

# The Heart of the Valley

BUFFALO VALLEY LUTHERAN VILLAGE

A Diakon Senior Living Community

## JULY 2011

### LEWISBURG 4TH OF JULY PARADE!

This year we entered a float in the parade instead of our Buffalo Valley bus. The theme was: “Relaxing Lifestyle Included at Buffalo Valley!” The day was cloudy but we were lucky and only received a few sprinkles. The clouds also kept the blazing sun off of us as we relaxed in our easy chairs. Once we pulled onto the street lined with hundreds of people, we began to hear folks yell for us by name—Buffalo Valley was definitely noticed! We also had a swimming pool in the back of a pick-up for the kids to splash in. As we went through the parade we did the “wave”. Everyone had a lot of fun. Thank you to Valerie for making the arrangements and Jeff and Kandi Winder for providing the nice pick up truck and trailer!



#### MISSION

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## RESIDENT SPOTLIGHT

### FERNE ZEIGLER—NEW PERSONAL CARE RESIDENT

Ferne is our newest resident of Personal Care. She comes to us from Richfield PA. Her birthday is coming soon—July 25th. If you see her then, please wish her a happy birthday. As you notice, her name has an “E” on the end. There is an interesting story that goes with this; when she graduated from 8th grade, she received a letter. It had “Master” instead of “Miss”. She was angry that they thought she was a boy! Her mother’s name was Claire, which was also a mans name, but hers ended in an “E”. So Ferne told her mom she wanted to add an “E” to the end of her name.

Ferne grew up in Richfield. Her father wanted to buy a farm outside of town. They lived there 3 years, but her mom missed Richfield. So, they moved back to town. Her dad was a manager at a shirt factory. Ferne was an only child, but had 9 cousins that she played with.

One year, on New Year’s Eve, there was a big fire in Richfield. Ferne was 3 and can remember standing in her doorway watching the flames from across the street. Residents of the town were afraid that the whole town would catch on fire. The closest fire company was in Selinsgrove. She can remember the firemen coming into her kitchen to get coffee with their wet, muddy boots. Her grandma took her and some valuables and went to a relative’s house. Others from town followed, also with their valuables, to a ridge outside of town. In the end the fire was put out, but a restaurant, store, and several houses were burned down.

Her father built a house in Richfield. She lived in Snyder county but went to school in Juniata county. Her father had to pay \$25 a year for her to go to this school. She would have lunch daily with her grandma. After grade school, she chose to go to Juniata high school. Back in those days, you could choose. She went to Fayette high school in Mc Alisterville. Others in her class chose to go to Selinsgrove. She graduated in 1939 and attended college at Susquehanna University. She graduated in 1943 with a degree in Business.

She was offered a job in the Harrisburg area. WWII was going on during this time, and people were not able to get gas to drive their cars. So she found a place to live in Harrisburg. She lived with a teacher, who had just lost her husband and was raising her great-niece. Ferne would carpool with her or would walk. Later a home economics teacher joined them in the home.

As a teacher, Ferne had to sell tickets at the basketball games. This is where she met her husband, Les. They met in February, engaged in July and married in October. He also worked in Harrisburg for a trucking garage. The home economic teacher moved out in the spring, and Ferne was told by the teacher that Lester was welcome to stay with her in her home. (cont)

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Ferne and Lester eventually moved out and found an apartment on the 3rd floor in the city. She taught for 7 years total until she had her daughter Eunice. Her friend called her and offered her an apartment on the first floor, so Ferne and Lester moved. Later they built a house in a nice development.

Ferne's father had taken ill, and asked Ferne to move back to Richfield in her childhood home, that her father had built. He had an extra lot beside the main house, and had a small home built for him and his wife. He died 3 years later. Her mother continued to live there another 40 years.

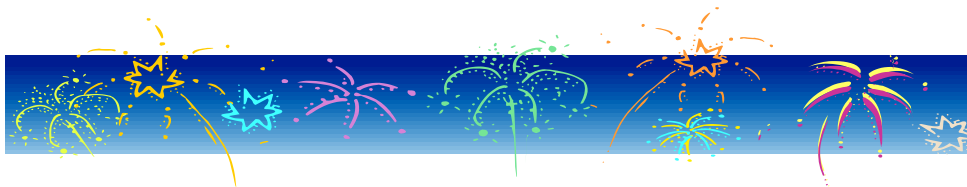
Ferne had a 2nd child, Alan, and after he went to school Ferne went back to teaching. She substituted in different schools. She then got a phone call about a position that was open in Middleburg high school. She took the job and added another 25 years onto the 10 years she already taught in Harrisburg. She retired in 1983.

