I am interested in:
- Scheduling a visit
- Receiving a 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 senior living 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
Assisted Living
Nursing & Rehabilitative Care
VA Benefits Assistance Service

Finding a home that’s the perfect fit

Like many older adults considering the move to a senior living community, Ellen wanted to be sure she found the place that would best suit her needs. She was preparing to move back to the Hagerstown area after living in Florida for 17 years. The move would bring her closer to her daughter and some longtime friends.

During a month-long stay in the area, Ellen visited several facilities. One of her stops was at the Ravenwood campus of Diakon Senior Living – Hagerstown.

“When I walked into this little cottage, it was like home. It settled me,” she says. “I bought it that day.”

Ellen moved into her cottage last November and continues to settle in. And she continues to find aspects of life at Ravenwood that please her.

“I love the way that everything is taken care of,” she says, describing her experience of having the Ravenwood maintenance crew clear sidewalks after a snowfall.

Ellen notes that, at her age, she appreciates the fact services and resources are close at hand should she need them. Being part of a community such as Diakon Senior Living – Hagerstown suits her well, she adds.
From our Senior Executive Director:
Safety in every season

One good thing about winter—some may say it’s the only good thing—is that spring always follows. While we all may be tempted to hibernate, it’s still good to get outside and enjoy the fresh brisk air and sunshine, even if only for a bit.

On the campuses of Diakon Senior Living – Hagerstown, you can feel safe outside in any season. Our maintenance team and contracted service providers remove snow and ice, make sure leaves are cleared from sidewalks and walking areas, and keep grassy areas trimmed and neat. We always make sure our grounds are accessible and welcoming, for residents, guests and staff.

Speaking of weather and safety, if a blizzard hits our area and a resident needs something for his or her personal safety, guests and staff are encouraged to call 911 or the front office. We always have a list of local providers and stores that deliver and make sure our grounds are accessible and welcoming, for residents, guests and staff.

Wellness Programs

Your body uses sugar and carbs for energy, which happens when you exercise,” she says. “If you’re sitting all the time, the excess sugar and carbs consumed aren’t being used for energy and can store as fat or clog your bloodstream, leading to chronic inflammation.”

Get fit with us!

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SMART SENIORS

These educational sessions, which cover topics of interest to older adults, are held on the Robinwood Campus at the Assisted Living Towne Center, at 11 a.m. on the third Tuesday of every month. Lunch is available for $10 per person after the program. You must RSVP to attend. Upcoming dates and topics are:

**MARCH 20**

Patty Smith, regional program development director for Potomac Case Management will speak on the services PCM provides.

**ANNUAL COUNTRY BREAKFAST**

Wednesday, March 14, 8:30 – 10:30 a.m.
Assisted Living on the Robinwood Campus

Due with our residents on a hearty breakfast that includes: pancakes, buckwheat cakes, bacon, sausage, pudding, home fries, biscuits, sausage gravy and juice/coffee. Donations are welcomed.

**BRUNCH BUNCH**

Tuesday, March 13, 11 a.m.
Runways Restaurant & Lounge, 18421 Henson Blvd., Hagerstown

Join us for a free brunch and an overview of life at Diakon Senior Living - Hagerstown. Enjoy the company of others who are searching for the right senior living option, just like you! RSVP to Melinda Tucker at (888) 995-7639.

**SPRITRUST LUTHERAN HEALTH & WELLNESS PROGRAMS**

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**MARCH 15**

I’ve Fallen and Can’t Get Up! Fall Prevention

Events continued on next page

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KEEP HEALTH ISSUES IN CHECK WITH DIET AND EXERCISE CONTINUED FROM FRONT PAGE...

**Eat fewer processed foods.** “I tell people, if it grows in the ground, eat it. If it’s manufactured in a plant, don’t eat it,” Lovejoy says.

**Go for a well-balanced diet.** Eat more fresh foods, more fruits and vegetables. “Think of it as nurturing your body,” Lovejoy says.

**Start with small changes.** Even those can make a big difference.

**Move more, sit less.** “Your body uses sugar and carbs for energy, which happens when you exercise,” she says. “If you’re sitting all the time, the excess sugar and carbs consumed aren’t being used for energy and can store as fat or clog your bloodstream, leading to chronic inflammation.”

**Keep health issues in check with diet and exercise continued from front page...**

**Headline:** Safety in every season

**Subheadline:** From our Senior Executive Director

**Body:**

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