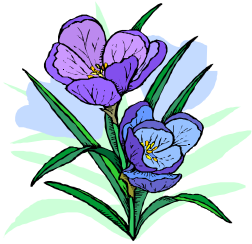


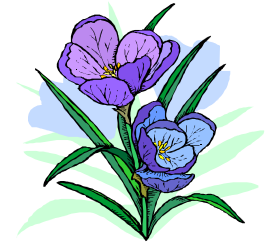
# The Heart of the Valley

BUFFALO VALLEY LUTHERAN VILLAGE

A Diakon Senior Living Community



## APRIL 2011



### GREENING

I love to greet the robin  
As he early comes a-bobbin',  
As he hops and skips and jumps across the lawn  
And I love the hocus-pocus  
Of the early blooming crocus  
As it does its level best to beat the dawn

And I like chorused singing  
As the redwing comes a winging  
To fill our swamps and lowlands with his song.  
And the maple sap starts flowing  
And those bulbs and bulblets growing  
To show the season's really moving on

Now while each may be a sequel  
There is none of them to equal  
The thrill that comes and makes me want to sing,  
Like the day of which I'm speaking  
And for which I'm also seeking  
When the grass first starts its greening in the spring.

*By Rial E. Simons*

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## ***Chaplain's Corner***

Dear Christian Friends,

By the time you read this, Easter is on the way. But unlike the Christmas season, which is only twelve days long, the church's celebration of Easter lasts a full fifty days. If you keep track of such things, fifty days is almost one-seventh of the year's 365 days. So the fifty days of Easter can be seen as a Sunday to the year—the first seventh of the year. The Easter *season* works the same way for the year that Sunday works for the week.

Let me explain: Even though we know that Sunday is the first day of the week, we treat it as if it were the end of the week. We lump it together with Saturday, and we call it the weekend because most people have these two days off every week. But the old week ends on Saturday, and a new one begins on Sunday. That's how the Easter season works. These fifty days remind us that God has done a new and amazing thing. Creation is made over, and God's original plan is restored. The human family, which was created in the image of God, is redeemed by Christ and brought back to its Creator.

As Christ has passed from death to life, so we, through our baptism into Christ are reborn into the new life our Lord promises to all believers. During the course of these fifty days, we hear readings at worship that remind us week after week what has happened and whose we are. Because of Christ's resurrection, all of Creation is changed. Jesus becomes for us the first and the last—Alpha and Omega. Jesus is both lamb and shepherd, spirit and flesh, servant and master. He prays for us and calls us to love one another as he has first loved us.

Small wonder, then, that Easter is more than four times longer than Christmas. We need fifty days to take it all in. We need this much time to absorb all this glorious good news, to make it a part of ourselves, and to begin sharing it with the rest of the world. So as we try to find creative ways to eat all of those leftover Easter eggs, chew on this a little: Easter is far from over; in fact, it's just beginning. And from now until the Day of Pentecost, when Easter ends (June 12<sup>th</sup>), we sing and declare with Christians throughout the world, what Creation still needs to hear:

Christ is risen! He is risen indeed! Alleluia!  
May the Easter message continue to live in you.

Your brother in Christ,

Chaplain Cockley

## ***Chaplain's Corner***

### **Chaplain's IL Book Study:**

THERE'S STILL TIME! If you want to read a good book, why not join the Chaplain's Book Study group? Two volumes are being considered. One is the novel, *Water for Elephants*, by Sara Gruen, and the other is *Suffering and Hope: The Biblical Vision and the Human Predicament*, by J. Christiaan Beker. *Water for Elephants* was called one of the best books of 2009, and tells the story of Jake Jankowski, an aspiring veterinarian who joins a Depression-era circus following the death of his parents. Dr. Beker's book is a thoughtful reflection on the question of human suffering, rooted in his own deep faith and his personal experiences during World War II. Either book should spark lively conversation, so if you are interested in joining our group, please call Chaplain Cockley at his office (523-4254) by April 10<sup>th</sup>, and indicate which book you are interested in reading. The volume that receives the most interest will be the focus for our study and everyone will be notified which book is finally chosen. Please remember that saying you're interested, does not obligate you to participate. Everyone will be notified about the chosen volume before the order for the books is placed, and we will look to beginning in the last half of the month and finishing before the end of June.

