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A PUBLICATION OF



Phase II retirement cottages under way at Robinwood

Excitement is the key word as The Village at Robinwood begins its second phase of construction.

“Customize without compromise’ is our theme as we work with potential residents,” says Anita Zeiders, marketing director at The Village at Robinwood and Ravenwood Lutheran Village.

“That’s because residents have the option to select interior and exterior colors, as well as their choice of flooring, cabinetry, countertops, and lighting,” she says.

“Beyond that, they also may add a wide variety of extras to their cottage home, including sunroom, fireplace, cathedral ceilings, or a screened-in porch.”

Each of three cottage floorplans

is designed to be as spacious as possible, with two bedrooms and two baths, nine-foot ceilings, and large closets.

“Of course, one of the prime reasons older persons enjoy living in The Village at Robinwood’s retirement housing—or in that offered by our sister facility, Ravenwood Lutheran Village—is that they have all the benefits of home-ownership without any of its hassles,” says Zeiders.

“We take care of interior and exterior maintenance, snow and leaf removal, lawn-cutting, and more,” she adds. “That way, our residents have the time to focus on all those activities and hobbies that they have enjoyed all their lives but perhaps never had time for before.”

Similar services are offered by the retirement accommodations at Ravenwood Lutheran Village, notes Melinda Tucker, admissions coordinator at Ravenwood. “In fact, we offer two styles of cottage accommodations at Ravenwood. Our original development of quadraplex homes and our newer duplex units help to make our accommodations affordable to a range of people.”

Both The Village at Robinwood—which is a joint venture of Dia-

(Please turn to back page)



New cottages are under development in Phase II of The Village at Robinwood. For more information, call (301) 393-9300 and speak to Anita Zeiders.

From the Executive Director

This is the last issue of *Life at Ravenwood Lutheran Village* and *The Village at Robinwood* in this format.

Beginning with the Winter 2002-3 issue of *Dialog*, our corporate publication, information usually found in this newsletter will be included in a new, regional center section of *Dialog*. In our case, that center section will focus on the programs and services



William G. Boyer

offered by Diakon Lutheran Social Ministries within the Delaware-Maryland Synod of the national Lutheran church.

As an organization, we are making this change for several reasons:

- To be better stewards. Combining various newsletters into one will save funds.
- To offer more information. The regional section will

provide information about all programs in the region, as well as coming events. Currently, you must read two, three, or even four publications to gather that information.

- To provide a more attractive publication. The efficiencies involved will allow us to produce a full-color newsletter, such as you now read. Most of our publications are still produced in two colors.

Please be assured the most of the information normally contained in this publication will be disseminated in the new edition of *Dialog*.

As always, we invite your comments and questions. Our goal is to keep you informed about the exciting events, services, and opportunities that abound at Ravenwood Lutheran Village and The Village at Robinwood.

—William G. Boyer, Jr., NHA
Executive Director, RLV & TVatR

Adult Day Services staffer 'captured' to raise hospital funds

Ravenwood Lutheran Village staff members have been captured!

The staff members were "taken prisoner" this year as they participated in the annual Captured for Kids event.

This year, the event raised \$7,760 in Hagerstown for the children cared for at St. Jude Hospital.

Sue Farrell, director of Ravenwood's Adult Day Services program, was the "captive" from that program, and raised nearly \$500 for the cause. Sponsored by the American Lebanese-Syrian Associated Charities, the event "captures" local residents who persuade friends and family members to "free" them by making donations. Money earned supports the hospital's services for children. [RVW](#)



Community residents gather for the ribbon-cutting this summer that began Phase II of cottage construction at The Village at Robinwood.

Life at The Village at Robinwood & Ravenwood Lutheran Village is published periodically by . . .

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The Village at Robinwood and Ravenwood Lutheran Village are two 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.diakon.org
www.robinwood.org



Questions and answers on fitness at two villages

Cara Harding, fitness coordinator, recently discussed the wide array of activities available at The Village at Robinwood:

Q: Tell us about your background.

