

Life ^{at} Luther Crest

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A PUBLICATION OF



DIAKON
LUTHERAN SOCIAL MINISTRIES

“This new, 24-hour program enhances the professional nursing services available to residents residing in the independent-living apartments.” Jeanne Oski
Executive Director

Resident Nurse Program

As part of its continuing focus on resident wellness, Luther Crest Retirement Community recently introduced a Resident Nurse Program.

“This new, 24-hour program enhances the professional nursing services available to residents residing in the independent-living apartments,” explains Jeanne Oski, executive director. “In addition to responding to emergencies in the apartments, the resident nurses in the program are responsible for overseeing, monitoring, and maintaining care in our Assisted Living unit.”

Nurses in the program also maintain resident medical records, insurance information, and health-care needs. “They serve as a liaison between outside home health or hospital agencies and can recommend and coordinate activities,” says Oski, adding that nurses also perform a basic



medical review of prospective independent-living residents.

“The program is just one more way in which we continue to enhance the lives of our residents.”

Luther Crest’s newly hired residential services director is responsible for oversight of the new program.

Hired as the program was rolled out this summer, Deborah Pianowski brings 19 years of nursing supervisory experience to the new role as well as a background in long-term care, home health, and ICU.

Most recently, Pianowski served KidsPeace National Centers for Kids in Crisis as manager of nursing services. She holds degrees in nursing, criminal justice, and social work from Moravian College, Bethlehem.

From the Executive Director

When I first arrived at Luther Crest, I discovered that Luther Crest had its own advisory council.

Historically, this council has included residents, prominent members of the Allentown community's clergy and business leadership, and a member of the Diakon Lutheran Social Ministries Board of Directors.

The role of the advisory council is to serve as a liaison between Luther Crest and the people it serves, provide advice regarding program concerns and development, promote quality services, assist in the financial development of Luther Crest, and promote the Diakon mission and Luther Crest philosophy statements.

As I write to you, the process for developing a new advisory council for

Luther Crest is under way. Robert Hobaugh, a member of the Diakon board of directors, Rhonda Dietz,



Jeanne Oski

regional director of Advancement, and the Rev. Kenneth Feinour, executive vice president of Advancement, have been instrumental in helping to identify potential members of the council. These members will dedicate their time and talents to

ensure the residents of Luther Crest are receiving the quality services they deserve in a financially sound, stable environment.

One member already identified is Lois Eisenhard, a true Luther Crest resident advocate. Lois has accepted my request and will sit on the advisory council along with other members of the Allentown community. I will be meeting with other potential members in the next two months, hoping to finalize membership and solidify our council.

Once the council has been developed, residents will receive information on all of the advisory council members. I hope to establish the council by September, with our first meeting in the early fall.

I am confident that our advisory council will embrace what Luther Crest has to offer and assist us in striving for excellence in order to meet all of the changing needs of residents now and in the future.

*Jeanne Oski, RN, NHA
Executive Director*

Shop's increasing profits benefit residents

For the last 17 years, Luther Crest gift shop volunteers have made it possible for residents to purchase everything from cards and candy to birthday gifts and clothing. Four volunteers a day split two shifts to cover the shop hours from 11 a.m. until 4 p.m. on weekdays and 10 a.m. to 12:30 p.m. on weekends.

According to Rosalie Mayer, the gift shop chairperson, the shop exists to provide services and items for residents who can't go outside and shop. "It is also a good way for volunteers to contribute their time," she says. "There are no paid staff members."

In fact, all the gift shop profits are invested in improvements that benefit residents. "We disburse funds every six months," explains Mayer, adding that profits have grown steadily through the years. "We gave \$5,000 last December and \$5,000 in June."

More recent items purchased with the funds included a CCTV, which is a large magnifying machine for low-vision residents. "This year we contributed money toward a large projection screen for Crest Hall that will be used for videos and other projections," Mayer adds. "We contribute at least \$1,000 every year to the library and we buy a lot of things for the Activities Department." In recent years, the Healthcare Center, Personal Care, and the Physical Therapy department have also benefited.

