

# ON TOP OF Windy Hill

#### August 2021



1472 Roth's Church Road, Suite 103 Spring Grove, PA 17362 (717)225-0733 windyhillonthecampus.org Email: info@windyhilltonthecampus.org



Find us on Facebook Facebook.com/windyhillotc



Please note: Newsletters are completed by the 15<sup>th</sup> of the month prior to the month it's published. There is a lag time of 1 month before names will appear in our acknowledgement list. For instance, donations in January will be listed in March's newsletter, donations in February will be listed in April, etc. Thank you for understanding.

Note: Please update your emergency contact information with Nancy. Using your spouse as your contact in an emergency does no one any good when your spouse is here with you at the center or on a trip.

#### Message from the Director

August, 2021

We have entered the post-pandemic phase of the "new normal." "New normal" is something we have been hearing about for some time. And, when you visit Windy Hill you will see some things that may look the same and some things that may look new such as:

**New Faces** – We have registered 104 new members since January 1<sup>st</sup>. For those members who have been around for a while, please introduce yourself and make our new members feel welcome!

- **New Staff/Volunteers** We have 2 new staff members; Sharon Madenfort, Food Services Coordinator and Margo Ilgenfritz, Bookkeeper and take-out meal volunteer
- New Check-in Screen You will notice that our activities are now color coordinated on the Copilot. This will assist you in clicking on the appropriate buttons to register your participation.
- **New Meal Service** You will continue to have a choice of take -out or dine-in for our Monday-Wednesday lunch service. Please be sure to register appropriately.
- **New Technology** large TV screens, cameras and streaming services to support our various programs.

Whatever the "new" you see when you visit, please keep in mind that these changes have been implemented to make your experience here at Windy Hill a positive one.

On another note, a big "THANK YOU" to everyone who participated in our Wellness & Vendor Fair. It was a great day! See you at the center!

Tammy Miller

## Wish List



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#### A sincere thank you goes out to each and every one of you who donated to our center in June. Every item donated, hour volunteered, and dollar donated makes a difference.

#### **Monetary Donations**

AmazonSmile Foundation Don & JoAnn Arnold Pat Broadhurst-Stone **Beatrice Garvick** Margaret Harrison Margo & Bryan Ilgenfritz Cindy Kelly Nancy McIntyre Kthank Lee Miller Kas Moubrev Cathy & Gerald Myers **Barbara** Redding Gen Reed Thelma Russell Michael Salloom Joan Shearer Shirley Shearer

Jefferson Community Lions Club Geraldine & Gary Spangler Jay Trimmer Sandy Wagner Chester Wolf

#### **Item Donations**

Marty Antkowiak & Joann Rohrbaugh Glen Bortner Jim & Sandy Decker Lucy Glatfelter Carol Harrold Sue Howes Beverly Jacobson Larry Kress Pat & Walter Lobodinsky Lee Miller Wayne & Joanne Overmiller Byron & Pat Pomraning Joan Rohrbaugh Joann Rohrbaugh Elaine Smeigh Alice Stauffer

Country Meadows Hardee's of Spring Grove Officer Kevin for calling Bingo & handing out lunches Vendor Fair Vendors

Also thank you to our anonymous donors. Although your name is not listed, you are appreciated just the same!

## **Prayer List**

Peggy Bender Edith Brenneman Dolores Brillhart Philip Carlise Mary Coulson Lucy Glatfelter Hilda Grothey Larry Grothey Pat Hoff Don Mitzel Shirley Mitzel Becky Myers Cathy Myers Dolores Senft James Senft Brenda Shaffer Larry Sheridan Richard Stewart George Turner Wayne Winemiller

If there is someone you'd like added to the prayer list, please contact Nancy.

#### Property Tax/Rent Rebates 1st Tuesday of each month 9 am-9:45 am

Schedule an appointment with Wendy Leahy from Rep. Seth Grove's office for assistance with filling out the application for property tax or rent rebates. No walk-ins allowed. Appointments will be held here at Windy Hill. Membership to Windy Hill is FREE and open to active, independent Spring Grove area community members aged 60+. Visit our website for more information: <u>windyhillonthecampus.org</u> stop in for a tour, or call

**717-225-0733 ext. 0** to speak with Nancy. We look forward to meeting you!

#### New Member Orientation

Join us for a new member orientation on **Wednesday, August 18th at 12:30 pm.** We will give you more information about the history of Windy Hill Senior Center and the services/programs we offer. This is open to all members and prospective members to attend!

