

Before Year End, Don't Forget to Review Your IRA

by John Ross

Saving for retirement was a priority so you could enjoy your golden years. You've planned for this part of your life all your working years, and now you are exactly where you wanted to be. Some tips on saving may have helped you along the way.

Now is the time that savvy fellow residents can give you tips on making the most out of your IRA if you are philanthropically inclined. In 2023 more residents are donating from their IRA than ever before. Following are three ways they lowered their tax bill and helped their communities using their Individual Retirement Account, 401 (k), 403 (b) or other qualified retirement plan.

1. New for 2023 is the one-time benefit of creating a Charitable Gift Annuity (CGA) with up to \$50,000 from your IRA. You will receive guaranteed income for life from rates that haven't been this high in over a decade; we're talking almost 9% for individuals in their mid-80s! There are separate rules for funding a CGA from your IRA but we'll be happy to discuss options and show you all the benefits.

2. You have to take all your Required Minimum Distribution (RMD) from your IRA before the end of the year. Chances are you will need to pay taxes on that income. You can avoid taxes on the RMD, possibly get additional tax benefits, and benefit your community by donating the RMD instead. Your gift can be restricted to something you have an affinity for.

3. You can use your IRA to make a gift to support a program or project at your community. A Qualified Charitable Distribution (QCD), also known as an "IRA Charitable Rollover," allows you to make a gift that is tax free (maximum amount is \$100,000) directly from your IRA and it satisfies your RMD too.

For more information contact John Ross, Director of Donor Outreach, at 717-601-8646.

Linked Senior Brings Back Memories of the Past

by Tom Koehle

Over the course of 2022 and 2023, a new program was introduced to PSL that supports residents in personal care, assisted living and skilled nursing to become more engaged in their environment and with one another. The program is called Linked Senior.

The platform utilizes content that targets improving brain health, enhancing physical function, and also aides in reduction of social isolation.

"Since partnering with Linked Senior we have been able to expand the opportunities offered to residents with engagement. We can quickly change direction with what we are doing to meet the residents' interests. They will even create programming for us if someone has a special interest," reports Alicia Fenstermacher, Vice President of Purposeful Living for PSL.

Staff members work one-on-one with residents, or in small groups. Some examples of the programming offered include music therapy, memory support games, tours of historic locations, or watching classic television shows.

Donors of the Partners in Mission program, PSL's corporate partner philanthropic program, helped fund the first year of subscription for most of PSL's life plan communities.

Work is now underway to support the subscription for PSL communities in 2024 with our Partners in Mission again providing philanthropic support.



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Fall 2023

Healthier Days Get Communities Paid

by Abbie Allan



This year, PSL launched an exciting new initiative in collaboration with The Ackroyd Family Foundation:

Healthier

Days!

Centered on the organization's affordable

housing communities, the goal of this program

is to give residents opportunities to invest in

themselves and, in turn, their communities.

How does it work?

At the start of each calendar

quarter, residents are presented with a new

challenge featuring three daily goals, for

example: Do good for 20 minutes, eat a healthier

snack, and drink 30 ounces of water. Challenges

are designed to be clear, achievable, and truly

beneficial.

Residents track the completion of these goals

during the designated 30-day challenge period,

then hand off their results to the community's

resident services coordinator. All efforts toward

the quarter's goals are aggregated to generate a total number of days earned, then converted into dollars and contributed – up to \$5,000 for the year (\$1,250 per challenge) – to the community.

Together, residents decide what to purchase. Recent examples include benches for outdoor seating, water coolers, media players and audio equipment for common area TV and meeting/presentation spaces, gardening supplies, an indoor shuffleboard table, live entertainment, and more. Many of these investments perpetuate and build on the healthier living and community engagement goals of the program.

Healthier Days does more than encourage healthy living; the program also fosters teamwork... and maybe even a little healthy competition. Ultimately, residents' efforts translate to tangible rewards that enrich resident life. Since the program launched, participation has outpaced the original goal of 10%, reaching nearly 20% in the third quarter. And more than \$34,000 has been earned to spend on community enhancements! We look forward to seeing the program grow even more over the coming year.

Looking Ahead...

Hard to believe, but 2024 is just around the corner! It's time to plan ahead for all of the fun and exciting events that await us in 2024! Information on 2024 events will be posted on www.psl.org/events when available! We hope to see you there!

- **April 24, 2024 - Designer Handbag Bingo: Lancaster, PA**
Benefitting the affordable communities' Cupboards of Care
- **May 9, 2024 - Western Open Golf Tournament: Altoona, PA**
Benefitting the provision of resident assistance for those who have outlived their personal funds
- **August 5, 2024 - Jack Barnhart Memorial Golf Tournament: Harrisburg, PA**
Benefitting affordable communities and small personal care homes for resident engagement



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From the President/CEO



Dear PSL Family,

We have come to the end of my first year in service as President and CEO. It has been quite an exciting year with Pine Run Village joining the PSL family. Pine Run is a Life Plan Community located in beautiful Bucks County Pennsylvania and was previously owned by the Doylestown Health System. Pine Run brings over 600 new residents/villagers and over 400 new team members to the PSL family. The effort to accomplish this transition by all parties involved and the patience and cooperation of the people who live and work at Pine Run was amazing.

