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## Exponential Explosion in Number of U.S. Elders

The U.S. will experience an explosion in the number of 65+ year olds by 2025 and “by 2050 a significant share of these older adults (one in four) will be age 85 or older.”

*(Connecting Residents of Subsidized Housing with Mainstream Supportive Services: Challenges and Recommendations, Rebecca Cohen, Center for Housing Policy, December 2010)*

Foxdale’s founders’ gave of their time, talent and treasure to create a community in which people would love and care for one another.

*“Foxdale is the place that you go to live!”*

Comment from State College Community member.



## Changing Aging

As the quote in the sidebar indicates, there is a coming exponential explosion of elders living in the U.S. At Foxdale, we know that for individuals who are 65 and over, even those living with Alzheimer’s, Parkinson’s, and other challenges, we can change aging. Through our commitment to wellness over the past 20 years, Foxdale has enabled residents to live more full, healthy and happy lives. I invite you to learn more about ways in which Foxdale changes aging through our focus on wellness.

Bill James  
Executive Director

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## Just Because You are 80 Doesn’t Mean You Can’t do Pilates

Foxdale’s exercise specialist, Danielle Duvall is a certified functional fitness trainer and teaches land-based exercise programs. Danielle notes that, “forms of exercise at Foxdale focus on functional fitness. Functional fitness is a method of training to improve a person’s ability to accomplish a task. When we combine functional fitness with active aging, the tasks we help residents master focus on everyday activities like getting out of a car, picking objects up from the floor or climbing Manchu Picchu.” In short, exercise has a purpose – to maintain function, wellness, and independence whether a participant is 65, 75, or 80+. Functional fitness exercises such as pilates:

- Promote good posture which supports pain-free movement
- Use body weight as resistance enabling residents to move independently
- Train for life in a 3-D world supporting front-to-back, side-to-side, and top to bottom motion, again supporting independent movement.
- Build core strength and flexibility which helps stabilize the spine, enabling limbs to move with more power.
- Promote balance by working on vision, the nervous system and the inner ear.

## Form Follows Function: Wellness Center Design

Access to a much larger exercise studio designed to promote forms of land-based exercise that Foxdale cannot currently offer.

- **Larger space** for multi-plane obstacle courses training.
- **Built in step** to maintain the ability to ascend and descend stairs.
- **Kahrs Activity Flooring** with energy absorbing qualities to counteract injuries.
- **Visual focal points** to be used in advanced balance training.
- **Cement wall** for medicine-ball training and yoga classes.

### The Center will also include

- an expanded and well-equipped physical therapy room,
- an upgraded hair styling salon which will support users with varying abilities,
- and two rooms that could support additional therapies such as quiet meditation or therapeutic massage.

## In the Next Issue

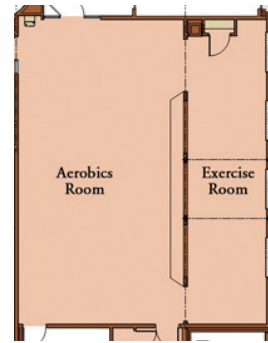
### Expanding Access to Foxdale

Readers are invited to suggest topics, please contact Sophie Penney (contact information on the last page).



## Foxdale is the place where you go to live!: The Wellness Center

Slated to open in late 2011, the Wellness Center will promote changes in aging through facilities that promote wellness of body, mind and spirit. The Center will include a significantly larger exercise room with an array of features (see box on left) to better serve residents, staff, and others.



## Aquatic Therapy Changes Aging In Ways No Land-Based Exercise Can

Foxdale does not have an on site therapy pool, but offers water-based fitness programs. Danielle DuVall is a certified water-based exercise therapist. Citing CDC research, Danielle notes that water-based therapy can

- Stave off chronic diseases such as rheumatoid arthritis, stenosis, fibromyalgia and Parkinson's
- Provide strength gains that promote muscular balance, reducing the chance of falls and injury
- Promote increased range of motion and increased circulation resulting in decreased swelling in legs and feet and less muscle soreness from exercise
- Reduce the force of stress placed on joints and connective tissue, creating an ideal environment for those with joint injuries or illnesses that affect joint health
- Enable residents unable to participate in, or who cannot fully benefit from, land-based exercise (such as those in wheelchairs or who have other mobility limitations) to transcend the bounds of the earth

How does one body of water have such an impact? *Heat from the water enables muscles to relax and move better*, promoting increased range of motion. *Viscosity enables joints to experience resistance* and provide strength gains that promote muscular balance and reduce the change of injury. *Buoyancy reduces the force of stress placed on the joints* and connective tissue making water an ideal exercise environment for those with joint injuries. *Hydrostatic pressure promotes circulation*, resulting in decreased swelling in legs and feet, improved blood circulation, and less muscle soreness from exercise.

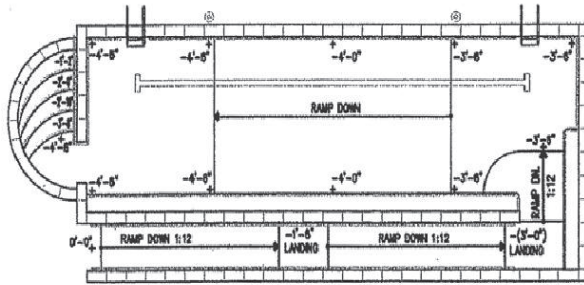
The pool is a liberator, allowing residents to move gracefully to their own rhythm, and offering mental and physical freedom to all.

- Foxdale Resident

## Foxdale Residents Vote to Contribute \$10,000

During the April 2011 Resident Association Quarterly meeting Foxdale residents passed a resolution to donate \$10,000 toward construction of a therapy pool. This brings the total donated or pledged to over \$16,000 of the \$1 million needed to begin construction.

