

FREY

# Village Voice

A DIAKON LUTHERAN SENIOR LIVING COMMUNITY

May/June 2011

## Building to Better Meet Our Community's Needs



Artist's rendering of proposed expansion project.

### The word expansion has exploded in conversational use at Frey Village.

On the heels of extensive market research, Frey Village has announced the potential of expanded independent living apartment options to be constructed adjacent to the existing Swensen Park. The two winged building will sweep forward from the main building forming a central hub that will continue to promote the cohesive family atmosphere that Frey Village is famous for providing. Updated features will include Bistro dining options for residents, an independent living dining room, parlor and an open gathering space for mail services, and a library. A light filled wellness room will be established to assist our residents in meeting their personal wellness goals. **(Continued on Page 3)**



Frey Village's Marketing Team (left to right) Ali Shirk, Julie Craft and Michael Nagy prepare to promote the proposed 56 IL unit expansion.

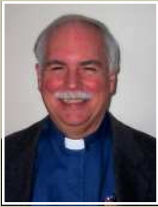
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#### MISSION

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

## From the Chaplain



Easter Sunday 2011 has come and gone. The worship services resplendent with lilies and resounding with loud Alleluias in which many of us gathered to celebrate the Resurrection of Our Lord will be a memory. What now?

What now? It is a question that the disciples of Jesus faced. They had the wondrous opportunity of seeing the Risen Lord face to face. He had appeared to them, eaten with them, showed his scars to them, spoken with them. What a glorious time that must have been!

But there was a time after the resurrection when they undoubtedly also had to ask, "What now?" Or, to frame it in a different way: "In light of the fact that our Lord is risen from the dead, what does this mean for us and how should it change the way we live?" Let's face it, if all the disciples did after the resurrection was say, "Wow! That was great!", celebrated for a couple of days, and then gone back to their former lives, it is questionable whether we would be talking about the Good News of Easter today.

Looking at the writings of the New Testament it is clear that the earliest followers of Jesus fairly quickly came to see the resurrection of our Lord as more than just a reason for a time of celebration, soon to be forgotten. And so must we. The fact of the matter is, the resurrection of Jesus Christ has life-changing significance for each of his followers *every* day: It marks God's stamp of approval upon what our Lord said and did in his ministry. It is God's assurance that Jesus' death on the cross truly was "a ransom for many", bringing us forgiveness of sins and the promise of eternal life. It is God's declaration of ultimate victory over all the forces of this world that seem to hold sway; through what Jesus has done, we know that God will have the last word. All this and so much more! To be aware of those things day by day is to live life with a hope that nothing, not even death, can take away.

Christ is risen! He is risen, indeed! Let us open our eyes to all that the resurrection of our Lord can mean for us! Let us live each day trusting confidently in our Lord's triumph over sin and death. Happy Easter...every day!

In Christ,  
*Rev. Arthur F. Sonnenberg,*  
Chaplain

May/June 2011

## Expansion (continued from page 1)

Under the leadership of Julie Craft, Michael Nagy has recently accepted a position in the Admission/Marketing department, while Ali Shirk provides administrative support to the department.

If you are interested in finding out if your ideal retirement lifestyle can be found at Frey Village, you are invited to learn more about the exciting expansion of apartments, Union Square at Frey Village. Informational seminars featuring a delicious, complimentary lunch will be held on the following dates:

- Friday, May 27
- Wednesday, June 8
- Friday, June 24
- Monday, July 11
- Wednesday, July 20



All seminars begin at 11:30 am. Seating is limited, reservations are required. Call 717-930-1200 to reserve your seat at the seminar of your choice.

## Service Award Nominees

Congratulations for a job well done! The following Personal Care Frey Village Staff were honored for going above and beyond when providing excellent care. We are excited to accept their nomination for the annual Frey Village Service Award.



**Heidi Murray**  
Activities Coordinator



**Judy Bragunier**  
Residential Assistant

## Resident Birthdays



## June

Catherine Zeiders	2
Ruth Wagner	5
Rose White	5
Samuel Carrera	7
Donald Broucht	8
Margarethe Haibach	8
Dorothy Ribando	8
Linda Spicer	9
Wendy Grassi	10
Patricia Murphy	11
Beatrice Mary Myers	11
Margaret Fox	12
Eleanor Green	12
Frances Rossi	12
Eleanor Acri	13
Robert Sim	14
Elenore Barnhart	15
Virginia Ragot	16
Marie Holtzman	17
Paul Olsavsky	17
Robert Rhen	17
Frankie Stallings	19
Doris Koppenhaver	23
Marian Haller	25
Dorothy Sterner	27
Dorothy Lorenz	29

