

DIAKONNECTION

SPRING 2003

Rehab patient shows what determination can do

At 81, Violet McCarney was in pretty good health. So when a strange feeling came over her one Sunday in February, she knew something was wrong. At the hospital, she learned that she'd suffered a mild stroke. About a week later, she had a more severe one.

McCarney's daughter and granddaughter, a physical therapist, began checking the Hagerstown area for rehabilitative therapy options. They selected **Ravenwood Lutheran Village**, they say, because from the start they received a thorough report of what could be done and what to expect from therapy.

"When they came in, I talked about what I'd recommend for someone who'd had a stroke," explains Lori Lavelle, Ravenwood's rehab coordinator. "I told them how research shows that the sooner

you begin rehab, the better the outcome could be."

Violet McCarney had no awareness of her left side when she arrived at Ravenwood. She also had vision problems, trouble swallowing, and difficulty with some of the activities of daily life.

But she clearly was a determined patient, Lavelle adds.

"She showed signs immediately that she could make tremendous improvement, and she continues to do very well. Her family has been very active in her care and takes her out into the community to church and restaurants."

McCarney will return home when her course of rehab is complete, says Lavelle, who has kept McCarney's family informed so that they can participate in her recovery. Because family involvement tends to

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Family traditions *Please turn to Page 8 for the complete story*



The Tillinghast family: Steve, Linda, Rob, Joe, Rachael Lynn, Rachel Diane, and Alia.



- Adoption Services, Maryland**
- Brandywine Program, Newark, Del.**
- Congregational & Community Ministries**
- Congregational Health Ministries**
- Diakon Housing & Development, Inc.**
- Frostburg Village of Allegany County**
- KidzStuff Child Care, Baltimore**
- Lutheran Village at Harbor Pointe, Salisbury**
- Ravenwood Lutheran Village, Hagerstown**
- Refugee & Immigration Services**
- The Village at Robinwood, Hagerstown**
- Volunteer Home Care**

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Mission: In response to God's love in Jesus Christ, Diakon Lutheran Social Ministries will demonstrate God's command to love the neighbor through acts of service.

Diakon serves nearly 60,000 persons annually in Pennsylvania, Maryland, and Delaware through adoption, foster care, refugee services, volunteer home care, retirement villages, housing accommodations, congregational ministries, hospice services, and more.

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Refugee sponsorship crisis

Admissions

Continued from Inside Back Cover

“While we understand the need for increased security, only those of ‘special humanitarian concern’ have historically been approved for admission. Generally, this has meant refugees who have spent a long time in limbo with no other solution in sight, refugees at special risk of forcible return, and refugees with family members already in the United States. Government policy changes are affecting the arrival of even those persons,” he says.

Refugee Services staff members ask concerned citizens to write legislators to renew America’s long-standing commitment to the world’s displaced. More information on contacting senators and representatives, as well as a sample letter, can be found on Diakon’s Web site, www.diakon.org. *Dialog* readers may also contact Dudley at (717) 795-0378.

Iraqi

Continued from Inside Back Cover

He has supported the recent war in Iraq. Thinking of the brother and sister who remain in northern Iraq, he says that, “We want to know that the future can be better than today. We don’t want another dictator. We can get our freedom back, get our dignity back. We don’t want any more suffering.”

Abdulqadir remains committed to reaching his goal of obtaining a degree and U.S. citizenship. “I can be part of my old country. I think I could be part of two worlds,” he says. “Not a lot of people get that.”

His dream would not have been possible without Diakon’s Refugee Services, he says. “Whatever question we had, they tried to help us—finding a place to live, finding a job, directing us to education. They represent the good will of the American people.”

Couple find Frostburg Village the perfect answer

Planning rehab care wasn’t the only concern Elizabeth Rollins faced after knee surgery.

Her husband, Pete, had had a stroke a decade earlier and used a wheelchair. Remaining in their Frostburg home while she underwent rehabilitation after knee replacement simply wasn’t an option.

The couple found the perfect solution at **Frostburg Village**.

