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## Penn Foundation's Founding Medical Director Dies



Penn Foundation's founding Medical Director Dr. Norman Loux died on Thursday, May 20, 2010 at the age of 90.

Dr. Loux began his psychiatry practice in Souderton in 1955. He later moved his practice to Sellersville, which grew from a one-man operation into the comprehensive, community-based behavioral healthcare organization it is today, employing more than 360 staff and serving 10,000 people annually. Dr. Loux served as the agency's Medical Director until 1981, and he retired from seeing clients in 1984. He remained on the Board of Directors until 2008.

"When Penn Foundation was established in 1955, it was an empty storybook. Dr. Loux didn't know how the story would unfold," reflects John Goshow, Penn Foundation President and CEO. "In fact, he didn't know if there would be anything worth writing about. All he knew was his vision for a much-needed community mental health facility, a novel idea at that time."

"What he didn't realize was that he was part of something bigger than himself, that he was helping to write a unique and important piece of history that would transform the mental health system and be used as a national model for other community-based mental health centers," adds John. "Dr. Loux was a serving leader, a giant of a man, a visionary dreamer, and a confident risk-taker. His determination and dedication to mission, service, dignity, and compassion have gained our admiration and will continue to sustain us as we carry on his legacy for the next 55 years and beyond." ■



*Rendering of the Group Home.*

## Penn Foundation Breaks Ground on Penn Villa

Fifteen years of searching, planning, and dreaming came to a celebratory end on May 19, 2010 when Penn Foundation broke ground on Penn Villa. Construction should take about one year.

To be situated off of Diamond Street in Sellersville, Penn Villa will be a neighborhood comprised of a group home and five townhomes providing permanent, affordable housing for individuals with mental illness. These new facilities will replace rented, crowded two-bedroom apartments and allow Penn Foundation to provide housing for 23 individuals, more than the current program allows.



*Rendering of the townhomes.*

"What makes this project truly special is the integrated environment in which the group home and townhomes will be built," says Chris Shannon, Director of Residential Services. "With ten other townhomes constructed in the Penn Villa development, residents of our facilities will be able to live among and interact with other community members."

"Knowing that we will soon be offering affordable, high-quality housing to individuals in need makes the journey worth it," adds John Goshow, President and CEO. "We are very grateful to everyone who has provided encouragement and assistance. We have always made a commitment to respond to community need, and Penn Villa is another way in which we are upholding our promise." ■

## Legislative Luncheon

On March 19, 2010, Penn Foundation hosted its annual Legislative Luncheon to update area legislators and constituents on what has been happening at Penn Foundation and to thank them for their support.



Dave Landis (left), Penn Foundation Board of Directors, and State Representative Paul Clymer.



Brian Haigh (left), member of Penn Foundation's Housing Task Force and State Senator Charles McIlhinney



Jennifer King (left), Special Events & Annual Campaigns Coordinator, Penn Foundation; State Senator Robert Mensch; and Noel Burch, Long Nyquist & Associates.

## HealthChoices HealthConnections: Integrating Mental Healthcare with Physical Healthcare

Individuals with serious mental illness die 25 years younger than the general population.

Recognizing the dire implications of this sobering statistic, the Pennsylvania Department of Public Welfare, Bucks County Behavioral Health System, Delaware County Office of Behavioral Health, Montgomery County Department of Behavioral Health and Developmental Disabilities Human Services Center, Keystone Mercy Health Plan, and Magellan Behavioral Health of Pennsylvania have partnered to address it.

### HealthChoices HealthConnections

Penn Foundation is participating with the six sponsoring agencies to implement *HealthChoices HealthConnections*, an innovative new program aimed at integrating behavioral healthcare with physical healthcare. Program membership, which is free and renewable every two years, offers participants wellness tools and resources to coordinate and enhance all aspects of their health care.

Individuals in the program work closely with a health advocate, called a Navigator, to access the health services they need. The Navigator collaborates with all of the individual's health care providers and develops a personal wellness plan based on each individual's health profile (provided by Magellan).

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## Penn Foundation Celebrates Support Staff



On April 22, 2010, Penn Foundation hosted a breakfast at Franconia Heritage Restaurant to celebrate the contributions of its support staff. Approximately 50 employees attended, enjoying delicious food, fellowship, and a rousing game of bingo, in which everyone was a winner!

## Basket Bingo Raises \$7,000 for Wellspring Clubhouse

On March 27, 2010, over 100 men and women gathered at the Sellersville Fire Department to play Longaberger Basket Bingo. Wellspring Clubhouse raised \$7,000 from this event, benefiting its evening, weekend, holiday, and social programs; educational and employment opportunities; and lunch program. The afternoon featured 20 regular games, five bonus games, and two raffles. Over 55 door prizes added to the excitement.



