

YES, I WOULD LIKE MORE INFORMATION ON CUMBERLAND CROSSINGS!

Please cut along the dotted line and return to Cumberland Crossings, 1 Longsdorf Way, Carlisle, PA 17015.

I am interested in:

- Scheduling a visit to Cumberland Crossings
- 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: _____

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

Residential Living - Personal Care - Skilled Nursing and Respite Care - Rehabilitation Services



CUMBERLAND CROSSINGS
A DIAKON LUTHERAN SENIOR LIVING COMMUNITY
1 Longsdorf Way
Carlisle, PA 17015

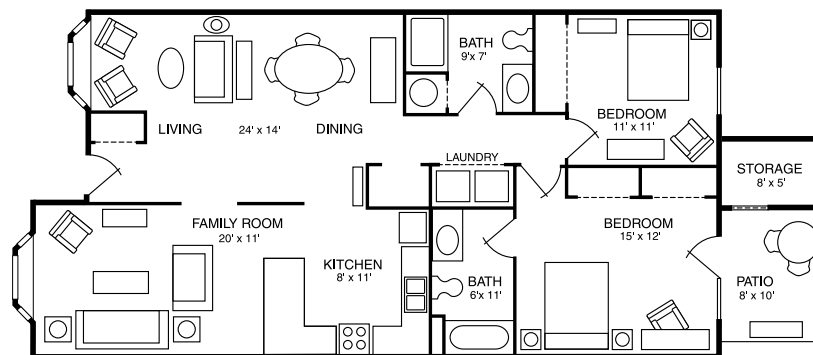


Discover more about CUMBERLAND CROSSINGS

The best way to learn about Cumberland Crossings is to visit our beautiful campus. The more often you visit, the more opportunity you have to determine if a senior living community is right for you. While here, be sure to ask questions, share a meal with residents, and even participate in an activity.

Telephone (717) 240-6021 today for more information. Schedule a visit by yourself or with your children at a time that works for you.

FOCUS ON: THE WINDSOR



The Windsor is your choice if you plan to entertain guests...or grandchildren. The open floor plan features a large kitchen with generous counter and cabinet space. Sunlight pours into the large family room and living room through two large bay windows. Large closets offer ample storage space, in addition to which a handy storage room is located by the back patio.

New Colors!

If you think you've seen our cottages, think again. Starting in July, 2010, we will introduce new wall colors, a new lighting scheme, crown molding, and several other stylish updates. Call (717) 240-6013 for a look at our new standards.

DIAKON
Many Hands. One Heart.™

Lifestyles

SPRING
2010

CUMBERLAND CROSSINGS

Extended deadlines ease decision making

Are you concerned about committing to Cumberland Crossings and selling your home in the current real estate market? Don't be.

Cumberland Crossings recently eased the deadlines associated with moving onto our campus and paying the associated entrance fee.

"We never expect anybody to take a step until they're happy taking that particular step," explains Oliver Hazan, marketing and sales director. "We have allowed people to pay the final 70 percent on their entrance fee up to 90 days after possession. We break up the process into baby steps, so to speak, so that you never feel rushed or pressured."

Whether you want to move leisurely or at a quicker pace, Cumberland Crossings can accommodate your needs. Contact Hazan at (717) 240-6013 to learn more.



In this issue...

2 Foot travel

Walking group gets around

4 Focus on the Windsor

Great for those who entertain!

To learn more...

Call (717) 240-6013 today for more information or to reserve your place at one of our free seminars.

CUMBERLAND CROSSINGS
A DIAKON LUTHERAN SENIOR LIVING COMMUNITY

Residents learn the 'language of love'

Bill and Ann Whitesel both spent parts of their childhood speaking French, but in their 60-year marriage neither one had spoken more than a few French phrases.

That was until last fall when they participated in a French class as part of Cumberland Crossings' College of the Arts curriculum. Fourteen residents met regularly for the six-week class to learn the basics of French and have fun with issues such as the gender for nouns and words that have crossed over into everyday English, such as *derrière*, which is an innocent word for behind.

"It really brought it back. It was amazing," says Mrs. Whitesel. "It wasn't just fun and games; we really learned something."



Ann and Bill Whitesel

Teaching the course was Oliver Hazan, marketing and sales director, who was born in France.

"Being a Frenchman, Oliver was more than willing to help," says Janet Clark, the honorary "dean" of the College of Arts and a course graduate. "Oliver is a 'beloved professor,' so we knew it would be enjoyable as well as helpful."

Although Richard Bonner says the class was more of a challenge for him than for others who had previous knowledge of the language, he adds that it was an enjoyable experience that may come in handy for future travel.

"I'd like to go to France," he says, adding that he may not remember enough of what he learned when the time comes. "I'll have to brush up or ask Oliver to teach me more!"

Maintaining independence was reason for move

Three years ago, Rita Wanich was tiring of looking at senior living communities, only to learn that she would have a two- to three-year wait before she could move into the cottages she considered. Eager to give up the responsibilities of her house and not willing to choose apartment life, she took her cousin's advice and visited Cumberland Crossings.

