FREY
# Village Voice
A DIAKON LUTHERAN SENIOR LIVING COMMUNITY

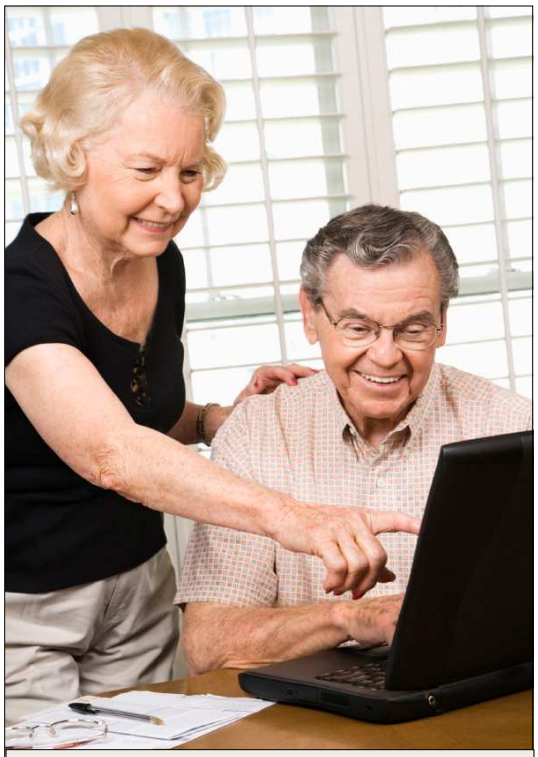
**March/April 2010**

# Frey Facebook Fans

Diakon Lutheran Social Ministries has launched a Facebook Fan page. This overall page will be the first of various Fan pages created for programs and communities going forward. Diakon's Office of Corporate Communications & Public Relations will be working with program and community leadership on a phased, prioritized approach to the creation and maintenance of individual program Fan pages, as requested and/or deemed appropriate.

**Frey Village's Friends and Family are invited to become "fans" of Diakon's new page through their personal, at-home Facebook pages.** To find Diakon on Facebook, simply search for "Diakon Lutheran" while signed into Facebook.

Facebook accounts are available with no cost to users. Individual accounts are password protected for privacy purposes.



Before opening a Facebook account, make sure that you are aware of internet safety issues. The PA Attorney General's office offers tips at www.attorneygereral.gov.

**Looking for ways to keep in touch electronically?**

Look for more information on other new Diakon social media initiatives, including a Diakon YouTube channel and Twitter account, to be provided in upcoming newsletters.

***YouTube*** is a video sharing website on which users can upload and share videos

***Twitter*** is a free social networking and microblogging service that enables users to send and read messages known as tweets.

## INTERNET SAFETY & NETIQUETTE TIPS

E-mail makes it easy to stay in touch with friends and family. Make sure you don't respond to e-mails from people you don't know. Never give out personal information to someone you meet online like your real name, address, telephone number or groups you work with. Only use your member name or e-mail address when chatting or sending e-mail. Don't open files attached to e-mails from someone you don't know. They could contain a computer virus or material that could make you feel uncomfortable.

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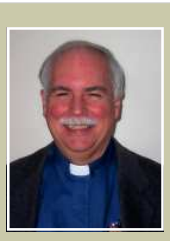

**Frey Village Chaplain**

**Pastor Art Sonnenberg**

## Sunday Service Schedule

### March 7
**Rev. Arthur F. Sonnenberg**
Chaplain at Frey Village

### March 14
**Rev. Dwight Hein**
Pastor of Salem United Church of Christ, Campbelltown

### March 21
**Rev. Winfield Devonshire. Jr.**
Retired Lutheran Pastor, Hrshy

### March 28
**Rev. Harold Fox**
Pastor of Trinity Lutheran Church, Steelton

### April 4
**Rev. Arthur F. Sonnenberg**
Chaplain at Frey Village

### April 11
**Rev. Kimberly Shifler**
Pastor, 1st Church of God, Mdltn

### April 18
**Rev. Pamela Carnes**
Pastor, Zion Lutheran Church, Penbrook

### April 25
**Rev. Joel Petruschke**
Pastor, Our Saviour Lutheran Church, Harrisburg

*Note: All Services listed above will be at 3:00 pm except for Easter Sunday (April 4) which will be at 10:15 am.*

## From the Chaplain:

It probably could be said of most of us that usually we mean well. Our intention is to do that which is right and good. But – as we often learn over and over again - good intentions by themselves are not enough.

