

DIAKONNECTION

FALL 2003

Keeping options open for active residents

A heated indoor swimming pool and hot tub. Water aerobics. A fitness room equipped with stationary bikes, a treadmill, free weights and other exercise gear. Special classes and programs for the health-conscious.

While these may read like the amenities of a health club, they're more than that. They're the services offered for active and interested residents of *The Village at Robinwood* in Hagerstown.

"Seniors today seem to be more interested in keeping active as long as they can," explains Tricia Daugherty, Robinwood's fitness coordinator. "We try to offer a variety of programming and opportunities for residents here. And

Residents enjoy exercise classes in The Village at Robinwood's pool.



naturally some classes and topics generate more interest than others."

Daugherty teaches a low-impact water aerobics class most mornings, as well as other water exercise classes that involve more range of motion. She also is certified by the Arthritis Foundation to teach aquatic exercise for people who have limitations because of arthritis. And the pool is open daily for "free swim" and one Saturday a month for residents to invite friends and families.


"Many residents enjoy the free swim and the chance to bring guests to the pool," Daugherty says.

The pool area sometimes is used as the setting for special events, such as this year's July 4th evening fireworks party. The pool and fitness room also are available to residents of Ravenwood Lutheran Village. Adult Day Services clients from Ravenwood also come to swim each month.

The fitness room has its regular users, too. Daugherty says some residents come in at the same time every day, while others use the equipment on a sporadic basis.

Other activities at Robinwood include a chair exercise class, which is literally a "no-impact" form of movement, Daugherty explains. Those who have concerns about falling or losing their balance find this a good alternative, she notes, and she offers it several times each week. Residents are interested in a yoga class, which is under consideration, and walking trails around the campus, as well.

"We are trying to respond to the kinds of activities our residents are requesting, to help them stay active all year round," Daugherty adds.

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- Adoption Services**, Maryland
 - Brandywine Program**, Newark, Del.
 - Congregational & Community Ministries**
 - Congregational Health Ministries**
 - Diakon Housing & Development, Inc.**
 - Frostburg Village of Allegany County**
 - KidzStuff Child Care**, Baltimore
 - Lutheran Village at Harbor Pointe**, Salisbury
 - Ravenwood Lutheran Village**, Hagerstown
 - Refugee & Immigration Services**
 - The Village at Robinwood**, Hagerstown
 - Volunteer Home Care**

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Healthy partnerships begin with parish nursing

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.

Diakon serves nearly 60,000 persons annually in Pennsylvania, Maryland, and Delaware through adoption, foster care, refugee services, volunteer home care, retirement villages, housing accommodations, congregational ministries, hospice services, and more.

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Diakon's Congregational and Community Ministries – Maryland is building a reputation.

For nearly four years, the program has been helping congregations maintain wellness through a focus on body, mind, and spirit. Now, area health departments are taking note of the success of those efforts.

“The major health departments in and around Baltimore know what Diakon is doing,” says Bettye Wolinski, RN, BSN, CCE, congregational health ministries coordinator. “They are beginning to see that the nurse planted in the church is a tremendous way for healthy partnerships to develop for the benefit of an entire spectrum of ages.”

In congregational health ministries, a parish nurse and a group of congregation members, known as a “health cabinet,” work together to offer their congregation opportunities in health education and promotion, advocacy for those in needs, and partnership development within communities.

The Rev. Gerry Rickel, senior pastor at Prince of Peace Lutheran Church, Rosedale, has worked closely with Congregational and Community Ministries from the beginning, says Wolinski. “Pastor Rickel was one of the pastors in the area who said the Lutheran church needs this type of ministry. One of his

and my gifts was to be able to pray together to ask the Lord where this should go next.”

Their prayers led them to the Urban Congregational Health Ministry project, which has provided grants to seed six congregations with sufficient funds to pay a parish nurse to staff the program four to eight hours a week. “This type of ministry is incredibly important and very successful in urban sites where there are few other resources,” Wolinski says.

A Diakon benefactor who believes in what the program is doing with urban congregations contributed enough money to seed Highlandtown Lutheran Ministries with a parish nurse who works eight hours a week.

Graced with more funds from the donor, Congregational and Community Ministries is looking at developing a nursing health program in two other urban congregations—one affluent, one less so. One nurse will serve the program, with the health cabinet consisting of members of both congregations.

