

# DIAKON CONNECTION

SPRING 2003

## Back to the classroom

Tom Danielson remembers the events leading up to his life-threatening accident the end of 2001.



Tom Danielson

But at a certain point—about the time he was struck by a vehicle on a snow-covered highway and hurled down an embankment—his memory becomes fuzzy. There is something, though, he's sure he'll never forget, and that's all the attention and care he received on his lengthy and exhausting journey to recovery.

Danielson remembers the pileup of cars on I-80. He recalls that the friend's car in which he was riding was hit from behind. He remembers the two of them getting out to inspect the damage. From that point, he's just not sure.

"I'm told I must have been hit by another vehicle when I got out of the car," the Selinsgrove Middle School art teacher says.

When he awoke the next day at Geisinger Medical Center, he learned he had 18 staples in a gash in his head, a lacerated liver, three broken vertebrae in his neck, a broken shoulder, and multiple broken bones in his chest. "Both of my legs were shattered from the knees down," he says.

Danielson credits a long list of medical

professionals with saving his life and helping him to heal. At the top of his list, he says, is a team of "angels" at Penn Lutheran Village in Selinsgrove, where he ultimately stayed for six weeks of rehabilitation therapy.

When a medical case manager suggested a skilled nursing facility for additional therapy, Danielson had reservations. His wife, Laurie, checked out every option in the area and settled on Penn Lutheran.

"I'd never been to Penn Lutheran before, or to any skilled nursing facility," he explains. "I had concerns, but my wife said I'd be surprised at how nice it is. And she was right."

Danielson says he recognized some of the Penn Lutheran staff as former students. He calls his therapy team "fantastic" and says they worked wonders with him. His students, family, and friends visited regularly and remarked on his progress. Therapists, aides, and nurses all were pulling for him and quickly became friends. Even after he left, he received calls from Penn Lutheran staff, "just checking up on me."

"I am so impressed with the staff and the care I received at Penn Lutheran," says Danielson, a Teacher-of-the-Year at his school. "I know it's their job, but there was always something extra there, a smile, a kind word. I really believe it takes special people to do this kind of work."



- Adoption Services
- Buffalo Valley Lutheran Village, Lewisburg
- Congregational Health Ministries
- Family Life Services (Tressler Counseling)
- Locust Grove Retirement Village, Mifflin
- Ohesson Manor, Lewistown
- Penn Lutheran Village, Selinsgrove
- Refugee & Immigration Services
- TresslerCare

## HEADLINES

- Birds, cowboys**  
bring carver fame. . . . . 2
- Reading 'partners'**  
have floppy ears. . . . . 3
- Buffalo resident**  
ready for slopes . . . . . 4
- Surveys gauge**  
health, 'wholeness'. . . . . 6
- Tressler orphan**  
home at Ohesson. . . . . 7

# Refugee sponsorship crisis

## Admissions

*Continued from Inside Back Cover*

“While we understand the need for increased security, only those of ‘special humanitarian concern’ have historically been approved for admission. Generally, this has meant refugees who have spent a long time in limbo with no other solution in sight, refugees at special risk of forcible return, and refugees with family members already in the United States. Government policy changes are affecting the arrival of even those persons,” he says.

Refugee Services staff members ask concerned citizens to write legislators to renew America’s long-standing commitment to the world’s displaced. More information on contacting senators and representatives, as well as a sample letter, can be found on Diakon’s Web site, [www.diakon.org](http://www.diakon.org). **Dialog** readers may also contact Dudley at (717) 795-0378.

## Iraqi

*Continued from Inside Back Cover*

He has supported the recent war in Iraq. Thinking of the brother and sister who remain in northern Iraq, he says that, “We want to know that the future can be better than today. We don’t want another dictator. We can get our freedom back, get our dignity back. We don’t want any more suffering.”

Abdulqadir remains committed to reaching his goal of obtaining a degree and U.S. citizenship. “I can be part of my old country. I think I could be part of two worlds,” he says. “Not a lot of people get that.”

His dream would not have been possible without Diakon’s Refugee Services, he says. “Whatever question we had, they tried to help us—finding a place to live, finding a job, directing us to education. They represent the good will of the American people.”

# Carving way to fame

Charlie Stroup’s home in The Pennsfield Apartments at **Penn Lutheran Village** is filled with birds from around the world.

