



*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.*

Mission Statement of Diakon Lutheran Social Ministries  
*July 1, 2009*

## **Attention e-mail users:**

**If you would like to be placed on the e-mail distribution list for this newsletter (which is e-mailed the first of each month), please e-mail your address to: [stagger@diakon.org](mailto:stagger@diakon.org). If you have any questions, please call the Rev. John C. Richter, vice president for Church Relations, at (610) 682-1265.**

## **NEPA SYNOD ACTIVITIES**

### **DLAKON ADOPTION & FOSTER CARE**

#### ***Adoption and Foster Care Information***

Information nights for families interested in learning more about adopting and fostering children will be held on Thursdays July 16, August 20, and September 17, at 7 p.m. in the Henry Auditorium at The Lutheran Home at Tipton, One South Home Avenue, Tipton, Pa. If you are interested in learning more about the meeting, call (610) 682-1504 or 1-888-582-2230.

### **DLAKON PREGNANCY SERVICES**

#### ***Pregnancy Services Information***

Free counseling services are available to women who are experiencing an unplanned pregnancy. Counseling can occur in any convenient location. Options are explored, community referrals are given, and the adoption process is coordinated, if an adoption plan is chosen. For further information, please contact Kathy Roach at (610) 682-1526 or 888-582-2230.

### **LUTHER CREST, A DLAKON LUTHERAN SENIOR LIVING COMMUNITY**

#### ***Church Council Dinner at Luther Crest***

We invite your congregation's Church Council to hold one of its meetings at Luther Crest, 800 Hausman Road, Allentown. Enjoy dinner and learn about exciting developments at Luther Crest and our Bridgegate apartments as you convene your congregation council meeting. To learn more or to schedule your congregation council dinner at Luther Crest, please contact Chaplain Dianne Kareha at (610) 391-8210.

#### ***Bridgegate and Wellness Center at Luther Crest***

Luther Crest holds seminars to acquaint people with the features of its current senior living accommodations as well as **Bridgegate**, the Diakon Lutheran Senior Living Community's planned new complex of apartments designed to enhance an active senior lifestyle. Initial Bridgegate construction is under way, and applications continue to be accepted. At the same time, several other styles of existing apartments are available for those who want to enjoy retirement without the hassle of home-ownership.

The community's main entrance, Wellness Center and refurbished dining room are opened within the last several months. The Wellness Center includes a heated, indoor pool and an enhanced cardio-fitness theater, as well as such features as a billiards room, library, and computer lab. Renovation work is now well under way on Crest Hall.

"Bridgeway will offer five unique apartment styles, all of which are conveniently connected to the hub of activities at Luther Crest," says Jeanne Oski, executive director at Luther Crest. "Providing comfort, convenience, and maintenance-free living, all of our senior living accommodations provide the optimum in an active lifestyle with the peace of mind of knowing additional levels of care are available right on our campus."

Upcoming informational seminars on Luther Crest include those to be held on:

- July 16, breakfast beginning at 9 a.m.
- July 30, luncheon beginning at 11 a.m.
- August 13, breakfast beginning at 9 a.m.
- August 27, luncheon beginning at 11 a.m.
- September 10, breakfast beginning at 9 a.m.
- September 24, luncheon beginning at 11 a.m.

For additional information or to schedule a personalized visit to see the community's model accommodations, please call 1-800-606-3424.

### ***Speakers Available***

Luther Crest has a variety of speakers available to speak to congregations, adult Sunday School classes, organizations such as WELCA, as well as Bible Study and Youth Groups. Topics include: Alzheimer's Disease/Dementia, Medicare/Medicaid, Depression, Elder Care, Caring for the Caregiver, Senior Housing Options, Continuum of Care, Understanding Grief/Grief Support, Prayer, Scripture Studies. For more information or to schedule a speaker, please contact Luther Crest Chaplain Dianne Kareha at (610) 391-8210.

## **BERKS AREA - NEPA SYNOD EVENTS**

### **DIAKON FAMILY LIFE SERVICES (NORTHEAST)**

#### ***2009 Marriage Preparation Series***

Sunday, September 13	6:00 p.m.-8:30 p.m.	Atonement Lutheran Church	Deadline for registration:
Sunday, September 20	<u>5:00 p.m.</u> -8:30 p.m.	5 Wyomissing Blvd.	August 28, 2009
Sunday, September 27	6:00 p.m.-8:30 p.m.		