*continued from page 2...*

The Navigator can assist with medications – reviewing each medication to ensure that they are safe to take together; making sure medications are refilled as necessary and sending reminders if medications have not been refilled; and checking in with each person to see if any medications are causing problems. The Navigator can also follow up on needed lab work and arrange transportation to appointments.

### Meet Penn Foundation's Nurse Navigator

As Penn Foundation's Nurse Navigator for this initiative, Lori Marshall, RN, a 2009 nursing program graduate of Montgomery County Community College, has been working with the ACT and Recovery Coaching programs to sign people up for *HealthChoices* *HealthConnections*.



Having a registered nurse in the role of Navigator offers an advantage to program participants because Lori can provide wellness education, prevention education, and disease management tips in addition to her Navigator duties.

"So many people tend not to focus on their physical health because they are so focused on getting help for their mental health," explains Lori. "I am excited to advocate for people with mental illness and help individuals move towards improved physical health." 📱

For more information about *HealthChoices*, *HealthConnections*, contact Lori Marshall at 215.257.6551 x 138 or [lmmarshall@pennfoundation.org](mailto:lmmarshall@pennfoundation.org).

## Finding Independence



When you walk into Wellspring Clubhouse, Lisa Cooper greets you with a contagious smile and immediately makes you feel welcome with a friendly "Hi, how are you?" She loves to cook, especially tacos, spaghetti and meatballs, and chicken parmesan. In fact, she participates in a weekly cooking club. She enjoys walking, swimming, reading, and going to the library. Her favorite movies are *Poltergeist* and *The Blind Side*. Her dad is teaching her how to drive.

Lisa, who was diagnosed with schizoaffective disorder, has been living in Penn Foundation's CRR (Community Residential Rehab) program for two-and-a-half years.

### Finding Her Way

Lisa's struggles with mental illness began at age 13 when her grandmother passed away. "I began to hear voices and became paranoid," she says. She initially sought help through PATH (People Acting to Help), Inc., a non-profit organization in Philadelphia providing mental health and intellectual disabilities services. When her parents moved out of Philadelphia to the suburbs, Lisa sought help closer to their new home. Lisa spent six months at Horsham Clinic and three months at the University of Pennsylvania Hospital before moving into a boarding home in Quakertown. While living there, Lisa was on a waiting list for Penn Foundation's Residential Program. She was able to move in one year later.

### Searching for Independence

The Residential Program offers housing support for persons with major mental illnesses and co-occurring mental illnesses and substance use disorders. Opportunities for daily living skill development and community integration are available in areas such as meal planning and preparation, grocery shopping, budgeting, personal hygiene, wellness management, socialization, and coping skills.

Lisa was relieved when she was able to move into the CRR program because it would afford

her an independence not found at the boarding home. "When Lisa came into CRR, she had not been grocery shopping or cooking for herself," explains Chris Shannon, Director of Residential Services. "Her medication had been given to her rather than her having the opportunity to learn anything about how to manage it herself." Lisa now does her own grocery shopping and prepares her own meals. She also cleans her apartment and does her laundry. "And though her medications are still held by staff," adds Chris, "she knows how to take them now, knows what her medications are, and sets out her medication accurately at medication times."

Through the weekly cooking club and group outings to the movies and stores like Wal-Mart, Target, and the mall, Lisa has the chance to socialize with other residents in the program. She also teaches a monthly diabetes class and is a member of the Housing Task Force. "This program has been a really good stepping stone for me," says Lisa. Adds Chris, "Lisa has become much more productively active and much more independent."

### Reaching Her Goals

In addition to her participation in the CRR program, Lisa is also an eight-year member of the Wellspring Clubhouse and a graduate of IPR (Intensive Psychiatric Rehabilitation). At the Clubhouse, Lisa works in the Member Services Unit, typing meeting minutes, overseeing attendance, and shredding papers. She recently completed a nine-month Temporary Employment Position (TEP) with First Savings Bank of Perkasie, scanning, filing, and organizing documents. She is now job shadowing at the Apple Orchard Café at Souderton Mennonite Homes.

Through IPR, Lisa received support in identifying and achieving three of her life goals. "I wanted to live on my own, get a job, and write a resume, and I accomplished all of them in one year," Lisa says proudly. Although she already has a degree in Liberal Arts from Harcum Junior College, Lisa's next goal is to return to school and study Spanish. 📱



## EMPLOYEES HONORED

**HONORED FOR 40 YEARS** of employment was Sandy Landis, Director of Human Resources. Sandy began her career at Penn Foundation in July 1969 as a Secretary for the Children's Department. Over the next 20 years, Sandy held various positions until her promotion to Human Resources Director in 1991.

**RECOGNIZED FOR 30 YEARS** of service were (left) Carol McDonald and Barbara O'Brien (pictured with President & CEO John Goshow). Carol and Barbara worked together in the Partial Hospital program until it closed two years ago. Both women now work in the Forensic Assertive Community Treatment (FACT) program.

