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MORE INFORMATION
ON FREY VILLAGE**

Call: (717) 388-0218

Email: Peggy Kline at klinep@diakon.org

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

Frey Village
Attn: Marketing
1020 N Union St.
Middletown, PA 17057

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 Cumberland Crossings 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.

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SPRING 2017

FREY VILLAGE

Restoring mobility, renewing hope

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 in front of them 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 sutures for major cuts in her hand and knee. Roger dislocated both shoulders, broke his femur and right hip, and nearly severed a thumb.

"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."

...continued inside

In this issue...

- Message from the Executive Director: What's new?
- Focused on recovery and a safe return home
- Bridge to Home offers transitional care
- Upgraded apartment homes offer comfortable living with contemporary touches

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.

This is the
Way to *Live!*



Executive Director's Message: What's new?

It may still be winter technically, but each passing day moves us a little closer to spring, the season of new beginnings. Here at Frey Village, there already is a sense of the fresh and the new.

Our bright, expansive rehab gym opened about a year ago and still feels new to us. Whenever someone sees it for the first time, it makes a big impression. The therapy staff members are dedicated to giving each patient a new lease on life.

You'll find details about the gym and available services in a related article in this issue of our newsletter.

And I'm sure you will be touched by the story of Roger and Kathy Schadel, who came to Frey Village to recover from grave injuries they suffered in a motorcycle accident last summer. They inspired many of us on staff as well as other patients; we are grateful they were willing to share their story with us.

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

Restoring mobility, renewing hope *continued from page 1*

Unable to '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 most of the time as they worked to recover their mobility and re-learn personal care tasks.

During their time at the village, Roger's mother passed away. Though still in recovery, he was determined to be at her funeral. His family worked with village staff members to make sure he could be transported safely.

"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.

"I've 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."

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.

"On the inpatient side, we often get patients who come directly from the hospital needing skilled rehab and they stay with us short-term," Ford says. "For outpatient therapy, we see people who've been hurt in a fall, for example, or have been sick with pneumonia or had a stroke. Our goal is to get them safe enough to go home or to the next level of care."

Ford says patients come from all over the area, including Harrisburg, Lancaster, Lebanon and York. Frey Village also has a contract with the Veterans Administration, which results in numerous veterans coming to the village for therapy.

In addition to the therapy-gym, last year's construction project included a new medical suite of exam rooms and office space for doctor visits and renovation of guest rooms in the short-term rehabilitation unit.

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-illness recovery, from orthopedic



The new rehab suite at Frey Village.

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 sequencing the steps of such activities and learn 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.

People interested in more information about therapy programs at Frey Village should call (717) 388-0218.

Bridge to Home offers transitional care



Perhaps you or a family member needs help following a hospital stay. Maybe you've completed a short-term rehabilitation program and you need support to return fully to your daily routine. Or perhaps you're caring for a loved one at home and need a helping hand.

In these situations, Frey Village's Bridge to Home program can help.

The program is a support option during transitional stages of care. Recovery support or care is provided in a homelike setting in Frey Village's personal care community. When you reach recovery goals and your health has stabilized, you return home stronger and able to remain at home safely.

Bridge to Home also can be useful for people who have been released from an ER, but who did not have a three-day hospital stay that qualifies for Medicare follow-up, or when a primary care physician recommends and refers a patient for a short-term stay for additional care.

For more information about Bridge to Home, readers should call (717) 388-0218 or Diakon's Care Transitions Line, toll-free, at 1-844-DIAKON1.