“Our initiative is to maintain partnerships among congregations,” says Wolinski. “It is a mix of people interested in health and making their community work well with the congregations. They believe in what Jesus says in Matthew: ‘We are sent out not only to teach and preach, but also to be part of the healing ministry of Jesus.’”

Ravenwood Lutheran Village 25th anniversary

Two members of the original committees that raised funds to purchase the land on which Ravenwood Lutheran Village was then developed by Tressler Lutheran Services (now part of Diakon Lutheran Social Ministries) participated in the village's recent 25th anniversary celebration. Pictured left to right are Maryland Sen. Donald Munson; D. Earl Wolfe, Jr., committee member; James Harrington, a Diakon director of referral development; Jodi Murphy, executive director of Ravenwood and The Village at Robinwood; and Donald Dayhoff, also a committee member. “It was an honor to have both Mr. Wolfe and Mr. Dayhoff join us 25 years later to celebrate the services offered by Ravenwood,” says Murphy.



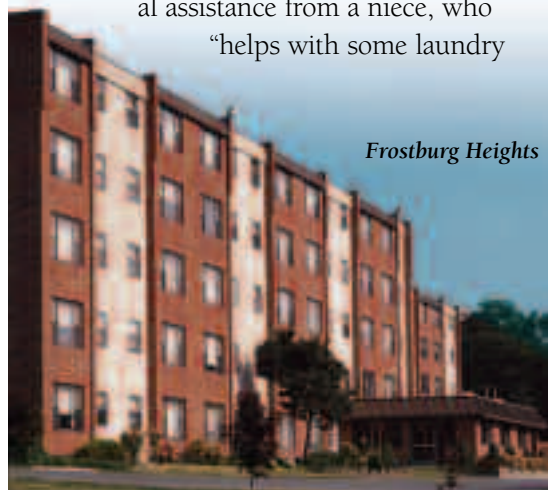
Choice program fosters independence

Frostburg Heights resident Dorothy Hamer says she doesn't know what she'd do without the services she receives through the facility's Choice program.

"It's just wonderful, she says. "Everything is done for me."

And that's how the 91-year-old is able to remain in her own apartment, which she thinks is quite an accomplishment for someone her age. With a little additional assistance from a niece, who "helps with some laundry

Frostburg Heights



and paperwork," Hamer manages to live as independently as possible.

"That's the overall goal of the Choice program—to enable residents to stay independent longer," says Rebecca Brown-McCusker, manager of the Frostburg Heights Apartments, located on the campus of Diakon's Frostburg Village of Allegany County in western Maryland.

The program is designed to provide residents with specific congregate housing services including housekeeping, meals, and personal assistance. Daily meal service is available for lunch and dinner. And personal assistance, such as help with bathing, can be arranged in one-and-a-half hour increments, up to three hours per week.

Additional personal assistance time can be arranged as needed.

"We offer packages of services that are the mostly commonly requested," Brown-McCusker explains. "For example, one package offers two meals a day, plus three

hours of personal assistance. If a resident needs more personal assistance for a specific period, perhaps after a hospitalization, up to six hours per week can be scheduled."

Henrietta Bernhard, a resident who uses the housekeeping and meal services, likes the added measure of security and comfort the Choice program gives her.

"The service is very good," she says. "And I really like knowing other services like personal assistance are available if I ever need them."

Brown-McCusker says the program's name—Choice—describes precisely what the service offers residents. Each participant chooses the services he or she wants or needs, and they then become part of the written care plan.

"It really is a plan of services that helps us give residents care," she notes. "And it's an attractive feature for prospective residents as well."

Living a full life at Harbor Pointe

Mention the word "retirement" to a dozen different people and you're sure to get a dozen different visions of what that time of life should be. For many, "slowing down" may a common response.

But two couples at **The Lutheran Village at Harbor Pointe** in Salisbury have other ideas. Their lives are as full today in many ways as when they were rearing children, keeping house, and pursuing careers.

And they love every minute of it.

These baseball fans also root for their favorite causes

Bob and Gerry Schindler moved to The Lutheran Village at Harbor Pointe nearly three years ago, having come to the area in 1984 from Poughkeepsie, N.Y., following Mr. Schindler's retirement.

Having spent vacation time at Bethany

Beach in Delaware, they had become familiar with the Salisbury area and had also lived in Frederick and Hagerstown before settling in New York when Mr. Schindler began his career in the finance offices of IBM.