While Mrs. Rollins spent nearly two months in therapy to restore function and regain her strength and balance, Mr. Rollins moved into the village nursing care center. He also underwent therapy and, even though years had passed since his stroke, he was able to regain abilities he thought were long gone.

“He is able to walk again with a cane,” says Lisa Stewart, head of therapy services at Frostburg. “As a result of the stroke, he had a lot of pain [from freezing of joints].

Now, he has some movement in his hands.”

Moreover, the Rollins now live in the village’s assisted living community.

“This is a good place for us at this point in our lives,” says Mrs. Rollins. “We are able to stay together and that’s important.”

Married for 56 years, the Rollins have enjoyed a full and busy life, rearing nine children. But at 75—they’re the same age—they still have many things they’d like to do.

In fact, just last year, Pete Rollins fulfilled a long-time goal of graduating from Frostburg State University with a degree in English. He attended classes in his wheelchair, with Elizabeth at his side most times.

He counts going up on stage to receive his diploma in May 2002 as one of the proudest moments of his life. His fellow students gave him a standing ovation.

“Our kids were very proud of him, too,” Mrs. Rollins adds.

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Villages mark 25 years of service

Ravenwood Lutheran Village

For 25 years, **Ravenwood Lutheran Village** has been offering care to residents of Hagerstown and beyond, providing nursing care, assisted living, retirement living accommodations, and adult day services.

In 2003, Ravenwood is celebrating that milestone, and some of its staff members are marking similar anniversaries with the facility.

Brenda Wolfe, for example, began her career at Ravenwood as a part-time

nursing assistant shortly after the village opened. Today, she is a full-time restorative aide. What she liked about the village then, she still likes today.

“The atmosphere is very friendly, not at all institutional,” she says. “I really like the opportunity to

be involved in directly caring for residents, in helping them with exercises, and doing more with them. It gives me a chance to get to know them a little better.”

This summer, Ravenwood residents, families, and staff will celebrate 25 years of service.

At press time, a community concert was set for 2 to 5 p.m., June 1, featuring The Lite Side playing vocal and instrumental favorites including patriotic songs and music from the 1960s through the 1980s, along with children’s songs and sing-alongs (rain date was set for June 8).

The celebration also will include a rededication ceremony. For more information, readers may call Ravenwood at (301) 790-1000.



Frostburg Village

On a crisp early December day in 1978, a retirement community opened its doors in Allegany County, Maryland.

Offering nursing care for up to 170 residents and a mid-rise rental-subsidy apartment building of 110 units, **Frostburg Village** was “a new dimension of living” for older people, noted an early resident.

The facility, begun by Tressler Lutheran Services—now part of Diakon—provided residents with “activities, entertainment

and general all-around pleasing life,” the resident wrote.

Now, nearly 25 years later, a few things have changed at Frostburg. Thirty-five nursing-care units were converted to offer assisted living and adult day services were added at off-campus locations in Midland and Oakland.

Even with those changes, the village has remained true to its mission of providing a range of choices for a comfortable and care-filled life.

A number of staff members are celebrating 25th anniversaries as well, noting that they’ve remained part of the village because they believe it lives up to its calling.

“I think the Christian focus is important,” says Annie Elliott, RN, director of nursing. “I like being part of that and I think our residents do, too.”

Elliott, who came to Frostburg from an acute-care setting and began work as a unit nurse, says long-term care has its own pace and the residents always come first. “The residents are wonderful,” she says. “They’re why we’re here. It’s an honor to take care of people I’ve known in the community.”



Jan Vogtman, RN, describes her time with the village as “an enjoyable 25 years.” Now an adult day services director, Vogtman began as a part-time nurse.

“This is such a rewarding field,” she says. “I learn so much from our adult day services clients. We help them to remain independent and...they give back from their experience.”

Frostburg Village will celebrate its 25 years of service with a week of events under the theme, “Imagine, Believe, and Achieve.” The events will be held from June 15 to 21 and will include the annual employee recognition dinner, a concert, a rededication service, and a carnival complete with fireworks and a concert by the Arion Band, the same band that played when the village opened 25 years ago.