**CELEBRATED FOR 25 YEARS** of employment was Donna Duffy-Bell, Director of Rehabilitation Services. Donna began her career at the agency in 1984 as a Residential Caseworker. In 1990, she was named Director of Case Management Services and served in this role until being promoted to her current position in 1997. She is pictured with President & CEO John Goshow.

**HONORED FOR 20 YEARS** of service was Marianne Gilson, Quality Improvement Director (pictured here with President & CEO John Goshow). She also holds the titles of Privacy Officer and Safety Officer. Before her appointment to these positions in 2001, Marianne held various positions at the organization, including Director of Partial Hospital, Marketing Director, and Director of Network Services.

**RECOGNIZED FOR 15 YEARS** of employment were (front, left to right) Donald Detweiler (*Village of Hope*), Sandy Dale (*Recovery Center*), Michele Grida (*Client Registration*), Lisa Dembrosky (*Wellspring Clubhouse*), (back row) Tammy McCarthy (*Penn Gardens*), Jolene Musselman (*Mental Health Outpatient Services*), Joan Nathan (*Wrap Around Services*), Lisa Kauffman (*Mental Health Case Management*), Bob Dunning (*Recovery Center*), Gordon Hornig (*Recovery Center*), and Patti Trenholm (*Mental Health Outpatient Services*). Not pictured is Dr. Robert Rapkin (*Geriatric Services*).

**CELEBRATED FOR 10 YEARS** of service was (front, left to right) Lisa Vasey (*Family Based Services*), Terri Thomas (*Early Intervention Services*), Tim Werbeck (*Mental Health Case Management*), (back) Lesley Smith (*Wrap Around Services*), John Goshow, President & CEO, Michelle Lerch (*Human Resources*), and Karin Ramsden-Donahue (*Wrap Around Services*). Not pictured are Adrianna Gerard (*Mental Health Case Management*) and Kelly Pierce (*Recovery Center*).

**HONORED FOR 5 YEARS** of employment were (left to right) Rebecca Deuchar (*Emergency Services*), Tony Marnell (*Family Based Services*), Patricia Hunsberger (*Business Office*), Lorraine Haney (*Recovery Center*), Jim McGrath (*Village of Hope*), Jane Straw (*Mental Health Case Management*), Linda Harrington (*Mental Retardation Supports Coordination*), Harry Allen (*Family Based Services*), Megan Stewart (*Mental Retardation Supports Coordination*), Robin Lawrence (*Forensic Assertive Community Treatment*), [and John Goshow, President & CEO]. Not pictured are Jacqueline Giddy (*Employee Assistance Program*), Theresa Pearre (*Wrap Around Services*), Jacqueline Serbu (*Mental Health Case Management*), Betty Session (*Residential Services*), and Lisa Wurster (*Mental Health Outpatient Services*).

## Penn Foundation Honors Employee Service

Penn Foundation hosted a luncheon at The Washington House in February to honor 40 employees for their service with the organization.







**PENN FOUNDATION**  
BEHAVIORAL HEALTH SERVICES



Penn Foundation & Camp Men-O-Lan present

# FAMILY FUN DAY

**Saturday June 19<sup>th</sup>, 2010**

10:00 A.M. - 3:00 P.M. Camp Men-O-Lan in Quakertown



## Join Us For:

- Free Lunch from Jesslemel Caterers 11:00A.M. - 1:00P.M. (limited supply)
- Lehigh Valley Zoo Expedition
- Canoeing, Paddleboating, & Other Fun Activities
- Crafts for Kids, Face Painting

## WIN Prizes!

- A Nintendo Wii!
- A Week at Camp Men-O-Lan & more!

For more information, or to volunteer,  
call (215) 453 - 5182 or visit  
[www.PennFoundation.org](http://www.PennFoundation.org)  
or [www.menolan.org](http://www.menolan.org)





# PENN FOUNDATION

BEHAVIORAL HEALTH SERVICES

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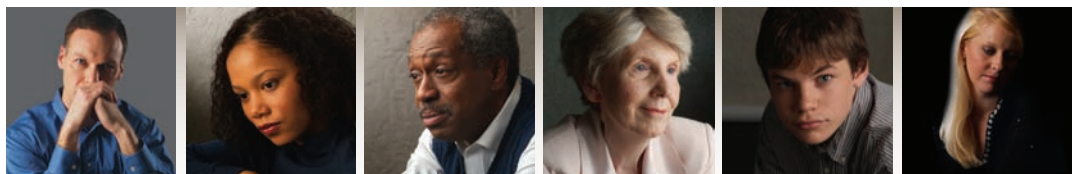
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DID YOU KNOW...



- ❖ Individuals with serious mental illness die 25 years younger than the general population.
- ❖ It took 15 years of searching and planning to break ground on Penn Villa, Penn Foundation's new residential group home and townhomes.
- ❖ Look for Penn Foundation on Facebook at "*Penn Foundation – Power of Hope.*"

