

FREY

Village Voice

A DIAKON LUTHERAN SENIOR LIVING COMMUNITY

February, 2009

New Dining Specialists

January first brought big changes to Frey Village's dining services. After a careful review of available food service providers, Diakon has chosen Morrison Senior Dining as it's new provider for all Diakon facilities. Morrison is privileged to serve the residents of more than 400 senior living communities across the United States, and is known for providing excellent dining, nutrition and wellness programs to informed residents. They have earned the distinction of being a leader in today's food service providers. Morrison is determined to make meals their star attraction, while meeting Frey Village's specific food service needs. □

Meet Your Neighbor:

Morrison Staff

Privileged to Provide Dining, Nutrition and Wellness Programs at Frey Village.

It may not be a proven fact, but Frey Village has experienced that the way to a resident's heart is through their stomach.

In an effort to provide excellent culinary services, a few new faces can be found in the kitchen at Frey Village. We would like to welcome Christine Pugliese, Director of Dining Services and Casey Haley, Executive Chef, as they are enthusiastically improving the dietary services of Frey Village to enhance resident satisfaction. While Registered Dietician, Lindsey Sherman-Bennie will be overseeing the nutritional programming.

The residents and staff have enjoyed sampling new additions to our standard menu and a more home like atmosphere in the dining areas. Please take the time to greet the new Morrison Staff, they are looking forward to serving you!



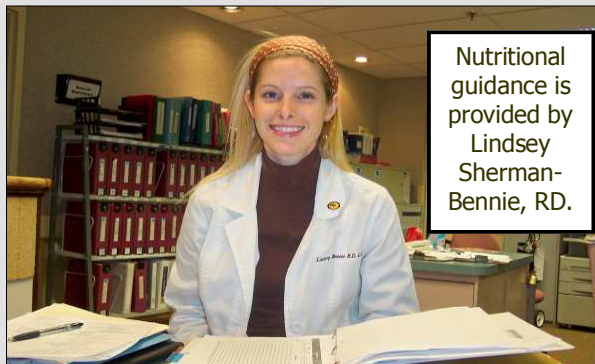
Casey Haley as Executive Chef and Director of Dining Services, Christine Pugliese are excited to bring their many years of experience to the food service department of Frey Village.



Table displays (above) compliment dietary's creative food options.

TODAY'S RESIDENTS ARE A NEW GENERATION OF CUSTOMERS.
THEY KNOW MORE.
THEY DESIRE MORE.
THEY DESERVE MORE.

WHO CAN GIVE THEM MORE?
YOU CAN.
THE MORRISON WAY.



Nutritional guidance is provided by Lindsey Sherman-Bennie, RD.

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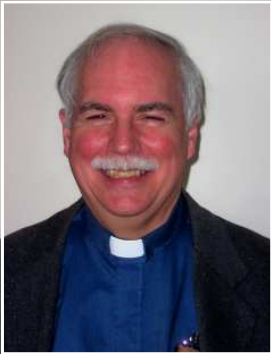
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MISSION In response to God's love in Jesus Christ, Diakon Lutheran Social Ministries will demonstrate God's command to love the neighbor through acts of service.



From the Chaplain:

Due to technical difficulties the February Article from Pastor Art is not available. We look forward to his upcoming article in our next newsletter.



**Pastor
Art Sonnenberg**
Frey Village Chaplain



We were honored to have the following participate in the January 14 Chapel Re-Dedication service:

Mr. Douglas Troutman
Rev. Arthur Sonnenberg
Mrs. Amy Young
Rev. John Richter
Mrs. Anna Herr
Rev. Thomas McKee
Mr. John Allison
(left to right as photographed)

January 14, 2009 Chapel Re-Dedication Ceremony Scrapbook



Miss. Alice Demey surrounded by family members that attended the event.



Anna Herr and Rev. Thomas McKee enjoy the reception after the ceremony.



Flowers and plaques grace the renovated chapel, in memory of the generous donation.



The chapel was filled to capacity as we celebrated God's faithfulness in song and word.
Diakon Advancement's John Allison enjoys the service.



Director of Dining Services, Christine Pugliese prepared a beautiful reception.

February, 2009

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Warm Your Heart Warm Your Home

You can Warm Your Heart and Home this February, 2009 by donating blood. We are giving all presenting donors the chance to win your Heating Bill Paid*.



Give Blood at this Blood Drive:

Middletown Community Blood Drive:

Frey Village

1020 North Union Street

Tuesday, February

11am to 1 pm
and
2 pm to 4 pm

To make an appointment or for more information call 930-1200.

Blood Drive sponsored by the Frey Village Employee Committee.