For more information, readers should call the village at (301) 689-2425.

Resident swims daily for fitness and fun

Richard Newcomer enjoys the pool at *The Village at Robinwood* so much that he spends time in the water just about every day. Almost nothing keeps him from taking a dip.

One rare exception did occur last July.

“It was my 91st birthday,” he says, “and there was such a celebration I didn’t have time to get in the pool that day.”

Since moving to Robinwood about two years ago, Newcomer has logged more than 200 swims in the pool, sometimes swimming twice daily. He readily admits that Robinwood’s pool is what clinched his decision to live at the Hagerstown retirement community.

“I looked at other places, but the pool here made this my first choice,” he says.

Interestingly, Newcomer wasn’t much of a swimmer in his younger days, developing an enthusiasm for the hobby as he grew older. Sometimes, he notes, he simply floats,

sometimes he heads for the “hot pool,” and occasionally he tries water aerobics.

“Really I do it for fun and to keep fit,” he says, “and I plan to keep at it for as long as I can.”



Richard Newcomer

SERVICE-TO-DATE

Each year, Diakon Lutheran Social Ministries touches the lives of thousands of persons throughout Maryland and Delaware. As of the end of March, the number of persons served regionally totaled more than 1,500.

Brandywine Program, Delaware
217 persons

Congregational & Community Ministries
700 persons

Diakon Adoption Services, Maryland
135 families

Frostburg Village
159 persons

Ravenwood Lutheran Village
205 persons

The Lutheran Village at Harbor Pointe
50 persons

The Village at Robinwood
82 persons

Tressler Refugee Services, Baltimore
29 persons

Brandywine Program prepared to assist families in crisis

When the Delaware Division of Child Mental Health needed a crisis-response agency that could help families of the Delaware National Guard, it turned to Diakon’s *Brandywine Program*.

“We have been asked in the past by DCMH to help in times of a particular crisis in the community,” explains Fern Spellman, program director. “We are available to speak directly to parents about how to cope with children in crisis.”

So it was no surprise that the department called Brandywine when the National Guard was seeking support for families dealing with separation from loved ones activated for duty in Iraq or elsewhere.

“If any families have an adolescent in crisis and they are unable to handle it because of the seriousness of the crisis, then the National

Guard will call our program,” says Ray Shamus, clinical director of the Brandywine crisis-intervention program. “We will talk to the family initially by phone, offer whatever counseling we can, and offer to do a mental-health assessment with the child as needed. If we cannot return the child home, we will refer the family to a psychiatric hospital.”

Shamus participated in a workshop with volunteers from the Guard’s Family Readiness Groups. The FRG volunteers are the first point of contact for families in crisis. “If they have a situation that is beyond them, they will call us,” says Shamus, who provided the volunteers with articles they could share with families to help them understand how to talk with children about the recent war.

“They found that very helpful. I was the only one who had given them any resource material

that talks about deployment of parents.”

Although the Guard unit did receive calls from parents with distraught children, Shamus and his staff would have stepped in primarily if a crisis had reached the point at which a child was threatening to harm himself or someone else. “I also think that if there had been a sufficient volume of calls and they were overwhelmed, our work could have included helping families who were having a hard time adjusting,” Spellman adds.

While the brevity of the war in Iraq probably helped to reduce needs, Brandywine continues to stand ready to help. “Our response,” says Shamus, “is not only for people from the National Guard, but other services as well—anyone who is active duty.”

Quilts warm adopted children to new homes

When the Women of the ELCA from Trinity Lutheran Church in Camp Hill, Pa., donated two dozen handmade quilts to *Diakon Adoption Services* last year, they could not have imagined the joy their hard work and thoughtfulness would bring to those on the receiving end.

“The two little girls that I gave them to were just beside themselves,” remembers Cheryl Drake, adoption case manager. “They are handmade. They are beautiful. The families who have received them have been very appreciative.”

When the Women’s Circle Group presented the quilts to Adoption Services, they included a card with each quilt providing details about the person who made it.