Growing up in Brooklyn, Mr. Schindler was an avid Dodgers fan. After he and Gerry married, they also supported their local baseball teams. Today, they cheer on the Eastern Shorebirds, as well as the Baltimore Orioles.

"I never played the game," Bob says, "but I've always been a fan. Gerry, too. We try to go to every one of the Shorebirds' home games."

"We've seen young hometown players move on to the majors, and that's a great feeling," adds Mrs. Schindler.

An avid volunteer, she at one time served in a New York congressional office.

Her work as a social caseworker in New York had given her a lot of experience with federal agencies, and she brought that to her volunteer activities. "I was interested in how the politicians could help the constituents," she says.

The Schindlers also have decades of volunteer experience with the American Red Cross.

In fact, they recently were honored with the organization's "Lifetime Achievement" award. They've helped with fund-raising campaigns and served on numerous boards and committees; Mrs. Schindler is on the board of the local Red Cross chapter now. They recently finished serving in the role of "on-call" shelter managers who take charge as needed during hurricane season.

Please turn to Page 6

Family embraces life, recognizing each day as a gift

Even when the Janice and Chris Hancock were dating, they talked about adoption. They agreed that when they married, they would consider adoption even if they had children themselves.

“We had a heart for children without homes,” remembers Janice Hancock.

Several years after the birth of their daughter, Jennifer, talk of adoption resurfaced and they found themselves enrolled in classes with *Diakon Adoption Services* of Maryland.

“A couple of years went by after the home study. There were referrals, but none that would have fit well into our family,” Mrs. Hancock says. When nearly three years had passed, they decided to put their hopes for another child in God’s hands.

“We prayed about it, gave everything to God and said, ‘If it doesn’t happen by the end of the year, we are content with what we have,’” relates Mrs. Hancock. “On Dec. 7, 2000, our case manager called.”

A three-month-old African American boy with Down’s syndrome was available for adoption.

Although the Hancocks, of Westminster, were eager to meet the infant, they hadn’t given any thought to adopting a child with Down’s syndrome. They nevertheless set out that weekend to meet the child, praying for guidance along the way.

“His foster mother introduced us. His name was Okechukwu, which is Nigerian



The Hancock Family

for ‘God’s gift,’” says Mrs. Hancock. “Both of us got goose pimples.”

They also got frightened.

The three-month-old was so small that his head could fit in the palm of an adult’s hand. “It was very scary,” she remembers. “As soon as we went home, we decided we couldn’t do it. But by Monday, we felt we had left our son behind.”

The Hancocks realized the feelings they’d been experiencing were the same ones all new parents have—fear, nervousness, uncertainty. “Those were all the same feelings I had when my daughter was born. I had left my son,” says Mrs. Hancock. “I called my husband and he said, ‘I was thinking the same thing.’”

On Dec. 22, the little boy who had touched their hearts from the beginning entered their home. “He was our Christmas present. He was the perfect gift,” says Mrs. Hancock, adding that they named him Timothy. “We didn’t need anything else under the tree.”

Nearly three years later, Timothy continues to charm everyone he meets. “[Children

with Down’s syndrome] are the most unconditional loving children. They have such great joy,” his mother says.

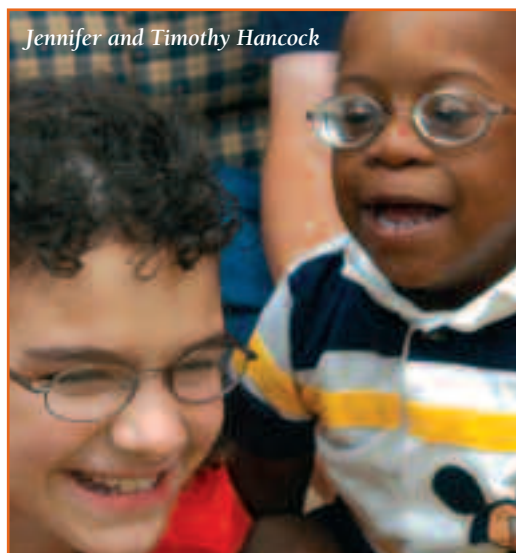
“[Timothy] teaches us lessons every day about how to embrace life, that each day is a gift. When I prayed for a baby, I never realized that God would give me such an amazing gift.”

