One summer day last year, Roger and Kathy Schadel left their home in Halifax for their grandson’s baseball game in Palmyra, traveling by their preferred mode of transportation—motorcycle. The couple were still breaking in a new bike they planned to use for road trips now that both were retired. On this day, though, their destination was a familiar one and the drive took them on roads they traveled often. But they never made it to the ball game.

“I think he just didn’t see us,” Roger says of the oncoming driver who crossed their lane suddenly to make a turn. “There was nothing we could do. We hit him broadside.”

The impact sent both Roger and Kathy over the roof of the car. Their injuries were extensive. Between them, they suffered broken ribs, compound fractures, severe lacerations and contusions. Kathy needed skin grafts and I had six different operations,” Roger says. “We were there—at Penn State Hershey Medical Center—for three weeks. The next thing was rehab. We had choices for rehab and we picked Frey Village.”

Restoring mobility, renewing hope

Upgraded apartment homes offer comfortable living with contemporary touches

The Tower Apartment Homes at Frey Village are popular with those looking for a quality option for independent living. Now, with several upgraded features, they are sure to draw even more attention for their comfort and style.

It’s said that the kitchen is the heart of the home, and you’re sure to fall in love with the upgraded touches that transform our apartment kitchens. All-new appliances and dazzling Corian® countertops give a contemporary look. Fresh coats of paint top off the refurbished space.

Elsewhere in the apartments, you find an open living area and perfectly sized bedrooms with plenty of closet space. Most apartments have a patio or balcony with a welcoming view.

And for safety and convenience, every apartment is equipped with an emergency call system and individually controlled air conditioning and heat. To schedule a visit, please call (717) 388-0218.
executive director's message:  what's new?

our popular tower apartment homes now have new features. plus, we are offering a terrific incentive for prospective new residents; see a related article in this publication for more information.

perhaps the concept of a continuing care retirement community is new to you. with our comprehensive care offerings—from independent living to personal care and nursing care—we can be the ideal home for older adults even as health needs change.

if you're ready for the next chapter in your story—for a new beginning, in fact—i invite you to consider frey village.

come for a personal visit and see why our residents say: this is the way to live!

— danielle reed
executive director

Unable to do ‘anything’

Roger describes their condition upon arrival at Frey Village: “We couldn’t walk or anything. Neither one of us was mobile. I couldn’t lift my arms, couldn’t feed myself.”

The Schadels stayed in Frey Village’s short-term rehabilitation unit. They were able to remain together as they worked to recover their mobility, and they learned personal tasks.

During their time at the village, Roger’s mother passed away. Though still in recovery, he was encouraged. “We got close with our head nurse who passed away. Though still in recovery, he was mobile. I couldn’t lift my arms, couldn’t feed myself.”

The nurses were so great,” Roger says. “Everyone encouraged us. We got close with our head nurse who had been in an accident herself. She told us, ‘it will take time, but you’ll get through this.”

Support from his family also was invaluable, Roger adds. “I have four children and they really kept things going at home,” he says. “Without my family, I don’t know what we would have done. We had great medical care, but that’s only one part of it. You really need your family.”

Lifetime of riding

With the new motorcycle destroyed, Roger says he is not sure whether he will ride again and feels certain Kathy will not.

“We had motorcycles since I was 12 years old,” he says. “I turned 68 last December. I don’t know if I will ride again, but Kathy is done. She won’t ride with me anymore.”

When the Schadels left Frey Village, they were mobile with the help of assistive devices. They stayed with their son and daughter-in-law at first, Roger explains, eventually returning to their own home.

“We still want to travel, but we are basically homebodies,” he says. “We live on a farm and there are things we like to do here. Kathy has deer she takes of. I’m refurbishing a tractor.”

“We are both getting around pretty well now,” he adds. “We’ve come a long, long way.”

When the new rehab–therapy gym at Frey Village opened a year ago, it was unlike any similar facility many had seen in the area. The design of the bright, expansive facility took advantage of natural lighting to enhance the rehabilitation environment. Windows just below the high ceilings allow light to flood the space.

“On sunny days, we don’t even have to turn on the overhead lights,” says Sarah Ford, MS, OTR/L, director of therapy.

Ford leads a professional therapy team whose busy days are filled caring for individuals needing a range of services, including physical, occupational and speech therapy. The facility is open seven days a week and serves both inpatient and outpatient needs.

“When the Schadels left Frey Village, they were able to remain together as they worked to recover their mobility, and they learned personal tasks.”

Well-equipped for a range of needs

A view of the therapy-gym shows a facility well-equipped to help patients with everything from pain control to post-injury recovery, from orthopedic surgery rehab to balance and gait dysfunction, and from neurological disorders to memory-related conditions.

Staff use private areas of the gym for one-on-one speech therapy and for helping patients re-learn or adapt activities of daily living such as dressing, bathing and cooking. Here the focus is on the steps of such activities and learning to problem-solve.

“We also do home assessments to make the return to their own place easier and safer,” Ford says. “If it turns out they cannot return home safely, we have a social worker who helps families find services for them. All of our care is very personalized.”

For Frey Village residents in personal care and independent living, the therapy team offers “vitality clinics” and other educational classes and activities.

“one of our classes is called ‘Get Hip, Don’t Slip,’” Ford explains. “And we do ‘brain fitness’ exercises through which we try things like having them switch hands to brush their teeth. it gives the brain a workout!”

“these are all focused on helping residents to stay as healthy as they can for as long as they can,” she adds.

Focused on recovery and a safe return home

When the new rehab–therapy gym at Frey Village opened a year ago, it was unlike any similar facility many had seen in the area. The design of the bright, expansive facility took advantage of natural lighting to enhance the rehabilitation environment. Windows just below the high ceilings allow light to flood the space.

“On sunny days, we don’t even have to turn on the overhead lights,” says Sarah Ford, MS, OTR/L, director of therapy.

Ford leads a professional therapy team whose busy days are filled caring for individuals needing a range of services, including physical, occupational and speech therapy. The facility is open seven days a week and serves both inpatient and outpatient needs.

“When the Schadels left Frey Village, they were able to remain together as they worked to recover their mobility, and they learned personal tasks.”

Well-equipped for a range of needs

A view of the therapy-gym shows a facility well-equipped to help patients with everything from pain control to post-injury recovery, from orthopedic surgery rehab to balance and gait dysfunction, and from neurological disorders to memory-related conditions.

Staff use private areas of the gym for one-on-one speech therapy and for helping patients re-learn or adapt activities of daily living such as dressing, bathing and cooking. Here the focus is on the steps of such activities and learning to problem-solve.

“We also do home assessments to make the return to their own place easier and safer,” Ford says. “If it turns out they cannot return home safely, we have a social worker who helps families find services for them. All of our care is very personalized.”

For Frey Village residents in personal care and independent living, the therapy team offers “vitality clinics” and other educational classes and activities.

“One of our classes is called ‘Get Hip, Don’t Slip,’ about fall prevention,” Ford explains. “And we do ‘brain fitness’ exercises through which we try things like having them switch hands to brush their teeth. It gives the brain a workout!”

“These are all focused on helping residents to stay as healthy as they can for as long as they can,” she adds.