“My first thought when we got them was how best to use them. What would be most within the intent of those who had done the work?” says Ramona Hoyle, director of Adoption Services in Maryland. “We decided to use them as gifts at adoption-finalization hearings.”

The quilts, adoption staff members agreed, are wonderful symbols of home and permanence, making them an appropriate way to mark the occasion.

“It is a nice gift and a nice symbol,” Drake adds. “You kind of think of quilts, families, home—all those things are conjured up” at the finalization.

Home was exactly what Kelly Schmidt of Belcamp, Md., thought of when her newly adopted daughter, Kacee, received her quilt.

“I was totally surprised,” she says of the country patchwork quilt. “My family is from West Virginia, and my grandmother and great-grandmothers made quilts like that. It was such a rush, an heirloom type of gift. It brought back all those memories.”

Although Kacee’s quilt adorns her princess bed, the entire family enjoys the gift. “You really don’t get quilts these days. People don’t take time to make them,” she says. “It was more like a family gift. Everyone thought it was such a wonderful thing that they did.”

The Schmidt Family



KidzStuff center on course for state certification

Diplomas and certificates are a sign of accomplishment in the field of education, and soon the KidzStuff child-care center in Baltimore will have a new record of achievement to hang on its wall.

The center is seeking certification by the Maryland Department of Education and expects to complete the process by fall. The process entails months of self-assessment, planning for improvements, and program enrichment, says Ann Lofton, center director.

However, the result will be well worth the effort, she says, because of the benefits it brings.

“This certification indicates we are a quality child-care provider and that our teachers are credentialed,” Lofton says. “It gives parents and the public assurances about the level of care and education we offer.”

In preparing for the state certification, the center’s staff undertook additional training and upgraded educational material, while implementing a system to help track the program’s young graduates when they move on to school.

“The process also has raised our staff’s self-esteem and enhanced our program overall,” Lofton says.

Couples *Continued from Page 2*

He had earned an associate’s degree in the early 1970s and had passed the CPA exam. But he had always wanted to go further with his education.

“I’ve always valued education and I wanted to continue,” he says. “But first I had to get nine children through college. Persistence is the secret.” He found the local college students to be “the greatest on earth.”

“My first week there, I realized that I didn’t have a whole lot of differences from the young students,” he says. “I came to class on wheels and so did some other students. Mine were on a wheelchair and theirs were on a skateboard, that’s all.”

Family tradition turns into sweet reward



Even the Tillinghasts' dog, Hanna, enjoys the new whipped-cream tradition!

While most people simply see a dessert topping when they look at whipped cream, the Tillinghast family of Bel Air, Md., perceives the promise of newfound family in this lightly sweet, creamy concoction.

When Steve and Linda Tillinghast and their three children traveled to Portland, Ore., in 1999 to meet their soon-to-be-adopted daughter and sister, Rachael Lynn, they were introduced to a new tradition by her foster parents, the Imlays.

"Every time a 'new' kid comes to their home, they have an ice-cream party, during which the 'old' kids fill the open mouth of the 'new' kid with Reddi-wip®," says Linda, adding that the 'old' kids don't waste any time reaffirming their membership! "Each of our first three children was inducted as new 'family' in this fun way."

A year later, when the Tillinghasts celebrated Rachael Lynn's adoption finalization, they knew exactly how they planned to mark the occasion. "We wasted no time in having our own kid's whipped-cream welcome to the family, followed by a big

ice-cream party," Linda says.

With Rachael Lynn surrounded by her siblings and new extended family, the celebration began. "We had about 16 kids here. We told all the adults that they could go to hotels, and we kept all the children here for that night," remembers Steve. "We had a big ice-cream party. We told them we had to 'indoctrinate' them. Everybody took turns [eating the whipped cream]."

Because of the fun everyone has had with this tradition, Steve knew he had a winner when he heard about the Reddi-wip Real Moments contest. "You had to send in a family story that involved whipped cream for a chance to win \$1,000," he says.