The Hancocks also are indebted to Timothy’s birth parents.

“We’re very grateful and we love them for their unselfish act of love,” says Mrs. Hancock. “His birth parents did not feel that they could deal with the challenges” of parenting a child with Down’s syndrome.

Yet those same challenges have brought the Hancock family closer together and strengthened their commitment. “Not only are we congratulating him [on each milestone he reaches], but we are also congratulating each other that we were able to have the patience and endurance to get through the stage. We share a common bond. We want the best for our children,” she says.

“The only challenge we have now is when to adopt another child.”



Jennifer and Timothy Hancock

Sharing of cultures leads to gift

A young girl's interest in helping a friend turned into a \$500 contribution for Diakon's *Tressler Refugee and Immigration Services* late last year.

Shannon Nabors, a member of New Hope Lutheran Church in Columbia, Md., originally co-authored the book, "Lost in New York," with classmate Rachel Lanspa as a way to help people understand the Muslim culture of a schoolmate.

"I thought it would help them to respect people's differences," she explains in the book's foreword.

Eleven at the time, Nabors had already decided to sell the books to earn money for Refugee Services when the Sept. 11 attacks on the United States occurred. The book suddenly took on new meaning.

"All of the Muslim people I have met are very nice. They feel as badly as we do about what happened on the 11th," Nabors continues in her foreword.

"Also, the people who attacked our country were not really practicing the Islamic religion, which I am sure would never allow the killing of innocent people. I want people to know that most Muslim people are very kind. They are pretty much just like the rest of us. I hope that kids and others who read this book will have a better understanding of the Muslim culture, and be kind to people who may be different from them."

The book sold very well, raising \$250. That amount was then matched by Aid Association for Lutherans, now part of Thrivent Financial for Lutherans.

In a letter enclosed with the \$500 check, Nabors expressed her wishes for her donation.

"I hope that the money will be used to help families and children who are new to this country," she says. "From my experiences with my friend . . . I know that it can be hard for people new to this country to find good jobs and make good friends."



Shannon Nabors

WISH LIST

The following Diakon programs can use your assistance! If you are able to donate any of these items or provide funding for their purchase, please contact Diakon's Office of Advancement at 1-888-582-2230, ext. 1219. Thank you!

Adoption Services

Proxima projector (\$2,000)
 Digital camera (\$400 - \$500)
 Digital camcorder
 Overhead projector & screen
 Recruitment posters and free advertising
 Photo albums and scrap books

Brandywine Program, Delaware

Computer software for children
(learning & recreational)

Congregational & Community Ministries – Maryland

Volunteers to phone or visit homebound elderly and others in north and northeast Baltimore
 Blood-pressure cuffs

Stethoscopes
 Health education materials *(or funds to purchase)* for parish nurses who serve in various congregations in and around Baltimore

Frostburg Village of Allegany County Nursing Care Center

Piano *(new or like-new condition)*
 Indoor garden cart with hand tools
 Patio furniture to include "Cracker Barrel"-style rocking chairs
 Digital camera
 Exercise equipment

Assisted Living

Wooden patio furniture
 Commercial gas grill
 Newer computer for resident use
 High-resolution digital camera

KidzStuff Child Care Center, Baltimore

Multi-cultural dolls
 Educational CDs
(reading math, language arts, science)
 Board games *(such as Sorry and Chess, etc.)*

Jacks and balls, jump ropes
 Educational toys for children ages 2 – 12
 Laminating machine
 Die-cutting machine

The Lutheran Village at Harbor Pointe, Salisbury, Md.

Treadmill
 Activity supplies
 Marketing display board
 Landscaping for the Alzheimer's unit patio *(perennials)*
 Sound system for the dining room
 Vehicle to transport residents to doctor's appointments *(rather than use the large bus)*

Refugee & Immigration Services

New or used in good condition:
 TV *(cost to purchase \$75)*
 Vacuum cleaner *(cost to purchase \$100)*
 Telephone *(cost to purchase \$25)*
 Clock radio *(cost to purchase \$20)*
 Pots and pans *(cost to purchase \$35)*

Harbor Pointe

Continued from Page 3

“In grade school, I was put in charge of collecting a dime from each student during Red Cross Month,” Gerry Schindler explains. “That was in 1930 and I was eight years old.” Her husband was one of the first “gray men” of the Red Cross, named after the gray ladies who dressed in that color and volunteered in VA hospitals. He still visits veterans in local medical facilities.