A: I graduated with a bachelor's degree in recreation and leisure-sport fitness. Since arriving at Robinwood a year ago, I have become certified nationally as an Aquatic Aerobics Instructor and as an Arthritis Aquatics Instructor.

Q: What kinds of programs are you currently offering?

A: Two days a week, we offer a

water aerobics class for residents and a staff water aerobics class in our pool. Arthritis classes are offered by Hagerstown Community College two times a week. We also have a walking program twice a week.

Our gym equipment is available for use anytime with the exception of the twice-weekly instruction periods.

I am also available to work one-on-one with anyone who wants an individualized program. I should add that all of these programs are available without fee to residents.

Q: What is the most rewarding part of your job?

A: It gives me the opportunity to make a difference in someone's life. Whether our residents are enjoying the pool for health and wellness purposes or if they just want a release for a few minutes of the day, it puts a smile on their faces. It really makes my day when someone tells me that this is the most fun they have had in a long time.

Q: What sparked your interest in the fitness field?

A: I was involved in athletics in school and thought that the fitness field was an interesting one to pursue.

Also, the fact that fitness and health have become much more important over the past few years. Everyone should know that it never too late to start to exercise.

They shouldn't be hesitant—we all have to start somewhere. **RBW**



Ravenwood Activity Director Abby Housel, left, "Ginger," center, and Melinda Tucker, admissions coordinator, use a golf cart to assist with a clean-up project at the village.

Wish List

The Village at Robinwood
Golf cart for transportation between AL to IL, \$3,000
Karaoke machine for activities, \$500

Ravenwood Lutheran Village Nursing Care Center

Bus NCC/AL, \$55,000
Courtyard, \$25,000
Entertainment center for Sunshine Room, \$500
Seasonal decorations, \$300
Entertainment for a variety of activities, \$200
Games and activities supplies (especially for residents with dementia-related conditions), \$150
Salt-water fish tank

Volunteer needs: entertainment, exercise programs, computer training, and visits with residents, sew and mend for residents, read to residents

Assisted Living at Ravenwood

Activities bus, \$30,000
Defibrillator, \$3,000
Computer for residents, \$800
Digital camera, \$500
Magazine rack, \$500
Pulse Ox machine, \$400
Color printer, \$400
Stereo for residents, \$400
Activities storage system, \$250
Games for activities, \$250
Medicine books, PDR and drug updates, \$150
Polaroid camera, \$60

Adult Day Services at Ravenwood

Upholstery for 15 chairs, \$2000 to \$3000
Massage therapy session for participants, \$300
Trestle tables (6) at \$300 each
Shelving for storage room, \$200
Mat for entrance, \$70

Adult day services helps to train health-care students

Western Maryland Area Health Education Center and Adult Day Services of Ravenwood Lutheran Village earlier this year hosted a two-day Geriatric Assessment Interdisciplinary Team (GAIT) program.

The program provided students enrolled in health-care programs with an opportunity to study interdisciplinary-team skills.

This project was focused on dementia care in an adult medical day services setting and provided discussion and interaction with both program participants and staff.

Along with GAIT Coordinator

Terri Socha, there were 15 students from various health-care fields.

One day was spent at Ravenwood's Adult Day Services center while it was in session.

Students were able to observe the team and interact with program participants. The students formed teams, with each team assessing a participant's need and formulating a plan of care.

Sue Farrell, director of Adult Day Services at Ravenwood, says, "It was a learning experience for us as well as the visiting students. We hope to host this program again." *RVW*

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Washington County Hospital—and Ravenwood offer exciting locations close to shopping, major highways, medical facilities, and numerous places of historical and cultural interest.

For more information, readers may call Zeiders at (301) 393-9300 or Tucker at (410) 790-3001. *RBW*



Ravenwood's cottages . . .

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