

Eye on Ewe

In each newsletter, we introduce you to one staff member and one resident, each of whom helps make Lamb a unique, supportive family.

Joe Evans, Caring for More than Health Needs



Lamb Foundation Health Care Coordinator Joe Evans talks with Lamb resident Owen Evans during a recent check up.

With over 20 years of nursing experience, much of it in an emergency room setting, Joe Evans, Lamb's Health Care Coordinator, is well-prepared to meet the various health concerns he finds in his job at Lamb. "I never know what the day is going to bring, and I enjoy the variety of my work," says Joe, adding, "the experience I've had over the years has prepared me for helping residents."

Joe worked in Emergency Nursing at North Penn Hospital for 20 years before transferring to the Psychiatric Nursing department at Horsham Clinic in November 2004. Through

connections of a church friend, Joe began volunteering at Lamb in the 1980s, back when Lamb had just one home. In November 2004, Joe took a position at Lamb as the Health Care Coordinator.

As Health Care Coordinator, Joe oversees the health needs of Lamb residents. This can involve scheduling doctor appointments, checking on residents who aren't feeling
(continued on page 4)

Clair DiGangi and Deb Rowland, True Friendship



From sports to travels, Deb Rowland, front, and Claire DiGangi, back, enjoy a strong friendship.

Lamb resident Claire DiGangi believes it is a sign that her and roommate Deb Rowland became friends. "We think we are soul mates," she says.

Even Deb concedes there was something about Claire that showed she would be a good friend when they met six years ago at the Lamb apartments on West Point Pike. "As soon as I saw her, I wanted to be friends with her," Deb said.

They lived in separate apartments at first. Next, Deb was able to move to a different apartment at the same location. Then, when Deb needed a

roommate, there was no other choice but Claire.

Birds of a Feather

It is fitting that the walls of their apartment are covered with posters of birds. Birds of a feather travel together, and Deb and Claire travel many places together — local tennis

(continued on page 4)



114 North Main Street
North Wales PA 19454



Fellowshipping while eating is another favorite part of Lamb Getaways.

The Lamb Foundation provides supportive housing for 150 adults with mental, physical, and developmental disabilities in Montgomery County's North Penn community. Lamb Foundation living arrangements include more than 40 fully furnished apartments, studios, twins, and single homes. Many of the Victorian, Colonial, and Federal style homes are located on the Main Streets of North Wales, Lansdale, and West Point, PA.

Lamb Council

- Jenn Smith, President
- Jeannie O'Donnell, Communications
- Fawn Mengel Spurio, Secretary
- Tom Sittler, Treasurer

Lamb Cabinet

- Mike Spenser
- Carole Ellis
- John Morrow
- Toni O'Connell

Lamb Foundation Director

- Donna L. Mengel

Lamb Community Advisory Board

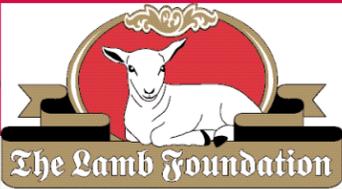
- Daniel Cheney, Founder and Director of Danellie Foundation and former owner of Springhouse Corporation
- Joseph Evans, RN, Staff Nurse, Horsham Clinic; Health Care Coordinator, Lamb Foundation
- Charles Hoefflich, Chairman Emeritus, Uninvest Corporation of Pennsylvania
- Mary Louise Jackson, Director of Fourjay Foundation and Healthlink Medical Center
- Robert Kulp, Robert Kulp Paving, Inc.
- Pamela Learned, President, Word Work Communications, Inc.
- Linda McComas, Lamb Foundation Development
- Daniel O'Connell, Sr., Lamb Foundation General Counsel
- Rev. William J. Rudolph, Lamb Chaplain

We're on the Web!

Lamb's website, www.lambfoundationpa.org, offers a glimpse in words and photos into what life at Lamb is like. You will find information on what we offer and how to contact us. You can also download resident application intake forms. Visit us soon.