### **Quilts for Kids**

This group is taking the summer off. Look for them to meet again in September!

Welcome New Members! Jane Aughenbaugh

Judith A Bankert Christine Chew Gloria Detwiler Anna Diehl Ferne Dull Thelma Frazier Gloria Goodling Robert Herman Debra Marple Vicki Miller Francis Myers **Robert Myers** Elaine Phillips Lois Ruhland **Robin Sterner** Shirley Tolley Rodney Wolford Lucinda Wolford Vicki Wynegar

welcome

<b>APPRISE is now Pennsylvania</b>	Page 3			
Medicare Education and Decision Insight, PA MEDI Same Program, Same Services for Pennsylvania's Medicare Beneficiaries, now with a New Name.	<b>Tech Resources</b> Generations on Line—Offers FREE help with how to use your tablet or smart phone. <u>generationsonline.org</u> and click on whichever type of device you have: Android, Apple, or Amazon Fire.			
PA MEDI offers FREE Medicare counseling to older Pennsylvanians. Volunteers are specially trained to answer your questions about Medicare, Medicaid, Medigap, prescription drugs, preventive care, and to assist you with your paperwork.	Senior Planet—Offers help with various topics through free courses and presentations. <u>Seniorplanet.org</u> Tech Boomers—Offers 100+ Free courses, technology basics, useful websites, etc. <u>techboomers.com</u>			
<ul> <li>PA MEDI Counselors <u>do not</u> sell Medicare products but rather offer current, unbiased Medicare education to help you make the most informed choice about the Medicare options available to you.</li> <li>Call the York County Area Agency on Aging at (717) 771-9008 or 1-800-632-9073.</li> </ul>	Mobile Hotspot rentals—Glatfelter Memorial Library has mobile hotspots for rent. If you've been wanting to try out a hotspot to see how it works at your home, this is an excellent way to try it out. Hotspots give you the ability to have internet access at your home through the use of Wi-Fi (a wireless connection to the internet using radio signals to send and receive data). Stop by the library for more information or call: 717-225-3220.			
The PA MEDI Helpline is also available at 1-800- 783-7067 from 8 a.m. to 5 p.m. Monday-Friday.	Kennie's Market Community Rewards Program Kennie's Market will award up to \$30,000 to			
<b>Farmers' Market Vouchers</b> Applications are now available online on our website and at the front desk for those interested in the fruit & vegetable vouchers. To qualify you must be 60 or older and meet the household income guidelines (\$23,828 for 1 person in the household or \$32,227 for 2 people in the household). <b>Applications due before 9/15/2021.</b>	local nonprofits this year, and we could use ye help! This program began in April and will ru through August 25th. Sign up online so your purchases will count toward donations made Windy Hill Senior Center! It will only take a moment and could make a difference! Visit kenniesmarket.com and select "Commun Rewards" under the "Rewards & Programs tak to sign up.			
Windy Hill's Drive-thru Lunch Program				

Drive-thru Lunch Pickup will continue on Monday, Tuesday and Wednesday. The drive-thru time will remain from 11:30 am-12:30 pm.

Reservations for in-center dining at noon will be taken for Mondays, Tuesdays and Wednesdays. Sign up for "Regular Lunch" on Copilot to reserve your in-person space.

On Wednesdays, members will continue to receive frozen meals for Thursday and Friday. The cost for lunch is by donation for seniors 60 and older (*recommended donation is \$2.00*). Those 59 and younger pay \$3.75.

Windy Hill's funding from the York County Area Agency on Aging is solely based on the members who join us for lunch each day. Please consider signing up for lunch so that we can be compensated by the Agency on Aging and, thus, support the daily operation of Windy Hill on the Campus.

Please be advised that lunch reservations **must** be made no later than **2 days before** you desire to eat lunch.

Also, please remember to cancel your lunch as soon as you realize that you are unable to attend so we may use the meals for other members who may have been placed on a wait list. Thank you for your support!