American Red Cross

The need is constant.
The gratification is instant.
Give blood.*

1-800-GIVE-LIFE | nepagivelife.org

*There will be weekly Heating Bill drawings during the entire month.
The Heating Bill winners will be presented with a \$250 Visa Gift Card.
All presenting donors between Feb 1-28, 2009 are automatically entered to win.

NEPADRD3491208

Join us in the
Frey Village Chapel
for upcoming *Friends
of the Arts* Programs:



**Central PA
Symphony
Woodwind
Quartet**

Friday, February 6
at 7 pm.



**Popcorn Hat
Players**

The fun and family focused,
*AMERICAN TALL
TALES*, will be
presented Friday,
March 6 at 7 pm.

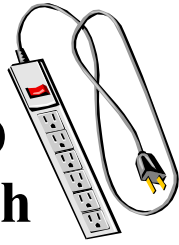
All *Friends of the Arts* programming has been provided through a fund provided to Frey Village for resident cultural enhancement and enjoyment. Programming is open to the public.

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Green Tip of the Month



In the average home, 75% of the electricity used to power electronics is used while the products are **turned off**. Stopping this invisible energy drain is easy: plug electronics like TVs, VCRs and stereos into power strips. When these items are not in use, turn the power strips off. You can also purchase power strips with individual on/off switches for even greater control.

Ronnie Gipe



A special thank you to St. Peter's Lutheran Church in Middletown, PA, for hosting the January Residents' Birthday Party.

Frey Village Resident Birthdays



Charles T. Brown	February 3
Geraldine R. Judy	February 3
Jay L. Stouffer	February 7
Anna E. Herr	February 9
Gladys W. Lockard	February 9
Susan R. Stauffer	February 9
Margaret L. Kern	February 7
Elek A. Nimsz	February 11
Sophie M. Perkins	February 16
Edwin E. Bolton	February 17
Miriam R. Kalloz	February 17
Mary G. Robenseifer	February 17
Helen Zangari	February 18
Francis J. Cullen	February 20
Jacqueline M. Clark	February 22
Joyce L. Plott	February 23
Evelyn Boyd	February 24
Helen M. Kurtyka	February 25
Sophia P. Montville	February 25



Laughter is the sun that
drives winter from the
human face. -Victor Hugo

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Volunteers

Make A Difference

Roger and
Marie Rose



Marie & Roger Rose volunteer at the Country Store on a regular schedule and are always willing to help when needed. They are dependable and friendly and are very knowledgeable about store operations since they used to own a General Store in the outskirts of Erie, PA. We are very grateful to the Roses' for their time and dedication to Frey Village and are fortunate to have their expertise.

Please take time to thank the Roses' for their service at Frey Village.

In an effort to be environmentally friendly, The Frey *Village Voice* Newsletter will be changing to a bi-monthly circulation schedule.

Activities calendars will continue to be available on a monthly basis from the Activity Departments.

Look for your bi-monthly Newsletter in mid-March.

February '09

Variety Program Schedule

Join the Fun, Tuesdays at 10:30^{AM} in the Chapel.

February 3 Ruth Dodson
 February 10 "The Sentimentalists"
 February 17 Renel Ryman
 February 24 "The Followers"

STAFF BIRTHDAYS

February

Emily Wesner	1
Deanna Noble	5
Leonna Loveless	6
Lindsay Miller	8
Eudovia Beauplant	9
Marjorie Borelli	10
Dinene Rye	12
Joyce Fornwalt	16
Breah Whitworth	17
Nicole Anderson	18
Nicole Young	23
Amanda Negrete	26
Chevelle Brown	28
Amy Young	28

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VOLUNTEER Classifieds

Posting ways that you can make a difference!

Mail Delivery

A volunteer is needed to distribute mail to the skilled nursing residents. Please contact Jackie Holzel, 717-930-1225, if you are able to help.

Transportation Needs

Frey's Skilled Nursing residents enjoy participating in the programs at Frey Village. Due to the number of residents that need assistance getting to the Activity Room, we are in need of volunteers to push wheelchairs to the events. Please contact Jackie at 930-1225 if you are able to assist.

Chapel Flowers



Mark an anniversary with a floral donation.

Frey Village looks forward to placing a fresh flower arrangement each week in the Chapel. The 2009 sign up calendar for providing flowers in the Chapel has been hung up in the Lobby hallway. Please sign up to schedule your donation.

The standard arrangement price is \$22., payable in cash or check to Fae Appleby.

Please contact the front desk at 930-1200 for more info.

Special Program to benefit Frey Village.

WOW Your Sweetheart!