Following is a diagram of the proposed therapy pool.

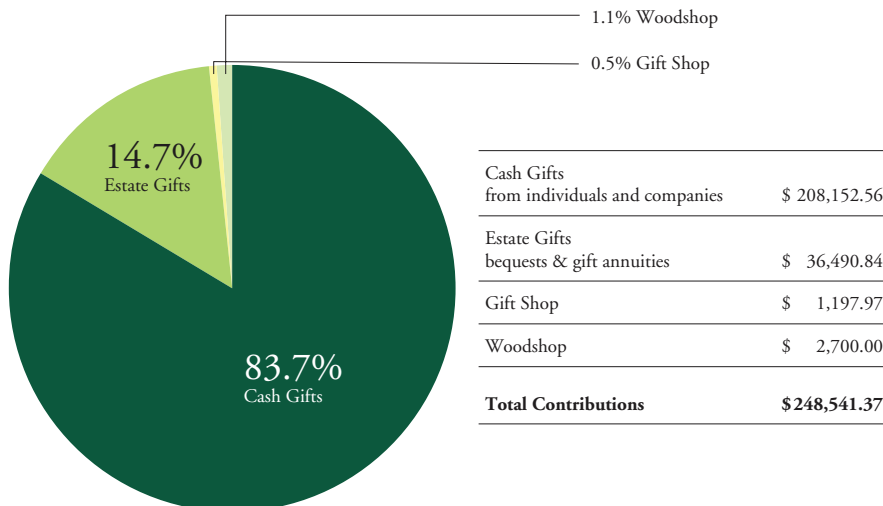


## Philanthropy 2010: Thank You for Changing Aging!

Whether one believes in religion or not, and whether one believes in rebirth or not, there isn't anyone who does not appreciate kindness and compassion.  
(Dalai Lama)

Thanks to you and all donors for the kindness and compassion you showered on residents and staff when you made a gift to Foxdale in 2010.

Your gifts to The Community Fund showed compassion for residents facing financial challenges, ensuring that they would remain at Foxdale even if they were unable to pay their monthly fees. Your gifts to the Givers of Care Funds showed kindness to employees, enabling them to secure no-interest loans to support short-term needs, housing expenses, or to achieve new educational goals. Your contributions of artwork, furniture, and volunteer time exhibited kindness and compassion by beautifying the campus or making a project move more quickly.



## Charitable Trusts

Charitable remainder trusts are another way in which you or other donors might make a gift to benefit Foxdale and/or other 501(c)(3) organizations. In addition to benefitting a charity, donors who fund a charitable trust receive life income. Donors can contribute cash or securities to a charitable trust and may be able to donate other marketable forms of property such as real estate. For general information, contact Sophie Penney. To determine whether a charitable trust is the best way for you to make a gift, please contact your financial adviser.

*The Tax Relief, Unemployment Insurance Reauthorization, and Job Creation Act of 2010 provided for:*

- A two-year adjustment of the estate tax, with a \$5 million individual exemption and 35 percent tax rate.
- A two-year retroactive extension of the IRA Charitable Rollover. With passage of the Act, the expiration date for the Rollover is now December 31, 2011.

To make a direct transfer from an IRA to a qualified public charity the IRA owner must be 70½ or older. Total transfers cannot exceed \$100,000 per year (or \$200k for couples if partner has a separate IRA). Transfers must be to a public charity either outright or for a specific purpose, and the transfer must be made directly from an IRA trustee to the charitable organization. For more information, contact your financial adviser.

## Foxdale Village

Sophie Penney  
Director of Development



PHONE: (814)272-2150  
FAX: (814) 253-4951  
E-MAIL: spenney  
@foxdalevillage.org

For more information please  
visit: [www.foxdalevillage.org/  
development\\_support.html](http://www.foxdalevillage.org/development_support.html)

The official registration and financial  
information of Foxdale Village may  
be obtained from the PA Dept. of  
State by calling toll free within PA,  
1-800-732-0999. Registration does not  
imply endorsement.

Privacy is our utmost concern, Foxdale  
doesn't share or sell any mailing lists.  
However, should you wish to have your  
name removed from the fundraising mail-  
ing list please contact Sophie Penney.

*Foxdale Web site:*

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



## Foxdale Village

500 E. Marylyn Avenue  
State College, PA 16801

## Your Gifts Change Aging

### **Your gifts to The Community Fund**

Enable residents who are unable to  
pay their monthly fees to continue to be  
members of this caring community.

### **Your gifts of artwork and memorial trees**

beautify Foxdale's campus.  
Beautiful environments affect mood and  
mood influences the overall health of all of  
Foxdale residents (staff as well!).

### **Your gifts support Foxdale's Givers of Care**

– Foxdale's employees. Your gifts  
support wellness programs and provide  
no-interest loans for housing, education or  
short-term needs.

### **Your gifts to support construction of an on-site therapy pool**

will bring  
Foxdale closer to providing *all* elders  
who would benefit with the opportunity  
to enjoy the incredible benefits of aquatic  
therapy.

## Resident Kudos to Foxdale Employees

### *Kudos Haiku by Bunny Moon*

With broom, mop and pail,  
they make our houses sparkle.  
Our housekeepers rock!

We can cook at home  
or eat tasty food served by  
a stellar wait staff.

Foxdale's handymen  
guard our comfort and safety.  
Bravo, Maintenance

Compassionately  
they meet our every health need.  
Thanks medical team.

**Foxdale directs 100% of your gift to the fund of your choosing, so  
you can rest assured that every penny of your contribution changes  
aging. Thank you for transforming lives of Foxdale residents in big  
and small ways each and every day.**

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