I am truly excited about the year ahead as we will be establishing the PSL Affordable Housing Foundation. This foundation will be focused on raising funds to increase the number of affordable housing opportunities for older adults as well as ensuring those communities have funds to maintain them well into the future. Over the last several years PSL has been able to construct upwards of 700+ affordable new living accommodations for older adults with lower incomes. Unfortunately, due to recent changes in the economy, financing for new construction has become difficult to obtain. This foundation will serve to fill that gap and allow us to continue the expansion of this much needed resource. I invite you to be part of this exciting effort!

As we head into the holiday season, I hope you are able to spend time with friends and family. I am looking forward to sitting down, probably eating way too much turkey and ham, and enjoying time with my loved ones. I wish you the blessings of peace and prosperity during this special time of year.

In your service,

Dan Davis
President and Chief Executive Officer



New Chairman's Circle Members Inducted

On October 2, 2023 PSL welcomed three new inductees into its esteemed Chairman's Circle group.

Chairman's Circle members are a distinguished group, with a variety of talents and abilities, but a common commitment to PSL and its mission. Each one has made a unique contribution to PSL's success. Many have given significantly of their time, talent and resources to make PSL a better place.



Susan Reimann, Diane Matlock and Dan Davis (left to right).

This year, we welcomed three new members to the Circle:

Jerry Dobbs, Ware Presbyterian Village in Oxford, PA

Jerry is a life-long volunteer, and truly embodies what it means to be a true giver. Jerry always has a kind word, a shared smile, and a positive attitude to share throughout all his interactions. Since joining the Ware Presbyterian Village Community Jerry has served as an active volunteer and generous donor for projects across the community and beyond.

Margie Mosher, Kirkland Village in Bethlehem, PA

In addition to being one of the warmest, kindest people you will ever meet, Margie's philanthropic spirit is second to none. She is quietly and unassumingly an incredible force within Kirkland Village. Her kindness extends to her interactions with residents and visitors, her volunteering of time, and her overall approach to life.

Diane Matlock, Quincy Village in Waynesboro, PA

It could be said that the philanthropic spirit runs deep in Diane's family. Her mother served as a volunteer at Quincy Village, and Diane has followed that lead! She has been a liaison between residents and administration, a leader on campus, and a champion for improvements and growth of our community. Diane and her husband Mike have given generously to the community.

Congratulations to all our new members!

Jack Barnhart Memorial Golf Tournament

by Tom Koehle

Golfers, supporters, volunteers and Presbyterian Senior Living staff gathered at the Colonial Golf and Tennis Club in Harrisburg for the PSL Jack Barnhart Memorial Golf Tournament. Proceeds of the tournament benefit the Stephen Proctor Endowment, which provides support for PSL's affordable care and small stand-alone personal care communities.

Over \$76,000 was raised via Partners in Mission sponsorships, individual golfer registrations, personal gifts to the event, and the traditional purchase of mulligans. PSL and its Partners in Mission program would like to thank our Premier Sponsor, Prelude Services. Tournament Sponsors included Benchmark Therapies and PJ Dick. Lunch Sponsors were Bank of America, Cozen O' Connor, and HealthDirect Pharmacy Services. Golfers also had an opportunity to sink a hole-in-one for \$1,000,000, thanks to sponsor, PS Salon and Spa.

Thanks to all of the additional sponsors and individual golfers who made the day a success, despite cool and rainy conditions.

Director of Partners in Mission, Tom Koehle said, "We are so appreciative for those who support the annual Jack Barnhart Memorial Golf Tournament and the mission of PSL. The dollars raised enhance programming and resident enrichment at our affordable care and small stand-alone personal care communities. The commitment of our Partners and supporters is appreciated and impactful."

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Patio Memorizes Cathedral Village Resident

by John Ross

The loss of a loved one is heartbreaking. John Ake, a resident at Cathedral Village in Philadelphia, experienced that last year. One of the things that helped him was the support from his community. A beautiful poem was written by fellow resident Rev. David G. Cassie (and it was also read at the dedication). That poem illustrated not only the wonderful person that Rosemarie was, but also the impact she had on others as well as the strength of the community to help one another.

It was this realization that inspired John to honor Rosemarie in a most fitting way. John noted, "I felt the best way to honor her was

to have a space where residents could gather and forge strong bonds; the kind of bonds that strengthen our community and our residents. That's what she did and she'd want that to continue."

On September 26 the Rosemarie Ake Patio was dedicated by John and their daughter, Christine, and with over 80 people joining the celebration. The patio features a slip resistant surface, tables, chairs, umbrellas, a fire pit, and lighting.

