

The Heart of the Valley

BUFFALO VALLEY LUTHERAN VILLAGE

A Diakon Senior Living Community

March 2011

MARCH IS NATIONAL NUTRITION MONTH!

This year's ADA theme is "Eat Right with Color." This also focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. When you suffer from arthritis, this is not always easy. Not all vegetables are good for you, as they can cause joint inflammation.

A healthy eating plan includes emphasis on fruits, vegetables, whole grains, and low fat or fat free milk and milk products. It includes lean meats, like poultry or fish and beans eggs and nuts. Your food choices should be low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Those foods that are "friendly" for you—Green, yellow and orange vegetables: artichokes, asparagus, broccoli, chard, collards, lettuce, spinach, string beans, summer or winter squash, sweet potatoes, tapioca, and taro.

Anti-inflammatory foods: Ginger, garlic, turmeric and apples.

Brown rice: This is recommended instead of corns, wheat oats , rye and barley.

Cooked or dried fruits: Cherries, cranberries, pears, prunes.

Fish: Salmon, mackerel, herring, and tuna. These are rich in Omega 3.

Nuts and Seeds: Walnuts, almonds, linseeds, pumpkin seeds.

Water: Drink plenty of this!



DAYLIGHT SAVINGS TIME WILL BE MARCH 13, 2011!
Remember to turn your clocks ahead
Saturday night !

MISSION

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Chaplain's Corner

Dear Christian Friends,

All right, I'll admit it: I guess the groundhog got it right this year. December and January were brutally cold, and the chill hasn't diminished so far this month, either. Yes, we did have those two warm days (remember them?), but with arctic air masses lining up to march south, where is the promise of Phil's early spring? We're still shivering, the windows rattle in the wind, and warmer weather seems no where in sight.

The good news is that warmer weather is coming—sooner or later. The days are longer, and the sun's warmth now is as strong as it is in late September. The snows melt away more quickly, even if the air stays cold, because the sun rises higher in the sky every day. Before you know it, spring will be here, and if you know where to look you can already see some early signs. Robins will return, crocuses will bloom, daffodils will soon emerge from the frozen ground. The circle of life continues, and new growth is on its way.

As the earth renews itself, so does faith. As we prepare for the days of Lent, the church ponders the life of Jesus and his purpose for coming to the world. As we see the Lord making his journey to Jerusalem, we are reminded that Jesus is preparing to die so that we may have life. As the days grow longer, faith reminds us that it's time to slow down just a little, to watch and to ponder.

Longer days invite us to take our time. Longer days and more light mean more time, and more time gives us the opportunity to consider our living and our faith, as we walk with the Lord. So let's use the time we have to think about life and faith. Let's use this time to talk: with each other and with God. As the earth slowly renews itself with new life and new growth, we can do the same. And as we do, we will know the presence of the Lord, walking with us as we walk with him on the way to Jerusalem, where life and new life are given to all the world. As we take time to walk and talk together along the way, I remain,

Your brother in Christ,
Chaplain Cockley

WORSHIP NOTES

As Spring begins, the church turns its focus from the Epiphany to the Passion. **March 9, 2011, is Ash Wednesday, the First Day of Lent**, and we will begin our Lenten journey with Jesus to Jerusalem at two Worship Services on that day. Village residents are welcome to join us at **2:00 p.m.** in the Nursing Center's Fisher Lounge OR at **7:00 p.m.** in the Personal Care Dining Room for our **Ash Wednesday** observance. As Lent begins, our worship focus is the penitential nature, not just of the day, but of the entire Lenten Season. What we do on this day helps prepare us for the journey that will take us to the Holy City of Jerusalem and to the cross and the tomb that await our Lord's coming. Our Service will include an extended Order for Confession, the Imposition of Ashes (for those who desire to receive them), and the celebration of Holy Communion.

Please consider this as your personal invitation to join us for either Service on **March 9th**, at **2:00 p.m.** in the Nursing Center's Fisher Lounge, or at **7:00 p.m.** in the personal care dining room. Either Service will help you make the journey by taking this first step.

SPECIAL NOTE: Because of the unique nature of the Ash Wednesday Service, there will be **no** worship in personal care on Thursday, March 10, 2011. Thursday Worship will resume on March 24, 2011, beginning at 2:00 p.m.

