

FREY

Village Voice

A DIAKON LUTHERAN SENIOR LIVING COMMUNITY

March/April, 2009



COTA, Autumn Kingsboro and Physical Therapist, Gale Mitchell test their cardio fitness.



Ready to solve PT Issues, the "Rehab Angels" are ready to roll!



Proper exercise forms are demonstrated by a smiling PTA, Kim Hetrick, Director, Corinna Dickinson and Speech Therapist, Jennifer McQuillan.

Home Assessments

One program that Diakon's Therapy Department offers, (that is unique to its' therapy program), is home assessments. A home assessment is offered to any individual that is receiving therapy services who may be returning to his/her home environment. The resident must be present during the completion of a home assessment to assist in determining true capabilities of the residents functional performance. A home assessment visit is conducted by an Occupational or Physical Therapist to assist in realistic treatment planning when preparing a resident for a safe discharge to home.

Many factors that are sometimes overlooked are checked during a home assessment. During normal therapy treatments the therapists' simulate home-like activities that specifically apply to that resident's responsibilities in his/her normal home environment. Although simulating is a terrific measure of how one may perform at home, it's still not the real thing. This is why home assessments are recommended prior to a discharge to home.

Areas that are assessed during a home assessment include, but are not limited to: type of home, entrance into the home, all rooms inside the home, and any miscellaneous items. Measurements are taken of all surface heights, including all seats, counter tops, tables, toilets, showers/tubs, and all steps. All ambulation surfaces are assessed as well, from thick ply carpet to smooth tile floors. Any recommendations made will be discussed with the resident and their family. The Interdisciplinary Team will then assist the resident and family in making the necessary changes to succeed at home by setting up home health services, ordering durable medical equipment, or simply providing education or tips to increase the residents safety in the home.*

*The physician will then make the final decision for a safe discharge to home.



Director of Rehabilitation Services, Corinna Dickinson, takes the time to confirm that Frey Village residents safely adapt to their home environments.

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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.





**Pastor
Art Sonnenberg**
Frey Village Chaplain

April 5
Sunday of the
Passion / Palm Sunday
Service at 3:00 pm

April 8
Weds. in Holy Week
Service with Musical
Meditation at 3:00 pm

April 9
Maundy Thursday
Service with Holy
Communion at 3:00 pm

April 10
Good Friday
Tenebrae Service
at 3:00 pm

April 12
Easter Sunday
Service at 10:30 am
(please note time change
for this one day)

From the Chaplain:

*Go to dark Gethsemane,
All who feel the tempter's pow'r;
Your Redeemer's conflict see.
Watch with him one bitter hour;
Turn not from his griefs away;
Learn of Jesus Christ to pray.*



So goes the first stanza of the familiar Lenten hymn. Subsequent stanzas urge us to move elsewhere as well: "Follow to the judgment hall"... "Calv'ry's mournful mountain climb"... "Early hasten to the tomb". What this hymn suggests is that we ought to be involved in a pilgrimage during the Lenten and Easter seasons in which we spiritually accompany Jesus along the course of his passion till we finally come to the wonder of the resurrection. By doing this, we have the opportunity to "relive" those events, as it were. Steeping ourselves in them brings them to life; it is as if we are there as they are happening.

Even more so, we have the opportunity to lay hold of them as our own. You see, the point of meditating on the suffering, death, and resurrection of Jesus is not simply to convince ourselves that these things really happened; nor is it to learn them so well that we can quote book, chapter, and verse with regard to them; rather, it is to be reassured that they happened *for each of us*. When we each look at Jesus in distress in the Garden of Gethsemane, when we see him mocked in the judgment hall, when we observe him hanging on the cross, when we behold him risen from the dead and in response can gratefully affirm, "This was for *me* and for *my* salvation", then we have begun truly to comprehend something of the depth and breadth of God's wondrous love.

I encourage you to immerse yourselves in the story of the suffering, death, and resurrection of Jesus. Let us join together to hear the Good News in corporate worship and let us contemplate it in our private devotions. Let us realize and rejoice anew that it is no less than the story of God's love for us and for the whole world.

I wish each of you a blessed Lent and Easter.

In Christ,
Pastor Art Sonnenberg



Many Thanks!

The children and staff of KidzStuff Ministries mailed hand made cards of appreciation to the Frey Village family for their generous gifts of mittens, scarves and hats.