She and Lester were married 50 years. He came to Buffalo Valley nursing care center in 2001 and passed away in 2006. Ferne has 2 grandchildren, one graduated from Lockhaven and the other is attending Bloomsburg. Ferne is proud that everyone in her family attended college. Out of her 9 cousins only one did not graduate.

Ferne likes it here at Buffalo Valley, but there is no place like home. It is hard to say goodbye to the home her mother and father built, that she has known for 85 years.

## HAPPY FOURTH OF JULY TO ALL!

**We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.**  
**-The Declaration of Independence 4 of July, 1776**



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**EMPLOYEE SPOTLIGHT—Elizabeth Grabski**

Elizabeth has worked at Personal care as a per diem aide since September 9, 2009. Recently, she has accepted the part time daytime position. Prior to this job, she had worked in a doctor's office, filing, making appointments and even preparing the shots for the children. After that job, she became a homemaker.

Elizabeth was born in Cuba. She moved to Spain in 1970. Her family tried to come to the United States, but were unable to get clearance. They lived in Spain for 18 months. Then they moved to Costa Rica. They lived there until 1972. Elizabeth then came to the United States in January of 1972 and lived with her Grandma, aunts, and cousins in New York. Her family was able to join her later that year in May.

Elizabeth married and had 3 children: Janette, Danny and Adriana. She is very proud of all of her children. Janette was a teacher at Mifflinburg school; Danny is a successful musician; Adriana has won several medals in swimming competitions. They moved to Long Island, and lived there 13 years. She just celebrated her 25th wedding anniversary with her wonderful husband. Her youngest child, Adrianna, organized a Luau for the Personal care residents as a school project. They had leis and grass skirts and performed Hawaiian dances. They provided fruit kabobs and lemonade and tea in Margherita glasses for the residents. They had many decorations, including a back drop of a beach scene. It was better than the residents could have imagined!

Elizabeth's older daughter fell in love with a boy from Pennsylvania. Elizabeth and her husband traveled to Pennsylvania to meet his parents. From that moment on, they decided that PA would be their new home. Elizabeth also has two grandchildren ages 7 and 3.

Elizabeth enjoys her job. The best part of it is working with the residents and helping them to make the most of each day.

Please congratulate Elizabeth on her new position—we will be seeing a lot more of her!

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## JULY HIGHLIGHTS

### **NURSING CARE CENTER**

July 1 K.J. Wagner  
July 4 Coffee Social outside  
July 5 Sing-a-long with Maddie  
July 8 Van ride and Ice Cream  
July 14 Watermelon Social  
July 15 Steve Sutherland  
July 19 Sing-a-long with Maddie  
July 21 Birthday Party  
July 22 Harvey Young  
July 27 Shady Grove Singers  
July 28 Birthday Party—Helen Casper turns 100 yrs old!  
July 29 Ed Podziomek



### **PERSONAL CARE**

July 4 Fourth of July Social  
July 7 Ice Cream Cones on the patio  
July 8 Manicures  
July 15 Peach Shortcake  
July 15 Derek Swartzentruber  
July 18 Show and Tell  
July 19 Sing-a-long with Maddie  
July 21 National Junk Food day!  
Social at 2:30  
July 22 Chat time with Kathleen and Sandra  
July 23 National Day of the Cowboy—  
movie at 2 (Gene Autry and Roy  
Rogers)  
July 27 Shady Grove Singers  
July 29 Welcoming Committee

### **Did you know:**

**July 2nd is the halfway point of  
2011? Time sure does fly!**

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## JULY HIGHLIGHTS CONTINUED

### INDEPENDENT LIVING

July 4 Fourth of July Picnic

July 7 Healthy Lifestyles

July 9 St. John's BBQ

July 10 Bus Trip to Millbrook

July 12 Men's Breakfast

July 21 Lunch at Arrowhead restaurant  
(following IL meeting)

July 23 Men's lunch—hosted by the ladies

July 24 Sunday Brunch

July 26 Maintenance Picnic

July 28 Legion Breakfast

Fridays at noon—bag lunch at the Pavilion

Reminder: **TOUCHTOWN** is also a source for information. Tune in to Channel 20 on your TV set or IL residents can go to the website at [www.livinginthevalley.org](http://www.livinginthevalley.org).