Sometimes the good we intend to do also carries along with it some negative aspects on which we hadn't planned. This is a part of what sometimes has been called the Law of Unintended Consequences. For example, Prohibition in the 1920's – while intended to eradicate the negative effects which can result from alcohol consumption - also led to the serious rise of organized crime through bootlegging, among other things. Again, the Japanese plant called kudzu – introduced into the United States in 1876 - was intended to be used as a forage crop and an ornamental plant and later as a means to reduce soil erosion. However, the plant found such ideal conditions for growth in the South that over the years it has taken over about 7 million acres of land there; consequently, in 1972 the U.S. Dept. of Agriculture declared it a pest weed.

Sometimes, however, we find that – instead of leading to unintended consequences – our good intentions lead nowhere. That is, we find ourselves unable to act on our good intentions because we over estimated ourselves and our power. This is the case with the apostle Peter. Luke in chapter 22 of his Gospel relates how during the Last Supper Jesus tells Peter that he has prayed for him and enjoins him to strengthen the other disciples once he has turned back. Peter in response boldly exclaims, "Lord, I am read to go with you to prison and to death!" Jesus answers by saying, "I tell you, Peter, the cock will not crow this day, until you have denied three times that you know me."

Now, Peter in this exchange with Jesus was not lying. I think he truly believed that he, indeed, *would* go to prison and to death if need be alongside his Lord. He had the best of intentions. But he could not carry them through. For Peter, his good intentions that night were not enough: He denied his Lord just as Jesus predicted.

And what of us? Especially during Lent many of us are made aware of things in our lives that should change so that we might more closely walk with our Lord. Often, as we examine our lives, we determine that we should exchange some habit which is detrimental to our discipleship for a behavior that is more in line with God's will as we perceive it. We are moved to desire to change. But as laudable as those desires to change may be, good intentions by themselves are not enough.

Those intentions must be acted upon in order to become more than wishful thinking. And that requires a continuing focus upon the one who alone can change us in a meaningful and lasting way – our blessed Lord. Somewhat earlier in Jesus' ministry, Peter – when he saw Jesus walking on the water of the Sea of Galilee – called to him from the boat he was in and said, "Command me to come to you on the water." Jesus invited him to do so. And all was fine… until Peter got distracted by the strong wind. Then he became frightened and began to sink until Jesus rescued him. Similarly, when we take our eyes off of Jesus and get pulled in other directions, we too will falter; like Peter, our good intentions will vanish.

A word of hope, though: If, despite our good intentions, we *do* falter, we can learn from Peter that in Christ there is forgiveness and renewal. After the resurrection, Jesus came to Peter who had denied him and, instead of turning his face from him and casting him out, called the Big Fisherman back to serve him. "Feed my sheep," our Lord told him. And Peter did.

The Psalmist says: **"**If you, O LORD, should mark iniquities, Lord, who could stand? But there is forgiveness with you, so that you may be revered." Peter found that to be true. And so shall we. Secure in Christ's love, we shall be able to move beyond simply having good intentions and truly become the children of God that we have been called to be.

In Christ, *Pastor Art Sonnenberg*

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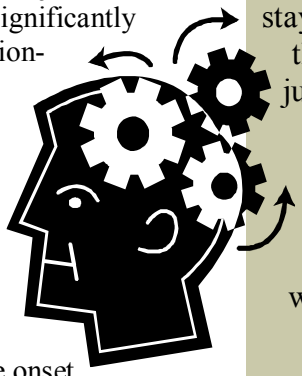
## *Services Scheduled During Holy Week and on Easter Day:*

| | |
|---|---|
| March 28th at 3:00 pm | **Palm Sunday** |
| March 31st at 3:00 pm | **Weds. in Holy Week** **(Musical Meditation)** |
| April 1st at 3:00 pm | **Maundy Thurs.** |
| April 2nd at 3:00 pm | **Good Friday** |
| April 4th at 10:15 am | **Easter** |

# Exercise Your Brain Online

People who have not yet ventured onto the Internet now have a new reason to do so.
Research suggest that surfing the Web may help your brain function better.

