

Life at The Lutheran Home at Topton

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A P U B L I C A T I O N O F



CNA Alice Teti receives outstanding service award

Alice Teti, a certified nursing assistant at The Lutheran Home at Topton, has received an outstanding service award from the Southeastern Pennsylvania Chapter of the Alzheimer’s Association. The award honors outstanding certified nursing assistants who demonstrate genuine care and compassion for persons with Alzheimer’s as well as outstanding dedication and commitment to the job. Teti was one of eight chosen to receive this honor.

“Alice is always is ready and willing to give many extras to her patients such as a hug, smile or sometimes a candy bar. Her calm, soft demeanor facilitates caring for the most challenging residents.”

Not one for attention, Teti states

“I give the care that I would want my family members to receive.”

that while she feels honored and privileged to receive the award, she is part of a team at Topton. “My co-workers and supervisors at The Lutheran Home at Topton are caring and very special people; together we strive to provide the best care possible to all the residents. We work as a team,” says Teti.

When asked how she feels about the duties her job entails everyday, she says, “I enjoy working with and helping the residents and I give them the care that I would want my family members to receive.”



Above: Alice Teti, CNA, shares a moment with resident Sarah Kneeream. Teti received an award from the Southeastern Pennsylvania Chapter of the Alzheimer’s Association.

Teti has worked at The Lutheran Home at Topton for more than 20 years. Her many years of experience are obvious and she is well educated in the philosophy and most current techniques of providing care to residents. Sue Kayhart, former director of nursing for the Henry Health Care Center, says,

From the Executive Director



*Theresa Engelmann
Executive Director,
Topton Campus*

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The Lutheran Home at Topton is one of 22 retirement communities operated by Diakon Lutheran Social Ministries, which also offers a range of specialized programs for children, individuals, and families.

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www.diakon.org*

It has been so exciting for me to work in an environment chock full of caring residents and staff. I have had the pleasure of working in long term care and retirement communities for over 30 years. In those years I have never experienced such a strong sense of family as I do here. This was so visible during the snow storm on Monday, Feb. 5. Wherever you were on campus, there was a calm, home-like feeling. Peace and love permeated the winter scene. At the Henry Health Care Center, Buehrle Center and Breidegam Center, the staff in the activity department made snowballs and brought them inside for residents who are unable to venture outdoors. That simple gesture stimulated wonderful memories and conversation of playing in the snow as a child or with their children or grandchildren.

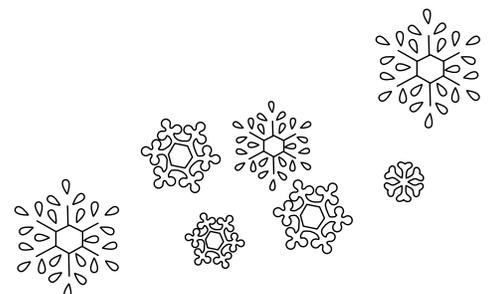
Volunteers from Luther Haven (we all saw you) not only visited the centers, but stayed through supper time to help during the evening meal. Fifteen nurses stayed past their normal working hours and there was never a negative word

about who could not make it in to work. Operations personnel cleared a safe path for travel and other staff members cleaned snow from cars the next day. The Dietary department kept us nourished. And, although though they were “short,” they were mighty tall in our eyes.

It may be true that we have had our challenges with change, but I thank God every day for bringing me to The Lutheran Home at Topton, where a family of staff, residents and volunteers are bonded in our mission of caring for our residents and each other. We have a great deal to be proud of and I thank you all for what you do everyday.

Theresa Engelmann

**-Theresa Engelmann
Executive Director**



Senior center program targets activity

Roller skating, bowling, line dancing, biking, painting, aqua aerobics...there's nothing that this group won't try. And with the Active Senior Adult Program, there will be many other challenges.

The Active Senior Adult Program is offered through our Berks senior centers. While it has been around for a few years, only a limited number of activities were offered.

