

BUFFALO VALLEY *Lifestyles* SUMMER 2010

Health and fitness are topic of discussion

Leading a healthy life isn't something that Buffalo Valley residents take for granted. Residents are interested in learning all they can and wholeheartedly welcomed the new Healthy Lifestyles program.

Led by Christina O'Rourke, RD, LDN, the village's dietitian, the monthly program is offered at 2 p.m. on the first Thursday of the month. Participants can hear the latest news on nutrition as well as exercise, because O'Rourke also is a personal trainer.

Early program sessions covered healthy herbs and spices, but future discussions may include cancer

prevention, the importance of water, multivitamins and minerals, and other resident-suggested topics.

"The program is a good idea because there is a lot of false information floating around and in the media," explains O'Rourke. "It is nice to have a professional in the field clear up any misconceptions."

In addition to the opportunity to ask questions, participants sample topic-related snacks and receive informational handouts.

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To learn more...

Call (570) 524-5520
or (570) 524-2221



BUFFALO VALLEY
LUTHERAN VILLAGE

A DIAKON SENIOR LIVING COMMUNITY



Lennea Brown

A note from the Executive Director

The decision to move from a family home is often a difficult one for people considering retiring to a community such as Buffalo Valley Lutheran Village. What can make the move easier is the knowledge we offer supportive services that promote independence along the entire continuum of care.

Because we anticipate our residents' needs will change as they age, we have integrated social services throughout the campus. If you need a service we don't provide, we will arrange it. Our goal is to ensure life is easier for you every step of the way.

An important part of this gracious service is the fact that I make it a priority for staff members to know every resident and feel comfortable working together. In that way, our residents feel at home whether dining in The Village Café or receiving short-term rehabilitative care from our experienced staff of therapists.

I invite you to stop by our campus for a visit. Better yet, why not schedule an overnight stay in our guest cottage and get an in-depth look at why Buffalo Valley has all the unique ingredients of a well-made life?

I look forward to meeting you.

LENNEA BROWN
Executive Director

Experience life at Buffalo Valley Lutheran Village

The moving company packed all of Paul and Jeannette Diljak's belongings the day before they would be delivered to their new home at Buffalo Valley Lutheran Village, but the couple still managed to spend the night in comfort.



Guest Cottage Bedroom

"The biggest help was that the sales manager had made provisions for us to have quarters for that night so we'd be there and ready when the moving van showed up in the morning," says Paul Diljak. "The [guest cottage] was all ready for us. There were even food items for breakfast."

The Diljaks are among the many people who are taking advantage of the newly opened and fully furnished model home.

"Having the model home available as a guest cottage is a great benefit for our residents, as well as those people considering a move to our campus," says Lennea Brown, executive director. "It is a great way to extend our gracious hospitality and give people a taste of what life at Buffalo Valley is all about."

If you have always wondered what it would like to be part of the Buffalo Valley community, now is your chance to try it out before making a commitment to move in.

Schedule your one- or two-night stay by calling (570) 524-5520.



Guest Cottage Kitchen

Buffalo Valley offers carefree living

Who cleared your driveway and mailbox during this winter's snowstorms?

As a Buffalo Valley Lutheran Village resident, clearing snow is something you will never have to worry about again. Our professional staff takes care of snow removal as well as all aspects of home upkeep, including appliance repair, lawn care, leaf collections, landscaping, and building maintenance inside and out.

Our latest independent living homes feature attractive floor plans and plenty of living space conveniently located on one level, says Lennea Brown, executive director.

"We have new homes available in three styles—the Ashford, Belmont, or Hastings," Brown says. "With more than 1,000 square feet of living space, they offer a substantial amount of room at an affordable price."

In fact, Buffalo Valley recently introduced a special payment extension for new residents.

You can learn more about this offer during the frequent luncheons hosted throughout the month. Scheduled to include a limited number of participants and featuring lunch prepared by the village chef, the meetings feature an informal atmosphere that makes answering individual questions easier.

Upcoming dates include July 22 and 29, and August 10, 11, and 26. To reserve your space at our next luncheon or to schedule a personal tour, please call (570) 524-5520.



Belmont

Marketing team refocuses efforts

From the moment Christine Myers began the interview, she knew she would be a good fit for the role of administrative sales assistant.

“I am really interested in what Buffalo Valley had to offer residents,” says Myers. “I’m eager to learn and not afraid to ask questions.”

Myers uses these positive traits to the best of her ability to market life at Buffalo Valley. Since joining the staff late last year, she has taken on many responsibilities including scheduling tours and reaching out to older adults in the community.

“We are reorganizing the department by eliminating responsibilities that are better served by another department and focusing on what we do best,” says Myers.

One improvement that has received positive feedback is the decision to decrease the number of participants at informational luncheons. While previously as many as 40 people could participate, that number has proved more manageable with groups of eight to 16.

“Participants are telling us that the event has a much more relaxed atmosphere where they feel comfortable asking questions,” says Myers. “They are walking away with more information and feel confident in their understanding of all Buffalo Valley has to offer.”



Christine Myers