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Ewes News



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Lamb Getaways Offer Relaxation, Build Friendships



Jim Smith, Lamb staff, and Nathan Wherry, Lamb resident, enjoy four-wheeling fun at Lamb Getaways.

For many Lamb residents, the summer includes participating in the Lamb Getaways "Overnighters" camp and Lamb Getaway "Day Trippers" camp.

In addition to relaxing and seeing new sites, residents who attend the Lamb Getaways and the Day Trippers enjoy the opportunity to strengthen important friendships and build new relationships with fellow residents.

This year Getaways included trips to Dutch Wonderland, Ocean City, NJ, Terry Hill Water Park, and Sight and Sound in Lancaster.

Friday Van Visits Nursing Home Friends

"One of the things I tried to do over the years is not just get to know Lamb residents, but get them involved,"

- Lamb Foundation Chaplain Bill Rudolph

Lamb Foundation's Chaplain Bill Rudolph says he could easily fill three vans with current Lamb

Foundation residents who want to be a part of his Friday Visits to area nursing homes to spend time with former Lamb residents.

(continued on page 2)

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Friendships Formed at Lamb are for Life

Think about all the people you have met in your life. Try hard to picture the faces of those who have touched your life and hold a special place in your heart. Family members easily enter your mind. Good friends run a close second.

The Lamb Foundation fosters an environment where life-long friendships thrive. This newsletter highlights just some of the examples of the bonds people form and share with others — by giving time to visit former residents, checking on residents who are not feeling well, and grabbing your roommate for a trip to the shore.

Still picturing those special people in your life? Why not give them a call and thank them for being a friend.

"A mirror reflects a man's face, but what he is really like is shown by the kind of friends he chooses."

- Proverbs 27:19

Tiny Dolls, Cameos, and Camp Stoves — What Will You Find at Sweet Repeats?

Sweet Repeats volunteers sort through thousands of donated items each week. Many items are ones they expect to see, such as clothes, jewelry, and household items. Some days they come across unusual items. Here are a few items they found to share with the Sweet Repeats record book:

Largest item donated — 12-burner campground stove with two ovens

Smallest item — half-inch antique black Frozen Charlotte doll

Oldest item — 1850s cameo pin

Strangest item — 1920s white enamel hospital urinal

Just Hangin' Around at Lamb



Relaxation is just as important as activities at Lamb Getaways, as Lamb Resident Pat Fennell demonstrates.

Friday Van Visits Nursing Home Friends (continued from page 1)

“Over the years, people have graduated beyond our residential care in North Wales and moved into nursing homes in the area to meet their medical needs for what they need at this time,” Chaplain Bill says. “It is good to have our folks keep these friendships.”

Staying Connected

More than a half-dozen former Lamb residents live in area nursing homes, many in Bucks County.

The once-a-month visits were started about a year-and-a-half ago as a way to keep Lamb residents connected for life. The unfortunate reality is that residents who leave the Lamb Foundation are not likely to return. With Friday Visits, they can still have a connection to the organization, and its residents.

“We want them connected as much as possible,” Chaplain Bill says. “For our residents, it is an opportunity to get out and care for others. One of the things I tried to do over the years is not just get to know Lamb residents, but get them involved.”

The visits are usually combined with other trips, such as stopping at Peace Valley Park. Over the past couple of months, Lamb residents accompanied Chaplain Bill on his visits to area hospital patients in non-intensive care. As the Friday Visits become more regular, Chaplain Bill hopes they will be able to visit more than once a month.

Donation Guidelines

Clothing and Household Donations Drop-off:

Sweet Repeats, 115 South Main Street, North Wales, PA 215-661-8800. Hours: **Monday to Friday**, 10 a.m. to 6 p.m.; **Saturday**, 10 a.m. to 4 p.m.; **Sunday**, we honor the Sabbath

Food and Furniture Donations:

Call 215-699-5600 or email MarianneMessina@lambfoundationpa.org for pickup or delivery.