However with the appointment of Karen Gottschall, director of the program, the activity schedule and community partnership has grown by leaps and bounds.

"This program adds another step in the continuum of services that Diakon Lutheran Social Ministries provides to seniors in Berks County," says Gottschall. "While the scope of services to seniors needing help was

always our focus, it became clear that there was a large segment of the population to whom we were not providing comprehensive programs."

The positive effects of seniors staying active are well documented. Exercise and moderate activity has



Above: Senior Volunteer Delores Procopio instructs strength training classes at Albright College and Bethany Lutheran Church, West Reading. Her classes average more than 20 seniors who participate.

been shown to counter the effects of osteoporosis by building bone density, lessen pain from arthritis, improve cardiovascular health and help mental outlook by combatting depression. Even mild activity can improve balance and reduce the risk of injury-causing falls. States Gottschall, "Since the goal of our centers is to keep seniors active, healthy, and socialized for as long as possible, this program seemed to be a natural addition."

For more information about the Active Senior Adult Program, call the senior center office at (610) 376-8282 or email gottschallk@lsn.org.

Events & Activities

In celebration of May as Older American's Month, the Senior Centers are offering programs and events that are open to the public.

***Senior Happenings Day
Thursday, May 3
(raindate Fri., May 4)***

This day will feature a senior bike ride through Topton and a health & fitness activity tent at The Lutheran Home at Topton. The 15 mile-ride will leave Topton at 9:00 a.m.

And...

A Senior Health & Fitness tent will offer health screenings, demonstrations and refreshments.

***An Artful Affair
Fri., May 11 and
Sat., May 12***

Join us at Boscov's North for a senior arts and craft show and sale. Senior artisans will feature pottery, paintings, baskets and more!

***Antique Appraisal
Tues., May 29***

Back by popular demand, professional appraisers will provide insight into personal treasures at the Inn at Reading.

A Victorian celebration

A Victorian tea was held recently to honor The Lutheran Home at Topton's Heritage Society members. Members of the society are those individuals or couples that have thoughtfully and generously remembered The Lutheran Home at Topton in their estate plans through a will, trust, insurance policy or charitable gift annuity.

The tea took those in attendance back in time to 1897 when the Rev. Uriah P. Heilman, the first superintendent, declared the mission of the orphanage. Anne and John Burd, long-time members of the Heritage Society, brought Uriah and Alvesta, Uriah's wife and first matron, to life for the event. They brilliantly portrayed the couple and acted out how

the Rev. Heilman "struck his spade in the ground, dug the shape of a cross, and asked for God's choicest benediction upon the Home."

Following the performance, Diakon Lutheran Social Ministries President and Chief Executive

Officer the Rev. Dr. Daun McKee addressed the group thanking them for their support and generosity through the years. The crowd was then treated to traditional scones, crumpets and variety of english teas.

Each year, the Advancement



Above: President and CEO of Diakon Lutheran Social Ministries, The Rev. Dr. Daun McKee and Rhonda Dietz, regional director of Advancement (far right) recognize Ruth Baum of Luther Crest as a new inductee of The Lutheran Home at Topton's Heritage Society.



Left: Long-time Heritage Society members, Harry and Ardath Yoder, relax in the lobby of Tower Court, where the victorian tea was held.

A Victorian celebration

office recognizes new members, honors long-time members and pays tribute to the memory of members that have passed on.

Members have become a part of a living legacy that began 104 years ago. They are friends that help sup-

port the caring and compassionate ministry that continues today through providing services for senior adults as well as children.

New members for this year are the following:

Agnes J. Ammarell, Ruth H. Baum,

Helen M Bernhardt, Arlene Fern Dundore, Lois E. Eisenhard, Emily L. Eisenhower, William R. Erdman, Robert B. and Helen M. Esterly, Helen C. Krause, Charlotte R. Landis, Faye Z. Matin, Doris A. Morgan, Ester J. Moser, Ruth M Moyer, Leroy Neischwender, Catharine B. Reinhardt, Esther M. Schlegel, Oliver H. and Cora Serfass, Kenneth Earl Smith, Charles B. Tomkins and Dr. Luke Youndt.