### **Chaplain's Movie to Think About:**

What happens at the end? Is there a bright light? Do we look back and see ourselves? What about those we've lost, what happens to them? We live in an age that asks these questions over and over again, and there are many so-called 'experts' willing to speculate or help—for the proper fee. Chaplain Cockley's *Movie to Think About* for April offers a different perspective on these questions. The film is called [Hereafter](#), and will be shown at **the Village Common on Monday, April 18, 2011, starting at 2:00 p.m.**

Directed by Clint Eastwood, [Hereafter](#) stars Matt Damon as George Lonagan, an American factory worker who has developed psychic abilities as a result of a lengthy childhood illness. George is convinced his ability "is not a gift," and struggles to lead as normal a life as he can. But he meets Marie, a French journalist who survived a near-death experience in a tsunami, and Marcus, a twelve-year-old schoolboy who is grieving the recent death of his twin brother.

What happens when these three lives intersect is not quite what you'd expect, and there are many questions left unresolved. But the film is a thoughtful consideration of possibilities, and those possibilities allow for lots of thinking and discussion after the screen goes dark. We'll do our best to share ideas and impressions in the conversation to follow, so this is a film you won't want to miss. Join us for a one-time-only screening of [Hereafter](#), at **the Village Common on Monday, April 18, 2011, starting at 2:00 p.m.** There will surely be food for thought, but, as always, Popcorn Is Optional.

## HERBS IN A POT

*Courtesy of the National Gardening Association*

There's nothing like a home cooked meal flavored with herbs cut fresh from your garden. The best part is that you don't need to cultivate an entire backyard plot to grow enough herbs to use in meals. A simple container on a deck or patio can provide herbs all season, as you need them. Here's how to create an herb container garden.

### Materials List:

- Large plastic or wooden container
- Potting soil
- Herb plants of your choice
- Fertilizer
- Water

### Steps:

**Choose containers:** Select a container with drainage holes, the larger the better. An 18-inch diameter faux terra cotta or half a barrel provides enough space to grow a variety of herb plants. If you don't have a large container, select a number of smaller pots and plant a single herb in each one.

**Choose soil:** Fill the container with bagged potting soil. If you are using a very large container, fill the bottom with a layer of empty soda cans. The cans will take up volume so you'll need less soil to fill the pot.

**Choose herbs:** Select herbs that you commonly use in cooking, but don't forget to try a few new ones. It is easiest to purchase herb plants from a garden or home center rather than starting with herb seeds, and plants will give you instant results. You can usually find basil, cilantro, thyme, oregano, sage, rosemary, and parsley at garden centers.

**Plant your garden!** Moisten the soil thoroughly. Arrange the plants so that those that grow tall, such as basil and lemongrass, are in the center and cascading varieties of herbs, such as thyme and oregano, are along the edge.

## HERBS IN A POT (continued)

Plant them close together; 10 herb plants will fit in a half barrel.

Water and fertilize. Sprinkle a time-release fertilizer in the pot, scratch it into the surface and water well after planting. Water frequently to keep soil evenly moist, but not sopping wet.

Harvest regularly. Once the plants show new growth, you can begin harvesting. Snip off whole stems rather than individual leaves to encourage bushy, new growth. Never take more than one third of a single plant at a time. By following this pattern, your plants should supply you with seasonings through the entire growing season.

If your herb plants get overgrown, cut them back severely to force new growth.



## ATTENTION GARDENERS!

The community raised bed gardens at the Commons will soon be ready for planting. If you are interested in participating this growing season, contact Dave Clough at 522-0114 before April 15, 2011.

