



March/April 2011

## Carpe Diem

By Corinne Gibilterra

Often thought of as a skill for the first half of life, creativity is a neglected topic with relation to aging. Creative development traditionally was thought to decline as we age. The problem with rating creativity is that historically creativity was measured as productivity. Evaluators noted that as artists age the fewer works they produced. This reasoning failed to measure the degree of creativity; rather it equated the amount of work produced to creativity. Originality or creation of a new thought are difficult to measure.

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### A Rose by any Other Name is Still a Rose

Roger Rose poses by his paintings of two roses he cultivated. A skilled rose gardener, Mr. Rose sold the rights for propagation to the Star Rose Company for a butterscotch rose he developed.



### Taking a Chance Leads to Success

Looking for ways to stay productive after his retirement in 1984, on the spur of the moment, Roger Rose announced to his wife Marie, "I purchased fifty dollars worth of paints and brushes." With little fanfare, Mr. Rose began his second career as a professional artist. With no training, mentor, or experience in the arts when he was younger Mr. Rose decided that retirement was a great time to try his hand at painting.

Participating in craft shows and hanging paintings for sale at Geo's Restaurant, Mr. Rose created a market for his acrylic based artwork. With over 900 paintings sold, Roger is able to call his creative venture a success.

When asked the secret to his success as an artist later in life, Mr. Rose stated that, "It takes guts, and a belief in yourself or you won't do it."

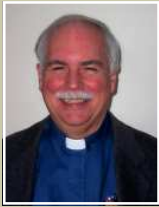
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**MISSION**

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.





**Frey  
Village  
Chaplain**

**Pastor Art Sonnenberg**

## Sunday Service Schedule

### March 6

**Rev. Arthur F. Sonnenberg**  
Chaplain at Frey Village

### March 13

**Rev. Gail Boyer**  
Pastor of Union Deposit United  
Methodist Church, Union Deposit

### March 20

**Reverends Richard &  
Catherine Geib**  
Pastors of Tree of Life  
Lutheran Church Harrisburg

### March 27

**Rev. Dwight Hein**  
Pastor of Salem United  
Church of Christ Campbelltown

### April 3

**Rev. Arthur F. Sonnenberg**  
Chaplain at Frey Village

### April 10

To be arranged

### April 17

To be arranged

### April 24

**Easter Sunday – 10:15 am**  
**Rev. Arthur F. Sonnenberg**  
Chaplain at Frey Village

## From the Chaplain

The season of Lent will soon begin. Its onset will signal for many of us a time of pondering more deeply our walk with God. As we do so, we may note a great sense of disparity between where we are in our relationship with God and where we might be or ought to be. We may find ourselves yearning for our lives to be different; we may desire change within us that matters.

Where do we find this kind of change? Let me suggest as a starting point that we turn to Psalm 51 - part of the Ash Wednesday liturgy - looking particularly at verse 10 where the Psalmist prays: *“Create in me a clean heart, O God, and put a new and right spirit within me.”* I think that if we are seriously praying that, we are on the right track. For that plea is a recognition that what we need is not something we can supply. The change that we need must come from God working within us.

But let us not stop there. For we also need to realize that in baptism that change that we desire in our lives has *already* begun. St. Paul in 2 Corinthians 5 tells us, *“So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!”* Those stirring words assure us that God is at work within us even now transforming us more and more to be the people he wants us to be.

Now, someone might respond, “That sounds good. But most days I don’t feel a whole lot different.” And I would say this in reply: The problem we face in this regard is not so much one of *feeling* as it is one of *faith*. The great Danish Christian philosopher Søren Kierkegaard in one of his last writings says that what unites us is our forgetting that we are loved by God. He writes: “If there is an equality among us... in which we completely resemble each other, it is that not one of us truly thinks about being loved!”

Truly knowing that we *are* loved by God puts life into a different perspective, giving us a deep sense of assurance and great joy. How can we be certain of that love? I think we best can grasp it when we gaze in our mind’s eye at Christ on the cross and see there God’s love for us poured out beyond all measure.

