

TOUCHING *Lives*

Volunteer Opportunities AT THE WILLIAMSPORT HOME



The
Williamsport Home
A CONTINUING CARE RETIREMENT COMMUNITY

*Independent Living Apartments
Two Licensed Personal Care Programs
Skilled Nursing Care-Ravine Ridge
Short-Term Rehabilitation Care
Dedicated and Secured
Memory Support Care
Respite Care
End-of-Life Care Suites*

Scan this QR code with your
phone camera to visit our website!



TWH HOSTS FIRST *"Run on Ravine"* 5K AND COLOR RUN

In October, The Williamsport Home held its first ever "Run on Ravine" 5K and 1 Mile Family Color Run to benefit the residents of The Williamsport Home campus. It was a beautiful day to spend on Ravine Road and so much fun was had by all the participated. Congratulations to Jackson Martinez of Canonsburg, who was our overall race winner. A big "Thank You" to all participants and our corporate sponsors for helping us raise critical funds to improve the lives of our residents!



TWH LEADERSHIP TEAM TAKES SHAPE

Following the retirement of Executive Director Don Pote in April 2024, The Williamsport Home has announced the appointment of a new leadership team that stands ready to guide the Continuing Care Retirement Community into the future.

In May, Jen Cisneros was appointed Executive Director of The Williamsport Home, and oversees operations on TWH's campus, including the community's independent living, personal care, and skilled nursing facilities, with a focus on customer satisfaction, quality of life, people-centered care, and teamwork. Prior to her appointment, Cisneros served as TWH's Nursing Home Administrator, where she led day-to-day operations and provided strategic leadership to clinical, managerial, and support teams.

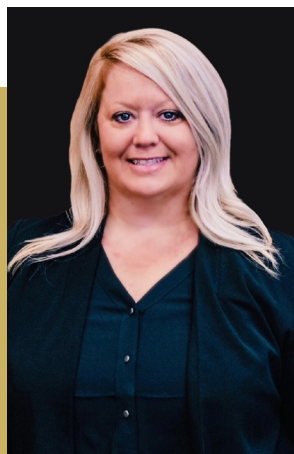
Over the summer, TWH appointed Administrator Rebecca Fogleman, Personal Care Home Administrator Megan Hazel, and Director of Independent Living Patrycia Jackson to new roles on the leadership team.

Fogleman previously served as nursing home administrator for WeCare HCC - WeCare of Loyalsock and HCR ManorCare Williamsport North. Hazel returns to TWH after serving as resident care director at Heritage Springs Memory Care and as director of nursing for Wolf Run Village. Jackson was promoted to her new role after working for The Williamsport Home for many years and previously working for the Area Office on Aging.

"This is an exciting time to be a part of The Williamsport Home," said Cisneros. "I am honored to step into my new role, and I am confident that our leadership team will help us continue to fulfill our mission and provide our residents with the highest quality of care."



Jen Cisneros
Executive Director
The Williamsport Home



Rebecca Fogleman
Administrator
The Williamsport Home



Megan Hazel
Personal Care Home
Administrator



Patrycia Jackson
Director of
Independent Living



THE GARDEN TERRACE

Memory Care with Compassion

Living day to day caring for a loved one afflicted with dementia can be tiresome, stressful, and filled with sleepless nights of worrying about their safety and well-being. Often times you the caregiver carry far too much extra weight on your shoulders of stress and concern. This is where our specialized staff at The Garden Terrace comes in and gives you peace of mind knowing your loved one will be in the hands of people who truly care.

The Garden Terrace is a secure, home-like setting for persons living with memory impairments. Accommodations include private or semi-private suites with bathrooms. A relaxing spa area with showers and whirlpool tub is centrally located for easy access to routine bathing. Garden Terrace also has a spacious sunroom for meals and activities as well as protected outdoor space for a picnic lunch, and a secure porch for spending a nice summer evening watching the wildlife on our vast property.

But what makes The Garden Terrace different than other memory care facilities? Our staff. The Williamsport Home proudly specially trains staff in dementia caregiving techniques and is a leader in innovative programming to help residents maintain their highest quality of life. Our staff hosts daily activities that engage and stimulate our residents as well as giving you, their loved ones the peace of mind that they have 24-hour clinical oversight and care.

If you or someone you know are looking for a safe place for your loved one with dementia, please feel free to contact Matthew Watkins at 570-323-8781 to help you down the path of peace of mind. We also encourage you to schedule a tour to learn more about all The Garden Terrace has to offer.

WOODLAND HEIGHTS:

Let us take you to a new height of living!



