

Life ^{at} Luther Crest

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A PUBLICATION OF



Residents make homes their own

One of the biggest advantages to life at Luther Crest Retirement Community is residents' ability to make their apartments their own. While every resident may choose paint colors and carpeting and make appliance selections, some residents go a step beyond and incorporate handcrafted cabinetry or family heirlooms.

“We make a concerted effort to work with customers so they can bring special treasures,” says Jean Yergey, facilities manager. “We’ve reinforced furniture, built special framing for mirrors, and incorporated lighting from their family homes.”

Bob Follette had lived in his former home for 40 years and wanted to bring all of his things to Luther Crest. “Every piece of furniture came from my home, with the

exception of the sofa,” he says, adding that he also selected the same wall and carpet colors he had known for so many years.

“To tell you the truth, if I had to design an apartment to fit my furniture, this is it. In

the dining room we had three chests along the wall; they fit exactly in this dining area. Things just fell into place.”



Vincenzina Harris's lovely living room.

In fact, Follette says he wouldn't have his apartment any other way. “When my oldest daughter came to see my new digs, she said, ‘Dad, it's just like home.’”

Residents also have the option of having Luther Crest combine two one-bedroom apartments in what is called a conversion.

“If they get a conversion, we can redesign closet layouts, include computer hookups, whatever we can within reason, to accommodate



Bob Follette's apartment is just the way he wants it.

Please turn to back page

From the Executive Director

As I write this, I have officially worked at Luther Crest and have been employed by Diakon Lutheran Social Ministries for not quite half a year!

As many are aware, I have been in the retirement care industry for more than 14 years—14 years of service that have been rewarding and enriching for me, both professionally and personally.

As I have begun my tenure here at Luther Crest, I have observed a community rich in tradition and proud of its heritage.

Meeting with residents and staff alike I have come to respect the

hard work and dedication of all involved who were instrumental in making Luther Crest the retirement community it is today.

Never forgetting the roots of Luther Crest, it is now time to look forward to the future. Both staff and residents alike will work together to assure Luther Crest remains at the forefront of the retirement community industry in this region.



Jeanne Oski

Diakon Lutheran Social Ministries is committed to this goal and so am I!

The mission of Diakon Lutheran Social Ministries and Luther Crest are similar in their message. It is God's love that will guide us and help us make sound decisions that will, in effect, improve the quality of life for all of our residents.

With His guidance, Luther Crest will continue to grow and thrive for years to come.

With His guidance, we will be able to minister to our fellow seniors through acts of service within the continuum of care.

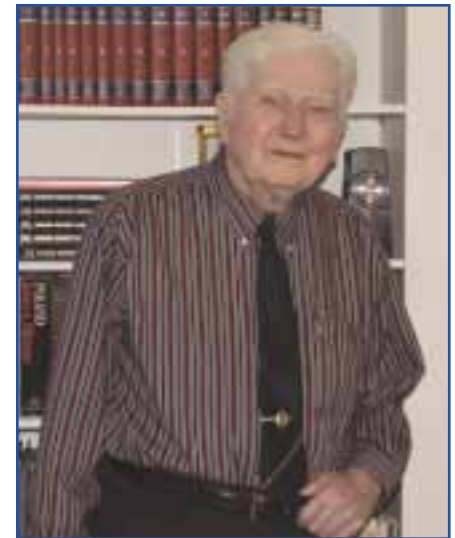
Knowing we are in God's hands and living and working together to achieve these goals, I see nothing but a bright future for all of us!

*Jeanne Oski, RN, NHA
Executive Director*

Luther Crest resident wins award

Charles Lieberman, a resident of the Luther Crest Retirement Community, recently received national recognition from the American Society on Aging/ National Council on Aging for his poem "The Day After Christmas."

Seniors were invited to submit poems focusing on the celebration of life or related to aging. Lieberman's poem took third place over more than 500 submissions. The poems were displayed and read



Charles Lieberman poses in front of his home library.

by more than 4,000 people who attended the annual national conference in Denver, Col. The winning entries are to be published in the associations' magazines *Generations* and *Aging Today*.

Lieberman is a member of the Poet's Corner, a poetry group held at Luther Crest for individuals who write and enjoy discussing poetry and literature.

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Luther Crest is one of 21 retirement communities 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



Working *and* living at Luther Crest

Ruth Frickert likes people, so it is no surprise that she loves her job as concierge for Luther Crest Retirement Community.

Although she began working as concierge only last fall, Frickert has been part of the Luther Crest community since she walked through its doors as an employee just two weeks after it opened in 1983.

“I do reservations, greet people. I’m kind of like the house mother,” she smiles. “Because I’ve been here so long, everybody comes to me. I know everyone’s name or apartment number.”