## May

Rita DuVall	1
Ethel Tonklin	2
Catherine Matjasic	3
Phyllis Spyker	3
Robert Ingersoll	4
Robert Toporcer	4
Marjorie Ziegler	4
George Gastrock	6
Anne Richter	8
Mary Dorsheimer	10
Mary Benkovic	12
Marie Manika	13
Phyllis Poltrock	18
Rita Slusser	26
Susan Stallsmith	27
Emilia Hutchinson	28
George Wasdovich	29
Helen Scheib	30
Harold Thomas	30
Marie Matter	31

## Many Thanks To:

**Trinity Lutheran Church of Lemoyne**  
for hosting the May Residents' Birthday Party.



**Shellville Lutheran Church of Shellville**  
for hosting the June Residents' Birthday Party.

## Adopt A Highway Clean Up



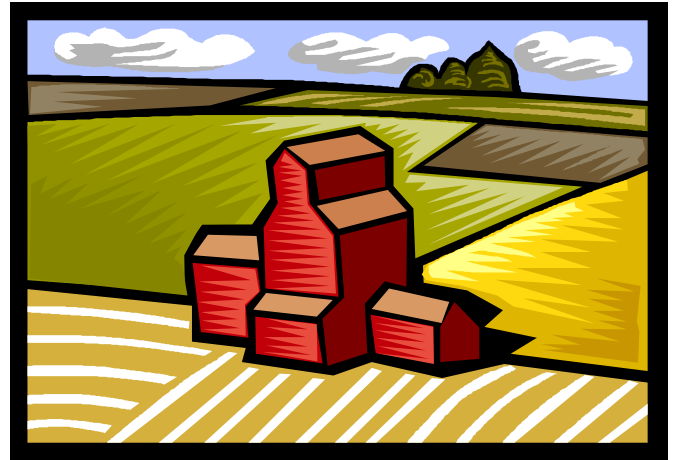
Join Us on Sat.,  
May 14th  
@ 8:30 am

Take time out of your  
schedule to make a  
difference in our  
community.

The entire Frey Village family is invited to support our Adopt a Highway program. Gloves, vests and trash bags will be provided. Please bring your own water bottle. A cooler will be provided to refill your eco-friendly reusable water bottle!

# Go “Whole” For Your Health

by Jennifer Kot, RD



The Frey Village Culinary Department will now be serving whole wheat buns, rolls, and bread products. Why whole grains? The 2010 Dietary Guidelines for Americans recommend making at least half of your grains whole. Unlike refined or “white” grains, whole grain foods have not had key nutrients removed in the milling process. This means they are naturally rich in fiber and other nutrients such as iron and many B vitamins. Dietary fiber is important for heart and digestive health. Plus, because whole grains break down more slowly than refined grains, they may be helpful in controlling blood sugar and body weight by keeping you feeling fuller longer. Please note that white breads will still be available by request. To access the 2010 Dietary Guidelines for Americans, visit:

[www.dietaryguidelines.gov/](http://www.dietaryguidelines.gov/)

In addition to making the switch to whole wheat, several other healthy changes, worth getting excited about, have recently hit Frey Village. The Culinary Department is thrilled to introduce *Balance*, which is a wellness program developed by Morrison Management and Compass Group. *Balance* focuses on three things: Wellness, Sustainability, and Humanity. By adhering to high quality standards with the food that is served, instilling food practices that are environmentally friendly, and equipping customers with knowledge to make informed choices about their diets, *Balance* helps to promote healthier lifestyles.

Check out the Frey Village Café for an example of *Balance* in action. Food items on the menu are now marked with special identifiers or icons. These icons tell customers a little more about that particular food at a quick glance, making it faster and easier to select healthy options. Look for the following icons the next time you stop by the Café:



- Fit** – Contains less than 600 calories, 90 mg of cholesterol, 600 mg or less of sodium, and 5 grams of saturated fat or natural trans fat combined per plate
- Superfoods** – Provides health benefits beyond basic nutrients, such as an added punch of vitamins, minerals, and/or antioxidants
- Vegetarian** – Contains no meat, fish, poultry, shellfish (may contain dairy or eggs)
- Reduced Sodium** – Contains less than 400 mg sodium
- Ocean Friendly** – Meets the Monterey Bay Aquarium’s sustainable seafood guidelines, which is friendly to the environment and the food supply
- No Sugar Added** – Baked goods, desserts, and beverages with no added sugar

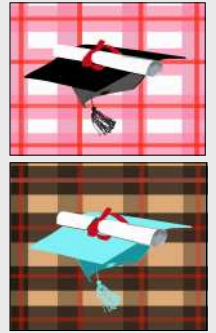
The nutritional facts for menu items are printed daily in the Café for customers who want to know a little more about the foods they are choosing. All members of the Morrison Culinary team are happy to answer any questions as well. Go with *Balance* today for a healthier tomorrow!

