

# Retirement Living with a Purpose



**Ecumenical Retirement**  
COMMUNITY

## The Ecumenical Retirement

Community, a not-for-profit senior living community, offers seniors an affordable alternative in retirement living in a family-oriented, caring environment. Our suburban Harrisburg location makes it convenient for residents to remain active in their community while taking part in our vibrant community life.

## Community Life

Our residents plan a well-balanced community life program which reflects their interests and focuses on wellness of body, mind and spirit. Community life includes life-long learning, volunteer programs, fitness and wellness, spiritual life and social and recreational programs. Challenge your brain in a brain fitness program or take an adult learning class. Try the relaxing exercise of Tai Chi, strengthen your muscles with supervised strength and conditioning classes or enjoy walks along our tree-lined paths. Explore your artistic side by taking piano or art lessons, sing in the campus choir or help maintain the beautiful certified Monarch Butterfly Waystation. Join friends for shopping at the nearby mall or a game of cards. The choice is yours.

## Living Life with Purpose

An underlying sense of purpose among our residents makes the Ecumenical Retirement Community unique. Our residents choose to remain active, vital members of their community. You can elect to participate in any number of outreach programs with elementary schools, hospitals, senior centers or charitable organizations. Or, share your talents with fellow residents by leading a program or share your time by visiting other residents.



## Volunteer Programs

Every year our residents participate in the following volunteer programs:

**4-H:** Make craft kits for summer camps.

**Alzheimer's Association:** Walk in the "Walk to End Alzheimer's" each fall.

**American Cancer Society:** Sew tote bags and turbans.

**Country Meadows Nursing Centers:** Knit lap robes for nursing center residents.

**Harrisburg Hospital:** Baby hats and booties are knitted for premature infants. Comfort pillows also are made and donated for patients.

**Ronald McDonald House:** Seasonal decorations also are created and delivered.

**St. Francis Soup Kitchen:** Each week lunches are packed and delivered.

**Susquehanna Township Elementary School:** Residents create more than 3,000 Christmas ornaments and gift items for the school's Secret Santa Shop.

**U-Gro Learning Center:** Each week children visit the campus where residents spend time with them making a snack and playing games.



## Lifestyle Options to Meet Your Needs

The Ecumenical Retirement Community promotes an active, healthy and independent lifestyle for all our residents. Levels of care are designed to support individual needs. In many cases, this allows our residents to remain at Ecumenical if their needs should change and help couples with different care requirements to remain together.

**Independent Living** offers retirement living with the ease of three meals per day, weekly housekeeping and access to staff 24 hours a day.

**Personal Care Services** meets the needs of seniors who may require assistance with daily routines such as dressing, bathing and medication management.

**Connections Memory Support Services** addresses the special needs of residents with early- to late-stage Alzheimer's disease or related dementia by minimizing challenges and enhancing remaining abilities in either a personal-care setting or secure environment depending on their needs.

**Restorative Care Services** helps maintain or restore residents' whole well-being. Whether recovering from an illness or surgery or coping with a chronic condition, a specially trained team of dedicated professionals works

with residents to develop an individual restorative plan with short- or long-term goals and encourages them daily to achieve those goals.

## Amenities and Services

- Three freshly prepared meals each day including a salad bar and dessert cart for lunch and dinner
- Scheduled transportation
- Physical and occupational therapy on-site
- Beauty and barber shop on-site
- Weekly housekeeping services
- Staff on duty seven days a week, 24 hours a day
- Electricity, heat, air conditioning and basic cable
- Individual controls for heat and air conditioning
- Access to beautiful campus gardens and certified Monarch Butterfly Waystation
- Pet care assistance, if needed







## Learn more about the Ecumenical Retirement Community

You are welcome to visit our campus, enjoy a meal with us and experience the Ecumenical Retirement Community first-hand. We invite you to call us at 717.561.9982.



## Ecumenical Retirement COMMUNITY

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[www.EcumenicalRetirement.org](http://www.EcumenicalRetirement.org)



The Ecumenical Retirement Community does not discriminate in resident admission on the basis of race, ancestry, color, religious creed, age, sex, handicap, disability or national origin, provided the resident, in the sole opinion of The Ecumenical Retirement Community, can be cared for legally and responsibly.