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## APRIL HIGHLIGHTS

### NURSING CARE CENTER

4/1 Kathleen Radspinner  
4/6 Penn View Singers  
4/7 Pizza—from  
Dominoes!  
4/12 Grace Reformer  
4/13 Sing-a-long with  
Maddie  
4/13 Penn View Singers  
4/15 Steve Sutherlan  
4/17 PALM SUNDAY  
4/20 Color Easter Eggs  
4/21 Maundy Thursday  
Service  
4/22 Easter Bunny here to  
visit!  
4/22 “With Faith”  
4/24 Easter  
4/27 Sing-a-long with  
Maddie  
4/27 Shady Grove Singers  
4/28 Birthday Party  
4/29 Buffalo Auction



### PERSONAL CARE

4/6 Penn View Students  
4/7 Dog Show  
4/8 Morning Star Singers  
4/10 Millmont Youth Group  
4/13 Penn View Students  
4/15 Chat time with Kathleen  
and Sandra  
4/16 Easter Egg Hunt/Easter  
Bunny  
4/19 Volunteer Tea  
4/20 Penn View Students  
4/27 Penn View Students  
4/27 Shady Grove Singers



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## APRIL HIGHLIGHTS CONTINUED

### INDEPENDENT LIVING

4/6 Game Day

4/7 Healthy Lifestyles

4/12 Men's Breakfast

4/14 Spring Fling Covered  
Dish

4/16 Decorate Eggs

4/17 Sunday Brunch

4/17 Palm Sunday Service-PC

4/19 Volunteer Tea

4/21 Maundy Thursday—  
Service at PC

4/24 Easter Sunday—Sunrise  
service at the pavilion

4/24 Easter Service at PC

4/28 Legion Breakfast

4/30 Lewisburg Arts Festival



**April 17 – Palm Sunday Worship in PC dining room, starting at 3:00 p.m.**

**April 21 – Maundy Thursday Worship in PC dining room, starting at 7:00 p.m.**

**April 24 – Easter Sunrise Service at the Picnic Pavilion, starting at 7:00 a.m.**

**April 24 – Easter Festival Service in PC dining room, starting at 3:00 p.m.**

**There is no Worship on Thursday, April 28.**

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## 2010 DIAKON SERVICE AWARD WINNER

When you step inside the front door of our Personal Care Building, you are greeted by the smiling face of Charlene Fisher. You are instantly welcomed to Buffalo Valley and assisted to your destination.



Charlene has been employed by Buffalo Valley for close to eleven years in several positions, most recently as Administrative Assistant—a role she takes seriously. Charlene also serves as Volunteer Coordinator, Wellness Coordinator, Event Planner, Newsletter Editor, Quality Assurance Secretary, PANPHA Ambassador, soon to be Touchtown Administrator and last but not least—Century Drive Mail Delivery Person! One might ask how one person ends up with all these roles; however, in Charlene’s case—many were voluntary. Charlene’s commitment to Buffalo Valley, our residents and staff inspired her to pick up tasks that might have otherwise “fallen by the wayside” due to tight schedules and limited resources. Each one of these duties is completed with a positive attitude, competence, and a smile.

I find one of Charlene’s best attributes to be her commitment to follow-through. Residents, families, guests and staff can rest assured that they will receive a prompt reply and follow-through when they approach Charlene.

She frequently takes time to assist residents in need, lend an ear and help new residents feel comfortable and at home in their new surroundings. She even shares her new puppy—much to our resident’s enjoyment!

But it doesn’t stop there—Charlene also takes time to help new staff members feel welcome and acclimated to our community, or to help fellow team members with projects or questions.

It’s no wonder that Charlene received numerous nominations, from various departments for this award. As one team member notes, “Charlene is a good example of “Many Hands, One Heart” because her heart is in the right place!

Congratulations and Thank you Charlene! We are proud of you!

## **EMPLOYEE SPOTLIGHT**

Melissa Guyer is the newest member of the Morrison Senior Dining Services.

She has a husband, Bill, daughter Lindsay, and Son Corey. The family cat's name is Lucky. She loves baseball games and Nascar racing. She is a quiet gal, but always has a smile ready for anyone she encounters.

Please welcome her to Buffalo Valley!

Did you know.....Arbor Day is coming up April 29th. This day was founded by J. Sterling Morton on April 10, 1872. On the first Arbor day, it is estimated that one million trees were planted.