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# **August Birthdays**

- Mary Hortch
- Bon Fagan
- 2 3 4 Peggy Haley
- Hilda Eyster Joyce Gemmill
- **David Fetters** Anna Petersen Jane Stambaugh
- Leo Foreman Theresa Reichard John Runk Mary Jo Runk
- Steven Bankert Robert Kramer Naomi Shearer **Carole Smith**
- John Almoney **Dolores Hoover** Joann Sterner
- Patricia Bortner Ken Krout Sam Leese George Lightner

- Michael Stambaugh 17 Mary Morris 9
- 10 Marian Kessler Darlene Leib Janet Maher 11 Loretta Hamme
  - Larry Linebaugh Donna Rupp
- 12 Wendy Leahy Rebecca Myers
- **13** Phyllis Chronister Judith Reed 14 Bertha Hammer
- Gerald Myers **Cindy Rife Ronald Ruman** Nancy Trial
- 15 Janet Costella Robert Nye Paul Wellman
- 16 Susan Besecker Alma Dibble Mary Laughman 17 Joanne Arnold

- Anna Smith
- 18 Saundra Miller
- **19 Betty Hughes**
- William Rambo Jane Staub
- 20 Sharon Kessler **Bob Reuter** Francis Zeak
- 21 Donald Ganther Shirley Gastley John Weaver
- 22 Linda Bosley **Tracy Haper** Cindy Selby Sam Spalla
- 23 Doris Goodling Milton Myers Phillip Wolfe
- 24 Lynette Baker Anita Bortner Maryann Brenneman 31 Jeanne Grogg
- Karl Jacoby Fred Shultz **Roland Wagner** 28 Nita Althouse Hannah Kessler 29 Mark Bortner Thomas Markle
- 30 Timothy Grove Robert Murray Doris J. White

  - Brenda Sherman



Dave & Cecile Fetters August 2, 1969 Stan & Sharon Kessler August 3, 1973 Gregory & Mary Jo Runk August 6, 1977 Frederick & Sandra Reck August 7, 1977 Paul & Lori Clark August 8th Larry & Jeannette Sprenkle August 9th Norm & Ginny Adams August 12, 1967 Bob & Jan Kersh August 12, 1973 Mark & Stephanie Jacoby August 12, 2006

Ronald & Connie Chronister August 13, 1984 Carlton & Arlene Stambaugh August 14, 1971 Michael & Donna Rupp August 15, 1970 James & Cheryl Yohe August 15, 1971 Joseph & Marie Caputo August 16, 1970 Raymond & Diana Pułman August 16, 1975 Charles & Christine Chew August 18, 1995 Jim & Betty Hughes August 18, 1973 Michael & Sandra Kleiman

Dennis & Trish Ballas August 21, 1977 Larry & Kilda Grothey August 21, 1999 Alan Nowicki & Linda Sulc August 21, 1998 Jim & Sandy Decker August 23, 1964 Joseph & Sandra Lange August 25, 1973 Jeff & Anne Jones August 27, 1977 Don & Sandy Shumway August 27, 1966 Jack & Derondia Roberts August 31, 1968 James & Jane Stambaugh August 1986