All new members' names have been added to the Heritage Society plaque that is displayed in the foyer of the Old Main building.

We sincerely thank all the members of the Heritage Society for their continued generosity and support of The Lutheran Home at Topton.



Above: Heritage Society members John and Ann Burd portray The Lutheran Home at Topton's first superintendent and matron, the Rev. Uriah and Alvesta Heilman. They presented a dramatization of the founding of the Home.

Right: Mr. & Mrs. Lawrence Reimert of Tower Court share a moment with the Rev. Dr. Ken Feinour, Jr., executive vice president of Advancement (center).

Photos by Hub Wilson



Congratulations Topton!

The weekend of May 26 and 27 in Topton will be one full of activity to celebrate the town's 125th anniversary.

Peggy Grossman, a member of the town's celebration committee, states that there will be activities for all ages to enjoy. "There will be something for everyone during the weekend," says Grossman.

According to Grossman, a road rally and jogger's run will start the weekend, followed by a Memorial Day service. The day will then feature events such as a town-wide yard sale, children's activities, parade and a pig roast and strawberry festival at the town's American Legion.

On Sunday, everyone can enjoy an historic tour of Topton in a trolley car, that will include a stop at the Borough Hall to view an historic display. The hall will also feature a fine arts exhibition of the works of local artists.

This is only a small portion of events designed to celebrate the event. Watch for more detailed information in your local papers.



Wellness Center will benefit residents in many ways

Designed to promote healthy lifestyles, the new Buehrle Wellness Center offers its residents a variety of opportunities to stay fit and active.

Pat Gieroczynski, health and wellness supervisor for the assisted living center, states that the goal of the center is to help residents maintain a positive attitude and good health. "If a person is actively involved in their wellness program, they will stick with it and enjoy the

results much longer," says Gieroczynski.

Exercise, of course, is just one way to begin a program, says Gieroczynski. A recumbent bicycle and stationary bicycle are available to help get a resident started. However, in warmer weather a supervised walking group is planned. Residents have suggested dream destinations for the group to "walk to" such as Walt Disney World in Florida (a whopping 1028 miles). According to Sue Kayhart, director of assisted living, the group wants to have mile marker parties when they reach spe-

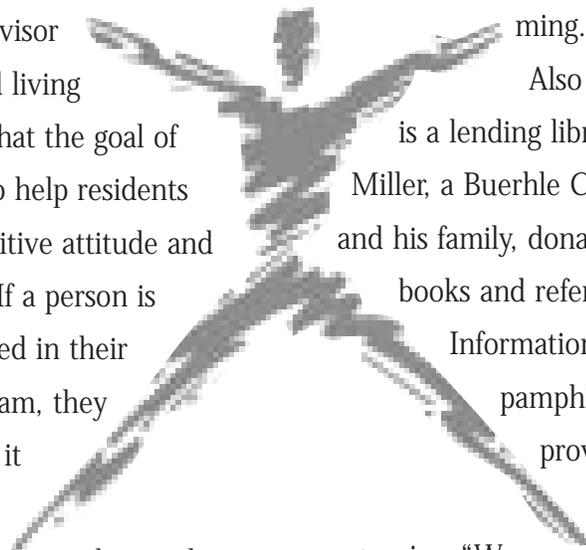
cific destinations. "By having goals to reach, it gives them something to look forward to and who's not in the mood for a party?" says Kayhart. The residents have requested other activities like miniature golfing and swimming.

Also available for use is a lending library. Dr. Darwin Miller, a Buerhle Center resident, and his family, donated over 100 books and reference items.

Informational brochures and pamphlets have been provided by many professional agencies. "We can help residents find information on any health-related topic they are interested in--on the web or in the library," says Kayhart.

