

**YES, I WOULD LIKE  
MORE INFORMATION  
ON THE LUTHERAN  
HOME AT TOPTON**

Please cut along the dotted line and return to:  
The Lutheran Home at Topton  
Attn: Marketing  
One South Home Avenue  
Topton, PA 19562

Or call: (610) 255-7042



**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

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The Lutheran Home at Topton 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*



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One South Home Avenue  
Topton, PA 19562

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# Lifestyles

THE LUTHERAN HOME  
AT TOPTON

## A difficult decision leads to a positive experience

After touring the cottages at The Lutheran Home at Topton with her husband, Leonard, Karen Yerger was convinced the Continuing Care Retirement Community was a good match for them.

However, with her husband's health changing rapidly, she knew the time was coming when she would need to make difficult decisions.

"They said he had [cognitive impairments] and I was afraid if he started wandering that it would be difficult in the cottages," she shares. "Unfortunately, we had to say no to the cottage."

Shortly afterward, Karen found herself facing another decision.

"Leonard had surgery and needed rehabilitation. My first choice was Topton," she says. "We came here, and we saw things were not getting better. We knew he would be staying here."



Karen Yerger

With their circumstances changed, Karen's family urged her to move to Topton when an apartment became available. Choosing a Continuing Care Retirement Community meant they would make the move only one time.

"Everybody agreed it would be best for me and for Leonard," she says. "One thing I particularly liked was that I could walk from my

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- A difficult decision leads to a positive experience
- Message from the Executive Director
- Upcoming Events

## UPCOMING EVENTS

- Tuesday, May 15** Pain Management
- Wednesday, May 16** History of The Lutheran Home at Topton
- Thursday, May 24** Downsizing Seminar
- Tuesday, June 12** Open House

*See event  
details inside!*



To make a reservation for these events, or for more information, please call (610) 255-7042.

This is the  
Way to *Live!*



## Executive Director's Message: An atmosphere of camaraderie

It has been only a few short months since I joined the team at The Lutheran Home at Topton as executive director, and I appreciate each day here. One thing that I have quickly learned is that the staff members here are truly amazing!

exceptional experience for me in every way. They are eager to participate and to volunteer. They are innovative, trustworthy, very respectful, and focused on our residents' needs.

From the first day I arrived on campus, I felt as if I had been here a long time. Everyone has embraced and supported me.

I invite you to visit campus to experience the atmosphere of camaraderie that we are building. It is the perfect backdrop to carefree retirement living and why our residents say, "This is the Way to Live!"

– Debra Gogno  
Executive Director and Nursing Home Administrator

Every morning we meet to discuss our daily priorities as they pertain to improving the quality of life for our residents.

I have to admit our team has made this an

## Olympic-themed event receives enthusiastic response



Capitalizing on the Olympic spirit that was alive and well following the recent airing of the winter games, The Lutheran Home at Topton successfully hosted the "IL Olympics" for three days in March.

"The residents loved it," says Susan Lally, independent living activities coordinator. "It was nice to see everyone join in."

The multi-day event incorporated both active events and board games to ensure there was something for every participant, including bocce ball, mini Frisbee, bean bag toss, poker dice, dominoes, an egg-and-spoon obstacle course and a bucket race.

"The bucket race on the last day was hilarious," Lally remembers. "They had to put an eight-inch ball between their legs, walk to the end, stoop and drop the ball into the bucket."

Jim Johnson, vice president of the resident association, helped Lally plan and run the event.

"Every time someone scored, everybody cheered," he says. "They were really enthusiastic."

In addition to the recognition that comes with winning an event, Lally presented the winners with medals during the annual St. Patrick's Day party a few days later.

"Besides the Irish coffee, we had a big ceremony, and everyone sang the Star-Spangled Banner at the end," she says.

Joan Lewis, who participated in the events, may not have won a medal, but believes she got something more out of the experience.

"It is nice to be with people that I wouldn't be with otherwise," she says, admitting that she didn't know anyone when she first moved to Topton. "That is why I jump in and try to attend as many events as possible. It makes for a fuller life for me."

## UPCOMING EVENTS



### Pain Management TUESDAY, MAY 15 | 6 P.M.

Eric Ratner, MD, with Ridgewood Orthopedic Specialists, will discuss pain management techniques.

RSVP to (610) 255-7042.

### History of The Lutheran Home at Topton

WEDNESDAY, MAY 16 | 4:30 P.M.

Don't miss William Swanger, Diakon's senior vice president for corporate communications, as he shares a historical overview of The Lutheran Home at Topton and Diakon's 150-year history.

RSVP to (610) 255-7042.



### Downsizing Seminar

THURSDAY, MARCH 24 | 2 P.M.

Join us in the Tavern as Mary Clark, from Transition Connections, and Tom Degler, from Keller Williams Realty, offer tips on "rightsizing" to ensure a smooth transition into a senior living community.

RSVP to (610) 255-7042.

### Open House

TUESDAY, JUNE 12 | 11 A.M.

Join us at the Countryside Inn for lunch, then stay for a discussion of our continuing care retirement community's offer and benefits. Participants also will have the opportunity to tour our apartments and cottages.

RSVP to (610) 255-7042.



## A difficult decision leads to a positive experience

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apartment to his room [in the nursing care center] without ever going outside in the bad weather."

With the decision made, Karen moved to Tower Court and Leonard moved from the rehab unit to the nursing care center.

"When I would travel from home to visit him [while he was in rehab], I would be here for two, four or six hours at a time," she says. "It has been so much better to be right here. This way I can visit him a couple times a day."

Karen also has found time to become involved in activities and make new friends. A full-time organist before moving to Topton, she provides the musical accompaniment for resident sing-a-longs. During the recent IL Olympics, she played the national anthem.

"Everybody stood up and started singing," she says, adding how happy their response made her.

"I am so glad I moved to the apartments. I get to meet people in the hallways and talk with them. There are some here that are just real gems!"

This is the Way to *Live!*

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