Chaplain's Corner

BIBLE STUDY CONTINUES

Sunday Bible Study continues with the Gospel of Matthew through the weeks of Lent. We began our study of Matthew 26-28 this past Sunday afternoon in the personal care dining room, starting at **2:30 p.m.**, and will continue through the remaining weeks of Lent. As we focus on the events of the last three days of Jesus' life, we will be able to study the same texts we will hear in Worship from Palm Sunday to Easter Day. If you haven't been part of our study group before, this would be an excellent opportunity to join us; and, if you had been part of our group in the past, why not re-join us for the end of Matthew's gospel? All you need is your Bible and your questions. We'll work together to search out the answers. Join us on **Sunday afternoons** starting at **2:30 p.m.** We'd be glad to have you, and you'll be glad you did.

MARCH MOVIE

By the time you read this, the Oscars will be long over, and many of the films that are honored will soon be forgotten. You don't think so? What won "Best Film" last year? You don't remember? You're not alone! One film that won't be honored this year (because it wasn't even nominated) is one of the 'stand-out' films of the year, and that film just happens to be Chaplain Cockley's *Movie to Think About* for March. **Waiting for Superman** is one of the most noteworthy and overlooked films in many years. It tells the story of Geoffrey Canada and his single-minded effort to do something to fix the broken public school crisis in American society. Your chance to see this astonishing and overlooked documentary feature comes to **the Village Common** on **Monday, March 21, 2011**, starting at **2:00 p.m.**

Mr. Canada is an unlikely candidate for such attention. Growing up in the Bronx, he was devastated when he discovered that Superman only existed in comic books, and was never coming to rescue him. He channeled that childhood disappointment into his personal mission in adulthood: he founded The Harlem Children's Zone, a program dedicated to improving the educational opportunities for underprivileged children. In addition to Mr. Canada, the film profiles the work of Dr. Michelle Rhee, who, until recently, was the Chancellor of the Washington, DC School District. You'll also meet five engaging young hopefuls, Anthony, Francisco, Bianca, Daisy, and Emily, who all hope to beat the odds against them and qualify for a better education.

If you ever sat in a classroom or stood in front of one, or know someone who did either of these, you will want to see **Waiting for Superman** for yourself. The film is directed by Davis Guggenheim, the Oscar-winning director of "An Inconvenient Truth," which was shown as part of this film series in January, 2007. What the film shows us, warts and all, will certainly fuel our conversation when the credits are over, but this film will not be as easily forgotten as last year's winners already are. So mark your calendars today to see **Waiting for Superman** at the **Village Common** on **Monday, March 21, 2011**, beginning at **2:00 p.m.** The cafeteria will be open for lunch beforehand, but, as always, Popcorn Is Optional.



ST. PATRICK'S DAY **MARCH 17, 2011**

*Some interesting tidbits about St. Patrick's Day—
Contributed by Kathleen Hinkel.*

Kissing the Blarney Stone is said to give you the ability to be a "smooth talker". Just down the road from the village of Cork in Ireland you'll find the town of Blarney. The castle that stands today was built in 1446 and is the third castle built on that spot. In one of the towers on the third story in a pit, you'll find the legendary blarney stone. To perform the kiss properly you sit at the edge with your back towards the stone. With someone holding your feet, you bend over backwards, lowering yourself into the hole using handrails until your head is low enough to kiss the stone.

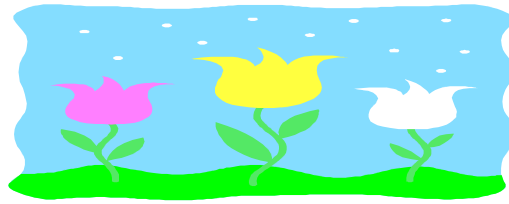
Leprechauns are mythical fairy folk said to inhabit the island of Ireland. They are solitary diminutive men, who are very secretive and rarely seen. According to most stories they are between 2 and 3 feet tall; and are usually pictured wearing a green coat, pants, and tall hat known as a tam o'shanter. Leprechauns are usually pictured with a beard and pipe. They are excellent craftsman and have a reputation as being the most skilled cobblers and shoe makers in the land. Leprechauns are often believed to have large sums of gold or treasure that they keep secret and hidden. According to some legends, they have magical powers.

Four Leaf Clover is a symbol of good luck of fortune for many cultures around the world. According to the bible, Eve carried a four leaf clover to cover herself when she was expelled from the Garden of Eden. While some genetically engineered four leaf clovers do exist, true four leaf clovers come from commercial farms of white clover and are hand picked.