Please enclose \$55 payment with registration form and mail to: Diakon Family Life Services, One South Home Avenue, Tipton, PA 19562, telephone (610) 682-1337 or 888-499-2699. *Late registration cannot be guaranteed and is subject to a \$20 late processing fee.*

#### ***Living with Loss Grief Support Group***

When someone we love dies, we often feel overwhelmed, frightened and lonely. Sharing our thoughts and feelings with others who have experienced a loss can alleviate our sense of aloneness and can give us needed encouragement. If you have experienced the death of a loved one in the last couple years please consider registering for the following free six-week support group.

Monday evenings, September 21 to October 26, 6:30 to 8:00 p.m. at St. John Lutheran Church, Kutztown, PA

Group size is limited and therefore pre-registration is required. Call Diakon Family Life Services at 1-888-499-2699.

## DIAKON VOLUNTEER HOME CARE

### *Volunteer Opportunities*

Diakon Volunteer Home Care has helped area residents with hundreds of hours of volunteer service freely given through God's love. Some clients have been helped with grocery shopping or medical transportation in order to get through a difficult time in their lives. For others it's just being able to look forward to a friendly visitor stopping by, or having assistance with outdoor chores and snow shoveling. If you know someone who needs assistance or if you would like to volunteer, please contact Diakon Volunteer Home Care—Berks at (610) 682-1412, or toll-free at 1-800-322-9597, ext. 21412.

## THE LUTHERAN HOME AT TOPTON, A DIAKON SENIOR LIVING COMMUNITY

### *“Diakon Smart Home”*

Work continues on the model “home-of-the-future” at The Lutheran Home at Topton. Now under construction, the model home, called a “Diakon Smart Home,” is designed and equipped to demonstrate the future of senior living accommodations, with a focus on affordable design options and technology. Work on the “smart home” is under way in the Luther Haven section of the Topton campus, with a completion date of later this year. That home will also serve as a sales model for new senior living accommodations to be built at Topton.

Among home features are infrastructure to accommodate a range of wired and wireless technologies; universal design and construction components such as wider halls and doors, open rooms for ease of movement, minimal step entries, multiple-height counters, minimal-threshold showers, and anti-scald devices; and a range of automated technology features including cognitive-fitness system, automatically adjusting lighting, and interactive systems that allow caregivers or family members to monitor health-related activities (such as the taking of medications) from afar.

Seminars will soon be scheduled on Topton's new senior-living development. For more information about Topton's leading-edge effort, please call (610) 682-1413.

### *Diakon Affinity Membership Club*

The Lutheran Home at Topton, a Diakon Senior Living Community, would like to introduce to you the Diakon Affinity Membership Club. By joining the Affinity Club, you can be involved in campus events, trips and lectures, join the future resident list of our retirement community, meet and develop friendships with others who already call our retirement community their home, and enjoy campus amenities such as the Brandywine Library and a Fitness Center.

Benefits include, but are not limited to, personal invitations to campus events and activities, one meal per month in either the Tower Court dining room or at The Front Porch and a membership newsletter with notification of upcoming events. In addition there is recognition at semi-annual membership breakfasts and luncheons, as well as, streamlined access to other Diakon services and outpatient therapy if the need should arise. All of these benefits are available for a one-time fee of \$125 and an annual renewal fee. Minimum age to join is 55. To learn more about the Club, please call Meredith McCloskey at (610) 682-1413.

***Canoe and Kayak Group***

The Lutheran Home at Topton's 55+ Canoe and Kayak group is a volunteer facilitated canoe and kayak club open to anyone in the community 55 years old or older. All trips are novice level held on a variety of locations throughout Berks and neighboring counties. All members supply their own equipment including a canoe and kayak, paddles a coast guard approved personal flotation device and a whistle. Please call Karen Gottschall at 610 682-1542 if you would like to learn more about this group.

***Educational Opportunities***

We would like to come to your congregation at a mutually convenient time to speak with you, your members, your youth groups, your social ministry committee, your church council, or your Women of the ECLA group. We would also like to extend the opportunity to your group to hold a meeting on our camps and visit our community. We would be happy to provide a complimentary dinner during the meeting. Please contact Meredith McCloskey at (610) 682-1413 for more information.