The Schindlers are also devoted to their church, setting up a family history center and serving as church “missionaries” to assist new members.

Though they’re out and about a lot, the Schindlers like coming home to The Lutheran Village at Harbor Pointe. As cottage residents, they appreciate the value and security of living on the same campus with an assisted living facility.



Bob and Gerry Schindler find time to support local baseball, their church, and other charitable causes.

“I don’t have to mow the lawn or change lightbulbs,” Bob Schindler says. “We like living on one floor.”

“And it’s nice to know there’s help nearby if we need it,” his wife adds.

Community concerns and family time keep this couple on the go

Although Al and Odette Lineweaver are Maryland natives, Mr. Lineweaver’s career in the soft drink industry placed them just outside New York City for much of their married life.

After rearing six children, they settled in Salisbury about 14 years ago and have lived at The Lutheran Village at Harbor Pointe for about one-and-one-half years.

“We wanted to live in a town with a university, for all the opportunities that presents,” says Mrs. Lineweaver. “We also wanted a town with a big hospital in case we ever needed it. And we’ve always loved the ocean.”

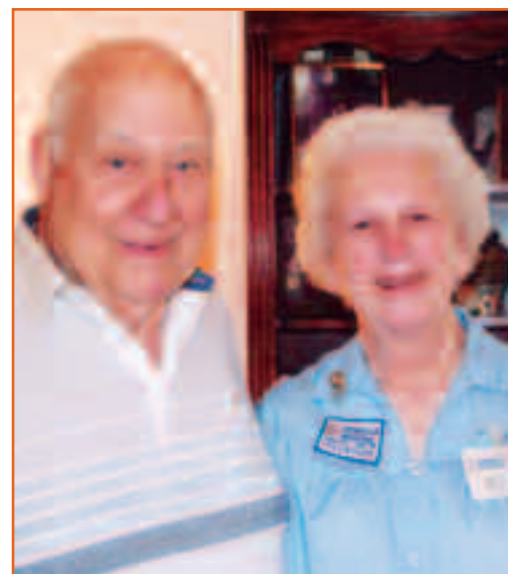
Mrs. Lineweaver has volunteered throughout her life—with hospitals, meals on wheels programs, her church, and an adult literacy program. These days, she helps at Peninsula Regional Medical Center, “wherever I’m needed.” She also packs groceries at Joseph House, a local food bank, and writes thank-you notes for a breast cancer support group.

She recently took on another role—as a representative on the village’s resident advisory council. “I feel you need to give back to the community you live in,” she says. “It’s a great pleasure, a great outlet helping others.”

As their four sons and two daughters were growing up, Mrs. Lineweaver says, she would sometimes take them along as she volunteered. She believes that example is responsible for their now supporting favorite charities in many ways. They, in turn, are setting an example for their own children, she adds.

Along with their volunteer activities, the Lineweavers make it a priority to spend time with their family, even though their children and eight grandchildren live in five different states.

When they maintained their large home in New Jersey, that’s where everyone gathered. Now that The Lutheran Village at Harbor Pointe is their home, they host family on a smaller scale, but still figure out ways to gather as a family.



Al and Odette Lineweaver fit volunteer work around visits with their extended family.

Yet their cottage is ideal for them at this point in their lives, they say.

“We love it here,” she says. “We like the fact the village is faith-based. The staff we deal with is all wonderful. It just suits us well.”

SERVICE-TO-DATE

Each year, Diakon Lutheran Social Ministries touches the lives of thousands of persons throughout Maryland and Delaware. As of the end of June, the number of persons served regionally totaled more than 5,000.

Brandywine Program, Delaware
394 persons

Congregational & Community Ministries, Maryland
3,645 persons

Diakon Adoption Services, Maryland
258 families

KidzStuff Child Care, Baltimore
185 children

Frostburg Village
399 persons

Ravenwood Lutheran Village, Hagerstown
296 persons

The Lutheran Village at Harbor Pointe, Salisbury
152 persons

The Village at Robinwood, Hagerstown
89 persons

Tressler Refugee Services, Baltimore
56 persons

Two generations find the care they need at Ravenwood

When Lillian Doub became a resident of *Ravenwood Lutheran Village*, she never dreamed one of her down-the-hall neighbors would be her own daughter.