A new study looked at brain activity in 24 adults—the youngest 55, the oldest 78—as they surfed the Net. Half the group were daily users. The other half were "newbies," or first-time users. Participants spent an hour a day for a week performing Internet searches. At the beginning and end of the experiment, each subject underwent a brain scan. At the start, the newbies' brains showed significantly less activity in areas involved in working memory and decision-making, compared with the more experienced users. By the end of the week, however, their brain patterns were quite similar to those of the old hands.

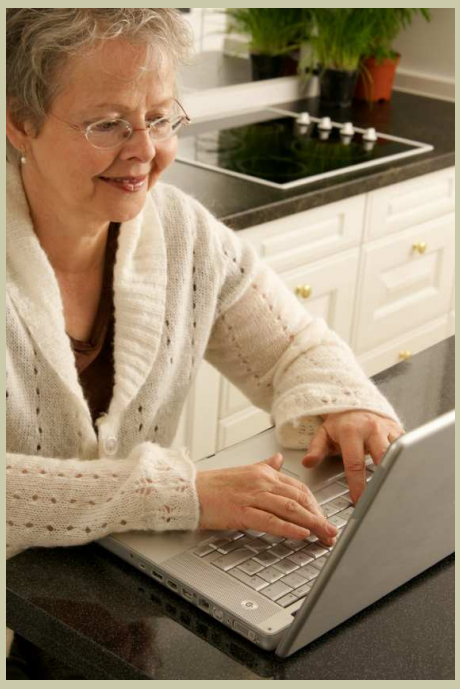


As we age, our brains undergo changes in structure and function that affect memory and decision-making, as well as other complex tasks. The authors, who presented their results at the Society for Neuroscience annual meeting, suggest that Internet searching may be used as brain exercise in older adults and speculated that doing so may even delay the onset of dementia.

Internet Accessible Computers are available for all Frey Village residents. Contact your Activity Department for more information as to when and where computers are available.

**Help for Haiti.** Frey Village was able to raise $320 in cash assistance to be used for Diakon's recent earthquake relief efforts. Those dollars were matched by Diakon.
*Thank you for your willingness to minister to those in need.*

# The Internet can make your life easier.



New Free resources are helping Seniors stay in touch with loved ones and keep their daily lives organized. Here are just some of the more popular activities and free website to try:

**LivingSocial.com**
is an online community where over 80 million people from all over the world share information on books, movies, TV and restaurants.

**Animoto.com**
offers a fast and easy way to turn your photos and video clips into professional quality video montages.

**Mint.com**
makes budgeting less stressful by offering a free tool that is easy to use and helps you find more money.

# Socializing is Good For Your Brain

Many scientists now believe that social interaction is important in maintaining good mental health and warding off diseases like dementia and Alzheimer's. Many recent studies document the positive effects of social interaction. Although, researchers are not certain what happens in the brain to produce the positive effects seen among the more socially engaged, it's clear that close relationships, and large social networks, have a beneficial impact on memory and cognitive function as people age.

In a study of 2,249 California women published in the July *American Journal of Public Health*, researchers reported that older women who maintained large social networks reduced their risk of dementia and delayed or prevented cognitive impairment. By interviewing the women over the course of four years, researchers accumulated data about the size and closeness of their social networks. Researchers asked the women questions such as "How many people can you rely on for help?" and "How many people can you talk to about private matters?" They also tallied the frequency of visits, phone calls and mail from family or friends the women received. The results showed that women with the larger social networks were 26 percent less likely to develop dementia than those with smaller social networks. And women who had daily contact with friends and family cut their risk of dementia by almost one half.