If we missed your birthday or anniversary, please contact the office

August 20, 1978



24 Beverly Dunkerly

Steve Senft

**Edward Robbins** 

Phyllis Thomas

26 Susan Allshouse

Linda Krebs

Lonna Noel

27 Anna Hoffman

Mary Sheppard

25 Carol Drueckhammer



1472 Roth's Church Road, Suite 103 Spring Grove, PA 17362

WEEKDAYS 8:30-2:30 717-225-0733

# AUGUST 2021

	MON	TUE	WED	THU	FRI
9:30F 9:30E 10Vo	Chi Chih Rock Steady Boxing Dime Bingo olunteer Orientation alking Club hair Exercise	3 9Silver Sneakers Classic 10Word Link 11Line Dancing 11Chair Volleyball 1Pickleball	<i>4</i> 8:30Leo's Breakfast \$5 9Card Playing 9:30Rock Steady Boxing 10Walking Club 10Video Series - WWI 11Chair Exercise	5 9Silver Sneakers Classic 10Nutrition Video Presentation: Hydration 11Chair Volleyball 12:30Yoga 1Pickleball	<b>6</b> 9:15Quarter Bingo 9:30Parkinson's Class/ Rock Steady Boxing 10Tap Dance Class 10Walking Club
9:30F 10Wa <b>10Co</b> Overby	Chi Chih Rock Steady Boxing alking Club <b>buncil Meeting w/Jerry y</b> nair Exercise	10 9Silver Sneakers Classic 10Family Feud 11Line Dancing 11Chair Volleyball 1Pickleball	11 9Card Playing 9:30Rock Steady Boxing 10Walking Club 10Video Series - WWI 11Chair Exercise	12 9Silver Sneakers Classic 10Crab Shell Painting Craft \$ 11Chair Volleyball 12:30Yoga 1Pickleball	13 9:15Quarter Bingo 9:30Parkinson's Class /Rock Steady Boxing 10Tap Dance Class 10Walking Club
9:30F 9:30E 10Vo 10Wa	Chi Chih Rock Steady Boxing Dime Bingo Junteer Orientation alking Club Jair Exercise	17 9Silver Sneakers Classic 10Pokeno 11Line Dancing 11Chair Volleyball 1Pickleball	<b>18</b> 9Card Playing 9:30Rock Steady Boxing 10Walking Club 10Video Series - WWI 11Chair Exercise 12:30New Member Orientation	19 9Silver Sneakers Classic 10-12Birthday/Anniversary Party with Sweet Life 12:30Yoga 1Pickleball	20 9:15Quarter Bingo 9:30Parkinson's Class/ Rock Steady Boxing 10Tap Dance Class 10Walking Club
23 9T'ai 9:30F 9:30E 10Wa 11Ch	Chi Chih Rock Steady Boxing Dime Bingo alking Club nair Exercise	24 9Silver Sneakers Classic 10Now You Have It 11Line Dancing 11Chair Volleyball 1Pickleball	25 Ft. McHenry/BMI Trip 9Card Playing 9:30Rock Steady Boxing 10Walking Club 10Video Series - WWI 11Chair Exercise	26 9Silver Sneakers Classic 10Book Club 10Ralph Jodice presents "Finding Captain Troy Cope" 11Chair Volleyball 12:30Yoga 1Pickleball	27 9:15Quarter Bingo 9:30Parkinson's Class /Rock Steady Boxing 10Tap Dance Class 10Walking Club
9:30F 10Vo 10He Social 10Wa	i Chi Chih Rock Steady Boxing olunteer Orientation ealth Video Presentation: Support for Pain Mgmt. alking Club nair Exercise	<i>31</i> 9Silver Sneakers Classic 10Heads Up 11Line Dancing 11Chair Volleyball 1Pickleball		<u>Mon, Tues, Wed</u> 11:30 - Drive Thru Lunch 12 - Congregate Lunch <u>Everyday</u> 8:30-2:30 - Fitness Room 8:30-10:00 - Coffee Bar 8:30-2:30 - Pool Room	Mon / Wed - Open Gym - 60+ Basketball 8:30-10

