

**YES, I WOULD LIKE
MORE INFORMATION
ON BUFFALO VALLEY
LUTHERAN VILLAGE!**

Please cut along the dotted line and return to:

Buffalo Valley Lutheran Village
Attn: Marketing
189 E. Tressler Blvd.
Lewisburg, PA 17837

Or call Gretchen Nash: (570) 209-9007

I am interested in:

- Scheduling a visit
- 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 Village marketing department works in close association with future residents, their adult children, real estate agents, movers, auctioneers, decorators, and bankers as requested and appropriate to make residents' move as stress-free as possible.

Independent Living Homes

Personal Care

Nursing & Rehabilitative Care

VA Benefits Assistance Service



**BUFFALO VALLEY
LUTHERAN VILLAGE**
A DIAKON SENIOR LIVING COMMUNITY
www.buffalovalleyseniorliving.org
189 E. Tressler Blvd.
Lewisburg, PA 17837

Non Profit Org
US Postage
PAID
Permit No. 208
Harrisburg, PA

SPRING 2016

Lifestyles

**BUFFALO VALLEY
LUTHERAN VILLAGE**

Making it easier to make your next move

Many people who are thinking about making the move from their long-time home to a senior living community find the prospect a bit overwhelming. But it also can be an exciting transition to a new phase of life with fresh experiences and fewer hassles of homeownership.



Join us for an informative session about getting ready to downsize and sell your home:

- Date/Time:** Thursday, March 31, Noon
- Place:** The Village Common at Buffalo Valley Lutheran Village
- Speaker:** Christine Mallula, Realtor, Berkshire Hathaway HomeServices Hodrick Realty

The best thing you can do to minimize stress and make the move go smoothly is to have a plan, Mallula says. She will provide valuable advice and handouts to help guide you.

Whether 2016 is the year you make the move or make the plan to make the move, you're sure to find this session helpful. RSVP by calling Gretchen Nash at (570) 209-9007.

See inside this issue for a preview of the session and a few helpful tips.

In this issue...

- ▶ Welcome to a community like no other
- ▶ Take charge of your next move
- ▶ Seven planning steps for the second half of life
- ▶ Find the home that fits you
- ▶ On our calendar-You're invited!

On Our Calendar: You're Invited!

For more information and to RSVP for any of our events, please call Gretchen Nash at (570) 209-9007. After any event, you are welcome to take a tour of our beautiful independent living homes.

MARCH 15, NOON

Dr. Amanda Malvica of The Hearing & Balance Center of Central PA discusses common issues with hearing loss in older adults. Find out what you've been missing! A light lunch will be served.

MARCH 19, 10 A.M.

Easter Egg Hunt at the Nursing Care Center

MARCH 31, NOON

Downsizing & Selling Your Home (See details on front page.)

APRIL 5, NOON (DOORS OPEN AT 11:30 A.M.)

Bucknell Institute for Lifelong Learning

Lunch & Learn: Using Autosomal DNA to Break Genealogical Brick Walls

Mary Kastner, retired chemistry

professor. Bring your own lunch or RSVP to order in advance from Buffalo Valley for \$6/person.

APRIL 12, 2PM

Interactive Musical Program at Village Common

APRIL 14, NOON

Suffering from unresolved low back pain? If yes, then you may have sacroiliac joint pain. SJP can be responsible for up to 25% of all low back pain. Join us and surgeon Dr. Matthew Eager to discuss this topic. Complimentary lunch.

APRIL 29, 5 – 8 P.M.

Dinner Dance with live music at The Village Common. Come dance the evening away with old friends and make new ones. Cost: \$15/ person.

MAY 5, NOON (DOORS OPEN AT 11:30 A.M.)

Bucknell Institute for Lifelong Learning

Lunch & Learn: Black Lives & Sacred Humanity - Toward an African American Religious Naturalism

Carol Wayne White

Bring your own lunch or RSVP to order in advance from Buffalo Valley for \$6/person.

MAY 17, 1 – 4 P.M.

Wine & Cheese Open House

See our newly remodeled independent living homes.

JUNE 16, 1:30 P.M.

Learn Fly Fishing with the PA Fish & Boat Commission

This is the
Way to *Live!*



Executive Director's Message: Welcome to a Community Like No Other

Buffalo Valley Lutheran Village enjoys a true sense of community, where new residents quickly make new friends. Our full calendar of events and activities presents countless opportunities to get out and get together.

The hub of activity and gathering place for independent living residents is our clubhouse, the Village Common. On a regular basis, the Common is busy with educational programs, exercise classes, card games, social gatherings, resident committee meetings, lunches at the café, and numerous special events. If you've come to any event or program here, chances are you've been to The Village Common.

Currently, The Village Common is undergoing a

bit of a freshening up, getting a facelift if you will. New lighting and a fresh coat of paint are in the works. Much as we all feel a little more alive as the cold, dark days of winter turn to spring, so too does Buffalo Valley Lutheran Village. With warmer days just ahead, The Village Common is ready for a new season!