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Luther Crest is one of 21 retirement communities and facilities operated by Diakon Lutheran Social Ministries, which also offers a range of specialized programs for children, individuals and families.

Visit our web sites at
www.luthercrest.net or
www.diakon.org



Award means as much the second time around

For the second time since she joined Luther Crest as chaplain in the fall of 1993, the Rev. Dianne Kareha and her husband, Dr. Michael Kareha, celebrated as one of their sons was awarded the Eagle Scout award for a project completed at the Allentown retirement community.



Dr. Michael and the Rev. Dianne Kareha are the proud parents of two Eagle Scouts, Peter (second from right) and Steve (right).



Peter Kareha received the Eagle Scout award at a Court of Honor held last May in the chapel of First Presbyterian Church, Allentown. For his Eagle Scout project, Kareha coordinated the clean up, mulching, and replanting of the courtyard at Luther Crest. Fellow members of Troop 107, along with residents and staff members, assisted Kareha in the project. Kareha's older brother, Steve, converted a lounge in the east wing of Luther Crest's Personal Care residence to the "Room of Peace," a place for meditation.

Luther Crest Wish List 2022

Items under \$1,000

- ☛ Low Vision Equipment
- ☛ Bistro Area Landscaping
- ☛ Wheelchairs – HCC
- ☛ Oxygen Concentrators
- ☛ TV/VCR/DVD Player
- ☛ Educational Material

Items from \$1,000 to \$5,000

- ☛ Draperies for Main Dining Room
- ☛ Sheers for Main Dining Room
- ☛ Sheers/Drapes for Bistro
- ☛ Housekeeping Equipment
- ☛ Window Treatments for Administration Offices
- ☛ Retractable Awning for Bistro
- ☛ Office Furniture for Health Care Administration
- ☛ Computers for computer room
- ☛ Holiday Decorations

Items from \$5,000 to \$25,000

- ☛ Lobby Furniture
- ☛ New China for Main Dining Room
- ☛ Auditorium Chairs
- ☛ Culinary Food Transport Carts

Familiar face retires amid congratulations

Long-time friend and resident advocate Lois Eisenhard recently retired after 17 faithful years of service to Luther Crest Retirement Community.

During a farewell picnic held in June, Secretary of Aging Lori Gerhard presented her with a plaque commemorating her contribution.

For 17 years, Eisenhard, a professional social worker, served the needs of Luther Crest residents in the health center and the apartments. In the year before she retired, Eisenhard also took on the additional role of wellness coordinator.

The Luther Crest administration recently nominated Eisenhard for the Silver and Gold Award for resident



State Secretary of Aging Lori Gerhard (left) and Jeanne Oski, Luther Crest executive director (right), presented Lois Eisenhard with a plaque commemorating her years of service to Luther Crest during a picnic held this summer.

advocacy, given by Silver and Gold Magazine. Luther Crest residents also recognized her years of dedication by making a significant contribution to the Luther Crest Endowment Fund in Eisenhard's name.

- ☛ Renovate Assisted Living Unit
- ☛ Defined Walking Paths
- ☛ Fitness Equipment
- ☛ Outdoor Benches
- ☛ Putting Green
- ☛ Art Work
- ☛ Outdoor Shuffleboard
- ☛ Bocci Ball Court

Items from \$25,000 and up

- ☛ Renovate Auditorium
- ☛ Landscaping Master Plan
- ☛ Renovate Health Care Center
- ☛ Outside Storage Building
- ☛ Indoor Pool/Fitness Center
- ☛ Emergency Notification System

Luther Crest Retirement Community

Upcoming events open to the public

October 9, 7 p.m., Crest Hall

Musical Program by Captain Radio: old-time radio show and music

October 16, 1:30 p.m., Crest Hall

Wellness Program: "Creativity—Getting More Out of Life"
Guest Speaker, Joseph B. McCarthy