They greatly appreciated our Mitten Tree donations!

Congratulations Frey Village!

Together we met our goal of having twenty people register to give blood on February 24th. We were able to donate enough blood to the Red Cross to potentially save 45 lives. Thank you for caring enough to give.

We are proud of you!

The Frey Village Employee Committee



To truly understand how Wii Fit

revolutionizes gaming, you have to try it for yourself. Drop by the Rehab office at Frey Village to try your hand at the experience.



Spend your afternoon with horticulturists from the Violet Gallery.



Friday, April 3rd, at 2:00pm

The Violet Gallery will be presenting its Unusual African Violet collection in the Skilled Activity Room. Division and transplanting processes will be demonstrated. Potted plants will be available for \$6.25 each.

<http://www.violetgallery.com/index.html>

BrainFitness

Brain Fitness For Seniors.
For Life.

(m)Power gets a new name

Maureen McGarry, Director of Community Relations is very excited to inform Frey Village that (m)Power will now be called the Dakim BrainFitness System.

This change is effective Feb. 4, 2009. The most noticeable difference will be the startup screen on your Dakim BrainFitness System, which will now read "Dakim BrainFitness" instead of "(m)Power."

Be assured that the only change will be the name—it will continue to deliver the same great programming. Currently, Dakim is the number one brand of brain fitness products among America's Senior Living Providers, and it plans to keep it that way. In fact, Dakim BrainFitness Systems are in use in over 230 senior living communities by more than 8,700 active seniors and their numbers are growing every day!

Take the time to work your brain power today! The Dakim Brain Fitness system is available throughout all levels of care at Frey Village. Contact your activities staff to local the computers designated for residents use.

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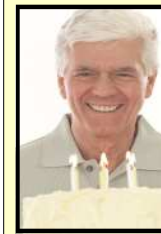




Frey Village Green Tip

Taking a tip from our Frey Village Green Committee, this issue marks the first Bi-Monthly Frey *Village Voice* Newsletter. In an effort to conserve resources, monthly calendars will no longer be published with the newsletter. Resident Activity Calendars have been delivered directly to the resi-

dents of Frey Village from their specific Activity department. Calendars and Newsletters can be accessed online at www.diakon.org/frey or requested from the Activity Department. If you receive your newsletter via postal service, and would prefer electronic delivery, please send an email to gibilterrac@diakon.org to update your subscription. We appreciate your assistance in helping us “go green!”



A Special Thank You:

Saint Paul's Lutheran Church in Hershey, PA,

for hosting the March Residents' Birthday Party.



The Presbyterian Congregation in Middletown, PA for hosting the April Residents' Birthday Party.

Frey Village Resident *BIRTHDAYS*

March

Dorothy M. Stonesifer	March 2
James C. Coughenour	March 3
Winfield J. Devonshire	March 6
Elsie H. Derr	March 10
Bernice A. Custer	March 11
James M. Kinloch	March 13
Alice V. Kluskiewicz	March 13
Guy J. Masciocchi	March 14
Jean L. Snyder	March 14
Sara Hipple	March 17
Jane W. Shallcross	March 17
Lyle J. Ringley	March 18
Catherine J. Waters	March 21
Florence E. Walmer	March 22
Margaret M. Kachniasz	March 23
Helen Yontz	March 23
Woodrow N. Kinsey	March 26
John W. Hall	March 27
William R. Kitzmiller	March 28
Betty L. Fisher	March 31

April

Michael A. Rydock	April 2
Florence E. Laudermilch	April 3
Rosa Morant	April 4
Boyd W. Nattress	April 5
Lenore V. Nearhood	April 6
Elizabeth T. O'Neill	April 6
Ruth J. Pickel	April 7
George K. Lenker	April 11
Kathryn D. Seiders	April 11
George L. Rapos	April 12
Jean S. Downs	April 15
Bernice L. Hahn	April 16
Grace M. Sunderland	April 17
Janet L. Myers	April 18
Beatrice N. Knox	April 19
Russell B. Staub	April 20
Esther Chritzman	April 22
Lillian Mann	April 22
Phyllis Muench	April 22
Betty E. Plank	April 25
Anna R. Hizer	April 26
Robert E. Brumbaugh	April 27
Anna E. Johnston	April 27
Katherine T. Jordie	April 30
Elwood D. Snyder	April 30



