



Well Wishes & a Fond Farewell

This March we will be wishing a fond farewell to our Executive Director, Steve Kambic.

Steve has spent the last 14+ years developing the foundation & the team to assure Petra will be able to offer affordable housing to generations to come. We wish to thank him and wish him the best on his retirement and his new adventures.

On March 8, 9, & 10 at Bard, Flag & Freedom respectfully we will be hosting Community meetings to share best wishes & meet some new Petra faces. An invitation with details will be delivered to each resident in the near future. Refreshments will be served at the meetings, no extra produce or shoes allowed!



“Preparing for the Unexpected” at the Family Resource Dinner

Your RSC, Beverly, will once again be hosting a Family Resource dinner, **Tuesday February 22nd**. These dinners are designed to involve your family members in learning more about what benefits are available to you. The topic is “Advanced Planning, Preparing for the Unexpected”. We will discuss Will's, living wills, Powers of Attorney, Rep Payees and share DIY templates. A hot meal will be served with the opportunity to get to know each other better. Grab a family member and plan to attend.

Reservations are a must as space is limited. Please call 484-933-4955 to RSVP by Friday 2/18.

Meet Jeanne!!

Jeanne is joining our team as our new Finance Coordinator. Jeanne has Bachelor's degree in accounting from Temple University. She recently moved to our area from Horsham with her rescue pup, Jack Daniels. Jeanne has 2 grown sons, of which one is currently studying acting in England!



We Appreciate Your Suggestions!

Some of our most beneficial changes have come from resident suggestions. Years ago we created comment boxes to encourage residents to voice their concerns and suggestions. Later we created the incident reporting system specifically for concerns. We encouraged residents to contact the Resident Service Coordinator or the main office when they had an idea or a suggestion to improve our communities.

There is a **wrong way and a right way to share your ideas**. Not all suggestions are feasible but all suggestions are listened to. If you have a suggestion to improve your community, you have three ways to share it with Petra.

1. Submit it in writing and put in the **Work Order box**.
2. Send an email to the office at **info@Petrach.org**
3. Complete any surveys that are circulated by the RSC and attend your scheduled community meetings.



Following these procedures will assure, ***We will hear your suggestions and concerns.***



VERY IMPORTANT Community Updates

- Please remember that Petra has an **after hours answering service for emergencies**. Please do not wait on such things as no heat, no Air, water leaks or anything else you feel needs immediate attention.
- Due to the rising cost of utilities and the high cost of repairs **laundry prices are increasing**. Effective March 1st, 2022 the cost for a load of laundry will be \$1.50 for each machine, or \$3 a load to wash & dry. **Good News! CHANGE MACHINES are on order** to help acquire the needed coins.
- **Work orders:** Please remember to either **1. Call, 2. Write, or 3. Email your work orders** to maintenance. When calling follow the prompts for Maintenance & leave a message or email workorders@Petrach.org
- The main office has created a **Community Room Event Calendar** for each building to coordinate group events and potential room reservations. This program will require contacting the main office whenever a community event is scheduled. The main office will then verify there are no other events scheduled at that time and will post your event notice in our new holders.
- Any **flyers or promotions for events should be coordinated through the office** to maintain oversight and prevent clutter on our windows and bulletin boards. Your cooperation in this matter will prevent any double booking and keep our buildings looking neat and uncluttered. **Please do not attempt to use the magnetic poster holders.** Contact the office to post your announcements.
- Many of our residents at Freedom House and Bard Complex have received their **rent rebate** booklets. Please remember you have until June to submit your rebate forms. An early submission does not get you an early refund! Your resident service coordinator will **schedule a workshop later** this spring to complete your rebates. Contact your RSC if you wish to do your forms contactless.
- We are pleased to announce that the **computer** in the Flag House library is up and running.

MOVE IT OR LOSE IT!!

Beverly Dalton, RSC



I am beginning to realize just how critical movement is to our overall health. For instance:

- ♦ Regular movement (or that dirty word- exercise) has been known to **improve brain functions such as memory**. The brain is a muscle, exercise increases muscle thus, exercise equals a better brain!
- ♦ Movement **makes bones stronger**. When bones bear weight (your own or a set of barbells) they create more of the nutrients needed to create more bone. So, walking or lifting means less fractures!
- ♦ Regular activity **strengthens muscles and increases flexibility**. Every day my hands get weaker and my bones get stiffer. When I don't use it, I begin to lose it. So making a habit of turning off the TV and joining in a hobby or activity that makes me move improves my abilities and my self image.
- ♦ Moving around **improves your mood**. Motion causes your body to amp up and blow off steam similar to revving a car engine to blow out carbon. So a dance, brisk walk or some foot stomping while secure in a chair will make you feel better and get out the energy and stress you used to bottle up!

Activities like these are much more fun when shared with others! Yoga or water aerobics at the local YMCA, get together at the Cornerstone for a ride on the stationary bike, a few giggles, jiggles and maybe a little sweatin'! Before you know it we are thinking better, sleeping better and smiling more!