October, 18-19, Crest Hall Friday 10 a.m. to 4 p.m. and
Saturday 10 a.m. to 2 p.m.) Home Show

October 23, 7 p.m., Crest Hall Candidates Night

November 7, 8:45 a.m., Crest Hall Cooking with the Chef

November 16, 10 a.m. to 4 p.m., Crest Hall Craft Show

November 20, 1:30 p.m., Crest Hall

Wellness Program: "Medicine and Herbal Remedy Interaction"
Guest speaker, Richard Gilbert, M.D.

December 3, 7 p.m., Crest Hall Air Products Chorus

December 12, 8:45 a.m., Crest Hall

Cooking with the Chef – holiday theme

Junior volunteers provide senior benefits

After a marketing blitz earlier this year that targeted seven area schools, Jayne Imbach, RN, volunteer coordinator, was pleased to have 22 volunteers sign up for Luther Crest Retirement Community's junior volunteer program.

Ranging in age from 12 to 18, the volunteers must complete an orientation before beginning the eight-week program. "We review the handbook, we take them on a tour, and we discuss what our volunteer program is about," explains Imbach. "If they needed special training, we held that at another time."

Although several of the volunteers had worked with Luther Crest before, 16 of them were new recruits and all were split almost evenly between boys and girls. The best age, according to Imbach, seems to be in the 12 to 14 year old range. "The older children often are working summer jobs," she explains.

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This is the last issue of *Life at Luther Crest* in this format. Beginning late this year, the articles normally contained in this publication will be included in a new regionalized edition of *Dialog*, Diakon Lutheran Social Ministries' corporate publication.

The center section of the expanded *Dialog* will contain lots of information about service and events within the region, including activities at Luther Crest. We are making this change for several reasons:

- To be better stewards. Combining various newsletters into one will save funds.
- To offer more local information. The regional section will provide interesting information about lots of local programs, including Luther Crest. In addition, the format will allow us to list regional upcoming events in which you may be interested.

Again, please be assured that you'll find the information you are used to reading in this newsletter in the new center section of *Dialog*.

Memorial Gifts

June 1 to July 31, 2002

IN MEMORY OF H. Edwin Eisenhard
Given by: Ms. Lois E. Eisenhard

IN MEMORY OF Rose Schlappig
Given by: Mr. and Mrs. Paul Koch
Given by: Mr. and Mrs. Willard M. Cammauf

Given by: Mrs. Jane C. Beitel
Given by: Ms. Arline K. Cawley

Please consider Luther Crest as you plan your giving.

Gabriel new nursing supervisor

Kathy Gabriel, RN, BSN, joined Luther Crest Retirement Community's Health Center as the 7 to 3 nursing supervisor last June, bringing with her 28 years of nursing experience.

Gabriel has held various positions of increasing responsibility and most recently served a long-term care facility as a registered nurse assessment coordinator.

No stranger to multi-tasking, Gabriel completed her nursing

education at Northampton Community College while rearing her four children. She went on to earn a bachelor's degree in nursing from Cedar Crest College in 1993 and is preparing to begin work on her master's in health management.

"I'm looking forward to getting to know the staff and residents," she says of her opportunity with Luther Crest. "I want to try to help wherever I can."



Kathy Gabriel, RN, BSN

Written word focuses on value of seniors

Luther Crest residents William and Judith Diehl have joined forces and collaborated on a book scheduled for publication early next year that puts to rest any notion that seniors stop living once they retire.

According to William Diehl, the book, "It Ain't Over 'till it's Over,"

talks about the importance of seniors in our society, and, among other things, retirement lifestyles, volunteering, and planning for retirement. Both the Diehls are well-known participants in the Lehigh Valley's volunteer community, supporting church, business, and politically

related causes.

"Seniors are really needed in our society today in setting values, life-style, volunteering, and bringing the Baby Boomers along behind us," says Diehl. "They

are needed to pass the torch along to others and to pave the way."

