam
Good Shepherd Rehab Network	Carmen I. Rosado
Robert Hillpot	Mr. and Mrs. Peter H. Tillstrom
Korben Kane	Mrs. Mary H. Rehatcheck
Rose Kopczynskie	Mr. Raymond W. Wicknick and Ms. Susan M. Sousa
Mike Marschewski	Ms. Kathleen J. Kraftician
Mary Ogorman	Mr. Albert Bischoff
Casey Kelly Reider	Ms. Dolly F. Kelly and Mr. Alexander Daku
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Barbara Hippenstiel

Every day at 4 p.m. in the dining room on Raker 2, Barbara Hippenstiel would gather with a small group of women for a daily ritual. There they'd sit, patiently chatting and waiting for someone to come in and make coffee. "She loved her coffee group girls," says Barbara's mother, Betty M. Jaxheimer recalling the daughter who passed away too soon on December 27, 2015, at age 61 after a long battle with multiple sclerosis fought with courage and strength. "It was just the highlight of her day."

It was typical of Barbara to seek out the company of others and it was something she did before finally having to give up her apartment and move to the Good Shepherd Home at Conrad W. Raker Center in 2012. "She loved going out with the girls," says Betty. "They would have their fun nights."

Born in Bethlehem on April 30, 1953, Barbara graduated from Freedom High School then went to work in the offices of Lehigh Safety Shoes. She was 37 when the first sign of multiple sclerosis emerged; a leg that began to drag on the long walks she enjoyed with a friend. But Barbara was strong and maintained her independence as long as possible. "She never complained," says Betty adding that Barbara took the diagnosis in stride with an attitude of acceptance. "The hardest thing was when she had to give up her car."

Barbara loved visiting Myrtle Beach, South Carolina and Williamsburg, Virginia. She also loved the sun and when she wasn't in her room watching television could often be found sitting outside the Raker Center basking in the sun's warmth. But nothing warmed her like a visit from her grandson, Daiton, who adored his grandmother and always brought her a flower or a plant or a box of chocolates.

"I remember the time they were sitting on my patio and little Daiton was about two years old," says Betty. "He walked down on the lawn and picked this dandelion and brought it to Barb. That will stick in my mind forever." Barbara and her friend John also spent many happy weekends with Daiton, frequently taking him on trips to Knoebel's Amusement Park. "She was just a lot of fun to be with," says Betty. "She was a peach."

Barbara was a member of St. Stephen's Lutheran Church in Bethlehem. Survivors include her son, Jason DeSantis.

Memorial gifts for Barbara Hippenstiel may be made to The Good Shepherd Home at Conrad W. Raker Center by using the envelope in this issue or online at SweetCharityOnline.org.

Jennette Gigler

When Jennette Gigler's baby sister Nancy was born, it was love at first sight. "She marveled over how tiny her toes were, how perfectly formed she was," recalls older sister Jane. "Nancy had a guardian angel in Jennette and a sister who loved her unconditionally. She was a part of our world from the moment we both arrived. In every way, she was our big sister."

Jennette was all about the love, right up until her passing on March 14 at age 69. Not even her cerebral palsy, which she had since infancy, could take away her joy for life and her "mega watt smile." There were so many people and things she loved: her stuffed animals when she was a little girl growing up in Allentown, family picnics and holiday gatherings, going to school at Hiram Dodd, and as she got older, her television soap operas and daytime talk shows.

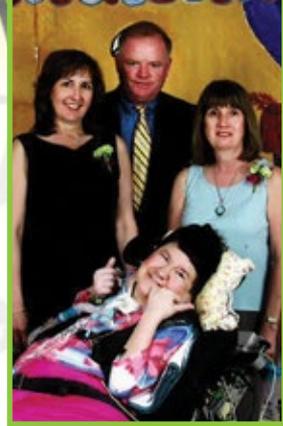
Jennette was born on November 6, 1946, one of three daughters of the late Frank and Hilda Gigler. Jennette lived in the family home for many years before moving to the Good Shepherd Home at Conrad W. Raker Center in 1996. Her sisters Nancy Gigler-Smith and Jane Gigler, treasure a lifetime of memories that included trips to New York City to see the Radio City Rockettes, Quebec, the lake district in New York, Chicago, and Oregon.

Jennette loved the beach. "One of the best inventions for Jennette was the beach wheelchair," says Nancy. "With it, my mom and Jennette would take long walks on the beach."

After moving to Good Shepherd, Jennette took part in many activities and especially liked anything involving music. The annual resident ball was a favorite. One year, she was named a Lady of the Court. For the woman who loved clothes and makeup, and getting her hair done and nails polished, the ball was her time to shine. It was also a chance to get a new outfit. Her sister Jane was well traveled and often brought back fabric from exotic places, like Thailand, and sew a beautiful skirt and top just for Jennette.

Although Jennette was non-verbal, she always found a way to say what was in her heart, and often with a bit of humor. Many years ago, she used a special keyboard to type a birthday card to her sister Nancy. It read, "Sisters are priceless, that cannot be bought or sold. Be thankful that you got me."

Memorial gifts for Jennette Gigler may be made to The Good Shepherd Home at Conrad W. Raker Center by using the envelope in this issue or online at SweetCharityOnline.org.



(From left) Nancy Gigler-Smith with husband Mark and sisters Jennette and Jane Gigler at a resident ball.



PATIENCE Is a Virtue

continued from page 21...

funding from a special grant which now has run out. Knowing the financial challenges faced by parents with special needs children and realizing that many parents can't afford to pay for swim lessons, Eilidh is working with a non-profit group Live, Learn & Play, to help raise funds for swimming lessons at Good Shepherd.

Founded in 2012, the Lehigh Valley-based organization is dedicated to helping local families with autism and special needs children by promoting awareness and inclusion. For Eilidh and others in the group, the importance of teaching children how to swim and be safe around water was underscored by the tragic death of 5-year-old Jayliel Vega Batista who was found in the Lehigh Canal after he'd gone missing on New Year's Eve 2015.

"People just came to me and said, 'We have to do something,'" says Eilidh. "We all wanted to do something."

Eilidh is now spearheading a water and swim safety committee and a fund raising committee at Live, Learn & Play. Seeing what the swimming lessons have done for her son, Eilidh hopes to create a partnership with Good Shepherd that will benefit more children.

As the lesson draws to an end, Eilidh turns her attention to the pool and watches in wonderment as Gavin joyfully dives into the water again and again. "I never thought this was going to happen," she says.



You can help more children like Gavin benefit from swimming lessons at Good Shepherd.

Use the envelope in this issue and make a gift today, noting that it's for the Pediatric Swim Program.

Looking for more inspiration?

Visit [Sweetcharityonline](http://Sweetcharityonline.com) on Facebook and on the web to see a video of Gavin swimming.

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