### **APRIL FOOLS!**

April Fools' Day got its name from the custom of playing practical jokes or sending friends on fools' errands on April 1. The observance of this day began in France after the adoption of a reformed calendar by Charles IX in 1564. France was the first nation to adopt this calendar. Up to that time the New Year celebration began March 21 and ended April 1. When New Year's Day was changed to January 1, some people still celebrated it as April 1. These people were known as April fools. The custom of fooling friends and relatives on that day became popular in France, and spread to other countries. It was widespread in England by the 16ll's. In France, the victim is called an April fish, and the term April gowk is used in Scotland. In the U.S. April fools jokes range from telling someone their shoe is untied to putting salt in the sugar bowl. Millions of people plan to trick a friend or relative on this day.

*By Jen Wolfe*

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## **RESIDENT SPOTLIGHT—Edna Propst of Personal Care**

Edna Propst, is our Resident of the month for April. She lived in New Berlin all her life until she moved to Personal Care in March of 2009. Her father was Arthur Leitzel and her mother was Anna Wetzel. Edna's father worked in a hardware store. She has been a member of the Lutheran Church in New Berlin for 76 years.

She worked in the creamery for 14 years and at Walnut Acre's for 19 years. Edna has four children. Linda lives in Montoursville, Rodney and Ginny live in New Berlin, and Joyce lives in Northumberland. She has 10 grandchildren and 11 great grandchildren.

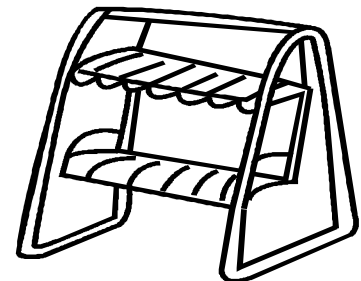
Edna loves to read. When she was at home she enjoyed cooking, canning, playing cards and games. A hobby of hers was collecting dolls. She had 50 different ones. She brought 10 to share with us.

Red hatters, Legion Auxiliary and Bible study were some of the groups she was involved with. During spring and summer she sits on her swing listening to Elvis and country western music with her head phones on, just swinging away.

Her most important life accomplishment was raising her children. One thing she wished she had done was go to college. If she could, she would love to drive her car again.

Edna is a very special person. She loves to help others. She will have a birthday on April 1st. Anyone that knows her, knows that it was the perfect day for her to be born. She loves to laugh, say funny things and have a good time.

Happy Birthday Edna! Enjoy your day!





## “A Bounty of Bach” *A Look, Listen & Learn Lecture*



Please Join Us On

**Thursday, APRIL 7<sup>th</sup>**

In The Year of Our Lord

**2011**

For a lecture on the life and music of the great composers:

**JOHANN SEBASTIAN BACH**

**CARL-PHILLIPP EMANUEL BACH**

**JOHANN CHRISTIAN BACH**

**JOHANN CHRISTOPH BACH**

**WILHELM FRIEDRICH ERNST BACH**

*Hosted by Prof. D. Conors, MA., Leeds Metropolitan University, Leeds, England*

**COMPLIMENTARY LITE FARE & BEVERAGES**

**TIME: 2:00 pm – 3:00 pm, in the FISHER LOUNGE**

Buffalo Valley Easter ‘Eggstravaganza’

April 16, 2011 1:00p.m.

Come see the Easter Bunny at the annual Buffalo Valley Easter ‘Eggstravaganza’! Sign-ups for the egg hunt are not necessary, but helpful to determine age groups, etc. Sign-up sheet is located outside of the activities room door in the NCC for those who are interested. **Hope** to see you there!

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Good Morning, it is nice to see you....

by D Conors

...sitting here

across from me again

(in my mind's wishful eye),

sipping coffee together,

light talk, some danish,

and an omelette, too

(i made it the way you like it,

just for you),

happy to be here

as the flaming

sunstreak rise lights up

the tender tips of the flowers

outside the window,

i fingertip-kiss your lips,

as the morning bird

breaks into song,

waking up the world,

whilst you and i

carry on

and your eyes

reflect the new day's skies,

it's nice, it's nice

to see you...

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