Diehl, 77, is the author of several books. His wife, Judith, 76, has also written a book and served as an editor for her husband's previous work. "Her greatest criticism [of my work] was that I only used men's examples; I wasn't speaking to women," he says. "In this book, we decided we were both going to talk about issues of senior living, making sure we reflected the view of women, as well as men."

The author of seven previous books, Diehl was a national sales manager for Bethlehem Steel Corp. when he first felt the need to put his thoughts to paper. "It came out of a frustration I had with the gap between what was going on in my



William and Judith Diehl

Please turn to back page

Plaque honors Endowment fund benefactors

In a ceremony recognizing the initial benefactors of the Luther Crest Endowment Fund, staff members, residents, and friends recently dedicated a plaque, which hangs outside Crest Hall. The plaque bears the names of all contributors, including the founding members, since the fund's official start in August of 2000.

According to Rhonda Dietz, regional director of Advancement for Diakon Lutheran Social Ministries, "The fund was a concerted effort on the part of the residents to do something for the future. They decided how the fund would be used."

The money in the Fund is invested for total return, of which a percentage will be used annually to provide money to help:



Together with their husbands, Dorothy Schlauch (left) and Adele Diefenderfer, daughters of Gladys and William Gotshall, made the first gift to the Luther Crest Endowment Fund in memory of their parents.

- Care for residents who have exhausted their financial resources,

- Offset the unanticipated costs of healthcare, and
- Make improvements to enhance the lifestyle at Luther Crest.

Currently, the fund has \$83,748 in cash and investments with \$100,397 projected in charitable remainder from gift annuities, according to Dietz.

In addition to planned gifts, contributions to the fund can include direct cash gifts of any size that are designated as memorials to loved ones. This was the case with the founding donations made by the daughters of Gladys and William Gotshall, and the Paul and Martha Kutz estate. The plaque hanging outside of Crest Hall will be updated each year to include new gifts.

Remember Luther Crest in Your Will

Please send me the free information, Conrad Teitell's "***Making your Will***"

I have included Luther Crest in my will.

Please complete and mail coupon to: **Diakon Lutheran Social Ministries,
Office of Advancement, One South Home Avenue, Topton, PA 19562-1399**

Name _____

Address _____

Telephone _____

Your birth date _____

Spouse/Loved One's birth date _____

Internship opens student's eyes to possibilities



Luke Pile

York College student Luke Pile spent his summer at Luther Crest Retirement Community completing an internship program that he is confident will help prepare him for a career in health care.

With a degree in long-term care administration, Pile is in the process of completing his master's degree in health-care management. "There is a lot of opportunity. It is a good service industry," says Pile of his chosen field.

Pile's mentors at Luther Crest held nothing back during his summer-long experience. "I've done laundry and maintenance. That is the best part of the program," says Pile, adding that he split his work time between management and hand-to-hand care. "You can't manage without doing

the work. It has made me respect all positions and understand how important those positions are."

Luther Crest administrators have also been beneficial to Pile's learning experience. "I've been hooked up with people that I'll never forget," he says. "Finding the right mentor is key." Students from Cedar Crest College, Penn State University, Lehigh University, and Muhlenberg College have also participated in the summer internship program.

Interest in politics leads one resident to serve party

Luther Crest residents have always exhibited a strong and knowledgeable interest in the political scene. Spring and fall visits from state and local representatives regularly draw out residents who are keen on learning more about the latest political issues or the platform of a new candidate.

Lee Gaumer, a Luther Crest resident, won the opportunity to serve a two-year term as a Republican Party committee person for Lehigh County during last May's primary election.

"I was asked to run because of the very large Republican presence here at Luther Crest," reveals Gaumer.