Capture the heart of your Valentine by hiring the Quartet **Family Fortune** to present your sentiments in song.

On Valentine's Day, a special \$25 Valentine Tribute will be offered. Your valentine will personally receive a song chosen especially for them and a card to express your true feelings.

Contact Dottie at 930-1216 to schedule your special delivery on Feb. 13 or 14.



Our Frey Village Family Giving With a Generous Heart

Your Generous Giving to January's Service Project will minister to many families in need this winter.

Diakon's KidzStuff ministry in inner-city Baltimore will be the recipient of Frey Village's annual warm winter accessory collection. The pounds of scarves, gloves, mittens and hats that covered our evergreen display are slated for the KidzStuff ministry employees to distribute to the children they serve. AND...due to your generous giving, even the family members in need will be able to receive warm accessories this year.

The Frey Village Lobby was graced with the vibrant colors and textures of this year's Mitten Tree donations in January. Activities staff: Tracy Klein, Jackie Holzel, and Social Services Director Sue Champ decorate the tree.

February, 2009

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Restructuring The Resident Council

I wish you a belated Happy New Year! Will it be happy? That's up to YOU! As Abe Lincoln once said "A man is just about as happy as he makes up his mind to be." Every day – no every SECOND - we have choices to make. Among our choices, we can decide if we want to be happy or grumpy. We cannot always control our physical issues, but we can take control of our outlook in life and choose to be happy. Happiness can be contagious!

Another purpose of this article is to introduce to you a new concept for our Resident Council. In 2009 we will be forming committees. There are 8 committees with 8 staff members heading up the committee. The purpose of this new type of Resident Council is to empower YOU! These committees will begin to meet in February. The committees each have a different focus. But the main point is that if you are on a committee you can tell us what you would like to see happen. So take charge of your life and get involved with a committee! You may join more than one committee and we'd love to have you as involved as you choose to be!

Some of you may be thinking that you'd like to be on a committee but can't because you can't get out of your room, but that's not an issue! We will come to you. Let's say you'd like to help with the Einstein Committee and come up with new ideas for learning or games that could be played during room to room visits. The person in charge of that committee will stop by and ask you for your ideas before the monthly meeting. It's that simple and each voice counts!

Here is how we plan to roll out this 2009 new Resident Council Committee idea:

1. Staff will be coming around to visit you by Feb. 1 to find out which committees you are interested in.
2. The committee meetings will be listed on your February Calendar.
3. The person in charge of your committee will ensure that you get to the meeting OR if you are bed bound but have expressed an interest, they will visit with you prior to that meeting.
4. Committee ideas will come back to me for "processing".

So this year, take steps to work at bettering your life. Give us your ideas and we'll try and help make them happen. You are the reason we are here. YOU are the most important person here!

Jackie Holzel—Activity Director

Pursue Your Passions

New Committees available for Skilled Nursing Residents in '09!

DAVINCI COMMITTEE

- Responsible for looking for ideas for crafts (one/month) for the Nursing Residents to make.
- Responsible for the planning and decorating of the Activity Room and the Dining Rooms in nursing on a monthly basis.

GET IT TOGETHER COMMITTEE

- Responsible for coming up with trips (1 per quarter) that are of interest to the residents.
- Responsible for socializing/party ideas (1 per month) within Frey Village. This committee will also establish a family visit night with a theme (1 per quarter).
- Look at community outreach programs and invite groups from the community in to Frey.

SUNSHINE COMMITTEE

- Responsible for remembering birthdays and posting Happy Birthday notices on doors.
- Welcoming the new residents.
- Making and sending get well cards to our residents who go out to the hospital.

PAPARAZZI CLUB

- Responsible for getting Frey Village events and activities in the news.
- Responsible for taking photos of events and writing up news releases for newspapers/newsletters.

GOVERNMENTAL GURU'S

- Working on ensuring resident rights within Frey Village, and informing legislators of items of interest to seniors.

PHOENIX RISING

- This committee serves as a Mini Dementia Resident Task Force Committee.
- Responsible for helping with life on the unit – planning new activities, etc.
- Decorating the unit each month.

THE BE WELL COMMITTEE

- The focus is in helping & implementing exercise programming for nursing residents.
- This committee is also interested in other aspects of well being, such as emotional.
- Other areas can also be talked about such as spiritual and vocational well being. Perhaps implementing volunteer positions for nursing residents.

EINSTEIN RULES CLUB

- This Focus is on education and ways to promote learning for our nursing residents.
- Organize a library for magazines & books; as well as organize our videos, CD's & DVDs.



1020 N. Union St.
Middletown, PA 17057

717-930-1200