Shamrocks are "any of several similar appearing trifoliate plants." From a botanical view shamrocks can be wood sorrel, white clover, or some species of the pea family. It is said to symbolize the holy trinity, Father, Son and Holy Spirit, which all have the same origin, symbolized by the center stem.

The Claddagh Ring has two hands clasping a heart with crown on top. If you wear the ring on your right hand with the crown turned inward, it means your heart is open and unoccupied. If the crown is turned outward it means you are courting and may be in love. If you wear it on your left hand with the crown facing outward, it means your heart is already taken by someone.





MARCH HIGHLIGHTS

NURSING CARE CENTER

- 3/2 Penn View Singers
- 3/4 Harvey Young 2:00
- 3/8 Mardi Gras Bingo 2:00
- 3/9 Penn View Singers
- 3/12 Lester Hirsh 2:00
- 3/15 Sing-a-long with Maddie 10:30
- 3/16 Penn View Singers
- 3/17 St. Patrick's Day Party
- 3/18 Steve Sutherlan 2:00
- 3/23 Penn View Singers
- 3/23 Shady Grove Singers
- 3/23 Penn View Singers
- 3/24 Birthday Party 2:00
- 3/30 Sing-a-long with Maddie 10:30
- 3/30 Penn View Singers

PERSONAL CARE

- 3/3 Purple Cow Floats 2:30
- 3/8 Donuts and Coffee 2:30
- 3/10 Word Games and Old Time Remedies 2:30
- 3/11 Morning Star Singers 7:00
- 3/17 St. Patrick's Day Party 2:30
- 3/18 Chat time with Kathleen and Sandra 2:30
- 3/18 Dereck Swartzenbruberg 7:00
- 3/19 Spring ride 2:00
- 3/22 Sing-a-long with Maddie 2:30
- 3/23 Shady Grove Singers 7:00
- 3/25 Good-bye to Winter social 2:30
- 3/28 Bring something on a stick 2:30
- 3/31 Movie and Popcorn 2:30

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MARCH HIGHLIGHTS



INDEPENDENT LIVING

3/3 Healthy Lifestyles Screenings and Education

3/8 Men's Breakfast

3/9 Game Day

3/16 Lewisburg Spring Musical

3/20 Sunday Brunch

3/24 Legion Breakfast

UPCOMING BIRTHDAY PARTY

A birthday party? Whose? Yours! Everyone's!

On March 22, there will be the annual birthday party to celebrate everyone's birthday. At 2 p.m. we will gather at the Common to have one celebration for all IL resident's birthdays. Join us for a program of fun and friendship. Reservations appreciated.



LOOKING BACK.....

Favorite Love Songs

On February 15th, Roland Ritzman shared his vocal talent with IL residents by presenting a program of "Favorite Love Songs of BVLV Ladies". He had canvassed residents and then sang their favorite love songs. He was accompanied by Betty Harbach.

Presidents Day Social

Mr. President (Abraham Lincoln), attired in a vintage suit (complete with a custom made frock coat and tall silk hat) delivered the Gettysburg's address on February 22 at the Common.

At the President's day Social, M.C. John Yingling displayed some of his political memorabilia before he introduced Mr. President (a.k.a. Herb Wolke) We sang some patriotic songs and enjoyed cherry pie ala mode.

EMPLOYEE SPOTLIGHT

Cindy Smith – Administrative Secretary at the Nursing Care Center

Cindy Smith has been an employee of Diakon for almost 7 years. Her 7 year anniversary will be on March 15. Cindy has always worked at the front desk as an administrative secretary. She also helps out in the Activity department. When asked what she likes most about working here, Cindy's response was that she "loves getting to know the residents and she likes the staff too."

Cindy has been married for 35 years and has 3 children. She has lived in Milton for the past 12 years. Cindy and her husband recently bought a house and she hopes to be moving in, at the beginning of April. Cindy has a bit of an adventurous side; last year for her wedding anniversary her and her husband went White Water Rafting. Cindy said she enjoyed it and she would love to do it again. Cindy also enjoys writing, knitting, needle point and sewing. She recently signed a contract with a book company and will be having a

▪ **Now you've all heard of MURPHY'S LAW: "If anything can go wrong, it will."**
▪ **Murphy has some friends who added their sage advice as well. How about these?**

- A flying particle will see the nearest eye.
- The one who says it cannot be done should never interrupt the one who is doing it.
- A clean tie attracts the soup of the day.
- Never open a can of worms unless you are going fishing.
- When you try to prove to someone that a machine won't work, it will.
- Those most opposed to serving on committees are made chairmen.
- When all else fails, try the boss's suggestion.
- Any horizontal surface is soon piled up.
- Trust everybody, but cut the cards.
- When it gets to be your turn, they change the rules.
- The colder the X-ray table, the more of your body you are required to place on it.