Some might find this hobby a bit demanding, but these birds require little care because Stroup, 83, has hand-carved each from a block of wood.

Stroup’s love of birds originated when he worked for the Pennsylvania Game Commission, his job focusing on efforts to populate islands in the Susquehanna River with Canadian Geese, beginning with Clemson’s Island.

Canadian Geese, however, are not the subjects of Stroup’s carving. Rather, he creates replicas of migratory and shore birds that don’t exist near his home.

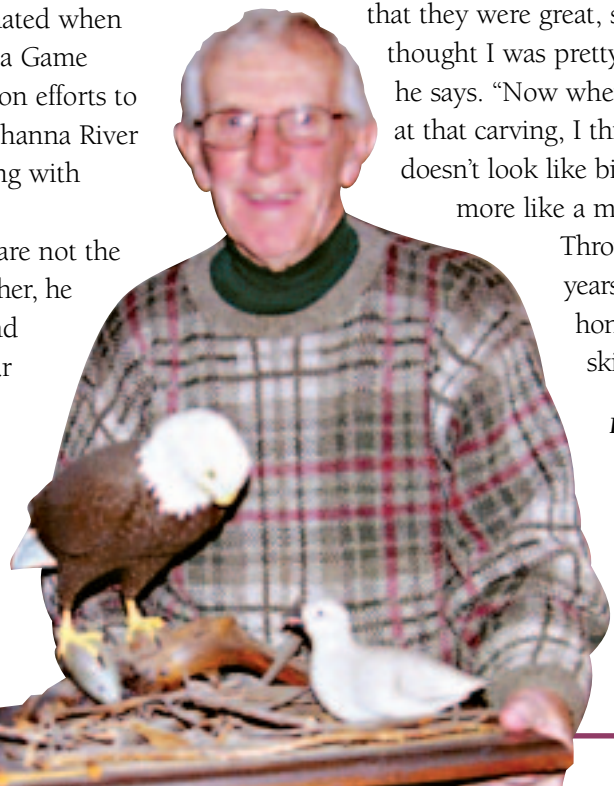
He learned to carve nearly 20 years ago when his antique-restoration business required him to make replacement items. “Many of the wooden rosettes on

antique grandfather clocks were missing so in restoring the clocks, I had to carve new ones,” he says. “I told my wife that someday I am going to carve some birds.”

Stroup’s first carving was a pair of cardinals for his wife.

“She was raving about them and saying that they were great, so I thought I was pretty good,” he says. “Now when I look at that carving, I think it doesn’t look like birds but more like a moose!”

Through the years he honed his skills and



*Please turn to Page 4*

**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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# Reading ‘partners’ all ears

Students at the Central Elementary School in the South Williamsport Area School District have made some new friends—complete with large hearts, good ears, furry coat, and a wagging tail.

That’s right—a furry coat and a wagging tail.

“There is nothing like a wagging tail to make you feel good,” says Louise Clarke, school principal, in describing Puppy Pals, a program designed to encourage children to read by inviting them to sharpen their skills by reading to therapy dogs, who are “all ears.”

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

### Buffalo Valley Lutheran Village

- CPR training equipment
- Electric low beds (10 @ \$1,300)
- Exercise equipment for independent living (\$3,000)

### Family Life Services – Upper Susquehanna

- Video projector

### Penn Lutheran Village

- Items for rehabilitation services:
- Balance pad (\$40)
- Reach Measuring Device (\$49)
- Wall-mounted weight rack (\$159)
- TV/VCR combination (*staff education*), \$300

Co-sponsored with the Williamsport SPCA, the hour-long program, held monthly, attracts approximately 100 kindergarten through fourth-grade students to the school’s multi-purpose room where they eagerly read to 11 therapy dogs.

“The kids are divided up by grades and then split into groups of approximately ten. They each bring their own book to read to the dogs. Before they read, we do humane education—basically, how to be kind and respectful to animals. Each child reads to the dog for about a half hour, then they switch groups and read to a different dog,” says Pat Peltier-Russell, outreach counselor for Diakon’s Family Life Services (formerly Tressler Counseling & Education), which provides Primary Grades Initiative counseling to school districts in Lycoming and Clinton counties.

