

The Jewish Home of Eastern Pennsylvania strives to provide high quality care and dignified and compassionate services to all residents in need of short term rehab or long term care. We give enriching experiences to older adults through a broad range of housing and support services that reflect the spiritual, social, and cultural values of their tradition.

"Thank you so much for your tender loving care to my mother. I cried all the way home when she was admitted there in the Fall of 2018 as I thought it would be the last time I would see her alive. She was very ill at that time. What a difference a year makes, especially under your superb care to her! The last time I visited, she told me she is very happy there. She has a group of friends and loves the food (she is a picky eater so this statement says volumes) It makes my heart happy to see how engaged she is and how much time she spends outside her room. Having cared for her for 5 years and as an RN, I know what a challenge this can be. I really appreciate all you do to lovingly care for her. You cannot imagine the peace of mind it gives me. Thank you so much!"

Daughter of resident







A Letter From MARK D. WEINER Chief Executive Officer

Dear Friends and Community:

In our summer issue, I introduced JHEP's new and expansive Strategic Plan. I presented our updated Mission, Value, and Vision Statements. To realize our stated purpose, our desired means of behavior, and heightened market reputation, we have developed a Positioning Statement and Priority Activities. I will briefly outline our Positioning Statement and identify a number of our key Priority Activities to continue to earn your trust.

A Positioning Statement represents the essential and global direction of JHEP and affiliated organizations. This Statement articulates the key strategies and overarching areas of critical attention. In turn, the Positioning State-

ment helps drive the identification of JHEP's Priority Activities.

Our Positioning Statement is comprised of six key elements. These are: 1) Commitment to the broader community and being responsive to a changing and diverse consumer market; 2) Evolution into an integrated older adult and service organization with Webster Towers, Elan Gardens, Jewish Resource Center and other organizations; 3) Advancement of excellence in programming to include Alzheimer's/dementia, Parkinson Disease Management, selective short term care rehabilitation, creative arts, healthy aging, and community-based services; 4) Expansion of programming beyond the Scranton market area to include Wilkes-Barre and the Poconos; 5) Consideration of on-going capital improvement to include resident floors at JHEP, expansion of the Elan Gardens/Clarks Summit Campus and investigation of other geographical locations; and 6) Advancing all forms of outreach, communications, and marketing.

We identify thirty-seven Priority Activities. These are outlined under Marketing & Brand Management, Resource Development, Operational Improvements, and Program and Care Model Development. Key activities include continuing staff development and employee recognition, customer service training, the further development of our Parkinson Disease Management programs, expansion of community education and support groups, along with partnership development with the University of Scranton, the Commonwealth Medical College, The JCC of Scranton, The Friedman JCC, The Area Agency on Aging, and The United Way as a benefit to both current and future residents, clients, and family members.

We have made significant progress with our Strategic Plan over the last few months. We will provide our Board of Directors with an assessment every four months. We are hopeful you have experienced or heard about our many advances and efforts to serve the community better.

Please contact me at mweiner@jhep.org with any comments. We welcome your feedback.

I wish you a good and healthy holiday season. Mark D. Weiner

Parkinson's Program Update

Our Parkinson's community programs have been well received. The participants of the Exercise program at the Friedman JCC cannot say enough about the workouts with Debbie Grossman. Debbie engrossed herself in the program when approached about working with the Parkinson's population. She immediately took classes herself to become certified in Parkinson's exercise. As the popularity of the class increased – Debbie had to offer two classes. Classes are free to those who have Parkinson's disease through funding provided by the Parkinson's Foundation.

Linn McDonald has been providing a core class for our Community program. Dance for Parkinson's has been an essential program at the Friedman JCC and the JCC in Scranton. Linn took an online course as well as a course in New York to complete a certification in Dance for Parkinson's. The program focuses on balance, strength, movement, and memory. The participants and Linn herself – find the greatest gift of this program, is the friendships formed in the classes. Linn provides the classes at the Friedman JCC on Tuesdays at 1 pm through a grant from the Parkinson's Foundation. Linn also has a class at the JCC in Scranton each Thursday at

1:30 pm through funding from the Moses Taylor Foundation. Both classes are free to those diagnosed with Parkinson's disease.