**Remaining socially active is an important part of an overall healthy lifestyle. Be sure to get your daily dose of brain fitness on the Dakim BrainFitness system.**

## Many Thanks To:

**St. Paul's Lutheran Church on Sand Hill**
for hosting the March Residents' Birthday Party.

&

**Presbyterian Congregation in Middletown**
for hosting the April Residents' Birthday

## Employee Birthdays

### March

| | |
|---|---|
| Elizabeth Bracale | 1 |
| Corinne Gibilterra | 1 |
| Tanise Copeland | 3 |
| Linda Stone | 5 |
| Debra Bender | 6 |
| Jody Bashore | 8 |
| Shari Tritch | 8 |
| Djuan Zerbe | 8 |
| Kimberly Minifield | 11 |
| Susan Champ | 13 |
| Amber Weist | 13 |
| Marjorie Plouse | 14 |
| Rebecca Deitz | 15 |
| Jennifer Justice | 15 |
| Diane Fohringer | 16 |
| Tammy Geary | 16 |
| Barbara Schroll | 16 |
| Barbara Boateng | 17 |
| Sara Hipple | 17 |
| Patricia Zimmerman | 17 |
| Sandra Hentz | 20 |
| Betsy Wirfel | 21 |
| Joyce Stouffer | 23 |
| Kathy Pence | 25 |
| Tamie Watts | 28 |
| Joanne Krzywicki | 29 |
| Russel Spangler | 31 |

### April

| | |
|---|---|
| Kim Long | 3 |
| Ana Ayala | 5 |
| Tiffany Miller | 5 |
| Christina Errickson | 8 |
| Heidi Murray | 9 |
| Michelle Seiders | 12 |
| Nancy Butler | 13 |
| Carol Jones | 15 |
| Lyndsey Baughman | 17 |
| Neha Wadhwan | 17 |
| Donna Phillips | 18 |
| Valerie Spencer | 18 |
| Brooke Weaver | 18 |
| Debra Otzel | 19 |
| Diane Senseman | 19 |
| Patricia Hamner | 23 |
| Chereka Copney | 29 |
| Paula Johnson | 30 |

**March and April**

# Variety Program

Every Tuesday at 10:30 am in the Chapel.

| | |
|---|---|
| March 2 | Pastor Fox & Felicity |
| March 9 | Ruth Dodson |
| March 16 | Anna Herr |
| March 23 | "The Followers" |
| March 30 | "Bill the Tune Weaver" |
| April 6 | Gerry Seiler |
| April 13 | Esther Long |
| April 20 | Chuck Yocum |
| April 27 | "Daybreak" |

# Accept Our Offer of Support.

Frey Village's Alzheimer Support Group will resume its regular meeting schedule on Monday, March 15th from 6:30-9:30pm in the office area Conference Room.

For those who are coping with caring for a loved one with Alzheimer or Dementia. Come learn about the disease, coping techniques, and receive support from others who are experiencing the same challenges. For more information call Sue or Stephanie at 930-1259.

# Resident *BIRTHDAYS*

## MARCH

| | |
|---|---|
| James Coughenour | 3 |
| Winfield Devonshire | 6 |
| Catherine King | 6 |
| Hilda Brice | 8 |
| Elsie Derr | 10 |
| Helen Keleher | 10 |
| Bernice Custer | 11 |
| James Kinloch | 13 |
| Alice Kluskiewicz | 13 |
| Guy Mascioccohi | 14 |
| Jean Snyder | 14 |
| Sara Hipple | 17 |
| Jane Shallcross | 17 |
| Lyle Ringley | 18 |
| Catherine Waters | 21 |
| Margaret Kachniasz | 23 |
| Helen Yontz | 23 |
| John Hall | 27 |
| William Kitzmiller | 28 |
| Thelma DeHart | 29 |

## APRIL

| | |
|---|---|
| Lenore Nearhood | 6 |
| Ruth Pickel | 7 |
| George Lenker | 11 |
| George Ropos | 12 |
| Jean Downs | 15 |
| Bernie Hahn | 16 |
| Grace Sunderland | 17 |
| Janet Myers | 18 |
| Beatrice Knox | 19 |
| Russell Staub | 20 |
| Lillian Mann | 22 |
| Phyllis Muench | 22 |
| Betty Plank | 25 |
| Robert Brumbaugh | 27 |
| Anna Johnston | 27 |
| Katherine Jordie | 30 |

**Congratulations**
Marjorie Plouse, RN, winner of the Diakon *Diakonect* Wellness Gift in February 2010!

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Go Team! Frey Village employees focus on team building as a way to create a safe work environment.