Having spent so many years as an employee, Frickert knew better than most that she wanted to “retire” to Luther Crest. So, last November, her place of employment also became her home. “I’ve come a long way in 18 years,” she says. “I really wanted to live at Luther Crest.”

A resident of Allentown since 1941, Frickert has had many years to build connec-

tions within the community.

“The people that I knew in the community are all moving in,” she says, laughing and adding that the commute is easy, too. “It is very convenient. I don’t have to worry about snow, and I’m always available if someone doesn’t show up.”



Ruth Frickert, resident and concierge in one.

Armoire brings clothing shop to residents

For more than 10 years, the female residents of Luther Crest Retirement Community have benefited from the regular visits of Armoire, a mobile clothing service for women.

Three times a year—early spring, summer, and fall—Armoire sets up shop in Luther Crest’s auditorium.

“They are here for a whole afternoon,” says Elizabeth Stemrich, activities director.

“Our residents appreciate the fact that they have a lot of name brands

and good quality clothing.”

Dorothy Aker, whose son owns the company, says Armoire offers many benefits to Luther Crest residents. “We bring the clothes to them. They can try them on and see how they look,”

she says. “We also have people to help them select the right size and

the best fit that we can find.”

Armoire is much like the smaller independent clothing shops that once filled Allentown, according to Aker.

“We bring as much merchandise with us as a small shop carries. We also carry a full line of missy and petite sizes,” she says, adding that Armoire’s prices are the same as department stores or boutiques. “We really have youthful-looking clothes,” she adds.

Armoire has been in business since 1984 and serves more than 50 retirement communities in Pennsylvania, New Jersey and Connecticut.



Resident Agnes Gross looks through a clothing display.

Healthy seasonal recipe: Grilled scallops, zucchini and scallions with white beans



- | | |
|-----------------------------------|-------------------------|
| 8-10 inch wooden skewers | 2 medium zucchini |
| 1 15-1/2 oz can small white beans | 2 tsp. kosher salt |
| 1/2 cup fresh cilantro sprigs | 1-1/2 tsp. ground cumin |
| 1 lemon | 24 large sea scallops |
| 1 tsp. Dijon mustard | 2 tsp. olive oil |
| 8 large scallions | |

Serves 4

Drain white beans, chop cilantro, squeeze 2 tablespoons juice from lemon, mustard, and salt and pepper to taste. Blanch scallions in boiling water for four minutes, take out and drain on paper towel. Cut zucchini lengthwise into 1/4 inch thick slices. In a bowl, combine salt, cumin and pepper to taste. Toss the scallops in mixture to coat. Thread six scallops onto skewers and lay flat on grill. Grill scallions and zucchini, lightly oiled, until tender. Toss zucchini with beans and serve topped with scallions and scallops, garnish with cilantro.

Timothy Strella

Executive chef, Luther Crest Retirement Community

Kemmerer new director of nursing

In February, Janet Kemmerer, RN, brought 28 years' experience in long-term care to Luther Crest Retirement Community when she accepted the role of director of nursing for the facility's health care center.

A resident of Coopersburg, Kemmerer had spent the last



Janet Kemmerer, RN

year with Lehigh Valley Hospital, working in the transitional skilled unit. "I always enjoyed long-term care," she explains. "I took a year

off and sharpened my acute-care skills. This opportunity opened. I applied, and here I am."

Kemmerer, who believes the senior generation has a lot to offer younger persons, says the Luther Crest Health Care Center is something of which staff, residents and families should be proud.

"We have a good staff and an excellent health-care facility," she says.

A graduate of Northeastern Hospital in Philadelphia, Kemmerer is currently enrolled at Cedar Crest College, where she is pursuing her bachelor's degree in nursing.

Luther Crest Wish List Summer

Items \$1,000 or less

- ☛ Low-Vision Equipment
- ☛ Oxygen Concentrators
- ☛ Educational Material
- ☛ Wheelchairs - HCC
- ☛ Bistro-area landscaping
- ☛ TV/VCR/DVD Player

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

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

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

- ☛ Lobby Furniture
- ☛ Putting Green
- ☛ New China for Main Dining Room
- ☛ Renovate Assisted Living Unit
- ☛ Defined Walking Paths
- ☛ Fitness Equipment
- ☛ Outdoor Benches
- ☛ Artwork
- ☛ Bocci Ball Court or Shuffleboard
- ☛ Culinary Food Transport Carts
- ☛ Auditorium Chairs

Items from \$25,000 and up

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

Series highlights residents' unique experience

For the last two years, Luther Crest residents have gathered in Crest Hall from 2 to 3 p.m. one Friday a month to listen as the talents and adventures of their fellow residents are showcased.

This "Meet Your Neighbors" series has been a big hit—sometimes drawing more than 100 spectators—since Eloise Genter, a Luther Crest resident, began organizing the event. "We have a great many interesting people," says Genter.