Our new programs that will take place at the Scranton

JCC will be Tai Chi and Pedaling for Parkinson's. The Moses Taylor Foundation grant will fund these programs. The grant will also provide Theracyacles for Elan Gardens and the Jewish Home. Pedaling for Parkinson's will, therefore, be provided in all three locations. Other programs include our Parkinson's support groups. We proudly offer two Parkinson's support groups to the community, available in English and Spanish. Brittany Elko, MSW, leads one group at the Scranton JCC. At the Friedman JCC, Patty Weiner, MA, Psychology, and MPH lead our other group. Program dates and times are posted on our social media channels. We are also excited to announce we just received funding from the Spitz Foundation to fund music therapy at the Jewish Home, Elan Gardens, and in the Community.

We are excited to provide additions to our programs. For more information, contact Nicole Lipinski, RN, MS, ADC-MC, CDP, Director of Healthy Aging at 570-344-6177 ext. 1113 or nlipinski@jhep.org.



BECOME A JEWISH HOME VOLUNTEER!

Call the Life Enrichment Department at (570) 344-6177, ext. 1114 or email aferketic@jhep.org

Wound Care Expansion

WE ARE EXPANDING OUR WOUND CARE PROGRAM TO BETTER CARE FOR OUR MEMBERS

In supporting The Jewish Home of Eastern Pennsylvania's mission to provide high-quality care, we are expanding our wound care program to better care for those members in our community that have clinically complex wounds. We now accept residents with

more complex pressure injuries and other wound types, such as those from certain diseases and accidental trauma. More than 2.5 million people in the United States develop pressure injuries each year. Unfortunately, prevalence is widespread in all care settings. All wound types bring pain, associated risk for serious infection, and increased health care interventions. Pressure injuries are a leading threat to quality of care. In skilled and long-term care, a significant number of

patients are admitted with existing pressure injuries that have developed in the community or during their stay at a hospital. Others will have pressure injuries develop during their skilled nursing facility stay due to reasons of clinical comorbidities, lack of mobility, or decline in functional status even with proactive interventions in place.

An important component of our expanded wound care program involves our partnership with VOHRA Wound Care. A VOHRA specialty-trained physician comes directly to the Jewish Home to extend their wound care

expertise, develop treatment plans, consult and guide patient treatment, and provide in-service education to our nursing staff, improving their overall wound care competency. Utilizing a wound care physician-based group has many advantages in both short-term and long-

term care. Besides bringing expertise to the patient's bedside, a physician-based wound group allows for less disruption of our

resident's day, along with less pain, and lower costs from transportation back and forth to a wound care center.

Our residents also build a trusting relationship with their provider that comes weekly to assess and treat their wounds. These wound rounds are the perfect opportunity for the VORHA Physician and Jewish Home's clinical team to collaborate to provide the highest level of quality care.

Excellent wound healing outcomes and improved customer service ratings from residents and family are only two of the goals we trend with this updated clinical program. Expanding our wound care program fits very well alongside other programs that The Jewish Home offers, such as Parkinson's, Dementia, and Short Term Rehab. All of these efforts allow us to maintain our exceptional reputation and meet our mission of providing high-quality care to the community we serve.





CLIP AND SAVE PHONE LIST

You Have Connections at the Jewish Home! To assist you in reaching members of the staff, we are enclosing a directory of the most most frequently called extensions. Others can be reached by pressing 5 for the directory or pressing "0" for the receptionist. The main number is (570) 344-6177.