Mrs. Doub has lived in the Hagerstown retirement community for more than three years. When it came time for her to pick alternative accommodations to living in her own home, she and her family selected Ravenwood.

They did so, they say, because of Ravenwood's Lutheran affiliation, because they knew other residents there, and because it was convenient. Moreover, Doub, who celebrated her 102nd birthday this summer, had received care at Ravenwood in the past.

This spring, however, her daughter, Catherine Colvin, needed short-term rehabilitation for a fractured wrist and leg following a fall. Ravenwood, she says, was a natural choice for therapy services.

"I knew the care would be good, and I could be here with Mother," says Colvin, who maintains her own home in Hagerstown. "I was in a room just a couple doors away from Mother, and stayed here until June."

The family originally lived on a farm outside Hagerstown, but in 1940 moved "to town." Colvin worked in inventory control for an auto parts store until the age of 74. Her mother held secretarial positions with a local tax office and a trust company, jobs she says she really enjoyed.

"To this day," says Mrs. Doub, "I miss the typing and taking shorthand."

Colvin says her mother used to keep a diary, writing about the events of her day. "But she wrote everything in shorthand, so no one else could read it," Colvin laughs.

Today Mrs. Doub keeps busy at Ravenwood with Bible study, cutting stamps, and playing bingo. She also enjoys visits from friends and family, including Colvin's visits



Catherine Colvin, standing, received therapy at Ravenwood Lutheran Village, where her mother, Lillian Doub, seated, is a resident.

several times each week.

"We're natives of this area," says Colvin. "For us, Ravenwood is a place we know, a place we feel comfortable."

Ravenwood Adult Day program serves as university training resource

Students from several Maryland universities now understand dementia care better, thanks to *Ravenwood Lutheran Village*.

The students recently spent time learning a multi-disciplinary approach to care for those with dementia and similar cognitive impairments in the real-life setting of the village's Adult Day Services center.

The students were participating in the Geriatric Assessment Interdisciplinary Team (GAIT) project, coordinated through the Western Maryland Area Health Education Center. The project's goal is to help students, through their clinical training, understand how interdisciplinary teams work in the care of those with dementia.

"This is the second year we have been

chosen as a training site for the GAIT program," says Sue Farrell, director of the Ravenwood program. "We're pleased to be able to take part again."

Students come from many disciplines, reflective of the varied professions involved in caring for older adults, including social work, psychology, nursing, medicine, gerontology, occupational therapy, physical therapy, physician assistant, dental, pharmacy, human ecology, and law. As a team, they are involved in assessing select adult day services participants and evaluating care plans.

"We are able to provide the opportunity for these students to hear from and work with professionals on our staff as well as clients," Farrell says. "We've also helped them

by sharing our assessment tools, which have been incorporated into the program. We even arranged for a client's family member to speak with the students about the impact of dementia on the family and how we help the family manage care."

Students involved in the Hagerstown project represent Frostburg State University; Salisbury State University; Towson University; and the University of Maryland, Baltimore and Eastern Shore campuses.

"We also learn from the students as they present information back to us," Farrell notes.

"For example, we had never had the opportunity before to get the perspective of a dental student, so the experience is a mutually beneficial one."

New KidzStuff program gets young minds off to a strong start

A new early-literacy program for pre-schoolers ages two to five is being implemented at Diakon's *KidzStuff Child Care Center* in Baltimore.

The program, designed by James M. Furukawa, Ph.D., focuses on helping young minds understand the basics of reading, spelling, and simple math. It also is geared to develop critical thinking skills.

A central goal of the program is to help young children begin to process information in meaningful ways. It combines both computer-based and hands-on learning.

"We're excited about this program because it enhances our curriculum and offers the kids something they didn't have before," says Ann Lofton, KidzStuff director.

Dr. Furukawa is a psychologist and former professor at Towson State University and Goucher College. Through his nonprofit firm, Educational Renaissance, Inc., he is providing the program material and donating a computer for KidzStuff students.

"I've seen the results this program can bring," Lofton says. "Many children bring up their skills by one age level. For example, they are reading at age four as opposed to five, the age most kids begin to read. We plan to track our students as they progress, so we'll know just how much the program is helping them."



The following regional memorial gifts were received from April through June 2003. Diakon programs thank these donors for their generous gifts!

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