This non-conventional approach to teaching the lifelong skill of reading was spearheaded in January by a dynamic duo—Guinevere, or Guin, a five-year-old golden retriever therapy dog, and her handler, Peltier-Russell.

“Puppy Pals came about out of a conversation I had with the librarian and the Title I reading teacher,” explains Peltier-Russell, who notes that Title I is a U.S. Department of Education act designed to assist students at risk of not becoming successful readers.

“Both the librarian and the Title I teacher wanted to find a creative way to encourage students of all levels to read, and I thought an event like Puppy Pals could do just that,” says Peltier-Russell.

She was right.

“Evening events are usually not well attended. To have so many students

interested in the program is just remarkable,” says Joan Evans, supervisor of Family Life Services’ school-based programs.

Clarke believes the program provides the children with the chance to practice reading in a comfortable environment. “The children know that this little furry thing isn’t going to leave and ‘say now it’s time for math or another subject.’ The furry thing just wags its tail and makes the student feel accepted no matter how well a student reads. With that nonjudgmental approach and a happy environment, kids are becoming more fluent readers.”

Peltier-Russell agrees.

“There was a woman who met me after the first Puppy Pals. As a parent, she was so grateful because she had never seen her child so excited about reading. The mother stood there and cried as she described her child’s newfound interest in reading.”

Parental workshops are offered concurrently with the Puppy Pals program. Educating parents on topics such as library services, anti-bullying, and how to prepare children for testing, the school presents parents with a networking

experience while their children are reading to their newfound friends.

“The program itself is bringing parents into the school,” says Clarke.

“We are a team—parents, teachers, administrators. We have to work together for the success of the children. It is not one-sided. The parents have to feel as comfortable in the school as their child does. You know the old saying, ‘it takes a village to raise a child.’”

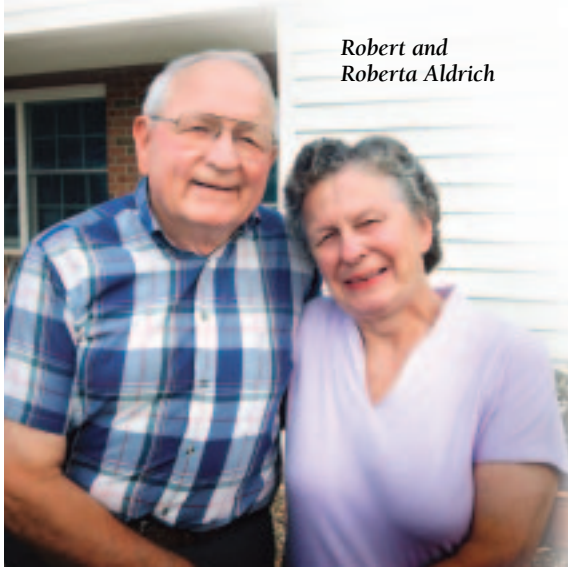
Through the Puppy Pals initiative, “village” support has come to fruition.



# Determined to hit the slopes again

Robert Aldrich practically grew up on skis—he was born and reared in northern Minnesota where, he says, “Everyone skied.” Throughout his life, wherever his career as a college professor took him, he always found his way to the slopes.

Now that the 79-year-old is retired and living in Lewisburg at **Buffalo Valley Lutheran Village**, Aldrich still manages to



Robert and Roberta Aldrich

hit the slopes as often as he can. And not even a total hip replacement has dampened his enthusiasm. Following surgery last October, Aldrich says, he would have strapped on the skis this past winter, but for the advice of his doctor.

“I felt good,” he says. “I think I could have done it, but the doctor said I should wait.”

Aldrich had degenerative arthritis, diagnosed about 18 years ago. His condition was aggravated by an injury he suffered playing soccer with one of his grandsons, and it became apparent that a hip replacement was necessary. Following surgery, Aldrich had several choices for rehabilitative therapy. He chose Buffalo Valley.

“Mr. Aldrich was very motivated from the start,” explains Cheer Cole, the occupational therapist who worked with him for four weeks.

“At first, he needed assistance with just about everything, but he quickly met all his goals and he made an exceptional turnaround. As therapists, we can do only so

much if someone isn’t motivated to make progress. Mr. Aldrich was determined to get back to his normal level of functioning.”

