

# YES, I WOULD LIKE MORE INFORMATION ON POCONO LUTHERAN VILLAGE!

Please cut along the dotted line and return to Pocono Lutheran Village, 329 East Brown Street, East Stroudsburg, PA 18301.

I am interested in:

\_\_\_\_\_ Scheduling a visit to Pocono Lutheran Village

\_\_\_\_\_ Receiving an informational packet  
in the mail

\_\_\_\_\_ Receiving a phone call to answer some  
of my questions

\_\_\_\_\_ Receiving an e-mail with more information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

The Marketing Department works in close association with future residents' adult children, real estate agents, movers, auctioneers, decorators, and bankers to make their move as stress-free as possible.

### Personal Care

*Enhanced independent apartments coming soon!*



## POCONO LUTHERAN VILLAGE

A DIAKON SENIOR LIVING COMMUNITY

Phone: (570) 426-4000 | www.diakon.org/pocono

329 East Brown Street  
East Stroudsburg, PA 18301

Non Profit Org  
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Lehigh Valley PA  
Permit #121

## New maintenance supervisor ready for challenges ahead

Rick Peragallo believes that his recent hiring as maintenance supervisor of Pocono Lutheran Village was meant to be.

Five years ago, he had interviewed for the same job and turned it down. This time when he heard the job was open, he didn't make the same choice.

"I'm a firm believer that God opens doors when you are supposed to walk through them," says Peragallo. "I guess it was the right time."

Not new to the health-care industry, he welcomes the challenges associated with his recent job change.

"I've been fixing things for 30-some years," Peragallo says. "I enjoy the smiles of our residents when we have solved a problem for them."

Peragallo and his team of two maintenance technicians are responsible for preventive maintenance and the comfort and convenience of residents and staff. Whether that means fixing a leaking faucet, providing scheduled transportation, or responding to an emergency, they handle it with the ease of experienced professionals.

"I empower my staff to make their own decisions," he says of Gene Grodzki and Paul Wahrmann, maintenance



The maintenance crew at Pocono Lutheran Village is ready to help you with your needs. From left, Gene Grodzki, Richard Peragallo, and Paul Wahrmann.

technicians. "I find that to be a better way of running a department."

Peragallo is looking forward to the construction of the Senior LivingPlus apartments planned for next year, and anticipates the challenge it will present for him and his staff.

"Everybody needs challenges in life; otherwise you get stagnant," he says. "Coming here was the challenge I needed."

# DIAKON *Many Hands. One Heart.* Lifestyles POCONO

FALL  
2010

## Coming soon: Senior LivingPlus Construction of new apartments set for 2011

In the second quarter of 2011, Pocono Lutheran Village expects to begin construction on its completely remodeled and upgraded one-bedroom apartments to be known as Senior LivingPlus.

Although the start date is later than originally planned, the delay is for good reason. Diakon Lutheran Social Ministries, which operates Pocono Lutheran Village, has applied for a Monroe County Local Share Grant that, if awarded, will provide nearly half of the cost needed to construct the new apartments.

"If the grant application is not successful, we still plan to move forward with the new

construction," says Steve Daniels, project manager. "However, we believe by applying for the grant we are being good stewards of Diakon's financial resources."

Once the status of the grant application is determined, Pocono Lutheran Village plans to open the bidding process so construction can begin in July and be complete by December.

"We will create a common space in the middle of the third floor and 22 apartments in the wings," explains Daniels, adding that on the first floor, plans include converting a private dining area into a small independent living café.

*Please turn to Page 2*



### 1 New Senior LivingPlus apartments

Construction to begin second quarter of 2011

### 2 Workshop focuses on healthy living

Educational workshop draws community members

### 4 Executive director answers big question

Why did I wait so long to make the move?

For more information,  
call (570) 426-4012

## Healthy living focus of community workshop

Free massages and “chair yoga” sessions were just one part of an educational workshop that drew community members to Pocono Lutheran Village in October.

“Aging Well is the Best Revenge” was the topic of the four-hour event co-sponsored by the Pocono Mountain office of Griswold Special Care.

“It was an opportunity to show people how healthy habits can be integrated into one’s lifestyle to better face the physical and health concerns that so often come as we age,” says Betsi Olmstead, manager, marketing and sales. “Our focus was on fitness, relaxation, health, and nutrition.”

