

NOVEMBER 2011

November Is A Thankful Time

November's caravan arrives
In colors bright and gay,
With leaves swirling to and fro,
Against a sky turned gray.
Asters, mums and marigolds
Are prominently displayed
Throughout Autumn's tapestry
In shades of marmalade.

November is a thankful time,
For every heart is blessed
As we celebrate the harvest
When Nature's at her best.
The dignity of human labor
Is proudly on display
As people come together
In prayer Thanksgiving Day.
As we pause to count our blessings,
We feel God's presence there,
For November's a thankful time
We consecrate with prayer.

~Clay Harrison



MISSION

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Dear Christian Friends,

I had an idea I want to try out on you. I'm planning a national campaign to change the calendar. Nothing drastic, mind you, just a minor revision that I think will make more sense. I want the year to begin in December and end in November. That doesn't sound like too much of a change, does it? Now here's my reasoning.

So many things come to an end in November. For most of the northern hemisphere, the fall is over by November. All of October's brilliant color is gone, and by the time November ends, trees and bushes look as bare as they will look until spring comes again. Harvests are completed, and, as the hymn says, "All is safely gathered in." There is nothing left to collect.

In the church, the year is ending, too. The month starts with All Hallow's Eve, which sets the tone for the church's remembrance of those who have been called to Eternal Rest—the All Saints celebration, which begins November. From that beginning, we move on to Gospel readings which remind us of the last days: the parable of the talents and the parable of the Last Judgment—the one about the sheep and the goats.. And when we add Thanksgiving to all this, that's the clincher. After all the harvest activity, we celebrate. The growing year is officially over, we gather with families and friends, watch parades, and eat too much!! What could make more sense than this?

Just think: If the year ended in November, we would have New Year's over before Christmas. There wouldn't be any End-of-the-Year Clearance Sales because the new year would be just beginning. Instead of getting a lot of left-over, last year's stuff, Christmas would be packed with new gifts.

But, sadly, November is not the end. The world may be winding down, but not God. In fact, God is just winding up. Beyond all the flash and tinsel, God is preparing for the biggest gift of all, one that comes to us in the quiet and chill of the winter, when all the earth is hushed and still. God isn't done with the year, much less with us; there is still hoping and watching and waiting to do. These things come later, after the world is done with the year and full of itself.

Just remember: God is not done yet, not by a long shot. God's timetable is still on track, and there are new things this tired old year has yet to see. Keep watching. Keep waiting. Keep hoping. Keep praying. Let's see what happens. There is a lot of year left, and God is still working. What have we got to lose? Something's coming! As we wait together, I remain,

Your brother in Christ,

Chaplain Cockley

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NOVEMBER'S WORSHIP SCHEDULE

Please remember that November includes two very important Worship opportunities for us in Independent Living and Personal Care. The first is our annual **All Saints' Celebration** on **Thursday, November 10, 2011**, starting at **2:00 p.m.** in the Personal Care dining room. As part of our Worship on this day, we recall the members of our community who have been called to the Church Triumphant during the past year, praying for them by name, and placing a white carnation on the altar in their memory. Families are invited to share this day with us, and we provide refreshments following the Service for those who attend.

The second is our annual **Thanksgiving Eve Vespers Service** scheduled for **Wednesday, November 23, 2011**, beginning at **7:00 p.m.**, also in the Personal Care dining room. This is an evening prayer service and is offered the night before the annual Thanksgiving holiday, and replaces our normally scheduled Thursday Service. Please note the time change to **7:00 p.m.**, and join us as we return thanks to God for the blessings that grace our living.

November Worship continues in the Nursing Care Center on the regular Tuesday afternoon schedule. The annual **All Saints' Celebration** will be observed at the NCC on **Tuesday, November 8, 2011**, beginning at **2:00 p.m.**. The same order for the Service will be observed, and families are also invited to join us for our Worship and light refreshments afterwards on that day as well. Please join us as you are able for our Worship opportunities.

SUNDAY BIBLE STUDY

Chaplain Cockley's Sunday Bible Study program will begin a new unit "**Healthy Spirituality**," later in November. A tentative beginning date of **Sunday, November 20, 2011**, starting at **2:30 p.m.** is currently scheduled, due to conflicts on the first two Sundays of the month. More complete information will be shared at the IL monthly meeting on November 17, 2011 and at the PC Town Meeting on November 1, 2011. If you are interested in participating, please call Chaplain Cockley at his office (524-2221) for more information, or be present at either of the monthly meetings mentioned.