Name	Department	Ext.	Name	Department	Ext
Mark D. Weiner	Chief Executive Officer	1101	Lipinski, Nicole	Director of Healthy Aging	1113
Applegate, Mary Rose	Chief Operating Officer	1102	Mayer, Sharon	Dietary Supervisor	1120
Berlin, Lana	Beautician	1115	Marion, Mike	Director of Maintenance	1128
Charles, Alwyn	Director of EVS	1126	Murawski, Mae	Director of Nursing	1131
Chellino, Kathryn	Clinical Director 2nd fl.	1139	Nurses Station	2nd Floor	1142
Collins, Sherrie	Social Worker,3 & 5th fl	1164	Nurses Station	3rd Floor	1143
Coulthard, Brian	Human Resources	1159	Nurses Station	4th Floor	1145
Demcevski, Melissa	Assist. Dir. of Nursing	1153	Nurses Station	5th Floor	1147
Elko, Brittany	Director Social Services	1154	O'Boyle, Marianne	Clinical Director 5th Floor	1133
Ferranti, Amber	Social Worker,2 &4th fl	1152	Petrovsky, Joyce	Accounts Receivable	1108
Gibblets, Melissa	Therapy Manager	1157	Rielly, Beth	Director of Food Service	1119
Giuliani, Christine	HR Coordinator	1132	Rorick, Roseanne	Business Officer Manager	1103
Harris, Nancy	Clinical Director-4th fl	1136	Sandhaus, Samuel K.	Development Director	1170
Kelleher, Todd	Director of Admissions	1151	Tetreault, Kevin	Director of Project Management	1160
Klemick, Lynn	Secretary	1109	Travis, Nicole	Clinical Director 3rd Floor	1134

Dr. Kenneth Gentilezza to join The Jewish Home Short Term Rehabilitation Program

The Jewish Home of Eastern Pennsylvania, with our mission to provide the highest quality resident care, has further enhanced our Short Term Rehabilitation Pro-

gram. Along with partnering with Health Pro Heritage Rehabilitation Services in August of this year, The Jewish Home has begun working with a consulting physiatrist. This addition is part of our effort to maximize rehabilitative outcomes for our residents who entrust us to meet their rehabilitative goals. This partnership will allow us to specialize treatment plan interventions specific to each individual resident, to ensure we meet their needs and exceed their rehabilitation outcomes promptly! Though explicitly geared for our short-term residents, long-term residents can

also benefit from this new on-site expertise.

A Physiatrist is a medical doctor who has completed training in the specialty of Physical Medicine and Rehabilitation (PM&R) and can treat a wide variety of medical conditions affecting the brain, spinal cord, nerves, bones, joints, ligaments, muscles, and tendons. Physiatry aims to enhance and restore functional ability and quality of

life to those with physical impairments or disabilities. We are very proud to announce that we are now working with Dr. Kenneth Gentilezza, a local Physiatrist employed by Northeast Rehabilitation Associates. He is board-certified in both Pain Management and PM&R. He will work directly with our clinical and rehabilitative staff. This partnership will focus treatment on function, diagnose and treat pain as a result of an injury, illness, or disabling condition, determine and expedite a resident-specific treatment plan to meet resident rehabilitative goals, and work together as a team to treat the whole person.

The addition of consulting Physiatrist, Dr.

Kenneth Gentilezza, to the Jewish Home of Eastern Pennsylvania's Short Term Rehabilitation Program is just one more reason to choose us to meet your short term rehabilitative needs.



Employee Highlight

The Jewish Home is pleased to welcome Gina McCabe



Gina McCabe

The Jewish
Home is pleased
to welcome Gina
McCabe as the
new Clinical
Operations Executive. Gina will
work with the
Administration
and our clinical
team to further
improve the care
we provide to
our residents.

Gina started her healthcare career forty years ago as a nurse aide in long term care, before going on to school to become an RN. She worked as a CNA for six years before going into acute care, while remaining in long-term care part-time as a CNA trainer, Staff Development Coordinator. Gina continued to attend school. She obtained her bachelor's degree in Nursing from Marywood and her master's degree from the University of Scranton as a Clinical Nurse Specialist in Adult Health in 2002.

