

# YES, I WOULD LIKE MORE INFORMATION ON BUFFALO VALLEY LUTHERAN VILLAGE!

Call Gretchen Nash: (570) 209-9007

Email: NashG@diakon.org

Visit: www.buffalovalleyseniorliving.org

Or, Please cut along the dotted line and return this form to:

Buffalo Valley Lutheran Village

Attn: Marketing

189 E. Tressler Blvd.

Lewisburg, PA 17837



### I am interested in:

- Scheduling a visit
- Receiving an informational packet in the mail
- Receiving a phone call to answer some of my questions
- Receiving an e-mail with more information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

The Village marketing department works in close association with future residents, their adult children, real estate agents, movers, auctioneers, decorators, and bankers as requested and appropriate to make residents' move as stress-free as possible.

*Independent Living Homes*

*Personal Care*

*Nursing & Rehabilitative Care*

*VA Benefits Assistance Service*



## BUFFALO VALLEY LUTHERAN VILLAGE

A DIAKON SENIOR LIVING COMMUNITY

www.buffalovalleyseniorliving.org

189 E. Tressler Blvd.

Lewisburg, PA 17837

Non Profit Org  
US Postage  
PAID  
Permit No. 208  
Harrisburg, PA

WINTER 2018

# Lifestyles

## BUFFALO VALLEY LUTHERAN VILLAGE

### Our WELCOME MAT is out!

You are invited to visit Buffalo Valley Lutheran Village for these upcoming informative events. You'll get a feel for life on our campus, see a model home, and learn the ins and outs of downsizing and selling your home.

#### Thursday, March 22, 2 – 5 p.m. WINE & CHEESE OPEN HOUSE

Come enjoy light refreshments and the company of others who also are considering the move to a senior living community. With the first day of spring March 22, it will be a nice time to pay us a visit. This event takes place at our model home.



#### Tuesday, April 10, Noon DOWNSIZING AND SELLING YOUR HOME THE VILLAGE COMMON



If just the idea of downsizing seems overwhelming, join us for this session of practical tips and advice. While you're here, take a convenient tour of our new homes.

Please RSVP to Gretchen Nash at (570) 209-9007 to reserve your spot for either or both events.

See inside for more events coming up on our calendar.

### Our dedicated maintenance team makes your life easier

Imagine enjoying life in a modern, comfortable home, perfectly sized for you, in a beautiful setting with just about every convenience you need. Now imagine that someone else takes care of all maintenance chores inside and outside your home, freeing up your days for family, friends and favorite pastimes.

At Buffalo Valley Lutheran Village, you don't have to just imagine a lifestyle like that. You can live it!

Just think—no more mowing the lawn, no more shoveling snow and no more housing repairs. That means more time to enjoy the Village's 54-acre campus with its walking paths, varied educational events and activities, community gardens, outdoor gazebo, and even a bocce ball court.

The maintenance-free lifestyle our residents enjoy is made possible by our hardworking maintenance team.

You might see them clearing snow and ice or making a needed repair around the Buffalo Valley campus. Often they are behind the scenes, helping to keep everyday life here running smoothly.

Here's just a sampling of ways our maintenance team helps residents all year long:

- Lawn care and landscaping
- Snow removal from sidewalks, parking areas and cars
- Annual preventive maintenance
- Exterior window washing
- 24-hour call system
- Pest control
- Electrical and plumbing services
- Appliance repairs
- Handyman chores such as changing light bulbs changed and hanging pictures

**Bottom line:** This responsive team is always ready to lend a hand!



#### SERVICE ALL YEAR LONG!

The Buffalo Valley Lutheran Village maintenance team is "on duty" 365 days a year. In 2017, the team received and fulfilled 5,145 requests from residents for a variety of services. They took care of resident requests in addition to handling daily emergencies, preventive maintenance work, phone-call work requests and work done to comply with state regulations.

"I give the maintenance team credit for keeping this campus looking the way it does all year long, at all three locations: independent living, personal care and nursing care center," says Terry Murphy, maintenance supervisor.

This is the Way to *Live!*



## Executive Director's Message: Take Care

In 2017, the dedicated staff of Buffalo Valley Lutheran Village took care of more people than ever in our history. Across all levels of service on our campus—independent living to personal care, nursing care to rehabilitation—our staff members made life a little easier, more comfortable and more welcoming for those who live here or who came for short-term care.

Another way we take care of residents is by providing a maintenance-free, worry-free living experience.

Snow needs to be shoveled? *We take care of that.*

Garage door stuck? *We take care of that.*

Need transportation for errands? *We take care of that.*

Folks often tell us how much peace of mind they have as a result of their move to Buffalo Valley Lutheran Village. They cite not only the friendly, family-like feel of the community, but also the continuum of care that means they can remain here in the same community as their needs change.

That's why we believe—and our residents agree—***This is the Way to Live!***

– Bob Musser  
Executive Director

## New homes coming in the new year: One of them can be yours!

Fourteen new homes are slated for construction in 2018 at Buffalo Valley Lutheran Village. Like the other beautiful homes on our campus, all new homes will be maintenance-free inside and out and feature open floor plans with lots of living space.

Plus, if you pre-order, you can customize certain interior features.

The new homes will be built with either the Windsor II, Manchester or Winchester floor plan (you can view the Windsor II and Manchester floor plans at [www.BuffaloValleySeniorLiving.org](http://www.BuffaloValleySeniorLiving.org)). All homes feature:

- Open floor plan
- Spacious living area with eat-in kitchen
- Master bedroom suite with walk-in shower and large walk-in closet
- Second full bathroom
- Brand new appliances: washer, dryer, refrigerator, microwave, slide-in smooth surface range—all included
- Laundry room
- One- or two-car garage options
- Sunroom and patio

### Plus...

- Our new homes include a 24-hour emergency call system and priority access to health-care services on campus.