Because the story really "belonged" to the Imlays, Linda called them to ask if it was okay to submit it. "We told them that if we won, we would use the money toward flying [their whole family] out here to visit," she says, explaining that their families stay in close touch. "They thought it was a great idea, too. We all laughed. Not in our wildest dreams did we ever think we would win."

When an express-mail package arrived in

December, Linda knew it was a good sign. "We had won first prize!" she says. "I left a message for Steve, then I immediately called the foster mom and told her. She had been through a rough day and was so excited to hear that."

The initial excitement of winning has been sustained as the Tillinghasts prepare for the Imlays' visit. "Plans are already under way for the Imlays to vacation with us for two weeks in August," Linda says. "They have never been farther east than Montana, and we can't wait to show them our neck of the woods."

Rehab *Continued from Page 1*

enhance therapy in cases such as McCarney's, her family began a journal so that she can witness her progress.

Mrs. McCarney has been her own best advocate for getting better.

"She's been really challenged," Lavelle says, "and I'm amazed at her determination. She trusted her therapists early to help her improve."

"They gave me a lot of encouragement," says Mrs. McCarney. "I've heard other residents say they don't want to do something. I wasn't like that."

When she does return to her home, Violet McCarney knows her family will continue to be there for her.

That's a day she's anticipating eagerly, and answers quickly when asked what she's looking forward to the most: "I can't wait to sleep in my own bed!"



Mr. & Mrs. McCarney

WISH LIST

The following Diakon programs can use your assistance! If you are able to donate any of these items or provide funding for their purchase, please contact Diakon's Office of Advancement at 1-888-582-2230, ext. 1219. Thank you!

Brandywine Program

Computer software for children
(*educational & recreational*)

Congregational & Community Ministries – Maryland

Volunteers to phone or visit homebound elderly and others in North and Northeast Baltimore
Blood-pressure cuffs
Stethoscopes
Health-education materials (*or funds to purchase*) for parish nurses who serve in various congregations in and around Baltimore

Frostburg Village of Allegany County

Piano (*new or used in excellent condition*)
Indoor garden cart with hand tools
Patio furniture to include "Cracker Barrel"-style rocking chairs
Indoor water fountain
Shuffleboard

KidzStuff, Baltimore

Multicultural dolls
Educational CDs (*reading math, language arts, science*)
Board games (*such as Sorry and chess, etc.*)
Jack and balls, jump ropes
Educational toys for children ages 2 – 12
Laminating machine

The Lutheran Village at Harbor Pointe, Salisbury

Display board
Landscaping for the Alzheimer's Unit patio (*perennials*)
Sound system for the dining room
Vehicle to transport residents to doctor's appointments (*rather than use the large bus*)

Tressler Refugee & Immigration Services (*New or used in good condition*)

TV (*cost to purchase, \$75*)
Vacuum cleaner (*cost to purchase, \$100*)
Telephone (*cost to purchase, \$25*)
Clock radio (*cost to purchase, \$20*)
Pots and pans (*cost to purchase, \$35*)

Congregational & Community Ministries Programs expand to meet synod's educational needs

Terry Langdon is excited about a new program she's launching, partly because she knows the impact it can have.

Aware of the success of Diakon's *Family Life Services* within the Northeastern Pennsylvania Synod in providing educational programs to clergy and lay people, Langdon is certain a similar, but locally customized, program will help to meet needs in the Delaware-Maryland Synod as well.

"We conducted focus groups with clergy and congregations across the synod's conferences and gathered input as to what topics should be addressed in educational programs," says Langdon, director of *Diakon Congregational & Community Ministries – Maryland*.

For several years, Congregational & Community Ministries has supported parish nursing and educational events on health and spirituality. With the recent hiring of Kati Kluckman-Ault, RN, as educational coordinator, the program is expanding its

topics to include health and wellness, parenting skills, adolescent development, aging, and end-of-life issues.

"Kati is actually the parish nurse and deaconess at one of our partnering congregations, Amazing Grace Evangelical Lutheran Church," says Langdon.