Gina's specialty at the bedside was critical care for many years. She then opted to focus on nursing leadership, becoming Nurse Manager of the Trauma / Surgical Unit and the Emergency Department at Community Medical Center. Her focus grew to Administrative Management as Director of Clinical Operations, overseeing Patient Placement, Social Services, Case Management, and Patient Safety. In this role, Gina's position afforded exposure to policy and procedure development, process improvement, and strategic planning.

In 2014, a new 60-bed Long-Term Acute Care facility was opening in both Scranton and Wilkes Barre. Gina left acute care to become their Chief Nursing Officer. After several years, Brian Coulthard, our new Director

of Human Resources, reached out to Gina to come back into long-term care at a local Genesis facility as Chief Nurse Executive. Gina moved to that position in the spring of 2017. Then, after moving to the Jewish Home, Brian again contacted Gina regarding the position at the Jewish Home. Gina states, "it was through talking to Brian that I opted to apply for this position. I have always heard wonderful things from both residents and staff that have worked here. I wanted to be a part of the growth and further development of such a hallmark in our community!" Initially, our clinical team was focused on changing our Therapy provider, then preparing for Patient-Driven Payment Model (PDPM) changes – and now moving from Care Tracker resident care documentation for both CNAs and Licensed nurses, to PCC Point of Care (POC) in early December. "Continuing to provide high-quality care requires much planning and education for positive change. And, these days, the speed of change is fast!"

"I wanted to be a part of the growth and further development of such a hallmark in our community!"

Gina lives in Clarks Summit with her husband Tim, daughter Emily, dog Rosie, and cat Cleo. When not working, Gina is probably reading a book.



It's the little things that count.

We encourage you to continue to enjoy those little things.

There are little things in life we might take for granted every day—the great taste of our favorite coffee, the ability to sit with our beloved pet on our lap, or watch our favorite television show in the quiet of our living room—and these are our daily pleasures.

Some people think if you require a nursing home or even personal care that these things stop. That is what is different about the Jewish Home and Elan Gardens. We encourage you to continue to enjoy all those little things. You do not have to lose the things in life that you enjoy. We would rather you gain added experiences in your new adventure when you come to stay with us. Whether it is for a short-term, respite stay, or long-term care, we will honor your daily routine and spiritual wellness. Yes – we continue to offer bingo and exercise just like every other nursing care home in the valley. However, we will come to your room with the coffee cart in the morning – and offer you a hot cup of Joe or some refreshing cocoa. A resident favorite is watching the birds in the birdhouses that sit right on the hill. It is like watching the action on your front porch. Oh, your porch! We have expanded our front porch with a great view of the city. The porch is a great place to sit and visit family and friends and enjoy your day.

Wellness and spirituality are something important we provide to our residents. We offer a variety of services from Bible study to Ladies Torah to Catholic Mass. We strive to meet the needs of all faiths and make sure each resident's needs are met no matter what faith you may be.

A life enrichment activity can be reading a book, looking at a magazine, or painting a portrait. Whatever your needs might be – you will be able to find what you are looking for at the Jewish Home.