Many of our events and programs are open to the community. If you come to anything here on our campus, you're sure to get a feel for the friendly, supportive environment that has appealed to so many who have made Buffalo Valley their home. Our residents and staff go out of their way to make visitors feel welcome. I encourage you to review our calendar of upcoming events and make plans to join us.

—Bob Musser
Executive Director

Take charge of your next move

You've accumulated years of personal belongings. The home where you've raised your family is filled with treasured memories. But now you're ready to make a move and enjoy what comes next in life.

Christine Mallula, Realtor with Berkshire Hathaway HomeServices Hodrick Realty, will present a session in March about downsizing and selling your home. Here's a preview and a few of her do's and don'ts for a successful, stress-free experience:

Downsizing

- Avoid a "crisis downsizing." For example, Mallula says, you intend to get to the task, but then you or your spouse become ill or fall and break a hip. The risk is that your personal and family items may not be handled the way you prefer. Or you wind up paying to pack and move everything to deal with later, which is expensive and inefficient.
- Tackle one room or one closet at a time.
- Use this method: 1) Identify what you want to keep and take to your new home; 2) Give items to family; 3) Donate items to charity; and 4) Throw items away.

Selling

- Realize that most people will see your home for the first time in online photos, so your photos must show your home in the best light. Mallula advises against showing personal or valuable items in the photos.
- When prospective buyers come into your home, you have about 30 to 60 seconds to make an impression. "You don't want them distracted by clutter," Mallula says. "You want them to be able to envision their own things there."
- Make your home as generic as possible. "Your 20-year-old carpet and wallpaper can make the home look dated and unappealing to the average home buyer," Mallula says. "A fresh coat of paint in a neutral color is best."

Hear more advice about cleaning out your home and preparing it for sale at our March 31 information session (see front page for details.)

Seven Planning Steps for the Second Half of Life

True or false? If something happens to you that affects your ability to make decisions, your spouse automatically has the authority to act on your behalf.

If you think that statement is true, you have a lot of company. It is one of the most common misconceptions about one of the most important estate planning documents you need, according to Julieanne E. Steinbacher, CELA, a certified Elder Law Attorney with Steinbacher, Goodall, Yurchak. That document is a Power of Attorney and without it, your family would need to obtain a guardianship, which can take about three months and a few thousand dollars to obtain.

Buffalo Valley Lutheran Village recently hosted Steinbacher, who spoke about the importance of being prepared now for needs you may face in the future. Here's an overview of Steinbacher's advice:

1. Protect yourself with good legal documents. These can include Powers of Attorney for financial affairs, health-care needs and mental health issues; a Living Will and standard will; Irrevocable Trust; and Special Needs Trust.
2. Consider whether to establish a trust to assist with needs you have now or may face.



There are different types of trusts, some suited for specific purposes. This step is best discussed with an attorney familiar with your situation and plans.

3. Think ahead about any desires you have for gifting monetary or personal property.
4. Get expert advice on the tax implications of retirement planning, beneficiary designations, and potential long-term care needs.

5. Understand federal estate taxes and how they affect you.
6. Be smart about planning for long-term care and protecting your assets. Continuing Care Retirement Communities offer a good option, with increased levels of care as needs change and guaranteed housing through your lifetime.
7. Evaluate in-home care options, which may work well for you or your spouse and save you money.

As a Continuing Care Retirement Community, Buffalo Valley Lutheran Village offers levels of care and comprehensive services designed to give you comfort and peace of mind for the second half of your life. Call us at (570) 523-4285 to learn more.

Fun with Food

Here at Buffalo Valley Lutheran Village, our culinary staff members think food and fun mix well together. That's why, in addition to tasty daily meals that are always a good time with friends, there's often something extra on the menu each month.

For example, the monthly Sunday Brunch Buffet features items such as made-to-order omelets, delectable meat options and favorite side dishes. What's not to love?

Themed dinners are served once a month, too, taking diners on a culinary trip around the world.

These popular meals are always a crowd pleaser.

Also each month, the Men's Breakfast draws a crowd—just the guys, of course. And what happens at the Men's Breakfast stays at the Men's Breakfast.

The meal service at Buffalo Valley Lutheran Village always rates highly among residents. Join us for any community event that includes food and you'll get a taste of why that is!



Find the home that fits you

When it comes to the home options at Buffalo Valley Lutheran Village, we offer something for everyone. Bright and spacious, our thoughtfully designed homes include some with sunrooms and garages. Let us match your new home with the way you live!

With a variety of floor plans, our homes offer features that focus on your comfort and convenience, including:

- One or two-car garage
- Sunrooms
- Two or three bedrooms
- Updated kitchens
- Washer and dryer
- Air conditioning
- Emergency response system
- And more!

Our goal is to help make your new home here exactly what you want it to be. For more information about cottage home options, please call Gretchen Nash at (570) 209-9007.

This is the Way to

Live!