

TOUCHING *Lives*

We Appreciate Our Donors
AT THE WILLIAMSPORT HOME



Caught You Caring Honoree
Kira Strothers



Celebrating Our
Administrative Professionals



Team Training On
Dementia Care



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
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A LETTER FROM *The Executive Director*



Dear Residents, Families, and Friends,

As we continue to move through the year together, I want to take a moment to reflect on what truly makes The Williamsport Home so special, and that is the people who call this community home.

Every day, I'm reminded that our mission goes far beyond providing excellent care. It's about building relationships, honoring the lives and experiences of each resident, and creating a place where everyone feels seen, valued, and supported. That commitment has always been at the heart of The Williamsport Home, and it continues to guide every decision we make.

We know that choosing a continuing care retirement community is a deeply personal decision. For those who live here, and for the families who entrust us with their loved ones, it means placing trust in our team to deliver not just care, but compassion, consistency, and respect. I want you to know that we do not take that trust lightly.

Whether it's a warm greeting from staff, a quiet moment shared with a neighbor, or the peace of knowing that support is always nearby, our goal is to make each day meaningful and comfortable. We remain committed to nurturing an environment where you feel safe, connected, and truly at home.

Thank you for being such an important part of The Williamsport Home. It's a privilege to serve this community, and I look forward to all we will continue to do together.

Warmly,
Jennifer Cisneros
Executive Director
The Williamsport Home




NEW WEBSITE IMPROVES TWH USER EXPERIENCE

Following months of planning and design work, The Williamsport Home officially launched a brand-new website earlier this year. TWH's previous website was launched in 2017, and was in need of an update. The new site improves the overall user experience, for everything from gathering information for a loved one to applying for a job. New features include a modern look and feel, 3-D virtual tours, an improved Careers portal, and an "Our Team" page featuring names, titles and photos of key TWH personnel.

"The website project was a collaborative effort involving several of our employees and departments, to ensure everyone's needs were represented," said TWH Executive Director Jen Cisneros. "The new site features a refreshed design that is both aesthetically pleasing and easy to navigate, and we've streamlined our menus to give the community quick access to the information they need."

The new website was announced internally with a fun scavenger hunt to encourage staff to familiarize themselves with the new design and content. Everyone who entered received a prize and a grand prize winner was chosen from all entries.

Explore the new website today by entering www.TheWilliamsportHome.com or scanning the QR code.

 (570) 323-8781  info@thewilliamsporthome.com  Williamsport, PA

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The
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Welcome To **The Williamsport Home**

The Williamsport Home is a 501 (c) 3 Non-Profit Continuing Care Retirement Community comprised of a Skilled Nursing and Rehabilitation Center, two licensed Personal Care programs, and three Independent Living Apartments located on 86.47 acres in Loyalsock Township.





BOARD MEMBER GIVES WOODLANDS VISTA *A Makeover!*



The common areas in the Woodland Vista Personal care suites at The Williamsport Home recently received a fresh new look thanks to our Board Member Winnie Kremser. Winnie volunteered her time to paint cabinets, refinish furniture, and replace dated decor to make Woodland Vista look even more “homey” than ever. Winnie even graciously donated numerous photographs to hang throughout the community. The beautiful photos were taken by Winnie on her adventures around the country. Thank you, Winnie for making Woodland Vista more beautiful than ever, and for all you do for The Williamsport Home!



TWH ANNOUNCES *Key Leadership Appointments*

The Williamsport Home recently announced the appointment of several key members of the leadership team. Please join us in welcoming Director of Finance Karen Fay, and Director of Personal Care Korey Morse, and Director of Human Resources Lindsay Wisor.

Karen brings over 20 years of experience in finance, accounting and business management to her role. As Director of Finance, she oversees accounting and reporting, accounts payable and business office functions for The Williamsport Home. Karen previously held positions in accounting and finance at H & R Block and Families United Network, Inc. Karen earned a bachelor's degree in accounting from the Pennsylvania College of Technology.

Korey has been an LPN at The Williamsport Home since 2004, and we are thrilled to promote her to Director of Personal Care. In this role, she oversees the management and proper execution of the daily operations of TWH's Woodland Heights and Woodland Vista Personal Care units. Korey is a certified Personal Care Administrator and has experience as a dementia unit and rehabilitation unit charge nurse, and as a certified nurse educator. She earned her nursing credentials from Northern Tier Career Center.