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IL FALL BOOK STUDY

Garrison Keillor's delightful book, *Life Among the Lutherans*, is the volume of choice for the Fall Book Study, held at the **Village Common** on Wednesday afternoons. Our next gathering is **Wednesday, November 2, 2011**, starting at **2:00 p.m.** for our second installment of a wry and humorous glimpse at the secret lives of Lutherans. They're not what you might expect, believe me, and the Lutheran folk of Lake Wobegone show us more about ourselves than we might ever want to know. If you're curious, or just like a good laugh, call Chaplain Cockley at his office (524-2221) for more information and a seat at the table. You'll be tickled—really!

MOVIE TO THINK ABOUT

Have you read any good books lately? This past spring, Chaplain Cockley's Book Study group read *Water for Elephants* by Sara Gruen, the national bestseller about a veterinarian who ran away and joined a traveling circus. The book was very well received by the group, and the film of the book was released in theatres during the time of our group reading. That film is now available on DVD and will be Chaplain Cockley's **Movie to Think About** for November. Your opportunity to see this well-received film comes on **Monday, November 21, 2011**, starting at **2:00 p.m.** in the **Village Common**.

Water for Elephants stars Robert Pattinson as Jacob Jankowski, a student at Cornell's School of Veterinarian Medicine who literally loses everything in his young life. He hops on a train and finds himself part of the Benzini Brothers Traveling Circus. His ability soon lands him a promotion from roustabout to company doctor, and when he is consulted to care for the prize horse of the circus's featured equestrienne, Marlena, played by Reece Witherspoon, things begin to happen. Told against the backdrop of the Great Depression, *Water for Elephants* captures the glamour and the grit of a traveling circus as it crosses the country hoping to bring a day's diversion to the towns and cities it visits. Yes, there is an elephant, her name is Rose, and she has a secret of her own which Jacob discovers. And, no, I won't tell you what that is, but it is important to the story.

If you're curious about Rose's secret, or you want to see if the film is as good as the book (trust me, it is), or you're intrigued about the accuracy the film captures of a bygone era, *Water for Elephants* may be just what the doctor ordered. Join us at the Big Top—well, the **Village Common**, anyway, on **Monday, November 21, 2011**, starting at **2:00 p.m.**, and see for yourself what all the excitement is about. Read the book ahead of time, if you want to, or just come and be surprised. And just like the circus: Popcorn Is Optional.

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EMPLOYEE RECOGNITION

We are proud to announce we have 14 honorees this year that have reached milestones with Diakon. An elegant dinner will be held in their honor on Thursday, November 3, 2011 at 5:30, at the Village Common.

Those honored are:

5 Years

Sylvia Denger

Maria Harris

Michelle Long

Stacey Minium

Tina Sauers

10 Years

Kim Buss

Chaplain Ted Cockley

Joyce Pangburn

15 Years

Sue Zimmerman

20 Years

Kimberly Grove

Natalie Derr

Donna Warren

25 Years

Shirley Moyer

30 Years

Shirley Franquet

When you see those employees around the campus, give them a hearty "Thank you!" We appreciate all the years of dedication and service to Diakon and to our residents. We are proud to have you on our team!

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The Heart of the Valley

BUFFALO VALLEY LUTHERAN VILLAGE

A Diakon Senior Living Community

DIABETES: Know Your Risks, Raise Your Awareness, and Take Action.

Diabetes is the leading public health crisis of the 21st century, and it continues to grow at epidemic proportions. Many people who have diabetes don't even know it. Whether you have diabetes or want to prevent it, simple lifestyle changes can help you stay healthy. Take action today to control your risk tomorrow.

Diagnosis by the Numbers

Diabetes dates back to ancient times. Ancient Egyptian records described the disease, and the first diagnosis was about 600 B.C. It was even recognized early on that people who were younger and thinner had a different type of disease than people who were older and overweight. Ancient Indian physicians (about 300 B.C.) used ants or insects to aid in the diagnosis of diabetes, since the "honey sweet" urine attracted ants. In the 11th century, diagnosis was made by "water tasters" who drank the urine of those suspected of having diabetes. Fortunately the diagnostic methods have come a long way since early times!

There are **THREE BLOOD TESTS** used to diagnosis diabetes or pre-diabetes.

- **A1C TEST** measures a person's average blood glucose level over the previous 2 to 3 months.
 - **DIABETES = 6.5% or higher. PRE-DIABETES = 5.7–6.4%.**
- **FASTING PLASMA GLUCOSE** measures blood glucose levels after not eating for at least 8 hours.
 - **DIABETES = 126 mg/dl or higher. PRE-DIABETES = 100–126.**
- **ORAL GLUCOSE TOLERANCE TEST** is taken 2 hours after drinking a large amount of glucose.
 - **DIABETES = 200 mg/dl or higher. PRE-DIABETES = 140-200.**

Diabetes can also be diagnosed if a person has classic symptoms of high blood glucose (i.e. frequent urination, unusual thirst, extreme hunger and unusual weight loss) and has a random blood glucose of 200 mg/dl or higher. But, not everyone experiences warning signs of diabetes—that's why it's important to know the risk factors and know your numbers. Don't assume that a lack of symptoms means that everything is okay.