***Friends of The Lutheran Home at Topton—Adopt-a-Resident Program***

The Friends of The Lutheran Home at Topton are sponsoring an "adopt-a-resident" program. Their goal is to connect people from our congregations and community with residents in need of visits and contacts. A congregation, community group, school, or individual can call Karen Steiger, Activity Director at (610) 682-1425 to arrange an "adoption". You will then be responsible for visiting, calling, sending cards, sharing special occasions, etc. with your assigned resident. It is another way that The Friends are reaching out and supporting the residents of The Lutheran Home at Topton.

***Seasoned Spokes***

Bicyclists 55 years and older are welcome to join the *Seasoned Spokes*, a community based cycling group sponsored by The Lutheran Home at Topton. The group rides every Thursday from April 2nd through November 19<sup>th</sup> meeting at a different location each week. Rides average from 15 to 25 miles in length and are lead by older adult volunteer leaders at an average speed of 10.5 – 11.5 miles per hour. Regrouping stops are planned throughout the ride so that all riders can stay together. Rides are rated as 1 no hills, 2 some rolling hills and 3 hilly.

Please contact Karen Gottschall, Director of Community Life at The Lutheran Home at Topton at [gottschallk@diakon.org](mailto:gottschallk@diakon.org) or 610 682-1542 for more information on joining this group.

***Summer Concert Series***

The Lutheran Home at Topton is again hosting their summer concert series on Sundays, July 26, August 30, and September 27 from 3 to 4:30 p.m., off the Old Main parking area.

July 26 features the Neil Wright Band Trio. Their repertoire includes a variety of styles and songs.

August 30 features The Robin Work Trio. They will perform a wide variety of music from the great standards of Gershwin and Porter to contemporary jazz, originals and some jazz flavored arrangements of hymns and sacred songs.

September 27 features music provided by the Reading Philharmonic Band. This band originated in Reading in 1932. Their repertoire includes a variety of styles from classical to popular.

Join us for this great celebration of summer with music, fun, and friendship. Bring a lawn chair, and a friend! Concerts will be held, rain or shine. For more information, please call (610) 682-1400.

***Volunteer Opportunities***

Opportunities for volunteering abound at The Lutheran Home at Topton.

- Lead a 30-minute exercise class for our Personal Care residents. Monday or Wednesday mornings 10:15-11:15 a.m. Training provided.
- Work one-on-one with residents using the Dakim Brain Fitness System, time flexible dependent upon your schedule. Training provided.
- Assist with transporting residents (pushing wheelchairs) to and from events on campus.
- Accompany residents on medical trips on our agency van. As needed, Monday-Friday.
- Receptionist in the Hair Salon, Friday a.m. or Thursday p.m.
  
- Prepare and deliver ice and water to the Health Care residents. Morning and afternoon times available.
- Lead a Coffee and Conversation group with residents in the Personal Care area, Tuesdays 10:15 – 11:30 a.m.
- Lead a container gardening group with Health Care residents or Personal Care memory support residents. Times are flexible.

Please consider volunteering. Call the Director of Community Life at (610) 682-1542.

**HAZLETON AREA – NEPA SYNOD EVENTS****DIAKON VOLUNTEER HOME CARE*****Volunteers Needed***

The Volunteer Home Care program of Diakon Lutheran Social Ministries (DVHC) offers short-term/intermittent help to seniors during critical times in their lives. Volunteers can help with: companionship through visitors or telephone calls; grocery shopping; meal preparation in clients' homes; household or outdoor chores and minor repairs; and transportation to medical appointments. DVHC is an interfaith outreach ministry offering assistance to individuals and families of all faiths through the support of spiritually enriched volunteers.

For additional information, or if you know of anyone willing to volunteer, please call Edith Thrash, Program Manager, at 1-888-660-2566 or email [thrashe@diakon.org](mailto:thrashe@diakon.org).