Lindsay brings more than 10 years of experience in human resources and leadership to her new role. As Director of Human Resources, she oversees the planning and administration of hiring, recruitment and retention activities for The Williamsport Home. Lindsay previously served as a recruitment and retention specialist and HR generalist at STEP Inc., and as an HR manager for Walmart.

Please join us in welcoming Karen, Korey and Lindsay to the leadership team at The Williamsport Home!

Welcome!



Karen Fay
Director of Finance



Korey Morse
Director of Personal Care



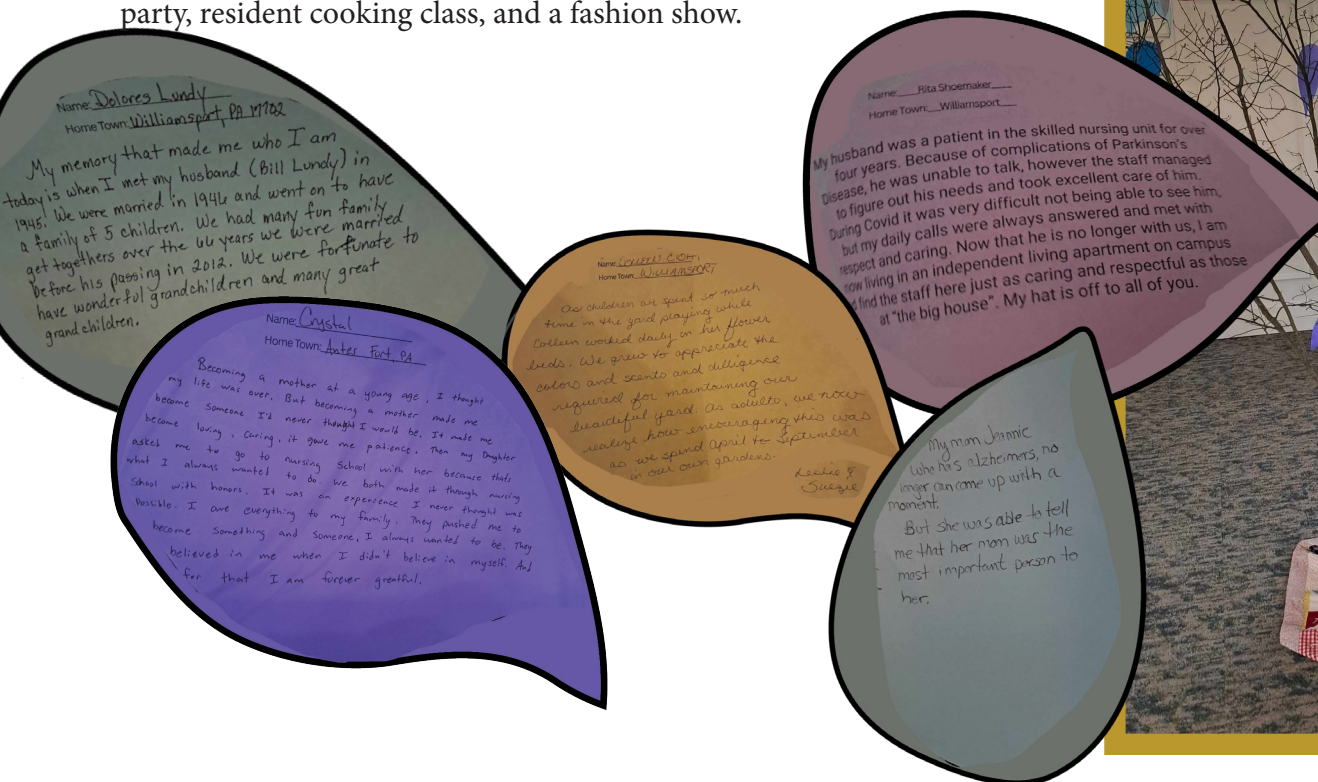
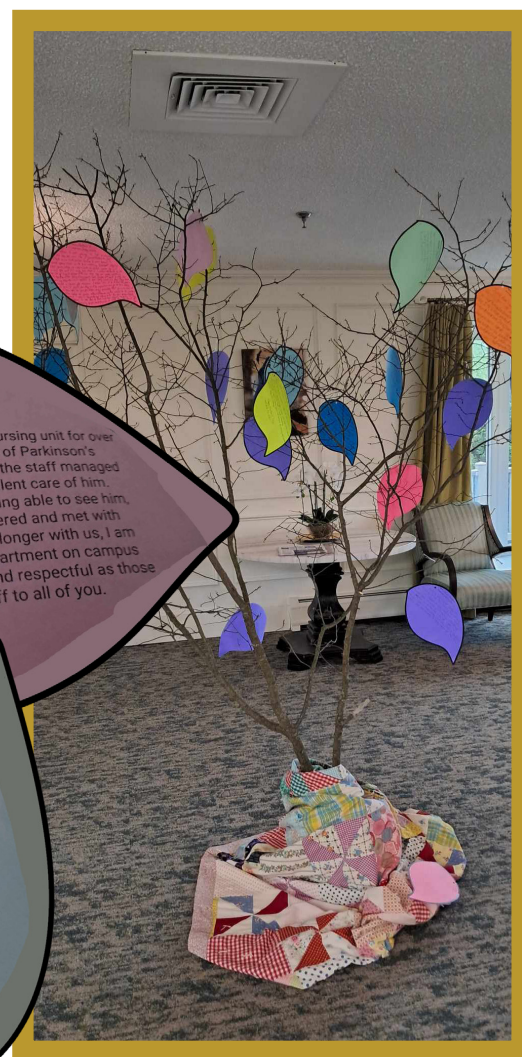
Lindsay Wisor
Director of
Human Resources

