

Many Hands. One Heart.™

CUMBERLAND *Lifestyles* CROSSINGS

SPRING 2007

ACTIVE, INDEPENDENT LIVING

HELPFUL HANDS MAKE MOVE-IN EASY

Moving is always easier with a little help from friends. Just ask Jay and Lorraine McGlaughlin, who moved to Cumberland Crossings a year ago and found helpful hands all around.

The Marketing Department at Cumberland Crossings works in close association with future residents, their adult children, Realtors, movers, auctioneers, decorators, and bankers to make moves to the community as painless and stress-free as possible.



Jay and Lorraine McGlaughlin

For Jay and Lorraine, that help was very valuable. "We had a very smooth move," says Lorraine. Jay agrees, noting his thankfulness for the sponsors assigned to new residents by the community's hospitality committee.

"Lorraine and I each had a sponsor from among existing residents," says Jay. "Our sponsors greeted us on our moving day and helped us after that by showing us around. They helped us find important places like grocery stores, pharmacies, and dry cleaners. They brought us flowers and gifts and even drew maps for us."

Please turn to the next page...

2 Exercising Your Brain

Exercising your mind is just as important as exercising your body.

3 One-of-a-Kind!

Some cottages have been custom-built.

Learn if one is available for you!

4 Focus on The Devonshire

Our brightest and most affordable cottage!

6 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

HELPFUL HANDS

MAKE MOVE-IN EASY - *Continued*

Best of all, those sponsors turned into friends for the couple. "Everyone is so friendly here," says Lorraine. "We love the place."

Her advice for anyone considering a move to Cumberland Crossings is to use a moving company, and to do it sooner rather than later.

"Don't wait to move here," she said. "Come while you are able to enjoy it."

Jay and Lorraine didn't wait. Three months after their initial visit, they were settling into their new home. You can enjoy everything Cumberland Crossings has to offer, too. Just call us at (717) 240-6013 to learn how we can be of assistance with all aspects of your move.

[m]POWER ENABLES RESIDENTS TO EXERCISE THEIR BRAINS



Resident John Kulp, a faithful [m]Power user

EXERCISING THE MIND IS JUST AS IMPORTANT AS EXERCISING THE BODY.

That's why Cumberland Crossings now offers its residents the [m]Power brain fitness

program from Dakim Inc. Played on a user-friendly 17-inch touch screen with no mouse or keyboard, this automated, interactive system is played much like a game. It supplies a constantly changing menu of challenging multi-media activities that are scientifically designed to maintain brain health as well as combat the onset and effects of dementia and Alzheimer's disease.

The system presents an ever-renewed series of games, puzzles, and other activities using colorful screen images, large buttons, stories, voiceovers, film and music clips. A friendly host guides users between all activities for 10-minute sessions. Exercises range from anagrams and name-that-tune challenges to history and math questions. Follow-up questions are included to stimulate use of short-term memory and deductive reasoning.

[m]Power recognizes users as soon as they touch the screen and greets them by name. It also self-adjusts for ability levels so each user is sufficiently challenged but not frustrated. Content is automatically updated overnight to ensure that users don't see the same activity twice. Users are given positive verbal and visual feedback even when they give incorrect answers to encourage continued use. Best of all, the activities do not feel like exercise—they are designed rather to be an enjoyable experience.

"I like it," says Cumberland Crossing resident Marguerite Tussey after using [m]Power for the first time. "It's fun, and I would definitely recommend it to others."

The [m]Power system is the result of six years of development in consultation with top senior-care providers and brain health researchers, inspired by studies indicating that regular cognitive stimulation can help fight memory loss and related ailments. One 21-year study published in the *New England Journal of Medicine*, for example, linked a 63% decreased risk of dementia to frequent participation in stimulating mental activities.

"Researchers agree that successful aging requires ongoing mental stimulation," says Dan Michel, Dakim founder and CEO. "The operative word is 'ongoing' because the benefits seem to lessen if you stop. That means that a brain fitness program designed for seniors has to be enjoyable enough to keep them coming back for more. [m]Power

is the first and only system created with that goal in mind. It may feel like a game, but it's really a rigorous workout for your brain."

Cumberland Crossings is pleased to bring this state-of-the-art program to benefit its community, and to keep mental fitness—and fun—as a top priority.

GET YOUR ONE-OF-A-KIND COTTAGE!



Some cottages at Cumberland Crossings were originally custom-built or enlarged over the years. Additions include spacious sunrooms, expanded bedrooms, and sometimes even a third bedroom.

Call (717) 240-6013 to learn if an enlarged "one-of-a-kind" cottage is available at this time.

NEW LIFE FITNESS EQUIPMENT INSTALLED

Staying fit for life doesn't require new, state-of-the-art exercise equipment, but it sure helps! Residents and staff at Cumberland Crossings now have 24-hour-a-day access to newly installed, user-friendly equipment in the Fitness Center.