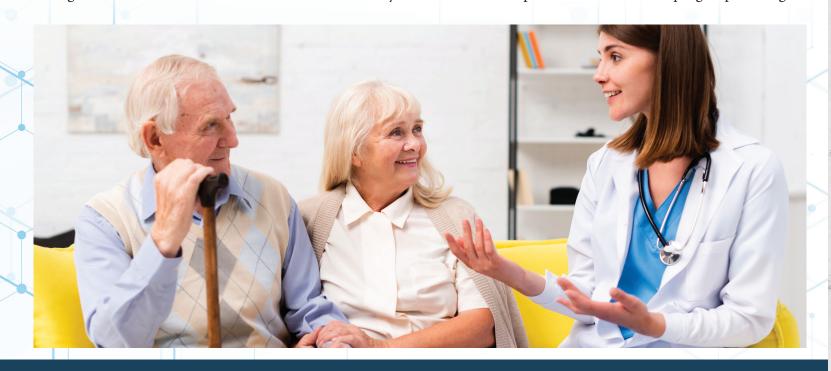




Bureau of Sages makes progress with Research at Jewish Home

Jewish Home of Eastern PA established the Bureau of Sages under the leadership and direction of volunteer Patty Weiner, MA, Psychology, and MPH. The Bureau of Sages is an innovative model to incorporate the voices of older adults residing in skilled nursing facilities into research. Based upon Patty Weiner's work on the design of the original model at CJE Senior Life in Chicago and our role as the lead resident coach for two years, six JHEP residents turned Sages have been participating in bi-monthly meetings. They've been "sharing experiences, building knowledge, and developing skills for working together to provide a voice to the direction, design, and implementation of research on aging." This group vision is to "improve lives for older adults as the result of patient-centered research."

The sages have worked with researchers from The University of Pennsylvania and Penn State University. They have had valuable discussions about telehealth, assistive devices and are for those with dementia. The group can lead researchers in the right direction when it comes to the care of the elderly. Watch for further updates on what this unique group is doing.

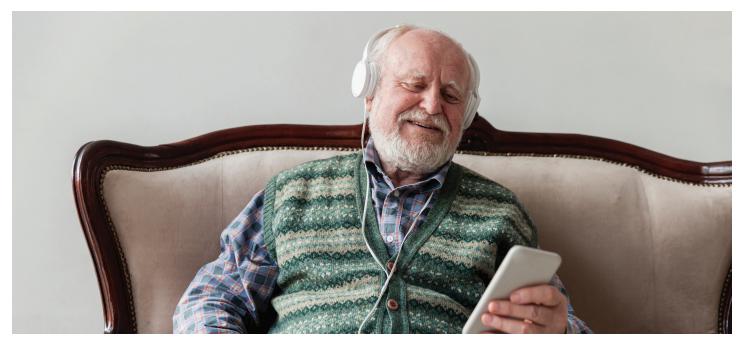


Jewish Home Auxiliary Calendar of Events 2018-2019

DATE

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LVLINI	DAIL	
Hanukah Party	Sunday, December 22, 2019	2:30 pm
Purim Party	Sunday, March 8, 2020	2:30 pm
Board Meeting	Tuesday, March 31, 2020	1:00 pm
Mother's Day Party	Sunday, May 10, 2020	2:30 pm
Volunteer Recognition/Closing Installation Luncheon	Thursday, May 21, 2020	12:30 pm
Father's Day Party	Sunday, June 21, 2020	2:30 pm
Summer Picnic	Sunday, July 26, 2020	2:30 pm



SUPPORT FROM THE WILKES-BARRE BRANCH OF THE JEWISH HOME

The Wilkes-Barre Branch of the Jewish Home has been an active supporter of the Jewish Home for the past fifty-plus years. We sponsor many projects during the year. Each month we provide music therapy for the Alzheimer residents and Wellness group for any of the interested residents. During Chanukah, we sponsor a party complete with entertainment and refreshments. It is always a special day for all that attend. In the last few years, the entertainment has been provided by the Shira group from Temple Israel in Wilkes-Barre. Cantor Abraham leads the group, and Janet Finkelstein chairs it. The Klezmer group led by Rabbi Larry Kaplan of Temple Israel of Wilkes-Barre has also been entertaining the residents for many years.

We have an annual Spring luncheon in May, where we present a monetary gift to the home. Everyone looks forward to the program and is happy to be a part of the Jewish Home. The women of the branch look forward to many more years of participating with the Home. If any of these activities sound interesting, please consider joining the Wilkes-Barre Branch Auxiliary. It helps make a difference in the lives of residents at the Home.

- Anita Coplan & Bedonna Mitchneck Co-Presidents of the Wilkes-Barre Branch.