- We have an RN nurse care navigator who will assist all independent living residents with health-care needs.

### Pre-order and customize!

If you pre-order, you can customize certain interior features such as cabinetry, countertops, flooring and paint colors, and patio size.

**Pre-order by April 30 and receive upgraded stainless steel kitchen appliances and Corian or granite countertops.**



*New homes are available and can be customized inside to reflect your personal style.*

Call Gretchen Nash at (570) 209-9007 for more information.

## Making a holiday memory



In December, a group of residents and staff from Buffalo Valley Lutheran Village traveled to Lancaster County to take in the Miracle of Christmas show at the Sight & Sound Millennium Theatre. The popular show depicts the story of the birth of Jesus. The Buffalo Valley group also enjoyed lunch at the Hershey Farm Restaurant & Inn.

## CHECK OUT OUR BUSY CALENDAR OF EVENTS!

*You are welcome to attend any of these upcoming events that interest you.*

*Tours of Buffalo Valley Lutheran Village homes follow most events or can be arranged at your convenience. Most events take place at The Village Common on our campus, just off Reitz Boulevard. Space is limited in some cases, so please call and let us know you are interested: Gretchen Nash at (570) 209-9007.*

### Lunch and Learn: How to stay strong TUESDAY, FEB. 20, NOON

Are you eating enough protein to help you stay strong as you age? Join us for food tastings and a discussion focused on how to keep your lean body mass from declining as you age.

Presented by Amy Shepps, RD, LDN, Therapeutic Nutrition Specialist, Abbott Nutrition

### BINGO! Prizes! Free Admission MARCH 13, 2 P.M.

### Tuesday, April 10, Noon DOWNSIZING AND SELLING YOUR HOME THE VILLAGE COMMON

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### AARP Smart Driver Course

- MAY 1, 12:30 – 4:30 P.M. RENEWAL COURSE
- MAY 2 AND 3, 12 – 4 P.M. INITIAL COURSE

When you take these courses, you will learn defensive driving strategies to help refresh your knowledge of the rules of the road. Upon completion, you may be eligible for an auto insurance discount. Fee: \$15 for AARP members; \$20 for non-members

### Dinner Dance featuring the Vic Boris Trio MAY 11, 5 – 9 P.M.

Have a special Mother's Day weekend evening out at our Dinner Dance. Enjoy wonderful food and listen or dance to the favorite music from the fabulous Vic Boris Trio!



### Wine and Cheese Open House MAY 16, 1 – 4 P.M.

This event takes place at our Windsor II model home.

### CarFit Checkups MAY 29, 1 – 3 P.M.

This free interactive and educational program, sponsored with Evangelical Community Hospital, teaches you how to make your personal vehicle "fit" you to increase safety and mobility when you hit the road. During your 15-minute appointment, 12 key areas of your vehicle are reviewed, such as adequate space from the steering wheel and seat belt use. You must call ahead to schedule an appointment: (570) 768-3200

### Life at Buffalo Valley: Resident Panel JUNE 7, NOON

Hear about life on our campus from those who live here. These are the people who know Buffalo Valley Lutheran Village best and will answer all your questions.

### Bucknell Institute for Lifelong Learning

All sessions are held at The Village Common. Unless otherwise noted, please call (570) 209-9007 to RSVP.

#### • WEDNESDAY, FEB. 21, 3:30 P.M.

**Tea and Talk:** Pocket Maps of the English Language

Kat Lecky, assistant professor of English

#### • THURSDAY, APRIL 12, 3:30 P.M.

**Tea and Talk:** Picture This, Illustrating Children's Books

Marjorie Priceman, illustrator or author of 30 children's books

#### • TUESDAY, APRIL 24, NOON

**Lunch & Learn:** Learning From Nature: Bioinspired Design

Donna Ebenstein, associate professor of biomedical engineering, William C. and Gertrude B. Emmitt Memorial Chair in biomedical engineering

## Chaplain adds to sense of community

The Rev. Marian Anderson came to Buffalo Valley Lutheran Village as chaplain three years ago.



She describes the community then as "so welcoming" and still finds it to be a very warm and friendly place. And she hopes she is helping to make it feel even a little more so.

While her schedule is filled with things you might expect—worship services, Bible study sessions and spiritual counseling—Anderson also is busy with events and activities that add a little extra for residents. One of these activities is home visits she makes to residents with Julie Alexander, RN, the campus nurse navigator.

"We go as a team," she explains. "Julie provides support for their physical health needs and I am there for emotional and spiritual support, as needed. It's something we extend to every resident."

The chaplain says she also may go to a resident's home to offer communion, if the resident wishes it and can't come to a scheduled worship service. And she may visit with residents at home who are in hospice care.

With other staff, Anderson has added activities for residents that foster fellowship and a sense of belonging. One favorite is a special blessing service for residents' pets.

"I've been asked to provide a blessing of the home and for two years in a row, we gathered at the gazebo for a blessing of the animals," she says. "I think that's something we'll be doing regularly. For some residents, their pets are an important part of their life on campus."

She also started a Saturday afternoon "dinner and a movie," a quarterly event. The group is encouraged to gather, enjoy a light meal, watch a movie and discuss the theme of thought-provoking movies like "The Shack."

"We are showing inspirational movies and sharing food and one another's company," she says. "It's just another way to celebrate life."

The chaplain's goal is for everyone at Buffalo Valley Lutheran Village to feel they can come to her with any concerns. "I am the chaplain for everybody," she says.