

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.

Linda McComas Finds Funds, Barks Good Cheer

After many years of working as a nurse in the mental health units at area hospitals, Linda McComas thought that a residential situation, such as Lamb, would have few challenges. She's now changed her mind.



Linda McComas and Felix both take an active role in the residents' lives at Lamb.

"Residential is a bigger challenge than I expected because there aren't the same resources as there are in the larger organizations," says Linda. "I now have more respect for those who work in a residential setting."

Linda has volunteered for the last two years as Lamb's director of development and as a case manager for residents who don't have a case manager through the county Mental Health/Mental Retardation system.

Seeking funds

As director of development, Linda works with Dan O'Connell, Lamb's general counsel, to obtain grants and develop fundraising opportunities. Lamb doesn't rely on money from federal agencies or the local tax-base, but receives funds from private foundations and individuals interested in housing and programs for the disabled.

Linda says the highlight of her work is "making things happen for the residents and helping them get what they need, especially for those who don't have caseworkers." This includes finding funding for medication for residents and helping them complete the necessary forms. Linda recently worked with a woman whose Medical Assistance was cut, but she still needed funds to buy medication. Linda helped her apply for the Prescription Assistance Program for Senior Citizens and, within four days, they were able to have her expenses covered.

Tracking the impact of changes in health care

Keeping up with changes in Medicare and Medicaid, and how those changes affect Lamb residents is Linda's 2005 focus. With significant changes planned for this year and next that will affect what and how much is covered for some Lamb residents, Linda uses the Internet, emails from organizations such as the American Association for People with Disabilities, and colleagues to track changes.

Canine sunshine

Last summer Linda brought someone new to work — Felix, a one-year-old Jack Russell Terrier. Now dubbed the "Director of Lamb Land Security," Felix is loved by all. Many residents stop by the Lamb office just to visit with him.

"Some people are able to relate to him in a way they can't with other people," says Linda, noting that one person who doesn't often laugh will laugh outloud with Felix.

During her career, Linda has seen many residential facilities throughout southeastern Pennsylvania and she's an enthusiastic supporter of Lamb's care and services for individuals. "If someone needs residential care, they can't 'go up' from Lamb, they can only go down," says Linda.

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114 North Main Street
North Wales PA 19454

Support Lamb through
online shopping. See page 3.

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
- Linda McComas, Vice President
- Jeannie O'Donnell, Communications
- Fawn Mengel Spurio, Secretary
- Tom Sittler, Treasurer

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- Erica Dillon
- Carole Ellis
- John Morrow
- Toni O'Connell

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- 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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One of the renovated suites located at 414 East Walnut Street ready for residents.



114 North Main Street
North Wales, Pennsylvania 19454
Phone: 215-699-5600
Fax: 215-661-8825
Email: info@lambfoundationpa.org

Lamb Provides More Homes and Restores History at 414 E. Walnut Street

Even with 43 homes that house more than 150 adults, at any given time Lamb Foundation has a waiting list of at least a dozen people. To provide even more quality and affordable homes for senior citizens and adults with special needs, Lamb is now preparing apartments for new residents at the former North Wales News Agency Building at 414 East Walnut Street.

414 East Walnut will provide homes for up to 21 adults, once Lamb finishes renovating the three current apartments and building four new ones.

Donations welcome

Close attention is being paid to restoring the architectural details, inside and out, that give this building its charm and place in North Wales' history. If you would like more information, or are interested in donating to this project, please call the Lamb office at 215-699-5600.

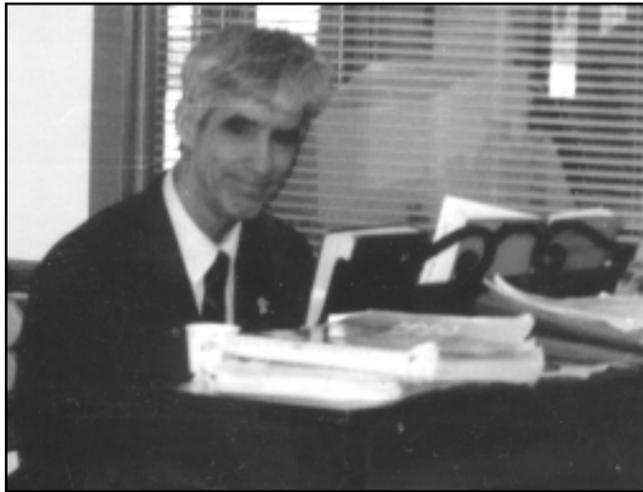
Ewes Mews Offers New Place to Relax

Lamb residents have a new place for relaxation and recreation — Ewes Mews. Located in the basement of one of the Lamb Foundation's buildings, Ewes Mews now is the place to find residents enjoying card games, movies, and game tournaments, or even an active group of aerobic class attendees.



Ewes Mews is a quiet place for relaxing.

Remembering Ewe – Lamb Remembers John Roak



John Roak

Donna Mengel. “We would wake up and ask him to stop, and he would say gently, ‘Oh, I’m sorry, I didn’t notice the time.’”

A Fulbright Scholar

As the son of a minister at Gloria Dei (Old Swedes) Church in South Philadelphia, John learned to love music as a child. He was a student organist and graduate of the Episcopal Academy, and a graduate of Kenyon College. His studies of political and social institutions afforded him the honor of a year as a Fulbright Scholar in East Pakistan (now known as Bangladesh). John also earned a master’s degree in South Asia Studies from the University of Pennsylvania. He later taught at Villanova University and then worked as a reporter for the Atlantic City Press.