Aldrich gives much of the credit for his progress to the Buffalo Valley therapy staff. “They were really good,” he says. “They always encouraged me and kept me going. I watched them with other patients, too, and there wasn’t much that they couldn’t get them to do.”

As an agricultural engineering professor, Aldrich lived and taught in Washington and Kentucky, and spent 17 years on the faculty of Penn State University. He also has traveled to Vermont and Colorado to pursue his favorite sport. He plays golf, too, he says, but skiing is his first love. That’s why he’s so grateful that he’ll be back on the slopes next ski season.

“My therapy at Buffalo Valley was excellent, all around, and the staff really cared,” Aldrich says. “I told the director that he better never let them go, because they’re great!”

## Carving

*Continued from Page 2*

now carves entire scenes of birds in their natural habitat. His creativity is reflected in the materials he uses to create nature settings.

“I use brass shim stock used in car motors to make grass. I also cut up empty toothpaste tubes for grass and use bamboo from bottle rockets to make cattails,” he says. Plastic grocery bags come in handy for making leaves, while wood putty doubles for sand.

“Necessity is the mother of invention,” he says. “I don’t know—I just dream these things up.”

He maintains a carving shop on his daughter’s property where he carves five to six hours a day. To date, Stroup estimates he’s done approximately 140 carvings. He keeps a logbook for every carving, each of which is complete with a number, his autograph, and location.

But Stroup’s talent extends beyond birds. Taking his wife’s suggestion several years

ago, he began carving comical western scenes.

“She asked why I don’t carve cowboys. I had never carved a human figure but I started a cowboy,” he says. “When I got to the shoulders, I couldn’t do it—I even stood in front of a mirror trying to figure it out. I put it on a shelf in my shop and it was there for a year. But I hated to admit defeat, so I finished it and then doing cowboys was no problem for me.”

Stroup incorporates comedy into his carvings of cowboys and Native Americans. One year, he created a holiday scene based on a Christmas tree.

“At Christmastime, people come and admire your tree. In some homes, the tree is horrible but people always say they’re pretty,” he says. “Well, a light went on, and I decided to carve a couple of broken-down cowboys with a tree. I was going to carve a coal bucket to put the tree in but then I got the idea to put it in a box that says ‘dynamite crackers.’ On the tree I put a horseshoe and

a cowbell for decoration and called it ‘Ain’t this purty, Jake?’”

This carving so impressed the editor of a national carving magazine, Chips and Chats, that it was featured on the cover of the 1988 holiday issue.

Stroup has always carved for fun and does not sell his work. He moved to The Pennsfield Apartments when he realized the amount of time he was putting into maintaining his eight-acre property.

“I looked at many different places but when I took one look [at The Pennsfield], I said yes. Now it would take dynamite to get me out of here—I think this is great,” he says. “I became friends with everybody here.”

In fact, Stroup began a morning “coffee klatch,” and has encouraged other Pennsfield residents to begin similar activities. Stroup also collects postcards of local scenery, his collection now boasting more than 1,000 cards.

“It’s been an interesting life,” he reflects.



Lester and Norma Gross

When he headed down the basement steps of his home with his arms full of strawberries, Lester Goss had his mind on getting the fresh fruit to the freezer. Though he's not sure how or why, he suddenly fell over the banister and onto the concrete

# Making a comeback

basement floor.

"He had a broken bone in his back, a broken collarbone, seven broken ribs, and a broken pelvis," as well as other injuries, his wife, Norma, explains. At Hershey Medical Center, he was put into a medical coma for about three weeks, and doctors told his family he might not walk again.

But Goss is walking again, and enjoying many of the same things he did before his accident. He credits his faith, his many friends and family, and the "excellent" rehab team at *Ohesson Manor* for helping him to get back on his feet.

"I really found out who my friends were, and I didn't even know I had so many," he jokes. "My wife came to Hershey every day for six weeks, and she never had to drive there. Someone was always around to help." After spending 100 days at Hershey, Goss came to Ohesson Manor and met what he calls "a wonderful rehab team." He says he

gave them a hard time at first, not understanding why he had to do exercises such as tossing beanbags into a basket.