When we are convinced of God’s love for us, our hearts and minds are opened for all sorts of transformation. With that awareness, we start seeing our lives as an adventure of becoming. We know that we are not all that God intends us to be, but we are confident that he is at work in us moving us to become more and more what he wants us to be. Because of God’s wondrous love, the door to the future is wide upon! Hope is abundant!

And so with the hymnist we can sing:

*Finish then thy new creation,  
Pure and spotless let us be;  
Let us see thy great salvation  
Perfectly restored in thee!  
Changed from glory into  
glory, Till in heav’n we take  
our place, Till we cast our  
crowns before thee, Lost in  
wonder, love, and praise!*

A blessed Lent,

*Rev. Arthur F. Sonnenberg,*  
Chaplain



## Services Scheduled During Holy Week and on Easter Day:

April 17th at 3:00 pm  
April 20th at 3:00 pm

April 21st at 3:00 pm  
April 22nd at 3:00 pm  
April 24th at 10:15 am

**Palm Sunday**  
**Wed. in Holy Week**  
(Musical Meditation)  
**Mauddy Thurs.**  
**Good Friday**  
**Easter**

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## Tips for Green Spring Cleaning

1. Open the windows. The best way to get dirty air moving out and fresh air moving in is to open the doors and windows. Feel the breeze.
2. Use vegetable-based cleaning products instead of harsh chemical cleaners. Vegetable-based cleaners, like those made with coconut oil, are becoming more popular every day. Even the makers of Clorox have a vegetable-based cleaning line on the market. Choose vegetable-based dishwashing detergent, too. Traditional dish detergent is made from petroleum. If every family replaced just one 28 oz. bottle of petroleum-based dish detergent with a vegetable-based product, we could save 82,000 barrels of oil.
3. Use vinegar, vinegar, and more vinegar. Nature's cleaning miracle, vinegar can be used to clean just about anything. Use it straight to clean kitchen floors or wash windows, mix it with baking soda and essential oils to clean sinks, and even use it to remove stains in your carpet.
4. Get some baking soda, too. Multi-purpose baking soda can be used for everything from freshening the air, to freshening the carpet or furniture, to scrubbing the toilet and tub.
5. Skip the harsh chemical cleaners in the bathroom. Make that porcelain sparkle with non-chlorine bleach cleaners or white vinegar and a baking soda-water paste.
6. Use natural fiber sponges and rags to do the cleaning. Avoid using paper towels and other one-time use tools.

## Staff Birthdays

### March

Michele Ekwe	1
Corinne Gibilterra	1
Tanise Copeland	3
Debra Bender	6
Brenda Parker	6
Jody Bashore	8
Djuan Zerbe	8
Kimberly Minifield	11
Susan Champ	13
Amber Wiest	13
Joel Dincher	14
Jennifer Justice	15
Tamra Berliner	16
Diane Fohringer	16
Barbara Schroll	16
Sara Hipple	17
Patricia Zimmerman	17
Sandra Hentz	20
Elnita Pilsitz	20
Betsy Wirfel	21
Joyce Stouffer	23
Kathy Pence	25
Tamie Watts	28
Joanne Krzywicki	29

### April

Marlene Carter	2
Ana Ayala	5
Tiffany Miller	5
Christina Errickson	8
Heidi Murray	9
Nancy Butler	13
Lindsey R. Bowers	14
Carol Jones	15
Lyndsey Baughman	17
Neha Wadhwan	17
Donna Phillips	18
Valerie Spencer	18
Brooke Weaver	18
Debra Otzel	19
Diane Senseman	19
Karen Utsick	21
Patricia Hammer	23
Paula Johnson	30



## Did you know?



The Cafe Menu is now posted on a daily basis in the elevators.

## Thank you for your support of the 2010 Frey Village Benevolent Care Fund!

Cash Received	\$5,843.20
Pledged in 2010	\$10,000.00
Prior Pledges Paid	\$1,631.70

The Frey Village Benevolent Fund is used to support residents that have depleted their resources through no fault of their own. Many thanks to Campaign Chairperson, Maggie McMullen and Auxiliary supporters.

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## Diakon Service Award Nominees

The following Frey Village Staff were honored by being nominated for the annual Diakon Service Award.