A Look at the Numbers

- **FACT:** Diabetes affects 25.8 million people or 8.3% of the U.S. population (18.8 million people are diagnosed and 7.0 million are undiagnosed).
- **FACT:** Pre-diabetes is estimated affect 35% of U.S. adults age 20 and older, with 50% of adults age 65 and older having pre-diabetes. This is about 79 million American adults.
- **FACT:** Diabetes is the 7th leading cause of death in the U.S. and is the #1 cause of kidney failure, non-traumatic lower-limb amputations, and new cases of blindness among adults in the U.S.
- **FACT:** Medical expenses for people with diabetes are more than 2 times higher than for people without diabetes.
- **FACT:** Someone in the U.S. is diagnosed with diabetes about every 16 seconds.

HIGHMARK. 

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It's a Numbers Game

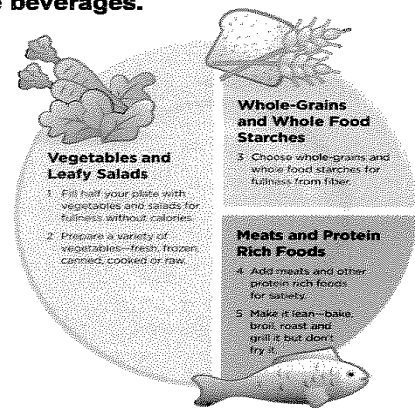
Glucose, a basic form of sugar, travels through the bloodstream to provide the body's cells with energy. The body usually tightly regulates the amount of glucose that is circulating in the bloodstream. People with diabetes or pre-diabetes have high levels of blood glucose resulting from defects in insulin production, insulin action, or both.

It's not okay to have "a little bit of *sugar*." Talk to your doctor about a prevention plan if you're at risk for diabetes or work with your doctor to keep your diabetes well controlled if you already have it. Regular medical check-ups and a healthy lifestyle can dramatically lower the risk of developing diabetes or complications from diabetes. (If you have diabetes, call the Member Services number on the back of your Highmark ID card for information on home blood glucose monitors.)

- **WORK ON LOSING WEIGHT, IF OVERWEIGHT.**
Losing 5 to 7 percent can significantly lower your risk—that's 10 to 14 pounds for a 200-pound person. Reduce your number of calories by 250 to 500 per day by decreasing portions and leaving 2 to 3 bites of food on your plate.
FYI: 250 CALORIES is an average candy bar, and 500 CALORIES is a typical dessert.
- **STRIVE TO GET SOME EXERCISE EVERY DAY.**
Work up to 30 to 60 minutes of moderate exercise 5 to 7 days a week, such as brisk walking.
FYI: 30 MINUTES is about a 2-MILE walk.
- **MAKE HEALTHY FOOD CHOICES AND EAT REGULAR MEALS AND SNACKS.**
Choose high fiber, whole grain foods with at least 3 grams of fiber per serving. Eat 5 to 9 servings of fresh fruits and vegetables, and drink water and other 0-calorie beverages.
FYI: 10 TEASPOONS of sugar is in a typical can of soda.
- **USE OUR PLATE PLANNER TO CONTROL PORTIONS.**

Adding Up the Numbers \$\$

Diabetes is a huge financial burden on individuals, their families, employers, and society, because it touches so many lives every day. Estimates of the total overall costs of diabetes in the U.S., including direct medical costs and indirect costs like disability, lost workdays, restricted activity days, and premature death, is \$174 billion a year (CDC, 2011).



Where to Turn for Help

- **CALL BLUES ON CALLSM.**
As a Highmark member, you can work with a health coach — who comes from a team of registered nurses and lifestyle specialists — to help you better manage your diabetes. They will keep you up to date with the latest information, offer treatment plan guidance, and provide educational materials, videos, and other tools to help make managing your diabetes a little easier. To contact a health coach, call the toll-free number on the back of your Highmark Member ID card (1-888-BLUE(2583)-428).
- **ENROLL IN AN ONLINE HEALTH PROGRAM FOR CARING FOR DIABETES.**
Go to your Member website at www.highmarkblueshield.com, and follow the login instructions. Under the "Health Information Center," click on "Managing Health Conditions" to review the "Health Condition Resources" available to you, including educational tools, articles and programs.