"I think his pride was hurting at first and he had his ups and downs," says Donna Hanawalt, a physical therapy assistant. "But then he put his heart into it and became very motivated. He had a great deal of support, so many friends that cared," she notes. "And when he seemed like he was ready to give up, I'd tease him and say, 'I've put a lot of time into you—you're not going to give up now.'"

Goss progressed from using a walker to a cane, which he keeps in the trunk of his car but seldom uses. He's traveling with family and friends again, just as before, and counts his blessings every day.

"He still comes back to visit us and we can see that he's come such a long way," says Hanawalt. "It's very rewarding when we are able to help someone like that."

## SERVICE-TO-DATE

Each year, Diakon Lutheran Social Ministries touches the lives of thousands of persons throughout north-central Pennsylvania. As of the end of March, the number of persons served regionally totaled more than 3,500.

**Adoption Services, York**  
75 families (all of central Pa.)

**Buffalo Valley Lutheran Village**  
285 persons

**Congregational Health Ministries**  
433 persons

**Family Life Services**  
(formerly Tressler Counseling)  
2,339 persons

**Locust Grove Retirement Village**  
113 persons

**Ohesson Manor**  
183 persons

**Penn Lutheran Village**  
267 persons

**TresslerCare** continuum of services for adjudicated youths, eight youths

## Rehab care close to home

When Lynn Schell of McAlisterville broke her hip, her physician recommended a prosthesis and a few weeks of rehabilitation to get her back on her feet.

She wanted to find good rehab care close to home. The answer was *Locust Grove Retirement Village* near Mifflin.

"I knew the care was good because my mother had been there," she says. "And they did a wonderful job with my rehab. I have always been active and I told them I wanted them to help me be active again."

Though she couldn't even lift her leg at first, Schell underwent six weeks of therapy, traveling to Locust Grove twice a week. She had to learn to do certain activities a little differently to protect the new hip, so that became a major goal of her rehabilitation plan. One of her personal goals, moreover, was to be able to rejoin the walking program she enjoyed with friends.

"The therapists," says Schell, "treated me very well and in no time I was back on my feet"—and walking with friends again.



# Surveys assess health ministries

“Health is the wholeness of the body, the mind, and the spirit,” says the Rev. Harlan Frank Showers, Lutheran Church of the Savior in Williamsport. “I believe in the saying that we are not physical beings having a spiritual experience, but we are spiritual beings having a physical experience...”

To teach this philosophy in practical applications within various congregations, Diakon’s *Congregational Health Ministries* program in the Upper Susquehanna Synod and the Episcopal Diocesan Commission on Spirituality and Parish Health, Central Pennsylvania Diocese, have been working together since March of 2002 to produce programs for those interested in offering health ministries at the congregational level.

“I was asked to serve on a task force by a member of the Diocesan Commission on Spirituality and Parish Health,” says Debbie Best, RN, BSW, coordinator of Diakon’s Congregational Health Ministries in the Upper Susquehanna Synod. The task force, which includes Showers, assesses how best to educate congregations on health issues in a church setting.

“Before the industrial revolution, individuals looked to the church for healing and health issues,” Best says. “Medicine and the church went two different directions with the expansion of science.

“As we notice more changes in health care, a good place to provide preventive health-care education, screenings, and, in many circumstances, follow-up is within the congregation. The more the congregation can do to promote wholeness and health, the better. In the process, the church can reclaim its former role as a place of health, wholeness, and healing.”

In order to determine exactly how this ministry could be advocated, the task force surveyed the two regions to assess health ministry needs. More than 50 surveys were completed, with some surprising results.

“The survey results were mixed,” notes Best. “Some congregations were functioning in health ministries roles, but some were not. The amazing thing was that 70 percent

of those who responded wanted more information about congregational health.”

In order to fulfill the requests in a cost-effective manner, Diakon and the Diocesan commission decided to jointly sponsor a series of seminars.

Their first, titled “Congregational Health and Wellness,” was geared toward health-ministry development in small congregations in the region. The day-long event, held last fall, attracted 32 participants, with equal representation from both denominations. Using a similar format, a second seminar was held in Harrisburg in March, with parish nurses in attendance.