Glenice Marsalsa

Volunteers

Make A Difference

Half a decade before calling Frey Village home, Tower Resident Glenice Marsala decided to make a difference in the lives of Frey residents through volunteering. Through an invitation from a Frey Village employee and while visiting her relatives at Frey Village, Glenice decided to volunteer. Now Glenice spends a good part of her days making other's smile. Willing to transport residents to events and the Beauty Shop, pass out the daily newsletters, serve during special Skilled Nursing Dinners and Ice Cream Socials, coordinate

the Resident Birthday Parties for Frey Village Auxiliary, and work the Kitchen at the Strawberry Festival are a few of the activities this "super-woman" enjoys. Look behind the scenes at most activity events, and you'll find Glenice diligently making sure that everyone is involved.

Take the time to thank Glenice for her hours of service to our community!

March/April 2009 Variety Program

Join The Fun!

- March 3** Pastor Clark & Felicity
- March 10** "Anna-Jeans"
- March 17** Julius Garrett
- March 24** John Hall
- March 31** "Daybreak"
- April 7** "Friendship Line Dancers"
- April 14** "Happy Wanderers"
- April 21** Chuck Yocum
- April 28** Gerry Seiler

Frey Village Employee BIRTHDAYS

March

Corinne Gibilterra, March 1
Linda Stone, March 5
Debra Bender, March 6
Jody Bashore, March 8
D'Juan Zerbe, March 8
Kimberly Minifield, March 11
Susan Champ, March 13
Amber Weist, March 13
Marjorie Plouse, March 14
Rebecca Deitz, March 15
Laura Felty, March 15
Jennifer Justice, March 15
Tammy Geary, March 16
Barbara Schroll, March 16

Barbara Boateng, March 17
Sara Hipple, March 17
Patricia Zimmerman, March 17
Sandra Hentz, March 20
Betsy Wirfel, March 21
Joyce Stouffer, March 23
Autumn Kingsboro, March 24
Kathy Pence, March 25
Ashly Crawford, March 28
Tamie Watts, March 28
Joanne Krzywicki, March 29
Jessica Forry, March 30
Russell Spangler, March 31

April

Kim Long, April 3
Irma Wealand, April 4
Tiffany Miller, April 5
Christina Errickson, April 8
Heidi Murray, April 9
Mindy DeJesus, April 15
Carol Jones, April 15
Neha Wadhwan, April 17
Valerie Spencer, April 18
Debra Otsel, April 19
Diane Senseman, April 19
Patricia Hamner, April 23
Kristin Rhodes, April 29

VOLUNTEER Classifieds

Posting ways that you can make a difference!

COUNTRY STORE CLERK

Our Frey Village Country Store is interested in expanding its hours to include Fridays and Saturdays!

Qualified Volunteers are needed to run the store and keep up with purchasing and stocking. Store clerks are needed to provide the extra hours of service.

Make friends and make someone smile!

Put your skills to use! If interested, call Corinne Gibilterra at 930-1215.

Items Needed



The Skilled Nursing Activity Department is looking for donations of silverware for their resident's use. Please contact Jackie at 930-1225 if you are able to donate.



It has been an icy and cold 2009 beginning, however, while writing this article the temperature was a balmy, albeit breezy, 57 degrees. Can you say Strawberry Festival? Yes, even though the weather has been frightful, white elephant items have already begun arriving along with letters sent to local businesses requesting donations for the Silent Auction.

We encourage each of you to please consider joining us on Tuesday, April 7th for our Strawberry Festival Committee Meeting at 2 p.m.

The annual Auxiliary Membership Drive is also underway, and our hopes are high for a successful year. Remember, that with your contribution to the Auxiliary, you become a member and as such we invite you to attend the first Auxiliary Board Meeting also to be held on Tuesday, April 7th at 1:00 p.m. The new board looks to each of you for guidance, encouragement, and kind criticisms. We greatly value your years of experience and knowledge, so mark your calendars for April 7th!

Frey Village Country Store

Located on the lower level, The Country Store is looking to expand its services to meet your needs! Please complete the survey below to express your opinions and ideas. Drop your survey off at the gift table to be eligible to win a snuggly stuffed Easter Bunny. Surveys will be accepted during the store hours of Monday-Thursday from 10-noon.