The Jewish Home Auxiliary, Bringing Joy To Our Residents

The Jewish Home Auxiliary is an organization within the Jewish Home that works towards the benefit of the residents. Our membership is open to both men and woman whether you have family there or not. We volunteer to help the residents in many capacities. We sponsor programs for them such as a summer BBQ, holiday parties, Mother's Day and Father's Day programs and so much more. We have one big fundraiser a year. With that money we get something that is really needed to make their life better. It might be something for the Alzheimer's floor to enhance their senses or memories, Tv's for the different floors, a retractable awning for the patio off the main floor and recently bought the furniture for out there.

The auxiliary has a functioning board which has 3 meetings a year. We also have 2 luncheons (one in the fall and one in the spring) to keep members up to date and we also honor the many volunteers that help the residents at the spring luncheon. The University of Scranton has many students that come and help, the local Jewish girls High School come help feed the patients and many individual people that come a few times a week to visit and help the residents. Our hearts are big and we welcome anyone that would like to join our auxiliary and donate some time to help our residents.

- Lynn Shaffer President of the Jewish Home Auxiliary







Jewish Resource Center of the Poconos

Wrapping up the summer and gearing up for a busy winter schedule

On Tuesday, the 24th of September, over a dozen members of the CLOSER program got together for an end-of-summer cookout at Promised Land State Park. This event seized the end of the outdoor weather when some of the program's Snowbirds already begun migrating to warmer climates ahead of the winter and the High Holidays.

On Sunday that same week, the JRC hosted a pre-Rosh Hashanah Challah bake that was led by Miri Salkow, who demonstrated braiding techniques and discussed the history of challah and Holiday traditions. Over a dozen participants got to make their own challahs using a variety of dough types.

Following the hectic High Holiday season, regular activities resumed at the JRC in Stroudsburg. The Sunday morning Junior Scholars Club, the weekly Monday evening Torah classes, the private study on Tuesdays, the Lunch & Learn on Wednesdays, and the Lunch Club for seniors on Thursdays, are all back in full swing.

Looking ahead, the JRC is planning a festive Chanukah celebration and dinner on Sunday, the 22nd of December. The CLOSER program is scheduled to meet every other week throughout the winter, weather permitting, mostly at



Monday evening Torah Class

Hemlock Farms and in Honesdale. In collaboration with the Jewish Home, the JRC has plans for many new healthy aging programs, which we will announce in the near future. For more information, please contact the JRC at 570-517-0815 or email info@poconojrc.org. You may also visit www.poconojrc.org.



A picnic for our residents

Support Services During Admission



Whether it's for short term rehabilitation, respite, or an extended stay, admission into a skilled nursing facility can be stressful. Much of that stress can come from not knowing what to expect, what might occur, or what decisions you might be facing. At the Jewish Home, we understand the physical and emotional stress that caregivers face when entering a new care setting, and we are here to help.

The Jewish Home is excited to offer a support group for stress management for caregivers of patients admitted to the Home. The group is designed to help members seek guidance and support from those who are experiencing similar situations. From questions about meals and laundry to coping with the changes your loved one is going through, support from others can help beyond measure. Our goal is for our family caregivers to know that you are not in this alone.

The Jewish Home has also partnered with the JCC of Scranton to provide exclusive offers for family caregivers. Self-care is the first step in caring for someone else. Information on this offer is included in packet receiving upon admission.

For further information or to speak to a social service staff member, please contact the social services department at the Jewish Home at 570-344-6177 ext. 1154. We look forward to hearing from you!

ANNUAL RESTAURANT-NIGHT

Residents and families enjoyed food – fun and visiting during our annual Restaurant Night!



























Webster Towers You're Home On The Hill

Greetings from Webster Towers!