As one of nearly 200 committee persons in the county, Gaumer is responsible for ensuring voters are registered and that they vote. He will also help to select future candidates



Luther Crest residents Thomas Kennedy (left) and Elizabeth Bagger (right) discuss politics during a recent visit with State Senator Charles Dent.

and support their campaigns. "Eventually, I'd like to go to the National Convention when they pick the president," he says.

A 1992 retiree from Air Products, Gaumer saw his political career

begin that same year when he was elected to the Allentown City Council.

"That was quite an experience," says Gaumer.

Welcome to an even better life

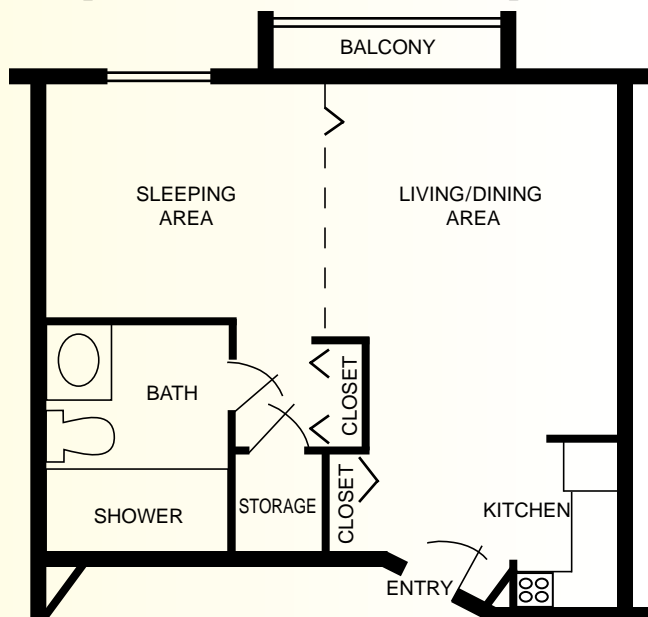
When Evelyn Derr was thinking about retirement choices, she knew she wanted a maintenance-free living style with enough room to call home. Luther Crest's junior/one bedroom apartment has given her the space and comfort she was

looking for, without the need to part with her many treasures.

With the assistance of her daughter, Derr selected her apartment overlooking a landscaped courtyard. Her patio is large enough to accommodate her potted flowers and furnish-

ings. Downsizing from a home can often be puzzling, as well as challenging. For Mrs. Derr, the junior/one bedroom apartment afforded her ample closet space, full-size appliances, privacy, and a gracious style of living.

Sample Junior/One Bedroom Apartment



Evelyn Derr's apartment.

Saylor wins two performance awards

CURA Hospitality, Inc., recently chose Todd Saylor, Luther Crest's director of dining services, from among its many staff members to be the recipient of two performance awards.

Saylor, who joined Luther Crest earlier this year when CURA assumed dietary services, accepted both the Zero Deficiency Award and the Culinary Excellence Award during CURA's Hospitality with Heart Award Ceremony in June.

CURA presents the Zero Deficiency

Award to the director who successfully passes a state inspection with no deficiencies. The Culinary Excellence Award is given to the manager whose operation has outstanding performance in food quality and presentation.

Owned by Eat'n Park, CURA serves the dietary needs of independent living, assisted living, and skilled nursing facilities, as well as retire-



Todd Saylor

ment communities in Pennsylvania, New Jersey, Delaware, Maryland and Southern New York. CURA provides dietary-management services for all Diakon facilities.

Chef's Menu

Smoked Chicken and Sun-dried Tomato Sandwich with Basil, Olive Pesto



3 oz. sun-dried tomatoes
1 loaf French or Italian bread
1/2 cup basil olive pesto
6 to 8 oz. smoked chicken breast, thinly sliced
2 bunch Arugula, trimmed, washed

In heat-proof bowl, pour boiling water over tomatoes to cover. Let stand 20 to 30 minutes. Drain tomatoes and pat dry. Cut loaf diagonally into four pieces and half each piece horizontally. Spread pesto on cut side of bread. Spread chicken, tomatoes and Arugula. Makes 4 servings.