**May  
June  
Variety  
Program**

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

<b>May 3</b>	Mystery Tunes
<b>May 10</b>	The Sentimentalists
<b>May 17</b>	The Pheasant Hill Singers
<b>May 24</b>	Special Tea
<b>May 31</b>	Sharae Homick
<b>June 7</b>	John Hall
<b>June 14</b>	The Music Makers
<b>June 21</b>	Bill the Tune Weaver
<b>June 28</b>	Janet Hilsher

**Join The  
Celebration as  
Frey Village  
Congratulates  
the Following  
Graduates:**



Recent graduates of KTI and Culinary Interns are **Sherri Conn** and **Jody May**.

Nursing's **Katlin Coupal** has recently graduated from Dauphin County Vo-Tec with training as a health assistant.

Culinary Service's **Tyler Bracale** and **Arianna Hunter** are graduates of the Dauphin County Technical School.

Culinary's **Justin Neidinger** graduated in March from the University of Phoenix.

**Merri Ritzman's** grandson Steven Ritzman will graduate from Elizabethtown Area High School in June. He will be attending College at Penn State in Berks County majoring in Business.

Brandon Weaver, grandson of PC Nurse, **Joyce Stouffer** graduates from Dauphin County Vo-Tech in 2011.

Salute **Aaron Willison**, Activities Assistant and son of **Stephanie Willison**, Director of Social Services, as he graduates from Elizabethtown H.S. this June, then enters the Marines November 1<sup>st</sup>.

Culinary Intern, **Heather Yaremchak** was an April graduate of the Kaplan Career Institute.

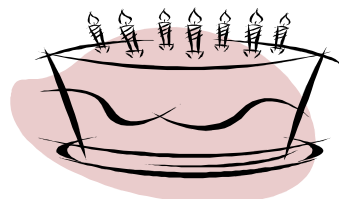
**Staff BIRTHDAYS**

**May**

Trudy Bryan	1
Jennifer Cotto	3
Kyle Frank	3
Brian Murtha	4
Carolyn Hammaker	5
Christine Pugliese	7
Debra Viola	10
Dennis Ranck	11
Corinna Dickinson	12
Anita Hoover	13
Luanne Bishop-Smith	14
Paula Walters	14
Leslie Briggs	19
Bethany Guevara	20
Gale Mitchell	20
Kady Hardy	21
Michael T. Nagy	23
Tonya Gebhard	24
Stephanie Miller	29

**June**

Aisha Shank	1
Allyson M. Hodges	2
Courtney Hippensteel	4
Debralyn Zuchak	4
Leisa Jane Mendenhall	9
Judy Bragunier	13
Carrie Evans	13
Cynthia Metz	14
Kay Ehman	15
Deborah Ann Frasca	15
Justine Polkabra	15
Kimberly Hetrick	17
Wesley Frye	24
Beth Newton	25
Margaret Myers	30



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Frey Village encourages people of all ages to share time with their loved ones at Frey Village.

Make sure that your visit is appreciated by all of the staff and residents, and that patient care is not interfered with by taking care that all young children are monitored at all times by an adult while in Frey Village.



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

Program is scheduled to begin at 7 pm in the Chapel.



*May 6th*  
**Vocalist, Ed Bolton**  
*presents musical memories. Set aside time to walk down memory lane.*

*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.

## With a Spirit of Worship

Please contact Pastor Art at 930-1244 if you or a family member are interested in borrowing a hymnal for personal use in your room. Frey Village has loaner copies of hymnals to be used in resident rooms so that the spiral bound hymnals are available for everyone's use during hymn sings and chapel services.

## Frey Village Support Groups



Mark your calendars for upcoming **Alzheimer's Support Group Meetings** on:

**Monday, May 16th**

**Monday, June 20th**

at 6:30pm, in the Conference Room.

Or upcoming

**Transitions: Family Support Group Meetings** on:

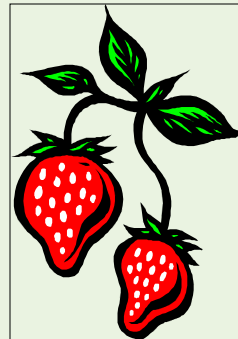
**Thursday, May 12th**

**Thursday, June 9th**

at 2:30pm, in the Chapel.

## Auxiliary News

As the annual Strawberry Festival draws near, the Auxiliary is excited to offer many ways that you and your family can be involved. Have you thought about spending a morning in the kitchen whipping up baked goods to donate, or asking a local merchant to donate an item or service to the Silent Auction? Or, ask a local crafts person or retailer to reserve a table as a vendor at the event.