Financial Donations or Volunteer Opportunities:

Please call Donna Mengel at 216-699-5600 or email DonnaMengel@lambfoundationpa.org.

Please note: If you give to Lamb, we will not sell or give away your name or contact information.



SAVE 20%

Off your next total purchase at Sweet Repeats!

This coupon is good for a one day total purchase through December 31, 2005.

Location: 115 South Main Street, North Wales, PA 19454
Phone: **215-661-8800**

Hours: **Monday to Friday**, 10 a.m. to 6 p.m.; **Saturday**, 10 a.m. to 4 p.m.; **Sunday**, we honor the Sabbath

Lamb Offers Activities for All!

Having fun and trying new things is an important part of living. At Lamb, we are always planning outings and activities residents will enjoy. Whether they're looking to swim, shop, sing, study scriptures, or simply have fun, Lamb Cabinet and Lamb Council members plan activities for everyone to enjoy.

Paul Fehr Family Concerts

Always a favorite at Lamb, the Fehr Family entertains all with their gospel music. They will perform at the Outdoor Luau on August 27 at 2:30 p.m. Concerts are scheduled at 2:30 p.m. in Ewes Mews, Lamb's new recreation room, on the following dates:

- October 1
- December 3

For a copy of the current month's Lamb calendar of activities, please give us a call!

Other activities include:

- Women's Clubs
- Men's Breakfast
- Lamb Singers, a chorus group
- Volunteering at Sweet Repeats
- Swimming at the Y
- Bingo and the Movies
- Local Shopping Trips

More Great Lamb Getaway Photos



Kenny Weikert and Bruin go for a paddleboat spin.



The Lamb Cleaning Team provides a homemade Spanish meal for Lamb Getaways. Learn more about them in Holiday 2005 Ewes News.

Joe Evans (continued from page 5)

well, working with family and friends of residents regarding health care concerns, coordinating medical insurances, and answering questions for both staff and residents. Staff will also come to Joe to ask him to check on other residents who aren't feeling well. “Some of my work is just taking care of the residents and being there for them,” Joe says, adding, “I like that I can take care of people on several levels and gain their confidence along the way.”

In addition to caring for residents' health needs, Joe also enjoys being able to form friendships with them. One of the first residents he worked with, Owen Evans, who goes by the nickname Pete, thought it was great that they shared the same last name. “Having the same last name has been a bond for us. Pete likes to joke with people we meet and say it's good that we're not related,” says Joe.

Joe and his wife Linda live in North Wales. They've had an active home with five children, the youngest of whom is entering high school, and 35 foster children over 14 years. They are very involved with their church, the Family Worship Center in Towamencin, where many Lamb residents also attend. “Our church has opened their doors to Lamb residents and we've enjoyed the interaction between the residents and church members,” says Joe. In addition, Joe likes to take power naps, which help him stay alert for night shift nursing, and loves to go camping, take family trips, and play Frisbee.

Claire DiGangi and Deb Rowland (continued from page 5)

courts for a quick game, or area restaurants. Their favorite destination is Atlantic City.

“We do everything together. We go to the beach, do a little gambling, and go back to the hotel and stay by the pool,” says Deb.

Some activities are as simple as staying home and cheering on the home sports teams. Claire was not a big sports fan until she met Deb, who loves the Philadelphia Eagles and Phillies. The two watch the games together on television, and have not missed the Phillies yet all season.

Friendships at Lamb

Deb and Claire have family in the area, but both agree that at Lamb, another family built around friendships begins to take shape. Both women praised Lamb Foundation President Donna Mengel for putting them together in their home, and house supervisor Becky Dagutis for always being there.

“It is very important to have strong friendships. You don't want to be alone in life,” says Deb. “We only really see our outside family once a month. It's very important to have other people in your life.”

The two women hope to eventually move out and get their own place. The ideal location? Where else, but Atlantic City!