Basil Olive Pesto

1 large garlic clove
1 cup fresh basil
1 cup parsley leaves
1/3 cup pine nuts
1/4 cup olive oil
1/4 cup kalamata olives, pitted and chopped

Put garlic in food processor until minced. Add basil, parsley and nuts and blend well. Add oil and blend until smooth. Transfer to a bowl and stir in olives.

Tips on Preparing Your Home for Sale

When it comes to improvements, the general rule in real estate is that buyers seek the least expensive home in the best neighborhood they can afford. In terms of improvements, this means you want a home that fits in the neighborhood, but is not over-improved.

Here are a few ways to get your house in shape without blowing your budget:

1. Lighten and brighten your room. Open the curtains, pull up the shades and put in the brightest bulbs possible. A well-lit room gives the illusion of open space. In the evening, keep all outside lighting on.
2. Clean and declutter. Remove knickknacks, personal possessions (photos, awards). Prospective buyers want to imagine what their stuff will look like. Less clutter makes this easier to do and makes the space feel bigger.
3. Give your house good curb appeal. You never know when someone will drive by. Always keep the



- lawn cut, bushes trimmed and, in the summer months, add a little color to your landscape with inexpensive annuals—a little color goes a long way.
4. Shampoo rugs. This step is especially important if you smoke or have grandchildren or pets.
5. Paint walls. A fresh coat of paint can visually take years off your house.
6. Clean all windows.
7. Clean or purchase new front door hardware. Your front door is the

buyer's first impression, so make it a good one.

8. Organize your cabinets and closets. Throw out old stuff that you haven't touched in two years. This way you'll be ahead of the game when it comes to moving.
9. Remove all appliances from kitchen countertops. Again, removing the clutter gives a feeling of more counter space.
10. Bathrooms should sparkle and be immaculate.

Want to know more about Luther Crest?

YES! I'd like more information about Luther Crest!

- | | |
|--|---|
| <input type="checkbox"/> Contact me to arrange a Get-Acquainted Visit. | <input type="checkbox"/> Call me to arrange a lunch and a tour of Luther Crest. |
| <input type="checkbox"/> Send me a brochure and current price list. | <input type="checkbox"/> I would like to talk with a retirement counselor. |

Name _____

Street _____

City _____ State _____ Zip _____

Phone (_____) _____ Best time to call _____

Complete this form & mail to Dale Honig, Luther Crest Retirement Facility, 800 Hausman Road, Allentown, PA 18104

Shop's profits

Continued from page 2

Each department must submit a wish list of items to be considered by the gift shop volunteers, who determine how the money is spent. "We see what is needed," explains Mayer. "Basically, we always use it for the residents."

Written word

Continued from page 6

church life on Sunday and what was going on in my business world the rest of the week," he explains. "In doing research, I began to see ways in which churches can make people make connections between their Sunday faith and weekday world. That has been the sense of all the

books I've written since then."

The Lutheran Publishing House put Diehl's first book, "Thank God It's Monday," into print in 1976. The book turned out to be the second best seller at the time for the publisher and went into seven printings. "People told me, 'You've said what I've been thinking,'" relates Diehl. "That was what encouraged me to keep on writing books."

Junior volunteers

Continued from page 5

The volunteers spent their summers helping with activities, working in the office, computer room and laundry and doing yard work. "They also helped with resident visits, wheelchair transportation and passing out fresh ice water in the Health

Center," Imbach adds.

One volunteer even took it upon himself to complete an assessment of the community computer system, while others updated information for the in-house television channel.

"We definitely had several shining stars," Imbach says, adding that the volunteers' presence evoked a positive response from residents and staff alike.

"The program has benefits for everyone," she says. "Number one, it gives the volunteers an opportunity to fulfill their required community service hours and it is a good experience for them to check out a possible career in healthcare. It is also good for the residents to have the intergenerational contact. And, it is great to have the extra helping hands!"

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