Your involvement is what makes the Strawberry Festival a success! Invite your neighbors, friends at church, or offer to treat your grandchildren to a delicious strawberry tart. Taking the time to get others involved is what perpetuates the support of Auxiliary events and the ministry of Frey Village.

### Dates to Remember:

**May 5**

1 pm, Strawberry Festival Meeting

**June 4**

8 am—2 pm, Annual Strawberry Festival  
(Turn to the back page for more details.)

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# Celebrate Aging!

LeadingAge™  
Senior Living Solutions

## Homecoming Week May 23—30, 2011

LeadingAge's National Homecoming Week, 2011 focuses on the blessing of aging. Frey Village will be taking a look at the things that make us smile, thankful that we are able to reap the rewards of a long life. Join us as we "Celebrate Aging."

### Monday, May 23rd Celebrate Memories

Residents may spend the morning creating memory inspired artwork. All residents are invited to join the "Memories in the Making" painting class at 10:15 am in the NCC Activity Room.



Staff are invited to take a moment to unwind and bask in happy memories during Compassionate Care sponsored COMPLIMENTARY Chair Massages. Be on the look out for a sign up sheet at the receptionists desk to reserve your personal chair massage.

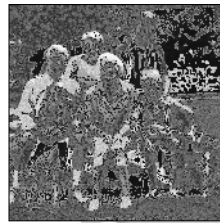
### Tuesday, May 24th Celebrate Community

Our Frey Village Family is invited to socialize in the Activity Hallway at 10 am as we host a morning tea with scones in preparation for the morning's Variety Program. Then gather in the Chapel at 10:30 am for a musical presentation by "Special Teas".



### Wednesday, May 25th Celebrate Leisure

Take a break from cooking and treat yourself to a lip smack'n meal at the Personal Care Lunch Sale: 11 am—1 pm in the Activity Hallway. Then enjoy a "How Many Words" word game in the Nursing Care Activity Room.



### Thursday, May 26th Celebrate Entertainment

Frey will be hosting a fun-filled Family Movie Night beginning at 6:30 PM. Bring out the entire family to enjoy the animated film "UP" in the NCC, PC and IL Living rooms, and broadcast to all rooms via CCTV. Feel free to bring pillows and blankets as we snuggle in to enjoy the film. Popcorn and drinks will be provided.

### Friday, May 27th Celebrate Recreation

Staff and Residents are invited to enjoy the sights and smells of the Courtyard from 3:30-4:15 as NCC sponsors an afternoon of Courtyard Strolls. Ice cream will be served as we enjoy the fresh air.

## HAPPY BIRTHDAY

### Residents and Staff

Help set the tone for celebrating by bringing in your favorite Birthday Party Photo to be displayed in the Activity Hallway during Homecoming Week. Bring in your favorite family photo from a birthday celebration by Thursday, May 19th. Please make sure that your photo is protected in a frame or is a copy so that the original is not damaged. Clearly mark your photo with your name and the event that you are celebrating.

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MANY HANDS. ONE HEART.™  
DIAKON  
LUTHERAN SOCIAL MINISTRIES

# Diakon Lutheran Social Ministries



1020 N. Union St.  
Middletown, PA 17057

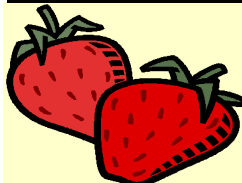
**717-930-1200**

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

Or Current Resident

Place Label Here

**2011**

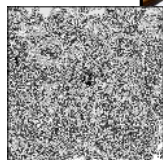


**FREY VILLAGE**

**STRAWBERRY  
FESTIVAL**

## Strawberries...and Much More!

Circle June 4th on your calendar. Sample our fresh strawberry tarts, delicious sticky buns, pork barbeque, ice cream, hot dogs, and baked goods. Spend the day browsing through our bargain priced "White Elephant" items, jewelry and used books. Perk up your home with furnishings and crafts. Enter the bidding for our Silent Auction. Catch up with your family and friends at Frey Village. Festivities begin at 8am and end at 2pm.



**Sell your Crafts:** Space for vendor tables may be rented for \$15.00 if the vender provides a table, \$20.00 for rent if Frey Village provides a table.

**Clear your Closets:** Silent Auction items, books, and jewelry may also be dropped off anytime before May 21. Due to space limitations during the expansion process, "White Elephant" items are no longer being accepted.

**Share your Talents:** Baked goods may be dropped off June 1-4.

**Join the Fun:** This annual event features a luncheon including pork barbecue sandwiches, hot dogs, side dishes and strawberry desserts. For more information or to **volunteer your time** for this event, contact Dana Sanchez, Frey Village Auxiliary President at (717) 938-9957.

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)