**LEHIGH VALLEY AREA – NEPA SYNOD EVENTS****DIAKON FAMILY LIFE SERVICES (NORTHEAST)*****Living with Loss Grief Support Group***

When someone we love dies, we often feel overwhelmed, frightened and lonely. Sharing our thoughts and feelings with others who have experienced a loss can alleviate our sense of aloneness and can give us needed encouragement. If you have experienced the death of a loved one in the last couple years please consider registering for the following free six-week support group.

Monday evenings, September 14 to October 19, 6:30 to 8:00 p.m. at Lehigh County Senior Citizens in Allentown.

Group size is limited and therefore pre-registration is required. Call Diakon Family Life Services at 1-888-499-2699.

**LUTHER CREST, A DIAKON LUTHERAN SENIOR LIVING COMMUNITY*****Luther Crest Hosts “Theology, Literature, and Coffee”***

Luther Crest will host a Moravian Theological Seminary-sponsored course, “Theology, Literature And Coffee” (TLC), which will be held 1:30-3:30 p.m. at Luther Crest, 800 Hausman Road, Allentown, on Mondays, September 21, October 5, and October 19. Enjoy a time of learning and fellowship as theological themes in selected literature are presented and discussed. Cost for the series is \$20 with early registration discount before September 14 (\$25 after 9/14), and beverages will be provided. To register, please contact Luther Crest Chaplain Dianne Kareha (610-391-8210).

Books to be discussed are:

Sept. 21: ***Uncle Tom’s Cabin*** by Harriet Beecher Stowe ISBN 0486440281

Leader: Nelson Quinones, St. John’s Lutheran Church, Allentown

Oct. 5: ***Three Cups of Tea*** by Greg Mortenson and David Oliver Relin ISBN 978014303852

Leader: Ruth Marcon, First Presbyterian Church, Allentown

Oct. 19: ***Amazing Grace*** by Jonathan Kozol ISBN 0060976977

Leader: William Ragan, Hope United Church of Christ, Allentown

***Volunteers Needed***

Are you looking for something to do in your spare time? Luther Crest, 800 Hausman Road, Allentown, is currently looking for volunteers to accompany residents in Personal Care to outside doctor appointments during the week (transportation provided by Luther Crest of course). Also, we’re looking for help in our administration office Thursday and Friday mornings (hours are from 9 a.m. to 12 Noon. Please call Jennifer Laury at (610) 391-8247.

**POCONO AREA – NEPA SYNOD EVENTS****POCONO LUTHERAN VILLAGE, A DIAKON SENIOR LIVING COMMUNITY*****Essential Care Workshop—Caring for a Person with Alzheimer’s: Coping with Behavioral Changes***

We invite you to join us for an *Alzheimer’s Workshop* on July 22<sup>nd</sup> at 3:00 p.m., held at Pocono Lutheran Village personal care community, 329 East Brown Street, East Stroudsburg, PA. Workshop speaker will be Clayton Jacobs, outreach and education coordinator for the Alzheimer’s Association. Participants will receive helpful information about Alzheimer’s and other related dementias, discuss causes, diagnosis and what to expect as the disease progresses. Attendees will learn effective communication techniques and suggestions for resolving family concerns and about Support Group services.

This *essential care workshop* is the first within a series of pertinent health related workshop topics that will be presented at Pocono Lutheran Village during the coming months. The workshops are co-sponsored by Pocono Lutheran Village and the Pocono office of Griswold Special Care. Please contact Griswold Special Care at 570-424-7678 to register and to obtain more information.

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**Summer Concert Series**

Pocono Lutheran Village, 329 Brown Street, East Stroudsburg, will again host a series of outdoor concerts scheduled for Thursday evenings on July 23, July 30, August 6, August 13, August 20 and August 27 at 7:00 p.m. at the Gazebo.

**July 23** features the talented “*John & Natalie*” bringing us the timeless sounds of Frank Sinatra, Dean Martin and more.

**July 30** features “*Len Mulle & the Sidekick Band.*” This is for country music lovers and not to be missed!

**August 6** features our favorite “*Oldies DJ, PETER WARD*” who will spin your favorites from the 30s, 40s & 50s.

**August 13** features “*River City Banjo with Mike Kuehn.*” Mike is a 3<sup>rd</sup> generation tenor banjo artist delivering toe-tapping Dixieland and Ragtime tunes.