Barbara Bolton



Melinda Celsky



Sandy Coble



Corinna Dickinson

## Award Nomination Winner

This year's winner of the Frey Village nomination for the Diakon Service Award is Linda Spickler. The welcoming face of Frey Village's Front Desk has been warmly worn by Linda for the last 26 years.



Linda Spickler

**Stewardship** is a quality that is a core component of Linda's skills. It is second nature for her to re-file paperwork that can be used again in another year and supplies are closely watched for judicious use. Being a gifted steward of time, Linda uses her ability to think through not only the most efficient use of her scheduled time, but to overview other departments' scheduling and make sure that our community is making optimal use of our facility resources and manpower.

Linda Spickler is willing to do the right thing. She encourages **excellence** in others, but most importantly expects that same excellence from herself. She is well known for her open eyed evaluation of her own work, confidence to report an error, and fortitude to make sure that every last detail is worked through properly.

Linda has the ability to make the staff, residents and visitors to Frey Village feel **respected**. She asks that our Directors let her know the names and arrival times for visitors so that she is able to greet our guests by name. Her ability to respect others is evident by the fact that Linda is a recipient of mutual respect from staff and residents of the Village.

It has been an honor to witness Linda's expression of her position being much more than a job, but a **vocation** at Frey Village. The blessing of being able to work in an environment where she can express her desire to minister through the strength of Jesus Christ has brought much comfort to grieving families and residents. Her calm, caring response to many in grief has set a tone of warmth that many recognize as soon as they walk in the front door of Frey Village.

Many have been impressed by Linda's **innovation** in solving problems. Linda does not take the attitude of "been there, done that" when she sits at the Front Desk. It is encouraging to view her ability to balance her vast experience as a receptionist with an attitude that procedures can always be improved.

Not only is Linda's **commitment** to minister seen in her length of service, but also in how well she performs in her position. Linda is a **competent** multi-tasker. In support of every department of Frey Village, Linda is the first person we go to whenever we need to find something or someone.

Linda possesses a focused **enthusiasm** that is a blessing to many. She is thoughtful as to what she supports; never one to follow a fad, Linda analyzes and makes a decision to support worthy causes. Fortunately, the ministry of Frey Village is a ministry that she has chosen to passionately support.

A great part of what Linda Spickler has decided to dedicate her life to has been the ministry of Frey Village. Not only has she established herself as the face of Frey Village, but she has allowed Frey Village to take a special part of her heart.

**March  
April  
Variety  
Program**

**Every Tues.  
at 10:30 am  
in the Chapel.**

- March 1** Pastor Fox and Felicity
- March 8** Ruth Dodson
- March 15** Joy Choir
- March 22** The Followers
- March 29** Bill, The Tune Weaver
  
- April 5** Esther Long
- April 12** Gerry Seiler
- April 19** Music Makers
- April 26** Reuel Ryman



The Rebel Heart Irish Dancers entertain Frey Village Residents with their creative and inspirational program.



A room full of smiles during the Irish Dance program.



**Resident BIRTHDAYS**

**March**

- James Coughenour 3
- Ethel Lyter 5
- Gladys Kroah 5
- Winfield Devonshire 6
- Catherine King 6
- Hilda Brice 8
- Helen Keleher 10
- Jacquelyn Lindle 11
- James Kinlock 13
- Jean Snyder 14
- Sara Hipple 17
- Jane Shallcross 17
- Lyle Ringley 18
- Catherine Waters 21
- Margaret Kachinasz 23
- Helen Yontz 23
- Betty Garman 28
- William Kitzmiller 28
- Joseph Joseph 30
- Betty Fisher 31
- Norman Fisher 31

**April**

- Lenore Nearhood 6
- Ruth Pickel 7
- Anna Parrell 9
- Faye Bruce 14
- Jean Downs 15
- Bernice Hahn 16
- Grace Sunderland 17
- Catherine Furst 18
- Janet Myers 18
- Beatrice Knox 19
- Russell Staub 20
- Phyllis Muench 22
- Betty Plank 25
- Robert Brumbaugh 27
- Anna Johnston 27
- Katherine Jordie 30