While humor seems to draw the most participants, Genter says the day that Joe Pinto discussed limestone mining was especially interesting. "We learned that limestone is

used in everything from toothpaste to carpeting," she says. "We all got an education."

Genter developed the idea for the series from a similar program that was run in her church. While the Luther Crest program varies from that program, she keeps to the strict requirement that the speaker is a member of the Luther Crest community.

"We keep getting new people all the time," she says, adding that she is never at a loss for an interesting speaker.

Genter is responsible for select-

ing the speakers, promoting the event, and writing and delivering their introductions.

As a former director of Late Start and an adult program director

for the Easton YWCA, she is no newcomer to developing programs. Some of the more popular programs she has planned include WW II correspondent Graham Hovey, Charlie

Lieberman's "Wonders of the Lehigh Valley," and Flo Cooper's "Auslander in Pennsylvania Dutchland."



Eloise Genter introduces a speaker during Luther Crest's "Meet Your Neighbors" series.

Early morning gathering strengthens friendships

Every morning at 8 a.m., the poolroom on the lower level of the Luther Crest Retirement Community takes on a life of its own. For 15 years, a group of male residents has been gathering to play pool and deepen friendships.

"We're just a gang of guys. We hang out. We have coffee, doughnuts, and danish," explains Lee Gaumer, who has been playing for almost six years. "I never played before. I started when I came here. It is a great thing for the men."

In 1987, two residents bought the original pool table. Later, other residents donated a second table and all the equipment.

"I enjoy it so much," adds Dr. Charles Hertz, who makes it to the pool room by 7:30 every morning. "We enjoy the [social aspects] and we enjoy playing pool. There is a lot of talking going on— sometimes more talking than pool!"



Dr. Hertz is a regular participant in Luther Crest's early morning pool games.

Once a month the men from Luther Crest challenge the men's team from a neighboring village to a friendly competition. "It's a competition in the sense that we keep score," Dr. Hertz adds. "We've talked about having a trophy that we pass back and forth."

About a year and a half ago, the men gave lessons to some of the women residents who were interested in learning the game and got them playing as well. "They play later in the morning, afternoon and evening," Gaumer says.

According to Moira Lange, the women's group is not as organized as the men are, but everybody in the diverse group of players has a good time. "It started with 10 [women] and now it is five or six," she says. "Everybody enjoys it and it is just for fun.

We laugh a lot. The thing that amazes me is that some of these gals are in their mid to late 80s and have vision problems and they still get down there and play."

Residents make active volunteers

Some of the Allentown area's most active

community volunteers can be found among the residents of Luther Crest Retirement Community.

Kitty Heydt, an 89-year-old resident, has been an active volunteer for more than 30 years. "I have done it so long, it is just automatic with me," says Heydt, who spreads her volunteer efforts among three organizations: Good Shepherd Home & Rehabilitation Center in Allentown, Miller Blood Bank, and the Luther Crest gift shop.

Although she doesn't remember what initially drew her to volunteering, she says she knew she wanted to help people.

"[Volunteering] is one of the things that I really enjoy doing," she says. "It is what helps one to keep thinking young."

Jack Burkholder, 87, another Luther Crest resident, also has been an active fixture in the local community's volunteer circles. For 14 years, he did the books for The Elephant Trunk, a consignment shop that benefits Planned Parenthood. He became involved to support his wife, who was a member of the committee that started Planned Parenthood in the area.

Burkholder also spent eight years volunteering at a local hospital. "I worked with therapists because I've had two knee replacements and four operations. I did so well that they asked me to work with the therapists," he remembers. Although retired from these volunteer jobs, Burkholder continues to be actively involved as a volunteer with his church and to consider other opportunities.



Join us for a "Free Lunch"

Every other month, Luther Crest hosts a free lunch and tour for anyone interested in learning more about the very best in retirement living. From the moment you walk on campus and experience the central hub of activity, you will understand why so many people choose Luther Crest, the Lehigh Valley's unique opportunity to enjoy a new way of life.



Seating is limited. Call today for more information, 610.398.8011.

The following is part of Luther Crest's submission for an award from the American Association of Homes & Services for the Aging.

Several years ago, two residents at Luther Crest Retirement Community . . . were experiencing loss of vision—specifically, macular degeneration. As they spoke to their neighbors, they soon realized that they were not alone . . . they then approached Luther Crest to explore the possibility of forming a regional macular degeneration group . . . Interested people met to learn the rudiments of creating a regional chapter for the Greater Lehigh Valley . . . The medical community and the regional Blind and Visually Impaired Association were approached to serve as advisors as well as resources for speakers.