“Out of the initial seminars’ evaluations came the topic for the third seminar, which was how to become comfortable helping others on a one-on-one basis,” says Best. That seminar, “Becoming Instruments of Peace,” was held the end of March. Led by the author of 17 books on religion and spirituality, Dr. Kerry Walters, who also is an adjunct professor of philosophy at Gettysburg College, 53 participants explored care of self, God, and others within their health ministry relationships.

“Dr. Walters cared for a loved one during an illness, and it affected him so deeply he wrote a book about it,” says Best. “He touched on this topic and also discussed self-examination. You need to know yourself before you can care for others. That is very important to anyone within this field. After the seminar, I had many people tell me they learned so much about themselves and caring for others.”

Helen Hendrickson, parish health ministry coordinator at the Cathedral Church of St. Stephen, Harrisburg, also a task force member and seminar presenter, says that was one of the seminars’ goals—for people to gain knowledge that can be used to help themselves and support existing health ministries or create new ones.

“It is my hope that those people who attend our seminars receive encouragement, support, and new ideas for their ministries,” she says. “I also hope that they receive spir-



Debbie Best with survey results.

itual help and guidance for themselves.”

“The seminars teach a new understanding of the integration of one’s faith with health issues and how this is reclaiming the historical ministry of the church,” adds Dr. Ruth I. Stoll, DNSc, RH, a task force member. “The seminars also provide an opportunity to network among those with similar interests.”

“Some who participated were pharmacists, some were social workers, and some were individuals without a health care background who felt they were just called to help others,” says Best. “But despite their backgrounds, many became empowered by what they learned.”

The interdenominational work is likely to continue as task force members develop new topics and approaches for the development and support of health ministries.

Showers views the effort as a wonderful opportunity for congregations to grow both physically and spiritually. “I believe people need to take hold of the ministry of healing. We need to get this message across to leaders and help them teach and live this within their congregations, and the seminars help to do that.”

# Former Tressler orphan calls Ohesson Manor home

Guy Mosgrave has fond memories and good feelings toward Lutheran-affiliated organizations.

Having spent his childhood from age four at the Tressler Orphans Home in Loysville, he's now, at 86, enjoying his retirement years at *Ohesson Manor* in Lewistown, built by the organization that operated the children's home.

He recalls many good times at the home, describing one experience that influences him yet today. "We had a demerit system and if we swore, we had to work off the demerits," he says. "We would be suspended from other activities, like sports, and have to do something like wash windows. To this day, I don't swear. Sometimes when I play golf, I hear other guys let some words fly, but not me."

But another set of circumstances at the home played an even more important part in his life and still does today.

"There were five farms on the grounds of the home, and in the summer months, we had to work those farms," Mosgrave explains. "That's why I tried out for the band!"

The award-winning Tressler Orphans Home Boys' Band not only kept Mosgrave from spending summers doing farm labor, but also helped him to develop skill as a trombone player. He spent countless hours practicing, playing, and traveling with the band, which toured "up and down the Eastern seaboard. We played in Philadelphia, Washington, D.C., around New Jersey," he says. "We traveled and played all summer long, always sponsored by a Lutheran church in the area."

Mosgrave met his wife, Gladys, as the result of his music. She played the cello and the pastor of her church, who had heard of Mosgrave's trombone talent, introduced them. Their shared interest in music ultimately led to marriage.

The boys' band was not to be his only stint in a musical group. Following five years in the Army, in whose band he played, Mosgrave continued to play with friends in various local dance bands.

Having just purchased a new trombone,



Guy Mosgrave

he still plays occasionally with others, but mostly likes to play along with his favorite tunes on the radio, favoring jazz and Big Band sounds.

The friends he made at the orphans home remained friends for life, he notes. A few from his days there are still living and he sees them at reunions, having attended the 57th Tressler Orphans Home Alumni Association reunion in May.

"I learned to work hard at what I do and be respectful of others," he says. "Those are important lessons you need all your life."

When *Tressler Counseling and Education* began transitioning to *Family Life Services – Upper Susquehanna*, one of the first steps staff knew they had to take was to create congregationally based counseling centers.

"We identified in the first phase of our Family Life Services rollout that we needed to develop counseling services within each conference of the synod," says Mark Basinger, director. "The folks who lived in areas surrounding the existing [clinic-style centers in Williamsport, Berwick, and Lewisburg] had easy access, but those in outlying areas didn't have access or didn't know much about who we were."