**August 20** features the “*Chorus of the Poconos.*” A delightful barbershop group with perfect harmony.

**August 27** features “*The Jolly Rheinlander’s.*” This 13-piece band plays all the great German polkas and Oktoberfest music.

Bring your lawn chair and a friend! Concerts will be held Rain or Shine and are FREE. For more information, please call 570-426-4012.

## POTTSVILLE AREA – NEPA SYNOD EVENTS

### DIAKON COMMUNITY SERVICES FOR SENIORS

#### *Healthy Steps*

An exciting program called Healthy Steps is being offered at a site near you soon. This is a falls-prevention program for older adults 50+ and aims to keep older adults on their feet and out of hospitals. It consists of two different workshops which are free and participants must attend both workshops to complete the course. Each participant will receive a colorful 68-page guide with important information and useful resources. Pre-registration is required. Healthy Steps is sponsored by Diakon Community Services for Seniors under a contract with the Schuylkill County Office of Senior Services. To register and for more information on location, dates, etc., please call (570) 624-3030 or 1-800-621-6325.

#### *Diakon Living and Learning After 50*

Looking to explore your talents or discovering a new hobby? Diakon Living and Learning may have just the thing for you. Plenty of opportunities exist for you to discover your talents whether it's in the arts, technology or communication. Diakon Living and Learning After 50 has a wide variety of classes and programs prepared for people aged 50 and above. Course offerings include computer instruction, basic digital photography, arts and crafts, home entertaining, creative writing, tai chi, ballroom dance, physical fitness, bridge basics, self defense and protection, and spiritual and emotional health and wellness. We are also looking for new and innovative ideas for courses and for instructors who may be interested in teaching a class or leading a workshop. Please contact us if you have an interest in a course we do not offer.

For a course booklet, more information, or to register for one of our courses, contact Susan Long at 624-3018 or 800-621-6325, or visit our Web site at [www.diakon.org/LL50](http://www.diakon.org/LL50) for up-to-date information.

***Early Harvest***

On Sunday, August 9, starting 12:30 p.m. at First UCC Church, Rt. 61, Schuylkill Haven, join us to explore some unique ideas for your bountiful harvest and how to prepare your garden for next year's planting season. Admission is free, however, a free-will offering will be appreciated. For more information, contact Susan Long at (570) 624-3018.

**DIAKON HOSPICE SAINT JOHN MEETINGS/TRAINING/SERVICES****ALLENTOWN AREA****(IN CASE OF INCLEMENT WEATHER PLEASE CONTACT THE OFFICE)****Grief Support Group Meetings**

Bereavement support is provided by the Allentown chaplain and Diakon Family Life Services. Please contact Chaplain Linda Williams at (610) 391-2308 for information about grief support groups being held in your area.

**HAZLETON AREA****(IN CASE OF INCLEMENT WEATHER PLEASE CONTACT THE OFFICE)****Grief Support Group Meetings**

Information gatherings are open to all those who are grieving. There is no cost, however, registration is required. For more information or to register for a Grief Support Group, contact Chaplain Peggy Sue Pfeffer at (570) 459-6778 or 1-877-438-3511.

**HONESDALE AREA****(IN CASE OF INCLEMENT WEATHER PLEASE CONTACT THE OFFICE)****Grief Support Group Meetings**

For more information on Grief Support Groups, please contact Chaplain Arthur Harshman at (570) 251-8712 or, toll-free, at 1-800-622-3315.

**WYOMISSING AREA****(IN CASE OF INCLEMENT WEATHER PLEASE CONTACT THE OFFICE)****Grief Support Group Meetings**

Bereavement support is provided by Diakon Family Life Services. Please contact Chaplain Lynda Haring at (610) 320-7980 or Diakon Family Life Services at 1-888-499-2699 for the latest information on these groups' location.



*Join Diakon Lutheran Social Ministries, a faith-based organization that has been helping people in need for more than 140 years.*

We currently have several openings in the Northeastern Pennsylvania Synod area and are looking for dynamic, creative, team-oriented individuals who will be responsible for performing a variety of duties to support our mission of service.

To find more information about employment opportunities, log on to our Web site, [www.diakon.org](http://www.diakon.org), or contact Jenn Rautzhan, Executive Director of Employee Relations, at (610) 682-1342, or fax your resume to (610) 682-1138.