Participants were encouraged to participate in one-hour “chair yoga” sessions, to experience and learn how massage can help to relax and increase the flow of oxygen to the blood and muscles, to hear from a chiropractor about the benefits of trigger point massages while experiencing it for themselves, and to sample healthy snacks and view health-related videos.

“It was a great opportunity for people who may never have used these services to sample them without obligation,”



*Nadya Matychak, certified Yoga instructor, leads a “chair Yoga” class.*

Olmstead says. “Maybe they will decide to integrate them into their own lifestyle down the road.”

These co-sponsored workshops are offered quarterly on the campus of Pocono Lutheran Village. Past sessions have included such pertinent topics as Alzheimer’s disease, hearing and vision loss, hospice care, Powers of Attorney, and Living Wills. Anyone with ideas for future programs is invited to contact Olmstead at (570) 426-4012.

### Construction of new apartments set for 2011

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The apartments, which range from 450 to 750 square feet, will feature universal design, which has the safety and comfort of older adults in mind. In addition to leading-edge amenities, such as programmable thermostats with time-of-day controls, specialized lighting controls and the necessary wiring for “smart” technology, Senior LivingPlus will feature 24-hour emergency-call system, one meal per day, and cultural and recreational programs for one monthly charge. Senior LivingPlus also offers an extensive service program to cover routine maintenance.

Senior LivingPlus at Pocono Lutheran Village is remarkably affordable. Residents can choose from six different floor plans that fit their needs and budget.

For additional information or to make a personal appointment, call Betsi Olmstead, manager of marketing and sales, at (570) 426-4012.



*Steve Daniels, project manager.*



## Message from the Executive Director

During the many years I have worked in senior living, there is one question new residents consistently ask themselves once they move to a community like Pocono Lutheran Village—Why did I wait so long to make the move?

One of the most effective tools I share with potential residents to help make that decision in a timely manner is to set up a list of pros and cons. Almost always the first pro listed is their health status. Many times those of us approaching the upper years of our life wait to make a decision until we have a health crisis that forces us to change our lifestyle. Does that make sense? Wouldn’t you rather choose to give up the chores associated with home or apartment ownership—such as cleaning the gutters, mowing the lawn, and shoveling snow—while you can still enjoy the time you gain?

One of the finest gifts you can give yourself is a few hours spent with us at Pocono Lutheran Village to learn what we are all about. Just imagine, you will have a maintenance staff of three individuals to meet your needs in a gracious manner. You may choose to be as busy as you want or to relax by the fireplace with a good book, while we take care of the heat in the winter and the air conditioning in the summer.

Now is the time to make your move! I’ll be looking forward to your visit. Come soon. You will be glad you did.

*Sharon Miers*

**Sharon Miers, NHA**  
Executive Director

## A winning combination

Learn more about Senior LivingPlus while enjoying a free brunch

Pocono Lutheran Village hosts periodic informational seminars to acquaint those interested with the features and amenities offered in the new senior living independent apartments. A unique feature of these units will be special wiring for supportive technologies that help residents remain safe and independent.

In addition to previewing apartment floor plans, participants can learn more during a question-and-answer period.

Plan now to attend one of these upcoming seminars.

• **Wednesday, Dec. 1, 9:30 a.m.**

• **Saturday, Feb. 5, 11:30 a.m.**

• **Wednesday, Feb. 16, 11:30 a.m.**

All seminars are held at Pocono Lutheran Village. Seating is limited, so call Betsi Olmstead, manager of marketing and sales, at (570) 426-4012 today to reserve your space at the seminar of your choice.



## Around the Village

Throughout the year, Pocono Lutheran Village offers a full calendar of activities and events for residents as well as members of the community. Stop by and see what all the commotion is about!



*From left, residents Carlton Miller and Charles Popall begin a woodworking project.*



*Resident Vicky Voss spends time with one of the children from the local Head Start program during a Halloween cookie-decorating contest.*



*This summer, Pocono Lutheran Village held its popular annual classic car show. Attended by residents and community members alike, guests enjoyed hot dogs and other refreshments while walking among classic Fords, Dodges, and other vehicles.*