There's been a lot of the hustle and bustle at Webster Towers over the past few months. Management is happy to report that the long-overdue new window installation is complete! The residents are enjoying beautiful views that are much more visible, less noise and rattling, and a better overall warmth and coolness. The task was completed without error and in a timely fashion. A huge thank you goes out to the residents who cooperated without complaint. We also installed a new roof in the Spring! According to the weather predictions, we are expecting a very cold winter! I am confident that we will stay toasty with the new additions. The new kitchen project is in progress with approximately ten completed to date this fiscal year.

Webster Towers is in full holiday mode with the Halloween Party, Harvest Dinner, and several concert events to brighten the season. There is not a day that passes that our residents don't have an option to be involved in something. Management encourages and supports resident involvement in all activities. We truly are an energetic group!

Turnover has been light, and as of today, we are 100% full. If you have a relative, friend, or know someone who may be looking to move/downsize, please let them know about this Gem on the Hill! We are always taking applications. Our office is open Monday through Friday, from 8:00 a.m. to 4:30 p.m.; Saturday, Sunday and evening hours by appointment.

- Pamela Goodall Building Administrator



Teddy Michaels, Regional Director of Ignation Volunteer Corps of NEPA speaking at our Volunteer Luncheon. Listening is Ann Patricia Fanelli, Peggy Donly and Estelle Opsasnick



Enjoying the Father's Day Pizza Party are John & Janet Sawko. Flora Ceccacci, Eugene Little, Ann Smith, Mary Alice Osborne, Millie O'Brien and Eleanor Casey



Therapy Halloween dogs visiting our residents. Our little lady in the dress is entertaining Roz Rutta, Rita Betti, Mary Jane Panunti and Gene a resident's aide.



Our hot dog dressed dog visiting Gene, an aide; Nancy Friedman and Sharon Harris, who is with the Therapy dogs organization.



HAVE YOU "LIKED" US LATELY?

Photos of resident activities and events are posted regularly on our Facebook, Instagram & Twitter to keep in touch with facility happenings. If you haven't checked us out, we invite you to "Like" us on Facebook, follow us on Instagram & tweet us on Twitter!

A MESSAGE FROM THE ADMINISTRATOR



Elan Gardens has made great strives to become more

integrated in our wonderful community. You may have attended some of our recent events such as our

first annual blood drive or our community ice

cream social. For those of you who enjoy playing Mahjong, we will be hosting our first tournament following the New

Year! Look for our promotions for this April 2020 event to learn more about registration. We additionally provide

support regularly to our local seniors who attend the Century Club in Scranton, the Clarks Summit Memory Café

and the Abington Senior Center.

Many community members have requested that Elan Gardens offer a short stay option for

their loved ones when family members are unable

to care for them. Often times this is the case when family caregivers travel away on vacation and their loved one is unable to join. Other times, family caregivers need a

> break from the demand of caring for someone who may be sick or disabled. Elan Gardens

now offers a Respite Program that gives you peace of mind, a safe and secure

environment, and 24/7 clinical monitoring. Our short stay residents enjoy the same amenities and perks that our long stay residents receive. We recognize the growing need for this program and the value of this option for many families. I would like to invite anyone who is interest-

ed in learning more about Elan Gardens and the programs we offer, to stop in for a visit. I look

forward to meeting you!



Residents Molly Grossinger (left) and Denise Stine (right) enjoy a day at the movies



Resident Dorothy Silverman (right) baking with Ann



Bobbie O'Donnell accepting the award, on behalf of Elan Gardens, for the "Best of the Abingtons" – Best Senior Living Center

Residents Guitelle Rothenberg (left) and Dorrie Dickstein (right) enjoy visiting with friends at the community ice cream social

Blood Drive In Memory Of **Barb Maiman**



Our First Annual Blood Drive in memory of Barbara Maiman was a big success! Blood is needed for many different kinds of patients. It could be a young child with a rare blood disorder, a family member fighting cancer, or You'll feel good knowing you've helped change the lives of patients in need by donating blood.

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Jewish Home, Elan Gardens, and Webster Towers

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