Initial offerings will include a program on domestic violence for the Women of the ELCA, continuing education for parish nurses, and a workshop to discuss aspects of sabbaticals for clergy and church leaders.

"Our goal is to be able to offer educational programs throughout the year in as many different regions of the synod as possible," says Langdon. "We want to bring workshops and programs to people whether in Frostburg or as far east as Ocean City."

For information on current programs and events, readers may call Langdon at (410) 631-0724 or Kluckman-Ault at (410) 563-9743.

Balance therapy rebuilds self-confidence

Aging is inevitable. But some of its effects don't have to be.

As they grow older, many people begin to experience a loss of feeling in their feet and legs, disruptions to their sense of balance, and a slowdown in reaction times. With the help of balance therapy, however, they can regain some muscle strength, increase reaction times, and improve their feelings of confidence and independence.

"These aging changes can affect their ability to do simple things like stand up and sit down, get dressed or get in and out of a bathtub," says Patricia Walsh, MPT, the physical therapist who works with residents of *The Lutheran Village at Harbor Pointe* in Salisbury, Md. "One of the biggest impacts is on walking."

Balance therapy includes "balance practice

exercises" in a safe, controlled environment, such as moving side-to-side and walking backwards. The therapy can also be beneficial following a trauma or acute incident.

Just ask Fran Mischler, a resident of the village's retirement living accommodations. With pulmonary and heart conditions, she uses oxygen and was left shaken by a minor car accident.

"We worked with her in a program of balance therapy and she is now completely independent again," Walsh says.

"I feel like a success story," says Mischler. "One of the most important things I learned is that after your therapy, you have to keep doing your exercises. You have to be your own personal advocate and just keep going."

Amazing Grace Partnership provides benefits for church and community connection

When Terry Langdon was looking to connect *Diakon Congregational & Community Ministries – Maryland* with Lutheran congregations in Baltimore, she turned to the Rev. Karen Brau, pastor of Amazing Grace Evangelical Lutheran Church in East Baltimore.

“The congregation was one of our original partners in the Urban Congregational Health Project,” says Langdon of a program that funded parish nursing in four Baltimore congregations. “They have effectively and efficiently used those funds to introduce the whole concept of parish nursing not only within their congregation, but also within their community.”

With a personal mission to link resources toward a common vision, Brau turned to Diakon to partner with people interested in a whole vision for the inner city.

“We needed more support for our ministry than just a pastor and an eager faith community can provide,” says Brau. “Diakon offered us connections and a tangible parish nurse to inch towards living that mission.”

Because of the church’s location, Brau and her congregation each day witness the impact poverty has on the human body. They hope that by connecting health and spirituality, they can bring some healing to their community.

“We’ve partnered with the community association and our neighbors and last year built a labyrinth with a perennial nursery and children’s art,” Brau says. “We are working to create a sacred commons, a place for healing in the heart of our community.”

Brau is working with *Diakon Housing and Development, Inc.*, to wend her way through the legal aspects of the project. “We’re in the process of getting the properties and putting them in a land trust so it would always be open space,” she says, adding that the city is supportive of their efforts. “We’ve taken space that would be filled with trash and made it beautiful.”

Brau’s efforts to extend Jesus’ healing power through partnerships has led Amazing Grace and Diakon to Johns Hopkins Hospital School of Nursing. “We are looking at what we might be able to do if we were to come together as some kind of faith and health collaboration,” says Langdon. “Among the three, there is an interest in promoting the benefits that come out of bringing together resources from the church and health communities.”



The Rev. Karen Brau in the community labyrinth.

The efforts are one more way to build people up, says Brau of the collaboration. “There is a lot of addiction, poverty, and struggle in the community,” she says. “We don’t know what fruit our work together will bear, but we have a sense of something that is a body and spirit connection.”

The congregation’s work and partnership with Diakon were recognized in May with Diakon’s President’s Award for Outstanding Social Ministry.

The following memorial gifts were received from December 2002 through March 2003. Diakon programs thank these donors for their generous gifts!

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