Corinna and Ronnie demonstrate that ergonomically correct lifts and transfers prevent injuries to the staff and residents.

The Frey Village Pig of Happiness mascot takes a bow after his stage debut.

AJ reviews the "Reason's I work Safely Board" to find out what is important to his colleagues.

Mike and Nancy look like they enjoy demonstrating the correct way to create a safe bedside environment.

"Like water off a duck's back, let stress roll right off." Corinne and Stephanie review the part stress plays on increasing injury rates.

Ana prepares for a spot of tea.

# Family Night!

Bring the whole clan for Nursing's Upcoming Events:

**Thursday, March 11 at 6:30 pm**

Join us in the Chapel for a performance by Vocalist/Guitarist Steven Barth

**Mark your calendars for upcoming Nursing Family Nights:**

June 29 at 6:30 ***Brain Power***

October 19 at 6:30 ***Oktoberfest featuring Steve Kucenski on Accordion***

*Please RSVP to Jackie Holzel at 930-1225 for*

## Frey Village Auxiliary Lectern Donation

Appreciation goes out to the Auxiliary for their recent donation of a new chapel lectern. The beautiful wood carvings enhance the room, and we look forward to their planned purchase of a matching Altar in 2010. **(front row, left to right)** Sandy Gofhus, Dana Sanchez, Laurie Ellis, Thirzah Reichert, Harriet Blaydon, Helen Bailey, Betty Flickinger, Amy Young and Pastor Art Sonnenberg.

*No act of kindness no matter how small, is ever wasted.*
-Aesop

**The Annual Auxiliary Membership Drive is** underway and we encourage each of you to consider renewing your membership. It is only with your help that we can continue the many projects that the Auxiliary maintains and funds.

**The Auxiliary is also beginning to think Strawberry Festival,** as we continue to dig out from major snowstorms. Any white elephant, silent auction, plants or jewelry that you wish to contribute would be greatly appreciated. All items may be dropped off at Frey Village or contact your Frey Village church key person.

God Bless,
Dana Sanchez
Auxiliary President

*Gratitude is the fairest blossom which springs from the soul.*
-Henry Ward Beecher

**Diakon Lutheran Social Ministries**

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A DIAKON LUTHERAN SENIOR LIVING COMMUNITY

1020 N. Union St.
Middletown, PA 17057

**717-930-1200**

Non-Profit Org.
**U.S. Postage**
**PAID**
Harrisburg, PA
Permit No. 208

Or Current Resident

**Join us for upcoming**

# *Friends of the Arts*

programming.

All programs begin at 7 pm in the Chapel.

***Elena Millar***
Classical Piano featured on Fri., March 5th

***Seasons***
Featuring Harp and Hammered Dulcimer performance on Friday, March 26th

***Grandview Heights United Methodist Bell Choir***
Friday, April 16th

***Lyndon and Lady Bird Johnson***
Dramatic Presentation of the Former President and First Lady. Friday, April 30th

***Friends of the Arts* programming** has been provided through a trust fund provided to Frey Village for resident cultural enhancement and enjoyment. Programming is open to the public.

# Community Easter Egg Hunt

Sat., March 27 at 9:45 am

**Join us for:**
Candy Filled Plastic Egg Hunts
Marty the Music Man
Face Painting...and More!
Children ages 0-10 are invited to participate in the egg hunts.

**The Frey *Village Voice* Newsletter is issued on a bi-monthly basis.**

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**For a full listing of resident scheduled activities, monthly calendars are posted on the Frey Village Calendar/Event web page.**

**www.diakon.org/frey**