TWH CELEBRATES NATIONAL SKILLED NURSING CARE WEEK

This past May, The Williamsport Home's residents and staff celebrated National Skilled Nursing Care Week (NSNCW) – formerly known as Nursing Home Week. Established as an annual, week-long observance by the American Health Care Association (AHCA) in 1967, NSNCW honors the essential role of skilled nursing care centers in caring for America's seniors and individuals with disabilities. It's also a time to recognize skilled nursing care center staff for their hard work, compassion and dedication to improving the lives of those in their care.

The NSNCW 2025 theme was "Tapestry of Life," which highlighted the meaningful stories that make up each person's journey in skilled nursing care. From residents and families to caregivers and staff, everyone adds a unique thread that is woven into this vibrant tapestry. This theme celebrates the connections, resilience and strength that unite us all.

To celebrate NSNCW, TWH staff created a campus "Tapestry of Life" tree that was on display in the main lobby. Residents, families and staff were invited to contribute a story on a leaf for the tree to commemorate the NSNCW celebration and the importance of everyone's personal story. TWH management also purchased NSNCW t-shirts for all staff, and hosted special events and activities all week long including a campus picnic, pizza party, resident cooking class, and a fashion show.



Fighting Off Frailty: FROM FRAILTY TO FUNCTIONALITY



Williamsport Wellness
with
Kaleb Roudebush
Senior Wellness Director

Frailty is the condition of being weak and delicate, however in the clinical world, there is no agreed-upon definition as a condition. Frailty is NOT a disease, but more of a warning of increased risk for poor health outcomes – like a transition between successful aging and disability. It's not an inevitable part of aging and with the right interventions, it can be prevented, delayed, or even reversed.

Key Strategies for Frailty Prevention:

Physical Activity: Studies show that exercising twice per week with resistance components is especially effective.

- Resistance training (e.g., weightlifting, resistance bands) improves muscle strength and reverses frailty progression.
- Balance and flexibility exercises (like tai chi or yoga) reduce fall risk and improve mobility.
- Aerobic activities (walking, swimming) enhance cardiovascular health and stamina.

Nutrition: Adequate protein intake supports muscle maintenance and Vitamin D and calcium help preserve bone density.

Cognitive Training: Memory games and problem-solving tasks can enhance mental resilience.

Early Identification: Tools like the Functional Fitness Scorecard and the Frailty Scale can help identify pre-frail and frail individuals. Early detection allows for timely intervention and better outcomes.

Frailty is not an inevitable part of aging, but rather a condition that can be influenced by lifestyle factors, chronic illnesses, and social determinants of health. Early identification and interventions can help maintain independence and quality of life for those affected. For more help or more information about frailty and how it can be managed, please contact your healthcare provider.



Donor Appreciation DINNER SUMMER 2025

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