"I thought it was lovely, and I was certain there would be a waiting list," she remembers. After touring the campus and learning the cottage she liked best was available, she didn't hesitate. "I looked at Oliver [Hazan, marketing and sales director] straight in the eye and said, 'I'll take it.'"

He was stunned.

"That was faster than for my wife to pick a purse," Hazan says.

On a recent snowy winter day

Wanich took a few minutes to reflect on her reasons for moving to Cumberland Crossings, a decision she has never regretted. Some of her friends thought the move meant the end of her independence. It was quite the contrary, she told them. Maintaining her independence was exactly why she made the move.

"Here at Cumberland Crossings, I have made friends with other people of my generation who—just like me—do not see age as a disability, but as an opportunity. Since my move, I have remained as active as ever, on and off the campus. I have driven out of state for many family occasions. I have joined the bridge group and the book group. I have volunteered many hours, and I even played the part of Bette Davis when we put on a show last year. So, tell me, who's more independent—me, here,

Rita Wanich playing the part of Bette Davis



or my friends who have to worry every time an appliance quits, or every time an inch of snow is predicted?"

Should an appliance quit in Wanich's cottage, all she needs to do is call the maintenance department.

"You don't have to worry about calling a plumber and sitting around and waiting for him," she says. "All you do is make a call. The maintenance people are wonderful. They are down here in a minute."

www.diakon.org/cumberlandcrossings

Walkers go the distance every Friday

Every Friday from April to December, a group of Cumberland Crossings residents put on their walking shoes and venture beyond the campus to a world best explored on foot.

Under the guidance of Toni Cannon, fitness coordinator, they have traversed every local park, covered the campuses of a local college and medical center, and conquered the trails in Kings Gap Environmental Education and Training Center.

"We could probably go two and a half months and not repeat any of our walking trips," says Cannon, admitting they do have favorites. "We really enjoy South Middleton Township parks."

No matter where their walks take them, members of the walking group enjoy the opportunity to explore their surroundings and build lasting friendships.

"We like it because it is a chance to see more of the wider community," says Barbara Pak, who with her husband SiRae regularly participates in the outings. "It is good exercise, and it sure beats sitting in!"

In the springtime and again in the fall, while the weather is still cool, the walks begin at 1:30 p.m. When the weather heats up, the group starts walking

at 9 a.m. The walks generally last about one hour, in addition to any necessary travel time, Cannon says.

"We go with the flow and what is going on with the weather," she says, adding that walkers of all levels are encouraged to attend.

Once winter arrives, Cannon turns her focus to walking in the pool with the Fitness Connection, a program that opens the campus to community members.

"People can water-walk for one hour in the pool on Tuesday and Thursday mornings," says Cannon, adding that they walk the circumference of the pool. "Upstream is not always a fun time, but it gets easier when you get the whirlpool effect going."

In addition to the off-campus and water-walking, Cannon also plans special-event walks throughout the year. Often, she provides some sort of treat for walkers when they are done.

"I do tell people, it is really not a weight-reduction group," she says. "The point is to get out and get fit, move your muscles and build camaraderie with friends."

If you would like to join the walking group on its next outing, contact Oliver Hazan at (717) 240-6013.



Participants of the walking group include, back row, left to right: Toni Cannon, Vivian Leidy, John Snaman, Marion Sacawa, Alice Wooster. Front row, left to right: Mary Jane Carr, Ruth Mowery

 CUMBERLAND CROSSINGS
A DIAKON LUTHERAN SENIOR LIVING COMMUNITY

CAMPUS EVENTS TO WHICH YOU ARE WARMLY INVITED

- **June 2, 2010**
1:30 p.m. - Book Talk: Lone Star Dietz by Tom Benjey
Local author Tom Benjey returns to Cumberland Crossings to tell about William Henry Lone Star Dietz, the most colorful coach to grace a sideline, as controversial 40 years after his death as he was in life.
- **July 21, 2010**
11:30 a.m. - Lunch and Learn
Find out more about senior living in a friendly, low-pressure, and congenial setting while enjoying a complimentary lunch prepared by culinary services. (Also offered on Aug. 18 at 11:30 a.m.)
- **July 22, 2010**
1:30 p.m. - Flute Recital by Pierre Hazan
Two years after his presentation "How Do You Get to Carnegie Hall?" Pierre Hazan comes back to Cumberland Crossings for another flute recital and to update residents and visitors about life as a music student in the big city.
- **Aug. 18, 2010**
7 p.m. - Greater Harrisburg Concert Band
Cumberland Crossing's prime annual event: a beautiful concert al fresco complete with ice cream sundaes! You will not want to miss the irreverent remarks of Dr. William Stowman, music director.
- **Sept. 13, 2010**
1:30 p.m. - Exploring Holistic Health Care
Join Ruth Busko, licensed acupuncturist, and Michele Landis, registered yoga teacher and holistic health counselor to learn how acupuncture, yoga, and healthy eating can be part of your preventative wellness plan and help you manage existing health problems.

Reserve your space at these events by calling (717) 240-6021. When you drive into the community, follow signs to the event. Please call for up-to-date information about additional events, including trips and Wii video bowling.