Doctors will offer appointments in the center which is equipped with an exam room. Check-ups, blood pressure screenings and weight monitoring will be available.

An open house was held recently to showcase the center. "We were just thrilled to see so many people come and see what we are all about," says Gieroczynski, "and that's half the battle."



Introducing the Luther Haven Players!

Who says the neon lights are bright only on Broadway? Well, they certainly shine brightly on a group of residents from Luther Haven. That is when they are on the stage of the chapel auditorium. The group, called, "The Luther Haven Players," is lead by Dick Gougler, a former teacher at Kutztown High School who produced the school's plays and musicals.

The group was started three years ago by Gougler as a "fun thing to do" and has grown to 28 members. The Luther Haven Players third

annual spring show was called



"Luther Haven Visits Broadway," a show featuring the Luther Haven residents lip-synching to some of Broadway's best known show tunes. Some of the shows that were represented were The Sound of Music, Guys and Dolls, The Music Man, Oklahoma, and Fiddler on the Roof.

Spring forward with HOPE

The Pastoral Care and Volunteer Services department at The Lutheran Home at Topton is again seeking hospice-type volunteers for the HOPE (Help Our People Endure) program.

HOPE volunteers serve residents and family members in the Henry Health Care Center by providing emotional support to the residents and respite relief for their



families. The demand for this service has increased to the point where more volunteers, both male and female, are needed.

Current HOPE volunteers are available to share their experiences providing needed comfort and support to residents and family members. Training sessions for new volunteers will be scheduled in the near future.

If interested, please contact Carol Miller in Volunteer Services at (610) 682-1420 or the Rev. David Werley in the Chaplain's office at (610) 682-1334.

Save the date for Benefactors Dinner

The Lutheran Home at Topton's 13th Annual Benefactors Dinner is scheduled for Thurs., May 17, at the Sheraton Reading Hotel.

The theme, "Children Are The Stars of Our Future," will be carried through as we honor retired Air Force Col. Harry and Ardath Yoder of Boyertown as advocates of adoption and supporters of children's services provided by The Lutheran Home at Topton.

Proceeds from the event will bene-

fit Children's Services including adoption, foster care and pregnancy services. Tickets cost \$150 per person.



For more information, contact Kathy Diamandopoulos, special events manager, by phone at (610) 682-1220 or by e-mail at diamandopoulosk@lsn.org.

I wish, I wish with all my heart...

Did you ever wonder

how you can make a person smile while hardly lifting a finger? Read on. The Advancement office has compiled a "wish-list" of items that would make a world of difference to some of the people we serve through Diakon.

Children's Services

Backpacks - \$15 each

Paper, pencils & notebooks - \$15/set

Gym sneakers - \$45 per pair

Books - \$25 per book

Videos - \$15 - \$25 per video

Personal care items - \$15 per set

Dance lessons - \$40 - \$60 per month, per child

Music lessons - \$25 per week, per child

Summer resident camp - \$200 per week, per child

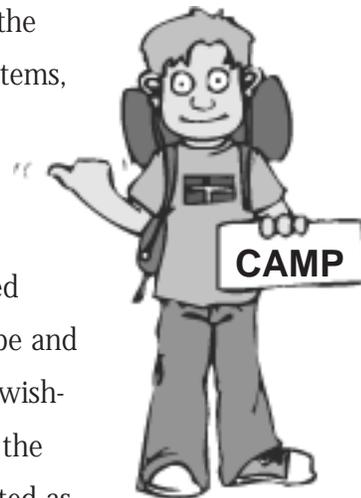
Summer day camp - \$100 per week, per child

Henry Health Care Center

Fall out chairs - \$1,700 each

(2 or 3 needed) These chairs would help residents who are at a greater risk of falling.

If you wish to make a donation for any of the above items, please use the enclosed envelope and mark "wish-list" in the area listed as



other or call the Advancement office at 1-800-582-2230, extension 1219, or (610) 682-1219.

Address Service Requested

One South Home Avenue
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