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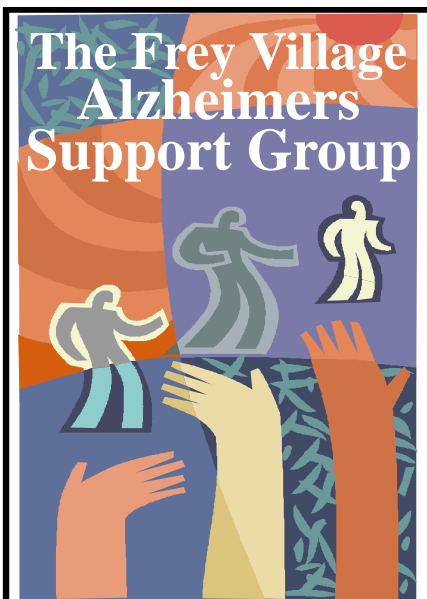


## Many Thanks To:

St. Paul Lutheran  
Church of Hummelstown  
for hosting the March  
Residents' Birthday Party.



Presbyterian Congregation  
of Middletown  
for hosting the April  
Residents' Birthday Party.



Mark your calendars for  
upcoming Alzheimers  
Support meetings on:  
**March 21st**  
**April 18th**  
at 6:30pm, in the  
Conference Room.

## Join Us For Upcoming *Friends of the Arts* Programming

All programs are scheduled to begin at 7 pm in the Chapel.



### Friday, March 4

Travis Wetzel presents  
*Gospel, Swing and Celtic*  
vocally and on the fiddle.



### Friday, March 11

Grandview Heights United  
Methodist Bell Choir

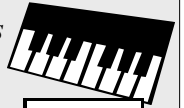


### Friday, April 1

Music by Just Us  
entertains on the horn,  
sax and keyboard.

### Friday, April 8

Tom Edmondson tickles  
the ivories and sings.



### Friday, April 29

The Presidents and First  
Ladies present  
"The Tafts"



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

## Auxiliary News

The Frey Village Auxiliary extends a warm welcome to our incoming Treasurer, Stan Bortner. Retired from years of professional service at Frey Village as the Financial Services Coordinator, Stan will be supporting the Auxiliary Ministry in a volunteer role. Take the time to say hello as you see Mr. Bortner assisting at Auxiliary Functions.



Stan Bortner  
Auxiliary Treasurer

The Annual Frey Village Membership Drive is underway! Interested in financially supporting the Auxiliary's ministry to enhance the quality of life for the residents of Frey Village, but have not received a letter outlining the program? Contact Auxiliary President, Dana Sanchez @ 938-9957 to request information.

### Dates to Remember:

#### April 7

1 pm, Auxiliary Meeting  
2 pm, Strawberry Festival Meeting

#### April 29

2 pm, Volunteer Recognition Event

#### May 5

1 pm, Strawberry Festival Meeting

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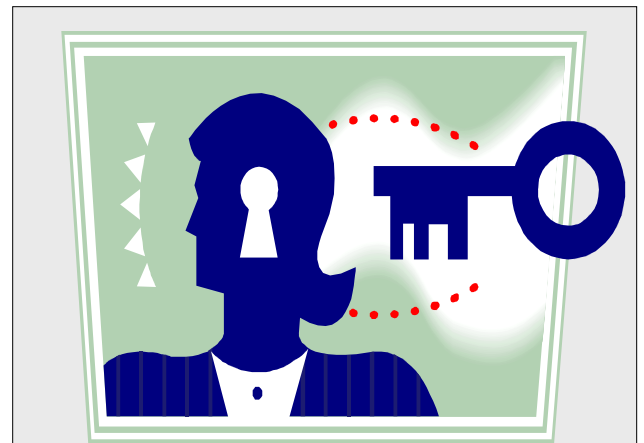
## Carpe Diem (continued from page 1)

Promoting the idea that creativity is not limited to mass production, but instead by originality of thought changes our viewpoint. For creative older adults the meaning of the phrase *Carpe Diem* (literally *pluck the day, or live life to the fullest*) is derived not by ignoring symptoms of aging or illness, but by accommodating them. It is the consciousness born despite the limitations that is the actual source of creative production and originality. Creativity is not born from pools of unlimited abilities. Creativity is harvested from working within the confines of the medium. Creativity is developed by using what you have to its fullest.