Information from the U.S. Department of Health and Human Services and Centers for Disease Control and Prevention. Copyright © 2011 Highmark Inc. All Rights Reserved. Highmark is a registered mark of Highmark Inc. Blue Shield and the Shield symbol are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. Blue on Call is a service mark of the Blue Cross and Blue Shield Association.

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NOVEMBER HIGHLIGHTS

NURSING CARE CENTER

Every Wednesday Evening Penn

View singers

11/4 Ed Podziomek

11/8 Sing with Maddie

11/10 Make your own hoagie!

11/10 Wood shop—built and
paint

11/11 Veteran's Day Program

11/15 Shade Mountain Youth

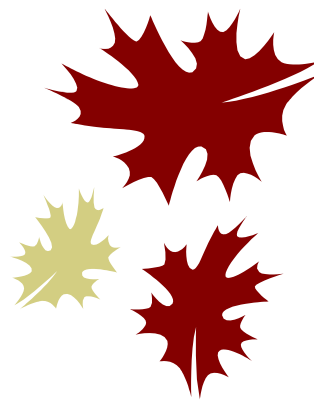
11/17 November Birthday Party

11/18 Steve Sutherland

11/22 Sing with Maddie

11/23 Shady Grove

11/25 Harvey Young



PERSONAL CARE

11/4 Manicures

11/9 Penn View Students

11/10 All Saints Service

11/11 Veteran's Day Program

11/11 Morning Star Singers

11/16 Penn View Students

11/17 Thanksgiving with Staff

11/17 Movie and Popcorn

11/18 Derek Swartzentruber

11/22 Sing-a-long with Maddie

11/23 Vespers Service

11/25 Chat Time with Kathleen
and Sandra

11/28 Show and Tell

11/30 Penn View Students

11/8 *U.S. General Election Day*

11/11 *Veteran's Day*



11/24 *Happy Thanksgiving!*

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HAPPENINGS IN IL

Sinatra Music

Roland Ritzman, Our Village tenor, will be singing Frank Sinatra songs for Independent Living Residents on Thursday, November 3. Come to TVC for this program at 2 p.m.. Reservations, please.

Welcome Party!

The annual Welcome Party will be at 2 p.m. at the Common on Saturday, November 5. This event is your opportunity to get acquainted with your neighbors. Honored will be those individuals who have joined our BVLV family during the last year. Please call 523-4299 to make reservations.

Thanksgiving Covered Dish

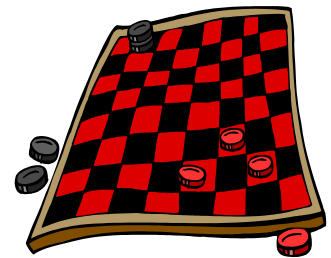
The November covered dish dinner is literally our Thanksgiving dinner. Turkey, potatoes and gravy will be provided, so bring a dish of food to complement these. You also need to bring your place setting. You can make reservations by calling 523-4299.

Christmas Craft Day

The Christmas decorations for the windows at TVC need to be refurbished. If you enjoy craft projects, come to TVC at 2 p.m. on Friday, November 18 to help with this task.

Game Day

A Game Day at the Common will be held on Saturday, November 19 at noon. Bring your bag lunch and beverage, and enjoy lunch with your friends. Plan on staying and playing cards or board games. A nice way to spend a Saturday afternoon. No reservations are needed.



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EMPLOYEE SPOTLIGHT—Charlotte Goodwin

Charlotte has been employed since 1995 in the Dietary Department of Buffalo Valley Lutheran Village. She has been married for 47 years. She has 2 daughters, 3 grandsons, and 1 granddaughter-in-law. She enjoys hunting, fishing, camping and going to yard sales. The best part of her job is socializing with the residents when her duties allow. Charlotte is the one that decorates the resident's dining room each season/holiday.

PAINTING PROJECT NCC

The painting project continues at the Nursing Care Center. We are in the final phase—Oakwood Unit. Susquehanna University has graciously contributed their time to help us complete this project. We had several groups of students participate—they have been very dedicated and driven to see this project through to the end! Our residents have enjoyed watching all the action, as they sit in their doorways. The vanilla paint has definitely brightened up the hallways of NCC! Stop in and take a look!

Boy Scout Troop 538, which meets at Faith Lutheran Church here in Lewisburg, is seeking some adult mentors to help with the program. A background in scouting is not necessary; the troop is looking for adults with an interest and a heart for helping rambunctious teenagers develop into upstanding young men. If you would like to help with this effort, please call Chaplain Cockley at his office (524-2221) or call The Rev. Gregory Davidson at Faith Lutheran Church (523-3192) for more information.

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