## DAKIM—MPOWER

Just a reminder: MPower is available for all residents on all levels. The MPower for IL is located in the back office of the Common. For Personal Care it is located in the 400 lounge. In the Nursing Care center it is located in the Activity room. MPower is a computer that helps with cognitive fitness. It makes cognitive exercises fun—the programming includes various puzzles, word games, and memory exercises based on everything from literature, art, math and science to movies and famous celebrities. We have 5 demonstration modes that you can try. To begin, just touch the start button and enter the letters DA, DB, DC, DE or DF. DA is the highest level, DF is the lowest level. If you find you enjoy the program then all you have to do is contact Charlene at 523-4244 and provide your name, DOB, occupation and degree. After 24 hours you will be able to use the system. Once you use the system regularly, it will adjust to your cognitive level. The games/activities change daily.

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**~HAPPENINGS IN THE INDEPENDENT LIVING COMMUNITY~**

**Bag Lunches at the Pavilion**

The Friday noon bag lunches at the Pavilion continue for the Fridays of July. No reservations needed, just bring your lunch and beverage and enjoy fellowship with your Independent Living Neighbors.

**Independence Day Picnic**

July 4th we will gather at TVC at noon for an indoor picnic. Bring your placemat, table setting and a dish of food to share. Please call for reservations: 523-4299.

**Chicken Bar-B-Q**

July 9th is the date for the Chicken barbecue prepared by St. John United Church of Christ. Diners are available for \$8.00 and halves are \$4.00. Give your order and your money to your cul-de-sac representative no later than Wednesday, July 6th. Chicken will be delivered to the Pavilion at noon. If you wish, your chicken can be delivered to your home. Just let your representative know.

Some residents eat their chicken at the Pavilion; others take it home to eat. Chicken is also available at the church with an area provided for eating or it can be taken out. No pre-order is necessary for chicken acquired at the church.

**Matinee**

Chaplain Cockley is part of the cast for the play "Love, Sex and the IRS" being presented at Millbrook Playhouse. A trip is planned to the playhouse on Sunday, July 10th, pick up time is 12:45 at the TVC. For reservation information, call Jackie Sauers at 523-2050.

**Men's Luncheon**

MEN—The Independent Living ladies are planning a luncheon especially for you! Saturday July 16th at noon at The Village Common. For reservations call: 523-4299.

**Maintenance Picnic**

Each year, in appreciation for all they do for us, we, Independent Living residents, provide a picnic dinner for the maintenance staff. This year it is July 26 at noon at The Village Common. This is a big event on campus; please join us. Bring your placemat, table setting and a large dish of food to share. Reservations: 523-4299.

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## ***NEW FEATURE***

**QUESTION OF THE MONTH: If you could live anywhere in the world, where would it be and why? Various staff and residents were asked this question.**

The overwhelming response was, "Good Old PA".

Other responses:

**SWITZERLAND**  
—They mind their own business and they do not follow an insane foreign pol-

**HAWAII**—The temperature never goes above 90 or below 70!

**ANYWHERE**—  
That is nice and warm 24/7!

**FLORIDA**—To get away from the cold!

**RIGHT HERE**  
Where God put me; I give thanks everyday that I live in this free country

**BVLV**  
Everyone is so friendly and I feel happy and secure.

**EAST COAST**

**KENTUCKY**—It is beautiful, and you have the city and the country in the same spot!

**COLORADO**  
It has beautiful scenery

**DOWN SOUTH**

**BY THE OCEAN**—  
Anywhere—Fort Lauderdale Florida would be nice

**YOUR CHOICE**  
You can live in any country and like it and profit for your life. It may be a place you move to because of work or it may be a place you have always dreamed about.

**A FARMETTE**  
—anywhere, with a cow, llama, goat and some horses.

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