	August 2021 Congregate Meal Menu			
Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Burgundy 1/2 cup Bowtie Noodles 1/2 cup Coin Carrots Wheat Bread Fresh Orange	<b>3</b> Grilled Chicken Caesar Salad Mixed Greens (Diced Chicken, Parmesan, Tomato, Croutons) Three Bean Salad Whole Grain Dinner Roll 1/2 cup Mixed Fruit	4 Chili Cheese Hotdog (2 oz Chili, 0.5 oz Cheddar) 1/2 cup Baked Potato 1/2 cup Green Beans Hotdog Roll 1/2 cup Cinnamon Applesauce	5	6
9 BBQ Glazed Turkey Burger w/ Cheddar Broccoli Salad Sandwich Roll Fresh Fruit	10 York County Birthday Special Taco Salad (3 oz Meat & Cheddar Cheese) 1 cup Tossed Salad with Tomato 1/2 cup Corn & Black Bean Salad Nacho chips, taco sauce, sour cream Cookie	Baked Meatloaf w/ 2 oz Gravy 1/2 cup Mashed Potatoes 1/2 cup Cream Corn Wheat Bread 1/2 cup Pudding	12	13
16 Salisbury Steak with Gravy 1/2 cup Cheddar Whipped Potatoes 1/2 cup Corn & Pimentos White Bread 1/2 cup Pears	17 Potato Crusted Fish 1/2 cup Cheesy Potatoes 1/2 cup Italian Green Beans Wheat Bread Fresh Fruit	18 Chicken Marsala with 2 oz Gravy 1/2 cup Bowtie Noodles 1/2 cup Brussel Sprouts Wheat Bread 1/2 cup Mixed Fruit	19	20
23 Cheeseburger 1/2 cup BBQ Butterbeans 1/2 cup Macaroni Salad Sandwich Roll Fresh Cantaloupe	24 Parmesan Chicken over 3/4 cup Lemon Asparagus Pasta 1 cup Tossed Salad w/ Tomatoes & Dressing Italian Bread 1/2 cup Applesauce	25 Pot Roast 1/2 cup Whipped Potatoes w/ Gravy 1/2 cup Carrots Wheat Bread 1/2 cup Sliced Pears	26	27
<b>30</b> Roasted Pork w/ Mushroom Sauce 1/2 cup Vegetable Rice Pilaf 1/2 cup Green Beans Wheat Bread 1/2 cup Pineapple Delight	<b>31</b> Sweet Sausage Minestrone (Peppers, Onions, Zucchini, Tomatoes) Over 3/4 cup Bowtie Noodles 1 cup Tossed Salad w/ Cucumber & Dressing Whole Grain Dinner Roll Fresh Watermelon		*Menu Subject to Change	

\*\*\* Served daily: Milk and Margarine

Sign up for meals on Copilot (community.copilot21.com) or by calling in to Nancy. Meals are served Mondays - Wednesdays from 11:30 am - 12:30 pm in the drive-thru line by the loading dock on the side of the building. All members are eligible to sign up! Must preregister two days prior. We are now serving congregate meals inside for a limited number of members. Sign up on Copilot for "Regular Lunch" to reserve your spot inside.

# **Volunteer Orientation**

Interested in volunteering here at Windy Hill? We have new procedures in place and require volunteers to go through an orientation. Once the orientation is completed each volunteer will be issued a badge that they must wear when volunteering at the center. Dates of orientations: Monday, August 2nd 10–10:30 am Monday, August 16th 10–10:30 am

Sign up on Copilot for "Training-Volunteer" to attend. Trainings will be held every other Monday at 10 am.

#### **Ralph Jodice presents -"Finding Captain Troy Cope"** Thursday, August 26th 10–11 am

Ralph will be delivering a moving program telling the story about recovering and bringing home the remains of fighter pilot, Captain Troy Cope, after being shot down on September 16, 1952 in North Korean during the Korean Conflict.

Sign up on Copilot for "Guest Speaker" to attend.

#### August's Council Meeting Monday, August 9 at 10 am

on Zoom & Facebook Live & in-person. Featuring: **Jerry Overby** Sign up on Copilot for "Council Meeting" to attend.

> Zoom ID: **829 6776 4619** Passcode: **1472**

## **Crab Shell Painting Craft**

**Thursday, August 12th at 10 am** Join Tracy (& Jenna via Zoom) to paint crab shells! Cost to participate is \$5, which includes all materials needed.



Sign up on Copilot for "Craft" to attend. This class is limited in size, so sign up soon!

This September...



Come One. Come All. Windy Hill is Adding a New Program!

More information will be available soon!

## Leo's Breakfast Fundraiser Wed, August 4th 8:30—9:30 am \$5 per ticket

Tickets include: eggs, sausage, hot potatoes, biscuit, juice & coffee

\*Purchase your ticket at the front desk or during lunch drive-thru.

## **Coffee on the Patio**

**Mondays through Fridays** at **8:30 am**, join us for a cup of joe on our patio by the front entrance. In wet weather, we will move inside to the Café area. Coffee is \$0.50 per cup and we'll have regular and decaf available. August's Birthday & Anniversary Party

## Thursday, August 19 10 am–noon

Featuring entertainment by: **SweetLife**! Join us for dancing, food, socializing, and dessert! We'll be breaking out the grill and cooking up hotdogs!

RSVP to attend on Copilot by registering for "Party" or by using the registration link in the eNews/website/Facebook page.

# History Video Series WWI

Wednesdays at 10 am in the Café This video series will continue through the month of August! The video will be shown in the small conference room behind the office.