Luther Crest staff assisted with clerical support, publicity, and names of contacts within the community, as well as topics

for bimonthly meetings . . . Currently, there are 105 members in the Lehigh Valley Macular Degeneration Group. The founders wanted the approach to be educational and not a traditional support group. Adult children, friends, spouses, and professionals have attended meetings. A regional workshop was held . . . last spring, when 70 people attended to learn about the services as well as the assistive devices available to aid people who have macular degeneration. Luther Crest will host the next forum in spring 2003. The joint efforts of residents, staff, family, and community professionals now provide the Greater Lehigh Valley with a resource group determined to learn, inform, and share the challenges of people with macular degeneration.

Memorial Gifts

March 1 to May 31, 2002

IN MEMORY OF Charles Johnson
Given by: Mrs. Mildred M. Arnold

IN MEMORY OF Mauser J. Lerch
Given by: Mr. Edward A. Heckman
Given by: Mrs. Mildred M. Arnold
Given by: Mrs. Jean D. Lieberman

IN MEMORY OF Ralph and Jean
Morgan
Given by: The Rev. and Mrs.
Kenneth M. Trexler

Please consider Luther Crest as you plan your giving.

Miers leads Luther Crest health center

Maintaining compliance with state and federal regulations is an important task for Luther Crest Retirement Community and one that is handled by

Sharon Miers, serving as administrator for Luther Crest's health and personal care centers.

Miers joined Luther Crest in January because she "was impressed with Diakon's background, gumption, and their corporate insight. I also wanted a place that could offer me a chance to grow," she says,

adding that she plans to guide long-term care in the health care center into the 21st century while she meets the needs of residents.

Before joining Luther Crest as administrator, Miers held the same position with Carbondale Nursing Home for three years and with Heritage House in Wilkes Barre, Pa., for 14 years.

She earned her bachelor's degree in sociology/psychology at College Misericordia and her master's in public administration from Marywood College.

She recently earned certification as a geriatric scholar through Binghamton University after completing a five-week program that focused on the needs of the elderly and related legislation.



Sharon Miers hard at work for the residents of Luther Crest.

Need for change attracts volunteer coordinator

Last March, with more than 100 volunteers to coordinate, Jayne Imbach, RN, took on the part-time role of volunteer coordinator for Luther Crest Retirement Community.

"I've always had a heart for volunteers," explains Imbach, who says she was commended for re-establishing the volunteer program at her former employer. Although she worked as a medical records coordinator, she also has a background in medical/surgical nursing and nurse recruiting.

"I have a broad-based background in health care and felt I could bring a lot to the position," Imbach says of her new role, adding that it was time for a change. "My hope is to really have a caring, supportive relationship with the volunteers who are already on board."

With her early efforts focused on bringing in additional volunteers to meet the strategic volunteer needs of Luther Crest, Imbach is confident she has a competitive edge. "I have an edge on that because I understand what Nursing needs, what Medical Records needs. I have a sensitivity to it."

Imbach graduated from Allentown Hospital's nursing program and earned a bachelor's degree in nursing from Cedar Crest College.



Jane Imbach in charge of the volunteer program.

Come and experience the Luther Crest Lifestyle!

YES! I'd like to receive more information about Luther Crest Retirement Community!

- | | |
|--|---|
| <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 _____

Mail this completed form to Dale Honig, Luther Crest, 800 Hausman Road, Allentown, PA 18104

Continued from Page 1

special needs,” explains Yergey, adding that it often takes up to 12 weeks to complete a conversion, compared to eight weeks for a regular turnover of an apartment.

Vincenzina Harris moved to Luther Crest earlier this year following the customization of her apartment. “It is exactly like my other house. It was easy to do,” she says. “We took pictures of our other house and customized it to the size of the room here.”

Like Follette, Harris used John Wenner from Metro Design to personalize her apartment. Together with Luther Crest, they added a custom cabinet to the living room, enlarged the bathroom, and moved a kitchen wall to fit a side-by-side refrigerator.

“It makes everything very familiar,” says Harris.

Volunteers needed for golf tournament

The First Union Betsy King Classic runs from August 19 to 25 at the Berkleigh Country Club in Kutztown. It is a Ladies Professional Golf Association 72-hole event with a purse of \$1.2 million, a 50 percent increase over last year.

The tournament generates money for area children’s charities including Diakon children’s services based at The Lutheran Home at Topton. In 2000, the agency received \$10,000; a similar level of support is expected when proceeds from the 2001 event are distributed.

As a beneficiary of the event, the agency provides on-course marshals for hole #5 for Thursday, Friday, Saturday, and Sunday, Aug. 22 through 25. Each day includes morning and afternoon shifts, each approximately four hours long. Volunteers are provided with a parking pass and meal ticket each shift they cover. Volunteers also must purchase a golf shirt (at a cost of \$30) to be worn when marshaling and they can bring a chair to sit during their shift.

The deadline for volunteer sign-up is August 5. To volunteer, readers may call Carol Smith in Diakon’s Advancement office at 610.682.1219.

Address Service Requested

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Topton, PA 19562-1399

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