As a young artist, I remember being intimidated by the huge number of mediums available for expression. One of the most creatively freeing advice I received from a professor was to create limits. Every project comes with limits that the patron develops or that the artist needs to establish. The artist's role is to clearly define the limitations for the piece and then creatively push to the limits of those boundaries. Sometimes the boundaries are size limitations, defined by the way that the artwork will be produced, or self imposed boundaries that enhance the statement the artist wishes to emphasize. And sometimes, especially with aging artists, the boundary may be established by the physical constraints. Yet, despite limits, developing creative abilities has the ability to take the artists outside of themselves and into the work.

One of the emotions felt during aging is expressed well by the Welsh poet Dylan Thomas whom wrote a famous poem for his father, a robust, militant man his entire life. Yet in his eighties, his father became blind and weak. So disturbed by the creeping acquiescence in his father, Thomas encouraged him to become the fierce man he once was by telling him *to not go gently into that good night; but to rage against the dying of the light* (aging and death). The poet's attempt to stop his loved one's decline is understandable; aging by definition means change and loss. What's encouraging however is the potential for creativity at any age.

Psychologists currently suggest that one of the marks of a creative individual is their ability to adapt to almost any situation and make due with whatever is at hand to reach their goals. Dr. Gene Cohen who wrote: *The Creative Age: Awakening Human Potential In The Second Half Of Life* (2000) defines creativity as bringing something new into existence that's valued. The creative process is where the magic happens for many older adults.



“...and the space which is paramount for memory is the house, for it is within that space that we learned how to dream and imagine.” -Heidegger

## Promoting Creativity at Frey Village

Finding a creative outlet is easy at Frey Village. Our Independent Living, Personal Care and Skilled Nursing Activity Departments work together to provide a well rounded schedule of events that encourage our Senior's creativity. Each level of care hosts resident opportunities to express their creativity through arts and crafts, cooking, gardening, participating in the Frey Village Personal History writing program and musical expression. The Activity Staff has developed a foundation of events to stimulate creativity, and is skilled in encouraging individual resident's creativity by supplying resources and support for residents interested in meeting personal goals. Residents or their families are encouraged to contact the following Activity Personnel to find ways that resident creativity can be encouraged:

### Skilled Nursing Activities

Tracy Klein @ 930-1225

### Personal Care Activities

Heidi Murray @ 930-1269

### Independent Living Activities

Margo Mathias @ 930-1265

**Diakon Lutheran  
Social Ministries**



1020 N. Union St.  
Middletown, PA 17057

**717-930-1200**

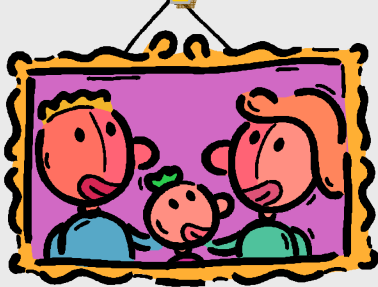
Non-Profit Org.  
**U.S. Postage  
PAID**  
Harrisburg, PA  
Permit No. 208

Or Current Resident

**Skilled Nursing Presents:  
Family Night!**

Bring the whole clan for:

**Family Feud**



**Tues., March 29 at 6:30 pm**

*Please RSVP by March 14th  
to Tracy Klein @ 930-1225.*

**Community  
Easter Egg Hunt**

Sat., April 16 at 9:45 am



**Join us for:**

Candy Filled Plastic Egg Hunts  
Marty the Music Man  
Face Painting...and More!  
Children ages 0-10 are invited to  
participate in the egg hunts.

The Frey  
*Village Voice*  
Newsletter is  
issued on a  
bi-monthly basis.



For a listing  
of scheduled  
Activities for  
Frey Village  
residents,  
monthly  
calendars are  
posted on the  
Frey Village  
Calendar/Event  
web page.

[www.diakon.org/  
frey](http://www.diakon.org/frey)