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# **Fitness News**



## **Fitness Insurance Updates:**

Anyone whose Silver & Fit or Silver Sneakers\* program has changed or those who now have United Healthcare's ReNew Active please notify Nancy to provide your new ID number.

# **Pickleball**

Tuesdays & Thursdays at 1 pm; 60 years +. Cost is \$3 per person/session or if you have Silver Sneakers \$1 to play. This program is being shared by Windy Hill and Parks & Rec.



MAA Basketball

Mondays and Wednesdays: 8:30 am - 10:00 a.m. 60 years + This is open gym only.

#### **Fitness Room**

The Fitness Room is now open Mondays through Fridays from 8:30 am-2:30 pm

#### **Fitness Classes:** Mondays:

RenewActive\*

8:30–10:00 Open Gym Basketball–No games **9:00** T'ai Chi Chih with Jack W \*\$5/\$2 Zoom ID: 814 3316 9989 passcode 1472 9:30 Shadow Boxing with Lori DePorter – Zoom ID#327 891 3252 passcode 4xuDHP 10:00 Walking Club **11:00** Chair Exercise with Risa – Facebook

## Tuesdays:

9:00 Silver Sneakers Classic with Tracy Schuman Zoom ID#821 3661 1618 passcode 1472 (\$2, Free to Silver Sneakers members) **11:00** Chair Volleyball 11:00 Line Dancing \$2 **1—2:30 pm** Pickleball \$3/\$1

\*Cost without SilverSneakers/cost with SilverSneakers

> **Line Dancing** Tuesdays at 11 am

\$2 to participate. Let Nancy know if you're interested.

Walking Club Mondays, Wednesdays & Fridays at 10 am

> **Chair Volleyball** Tuesdays & Thursdays at 11 am

Wednesdays: 8:30 - 10 Open Gym Basketball - No games 9:30 Shadow Boxing with Lori DePorter -Zoom ID#327 891 3252 passcode 4xuDHP **10:00** Walking Club **11:00** Chair Exercise with Risa– Facebook

### Thursdays:

9:00 Silver Sneakers Classic with Tracy S \$2 Zoom ID#821 3661 1618 passcode 1472 **11:00** Chair Volleyball **12:30** Yoga 101 with Lori Houck-Ruffner \*\$5/\$2 Zoom ID#827 1847 4772 passcode 1472 1-2:30 pm Pickleball \*\$3/\$1

## Fridays:

**9:30** Parkinson's/Rock Steady Boxing with Lori DePorter - Zoom ID#327 891 3252 passcode **4xuDHP** 10:00 Walking Club 10:00 Tap Dance with Charlee at Windy Hill! \$5

\*If you have Silver Sneakers as part of your insurance, make sure to sign in for Silver Sneakers on Copilot if you're doing something active!

**Pool Room News** The Pool Room will be open for play o Mon-Fri 8:30 am—2:30 pm.

Mayo Clinic presents—"Social Support for Pain Management" Monday, August 30th 10 am

Join us for a health presentation by Mayo Clinic focused on social support for pain management. Sign up on Copilot for "Health Speaker" to attend.



Jim Burgard & Connie Fackler—In Memory of Wanda Burgard

 Pauline Diehl—In Memory of Elizabeth Stermer
 Cindy Kelly
 Nancy McIntyre—In Memory of Bruce McNelly
 Joan Shearer—In Memory of her sister, Jerry Lucabaugh



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Mission: The mission of Windy Hill on the Campus is to create a community of people dedicated to learning, growth, mutual support and social interaction.

# Thank you to our Sponsors!



## 2021 Board of Directors

President - Sandy Sferrella-Taylor Vice President - Dave Brown Secretary - Tamara Ramer Treasurer - Tom Uffelman Laura Beck Crawford Dennard Dr. Steven Guadagnino Dr. Terry Lehr Pat Lobodinsky Scott Miller, R.Ph. Nadine Siar Atty. Jennifer Stetter Chris Stock

**Directors** 

## Windy Hill Staff Members

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Nancy Wagner - Administrative Assistant / Receptionist	0	info@windyhillonthecampus.org
Sharon Madenfort—Food Services Coordinator	107	madenforts@windyhillonthecampus.org

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