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RESIDENT SPOTLIGHT—NURSING CARE CENTER

Featuring: Ethel Gustafson

Ethel was born in Middleboro, Massachusetts. She met her husband John where they worked at a shoe shop. Ethel and John were married for over sixty years and lived in Marlboro, Massachusetts.

They had two boys: Jon and Robert. Ethel has four grandchildren and five great-grandchildren. When asked what her favorite family moment was, Ethel stated “being together on Christmas morning.”

In addition to working in a shoe factory, after the death of her husband, Ethel worked in electronics, a job she loved. She left there to care for her mother who lived with her.

Ethel loved any kind of music but mentioned her son was a drummer and she expressed her interest in supporting that. She enjoys ice cream. Her favorite hobbies are knitting and crocheting. Ethel works on gifts for others in her room.

Ethel moved to this area when she came to Buffalo Valley Lutheran Village as a resident, as she has family in the area.



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***KING AND QUEEN CROWNED FOR
VALENTINE'S DAY
February 14, 2011***



Ray and Shirley Jones were crowned the King and Queen of Personal Care. They met in school. Shirley admired Ray from afar, as she looked out her dorm window, into his dorm. One day they bumped into each other—the rest is history! They have been married for 56 years now. They have no children, but did have pet dogs. They always make sure they are front and center for the dog shows at Personal Care. They also enjoyed riding horses. When the weather gets nicer you will find them relaxing outside on the patio.

KINGS AND QUEENS OF THE NURSING CARE CENTER

Gloria and James Pangburn were introduced by Jim's sister. They were married February, 16, 1956 and will be married 55 years this Wednesday. They honeymooned in Key West Florida, and resided in Lewisburg. They have 2 sons Don and Jim. They traveled to Virginia to visit family and friends on a regular basis. They spent most of their free time working outside around the house and gardening. Gloria was known for her flower beds. They enjoyed animals and had several cats.

June and Harrison Zeller met in Milton. June was roller skating and Harrison was watching her, and then introduced himself after she was done. They were married March 9, 1947, and will be married 64 years next month. They lived in Mifflinburg. They have 2 daughters Brenda and Nancy and 2 grandchildren and 2 great grandchildren. They enjoyed camping and traveling to Florida, where they would stay for 3 months at a time.

ANNUAL DIAKON SERVICE AWARD

On February 2, 2011 a ceremony was held in Fisher Lounge to recognize the 17 service award nominees for 2010. The nominees are nominated by their peers based on stewardship, excellence, respect, vocation, innovation, competence, commitment and enthusiasm. Each was given an award and a gift of appreciation pin. Refreshments were served, with residents joining in the festivities.

One nominee is chosen from the 17 to go on to the Diakon ceremony in Grantville, PA for a chance to be the winner of all the Diakon Facilities.

If you see any of these fine employees, please congratulate them for their dedication to Buffalo Valley and for showing Gracious Service and Hospitality!



Pictured: Christie Jungblut, Tina Sauers, April Gessner, Kathy Miller, Sandy Waltman, Donielle Ashton, Charlene Fisher, Rachael Knarr, Randy Laubach.

Not pictured: Ellen Cook, Sally Krouse, Autum DeParasis, Jessica Reich, Tammie Printzenhoff, Lucinda Yoder, Cathy Ward, Jillian Wynnings.

THANK YOU LETTERS FOR MEMORIAL GIFTS

Special thank you from Diakon Benevolent Fund for the donation by the IL residents in memory of Joyce K. Manhart. “It is through your kindness and generosity that Diakon is able to maintain its benevolent care promise.”

Special thank you from Lycoming County SPCA for the donation in Amy M. Bell’s memory. Thank you for helping their mission to care for the animals in our community.

Get a start to a Healthy Spring—stop by the Healthy Lifestyles Screening Fair this Thursday, March 3rd at the Village Common.



All screenings, with the exception of the blood screening being offered by Evan, are free. Take advantage of this great event that is right in your back yard!

AN IRISH FRIENDSHIP WISH

May there always be work for your hands to do;
May your purse always hold a coin or two;
May the sun always shine on your windowpane;
May a rainbow be certain to follow each rain
May the hand of a friend always be near you;
May God fill your heart with gladness to cheer you.