Initial efforts have resulted in the creation of congregational sites at Trinity Lutheran Church, McAlisterville; Trinity, Shamokin; Zion, Sunbury; Messiah,

South Williamsport; Church of the Savior, Williamsport; and, recently, St. John, Belleville.

It isn't difficult to begin a congregational counseling program, says Bob Hunton, clinical coordinator, noting that the program doesn't require a large investment of money or time on the congregation's part, just a suitable room for counseling.

"It then becomes a joint ministry between Diakon and the congregation. We recruit, train and oversee counselors and the congregation provides the space," says Basinger.

Hunton believes people like congregational sites for two reasons. "With Family Life Services, we can offer a much more liberal fee scale for people who are uninsured or who face massive insurance deductibles," he says. "Secondly, many folks are much more inclined to do counseling

in a church building than in a clinic-style counseling center, for reasons of anonymity and comfort."

As referrals at the existing sites grow, Hunton says other sites are under consideration. "I have seen some very, very good work done by our counselors—some real positive outcomes involving difficult situations," he says. "To have people exit counseling doing a whole lot better than when they came in is really what makes this such a rewarding service."

Additional Family Life Services components are also congregational- and community-based, including marriage enrichment, depression support and recovery, parenting programs, and grief support and recovery, says Basinger, adding that professionally trained counselors lead these programs, too.

# Bazaar funding ‘grand’

When Sandra Deppen, *Penn Lutheran Village’s* admission and marketing director, and Holli Wise, office manager, organized the village’s first craft bazaar two years ago, they never imagined that the event would be so well received.

Its success this year, in fact, will help to bring music to village residents.

“Over the last two years, the event has been enjoyed by everyone involved,” says Deppen. “As a part of the community, we are here to serve. Through our bazaar, we incorporate serving our residents, our staff, and the community. The village as a whole also benefits, because it creates a new level of awareness about our services.”

Hosting approximately 35 craft vendors, a refreshment stand, a bake sale, The Pennsfield Apartment residents’ yard sale, the Friends of Penn Lutheran Village membership stand, and village tours, the second annual bazaar was held May 10.

“As with our first bazaar, our craft vendors were very creative this year,” says Wise. Offering items such as floral arrangements, country crafts, scented candles, sweatshirts, wooden furniture, ceramics, quilts, and woodcarvings, diverse goods were available.

Jim Romig, a wood carver and first-time vendor, wanted to continue his participation for a number of reasons.

“I am fairly new at carving wood. I’ve been doing this for two years, and I wanted to get the word out. Events like this do really well in our area and are attended by a large number of people. And it is very important to support Penn Lutheran. God willing, most of us are going to grow older some day and may need the assistance of a facility such as Penn Lutheran. My wife’s grandmother is a resident, and she spent most of the day with us at our stand.”

Village proceeds will be used toward the purchase of a piano for residents.



With Jim Romig's wood carvings are, left to right, Sandra Deppen, Holli Wise, and Ann Clark of the Penn Lutheran Village staff.

“Music is such a big part of our residents’ lives,” says Clark, with Deppen adding: “Music is a therapeutic activity. Everyone responds to it.”

## Buffalo introduces lifestyle amenities

Several new services enhance retirement living at Buffalo Valley Lutheran Village in Lewisburg. Among them:

- **Dining service.** Buffet-style meals are being offered twice a week at the community center on campus. The affordable meal plan also includes one theme meal and a Sunday brunch each month.
- **Fitness center.** An exercise center equipped with treadmills, stationary bike, and free weights will open soon at the community center.
- **Housekeeping and laundry service.** For a reasonable fee, independent living residents can arrange for weekly cleaning and laundry service for household linens. This service can be scheduled as part of the regular service plan.
- **Guest cottage.** Residents can arrange for the use of a guest cottage for visiting family and friends. Accommodations can be made for one up to one week.

The village also plans to establish a raised community garden and is investigating activities with a wellness focus.

The following memorial gifts were received from December 2002 through March 2003. Diakon programs thank these donors for their generous gifts!

### IN MEMORY OF

Mr. Glenn Barger

Dona B. Cunningham

Oscar Dunkleberger

Helen Grabbe

James Herter

Gerald Liveringhouse

Elizabeth Marks

Helen Purcell

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