Woodland Heights formally known as “C” Building is not a new annuity on the campus. The Williamsport Personal Care program started back in 1998. Woodland Heights Personal Care Apartments have a living room, kitchenette, bathroom with a private shower, and a bedroom. The main kitchen is in Woodland Heights Personal Care, which helps to accommodate the three meals a day as provided on the program. Personal care residents also have access to a beauty salon at Woodland Heights.

Currently, the building holds 29 small apartments, 23 large apartments, and 5 duplexes and a respite room for shorter stays. Woodland Heights prides themselves on striving to be the best personal care home facility in the area. Each resident residing at Woodland Heights is provided with a pendent for added safety and security.

The goal is to keep Woodland Heights residents as independent as possible while providing assistance with customizable daily needs, such as cooking, weekly housekeeping, and laundry services to allow more time to socialize and enjoy every moment. If your ready to join us at Woodland Heights here at the Williamsport Home campus please call (570) 323-8781 and ask to speak to the Personal Care Home Administrator today!

HAND HYGIENE CAN PLAY AN IMPORTANT ROLE

In limiting the spread of germs



Cold and flu season is here, and practicing good hygiene is one way we can help slow the spread of germs. Follow these tips to help yourself and your loved ones stay healthy this season.

Hygiene

Practice good hygiene by covering your coughs and sneezes, washing or sanitizing your hands often, and cleaning frequently touched surfaces.

How it works

Covering your coughs and sneezes limits the spread of germs to protect others. Handwashing with soap removes germs from your hands, making them less likely to infect your respiratory system when you touch your eyes, nose, or mouth. If soap and water are not available, using a hand sanitizer with at least 60 percent alcohol can kill these germs. To remove germs and dirt on surfaces, use household cleaners that contain soap or detergent.

<https://www.cdc.gov/respiratory-viruses/prevention/hygiene.html>



Did You Know?

TWH OUTPATIENT REHABILITATION SERVICES

Did you know you do not have to be a resident of The Williamsport Home to receive rehabilitation services? The Williamsport Home campus currently offers outpatient rehabilitation services. Services provided under Physical Therapy are: balance & fall prevention, strength/Endurance, Parkinson's, posture, management of pain, dizziness, mobility and transfer training and pelvic floor therapy. Speech Therapy services include treatment of swallowing disorders, difficulty speaking, memory strategies, language and difficulty speaking. Our Occupational Therapy services include bathing, dressing and homemaking, use of adaptive equipment, memory care, home safety, low vision, balance/coordination and joint dysfunction/range of motion/strengthening.

Frequently Asked Questions

Q: How can I receive therapy services?

A: Once a physician's order has been obtained (we can help you get this), insurance verified and consent for treatment has been given, the therapist will proceed with the initial evaluation and recommend a plan of care.

Q: How often will I get therapy, and how long will it last?

A: Your therapy plan will be individualized and customized for you depending on your current functional status, meaning what you can functionally do for yourself, compared to what you were doing before this decline.

Q: How will my therapy appointments be scheduled?

A: Therapy will contact you to schedule your initial evaluation and follow-up visits. Please notify us 24 hours in advance to reschedule any appointments.



Volunteer Opportunities

The Williamsport Home has proudly served the greater Lycoming County area for over 150 years. There are many secrets to our success from staff, donations, Board of Directors, etc., but one of our greatest assets is our volunteers. With the dedication of our volunteers, The Williamsport Home has been able to fulfill our mission to provide our residents with the highest quality of care and make our home their own.

Volunteer opportunities are available in every aspect of our campus. We are always looking for people in our activities department and even help with administration. Recently, we had a local physician that retired and was looking to still help our elderly community. He wanted to step away from the lab coat but wanted to volunteer by doing something else that he knew. So one Sunday a month the doctor holds church services at our Skilled Nursing Facility for everyone to enjoy. Do you like to paint fingernails? Do you like to sing or play an instrument? Do you like filing? These are just a few of the many volunteer opportunities available at The Williamsport Home. No matter if you have 1 hour a week or 10 hours a week, we are looking for you.

If you or perhaps your organization are interested in volunteering, please reach out to Dawnette Shobert at 570-323-8781 to discuss how we can make you a part of our community.



The Affinity Way

Welcome Open Communication
Empathy for Situations & Relationships
Compassion in our Daily Actions
Actions Speak Louder than Words
Respect One Another
Exceed Expectations

At The Williamsport Home, *We Care!*

Our mission is to provide our residents with the highest quality of care, while honoring their independence and dignity. We are committed to continuous improvement with a goal of open and respectful communication. We welcome your feedback and value your comments.

Please tell us how we are doing by scanning the code and completing the feedback form.



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1900 Ravine Road
Williamsport, PA 17701

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A Tradition of Caring