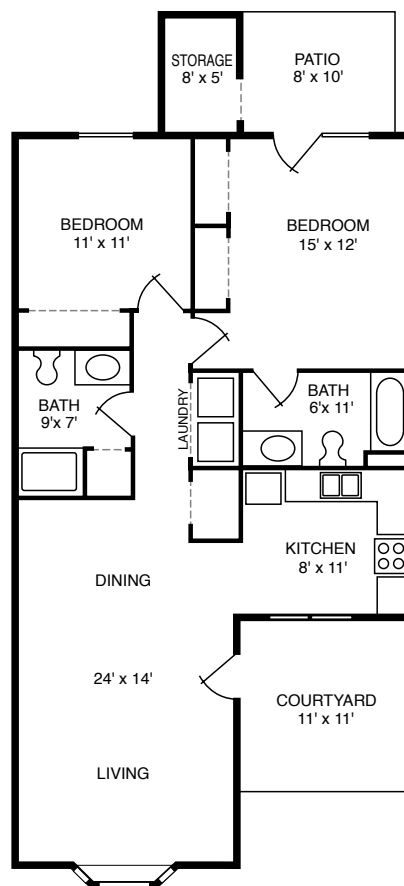
This fitness equipment, designed to improve cardiovascular and muscular health, is easy to get on and off and includes easy-to-follow directions on each machine. From treadmills, stationary bikes, and elliptical machines to weight-training equipment that works various muscles of the body, the fitness center offers it all.

It also is equipped with free weights, resistance bands, exercise balls, mats, and a pull-bell if anyone needs to call for assistance. For those who prefer to swim for fitness, Cumberland Crossings has a large, heated indoor pool for exercise or enjoyment, as well as a Jacuzzi in which to unwind.

The new Life Fitness equipment already has fans. "It's a Godsend," says Dottie Mueller, a resident who uses the equipment regularly. "Cumberland Crossings' whole wellness approach is great," she adds, "and is on the right track to keeping us all well."

Please turn to the next page...

FOCUS ON: THE DEVONSHIRE



The Devonshire is our brightest and most affordable cottage. With a wide bay window in the living room, as well as a solar tube and a window in the kitchen, this home model offers generous natural light.

The Devonshire floor plan also includes a handy storage room, spacious master bedroom, four large closets, well-equipped kitchen, and laundry area with full-sized appliances. Other home features include a second bedroom or den, a back patio, a covered front courtyard, and two large bathrooms.

Please call (717) 240-6013 to visit our furnished Showcase Devonshire cottage and view the Devonshire models we now have available without a waiting period.

YES, I WOULD LIKE MORE INFORMATION ON CUMBERLAND CROSSINGS!

Please cut off at the dotted line and return in a business envelope to us at 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
- ___ Receiving a home visit from a marketing representative

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Phone: _____ Cell: _____

E-mail address: _____

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

NEW LIFE FITNESS EQUIPMENT INSTALLED

- Continued

Following installation of the new equipment, she has noticed an increase in people visiting the Fitness Center. "It's getting to be a community affair," she says, adding that she enjoys the camaraderie with others as well as the workouts.

With the new fitness equipment, staying fit for life—and making new friends—is easier than ever.



VISIT OUR WEB SITE FOR CURRENT EVENTS AND MORE

For the latest information, events, and happenings at Cumberland Crossings, please regularly visit our Web site at: www.diakon.org/cumberlandcrossings

Our Web site includes detailed information about all upcoming events, our beautiful community, floor plans, testimonials, directions, and more. Check it out today—you don't want to miss a thing!

And keep visiting the site over the next few months, as we will soon unveil a new look.



JOIN US FOR A TASTEFUL EVENT

The best way to learn about Cumberland Crossings is to visit us. Although you are welcome at any time, we invite you to be our special guest at any of our upcoming seminars, at which you can enjoy a delicious meal (our treat) and discover why so many people savor the Cumberland Crossings lifestyle.

SEMINAR DATES AND TIMES

March 28, 2007:

11 a.m. - Sizzling Stir-Fry Bar Lunch

April 27, 2007:

9 a.m. - Full Breakfast Spread

May 30, 2007:

9 a.m. - Full Breakfast Spread

Call (717) 240-6021 for reservations and directions. We look forward to meeting you!

Discover more about CUMBERLAND CROSSINGS at one of our upcoming informational seminars.

Our seminars are a friendly, relaxed time to gather information, meet new people, and tour our beautiful community for yourself. Explore all your options. Explore life at Cumberland Crossings.

Telephone (717) 240-6021 today for more information or to reserve your place at our next free seminar event.



 **CUMBERLAND CROSSINGS**
A DIAKON LUTHERAN SENIOR LIVING COMMUNITY
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Carlisle, PA 17015

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