Drop This Survey in the Box to be Eligible for the Prize Drawing on April 4th. If the Country Store had this, I would buy it:

My Favorite Things at the Country Store are:
(you may check more than one)

- Fresh Fruit
- Used Books for Sale
- Press & Journal
- Cold Items, milk, drinks
- Gift Items
- Convenience Foods
- Cards and Gift Wrap
- Snacks and Candy
- Household Items

I'm interested in getting involved with the Country Store. I would like to volunteer to :

Have you ever thought of:

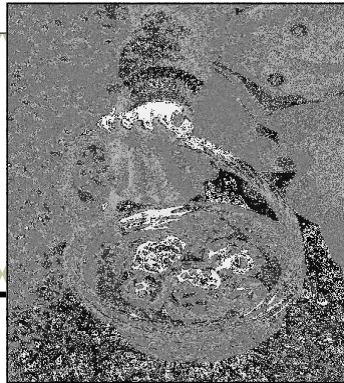
Name _____

Phone _____

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Frey Village is looking forward to our 2009 Spring Events.

Join the Frey Village Family as we seek to minister to our residents and community.

Preparations for our **April 4th** Community Easter Egg Hunt hosted by the Frey Village Independent Living Residents have begun. Donations of plastic eggs, candy and children's prizes would be gladly accepted for the event.

Exciting rounds of BINGO continue to be Frey Village Residents' favorite game. The Activities Departments are in need of prizes for BINGO winners. Residents love to win regular and snack size candy bars, Dove soap, tissues, & other fun items.

Please contact Corinne at 930-1215 for questions concerning donations.

Join us April 4th at 10:00 am
for our Community Easter Egg Hunt in the Frey Village Courtyard. Children ages 0-10 are invited to participate.

Join for upcoming
Friends of the Arts
March & April programming.
All programs begin at 7pm in the Frey Village Chapel.

Popcorn Hat Players
The fun and family focused, *AMERICAN TALL TALES*, will be presented Friday, March 6.

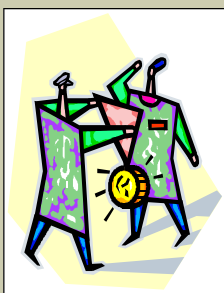
Elegant Aairs
Flute Quartet on Fri., March 13.

Shirley Newhart
Piano Recital on Fri., March 20

**Grandview United
Methodist Bell Choir**
of Lancaster, PA
Friday, April 17

Travis Wetzel
Fiddling Gospel, Swing, and Folk Music, Friday, April 24

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.



2009 Frey Village Service Award Nominees

The Diakon Employees that best display the characteristics of SERVICE (Stewardship, Excellence, Respect, Vocation, Innovation, Competence, Commitment, and Enthusiasm) are eligible to win the Frey Village Service Award Nomination. We wish to congratulate the winner of the 2009 Award Nomination, Director of Social Services, **Sue Champ!** Also nominated for their outstanding commitment to service at Frey Village are Skilled Nursing's **Beth Hanley**, LPN and Personal Care's **Heather Haldeman**, LPN!

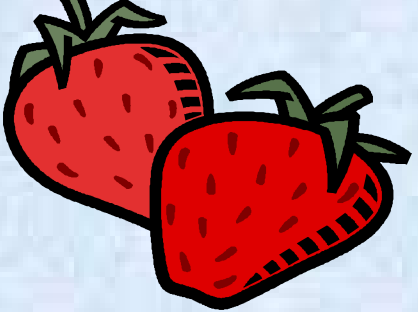
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2 0 0 9



**FREY VILLAGE
STRAWBERRY
FESTIVAL**



Fresh Strawberries ... and Much More!

The Annual Frey Village Strawberry Festival is scheduled for Saturday, June 6 from 8 am—2pm.

Circle the date on your calendar to sample our fresh strawberry pies and tarts, famous sticky buns, pork barbeque, hot dogs, ice cream and baked goods.

Spend the day browsing through our bargain priced “White Elephant” items, jewelry and used books. Perk up your home with fresh house plants and crafts.

Enter the bidding for our Silent Auction. And catch up with your family and friends at Frey Village.

Donations are now being accepted for the Strawberry Festival

Please drop off marked sale items you wish to donate in the Activity Room. Suggested items include: books, jewelry, household items, plants, and baked goods. **Your support is greatly appreciated!**



 **FREY VILLAGE**
A DIAKON LUTHERAN
SENIOR LIVING COMMUNITY

Contact Dana Sanchez at 938-9957 for more Strawberry Festival information.