Long walks for books

In addition to his nocturnal walks to play piano, every morning after breakfast, John would walk just over three miles to the Lansdale Public Library to read. “John had books all over his room, and was always buying more books at yard sales,” says House Supervisor Becky Dagutis.

Lamb has been home to many talented individuals such as John Roak, who passed away in June 2003. A resident for two years, he served on the Lamb Advisory Council and helped out wherever he could. He is missed.

Eye on Ewe ~ Shirl Lyn Large (continued from page 4)

With Donna’s encouragement, Shirl has started praying and attending the Family Worship Center in Towamencin. She’s found that this helps her when she feels down. “They have beautiful music, and I like singing,” Shirl says.

Keeping busy is important for Shirl. When she’s not helping or cooking for others, she enjoys playing guitar. Her favorite music is Led Zeppelin and she’s passed that love on to her one daughter whose wedding reception featured only Led Zeppelin music.

Since the opening of Ewes Mews, Lamb’s new recreation room, Shirl enjoys hanging out there, playing on the computer, and taking Kathryn over to relax. “Lamb is a better place with Shirl Lyn,” says House Supervisor Becky Dagutis.

When former reporter and church organist John Roak heard the call of music, he would pack a small briefcase with pages of songs, walk from his Lamb apartment over to the family home of Lamb Foundation director Donna Mengel, and start playing the piano in their living room.

“John was so focused on his music, that he wouldn’t notice that it was 1 or 2 a.m.,” recalls

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.

Donations sold on eBay Build Sales for Sweet Repeats

When Anna Folk started volunteering at Lamb’s Sweet Repeats Thrift Shop, she saw that some of the donated items were of antique or collector quality. Already an avid eBay seller, Anna offered to sell select donations on eBay to benefit Sweet Repeats. She created “Sweet E Repeats.”

Teamed with Lamb President Donna Mengel, who photographs and posts items for sale, Anna now spends most of her time preparing delivery of dozens of items sold each week.

50 cents earns \$103

Sweet E Repeats generated sales averaging \$1,000 a week in February and March. One item that Donna picked up at a yard sale for 50 cents went for \$103 on eBay in March. “It’s thrilling for all of us, including residents, to watch people outbid each other for our items,” she says.

Just like any donation to Sweet Repeats, donated items sold on eBay are tax-deductible for the donor, and all the profits benefit Lamb Foundation and its residents.

If you would like to see what’s for sale by Sweet E, please go to www.ebay.com and search for seller store Sweet E Repeats.



SAVE 20%

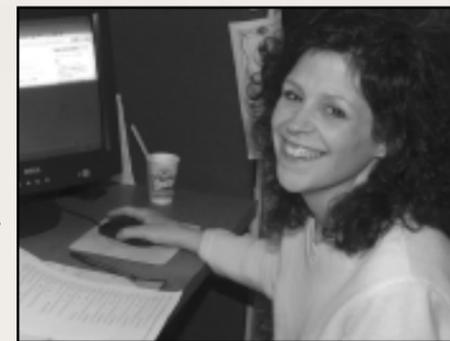
Off your next total purchase at Sweet Repeats!

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



Anna Folk, at work raising funds for Lamb.

Eye on Ewe (continued from page 5)



Shirl Lyn, on right, enjoys helping Kathryn with her daily activities.

on the Lamb van to doctor and hair appointments. Last summer they went on the Lamb Getaways together. “On trips, I usually have one older woman on each arm. I love helping God’s lambs,” Shirl says.

Shirl lives at the West Point house, but in the evenings she puts to use her experience working in restaurants by cooking dinner at 121 North Main Street, where Kathryn lives. Shirl’s favorite meals, for cooking and eating, include chili, hot dogs, tuna casserole, and fried chicken.

Originally from the Pottstown area, Shirl has two daughters, a son, granddaughter, and two grandsons with whom she enjoys spending time regularly. “Donna Mengel, Lamb Foundation president, helped my one daughter make a connection with a mission agency that helped her find housing,” says Shirl, adding “Donna has helped my daughter and me, and I think she’s a saint.”

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Shirl Lyn Large Helps Older Women, Cooks for 121 N. Main

Shirl Lyn Large, a Lamb resident for six years, loves to be busy and help people. “I love people, especially older people, and helping them is a spiritual fulfillment for me,” says Shirl.

For the last year, Shirl has served as a personal assistant to Kathryn, an older woman at Lamb. She helps Kathryn with meals and day-to-day care, including accompanying her

Gear Up to Get Away with Lamb Getaways

It’s time to think about summer — and vacations! For Lamb residents, this means signing up for this year’s weeklong Lamb Getaways and Lamb Getaway Day Trippers.

Those who attend the weeklong Lamb Getaways will spend a relaxing week at a cabin in rural Montgomery County and enjoy many trips and activities. For those who want to get away but still sleep in their own home, the Day Trippers is the ticket. Day Trippers will enjoy day trips to parks, beaches, and amusement parks, but return to their Lamb homes each evening.

Destination fun

New this year is a trip to Great Adventure theme park in New Jersey. From roller coasters to a new exotic animal show, everyone will find something to enjoy. This year’s schedule also includes favorite trips from last year, such as, Ocean City and Cape May, NJ, Hershey Park, New Hope, Peddler’s Village, and much more!

For more information, please call Jenn Smith or Marianne Messina at 215-699-5600. And if you have a getaway recommendation, please let us know.

2005 Schedule

Lamb offers three sessions for both the weeklong Getaways and the Day Trippers:

Session 1: June 27 to July 1

Session 2: July 25 – 29

Session 3: August 22 – 26