

**YES, I WOULD LIKE
MORE INFORMATION ON
DIAKON SENIOR LIVING –
HAGERSTOWN!**

Please cut along the dotted line and return to:
Diakon Senior Living–Hagerstown
Attn: Marketing, 19800 Tranquility Circle
Hagerstown, Maryland 21742

Or call: **1-888-995-7639**

Email: **TuckerM@diakon.org**



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 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



DIAKON SENIOR LIVING – HAGERSTOWN
The Ravenwood & Robinwood Campuses
www.diakon.org/hagerstown
19800 Tranquility Circle
Hagerstown, Maryland 21742

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Lifestyles

**DIAKON SENIOR LIVING
-HAGERSTOWN**

Keep health issues in check with diet and exercise

There's a strong connection between health and lifestyle choices. What we eat and how active we are can make a difference when it comes to preventing or managing common health problems. That's the message pharmacist and certified health coach Dawn Lovejoy, Pharm.D., shares whenever she can.

Lovejoy spoke to residents of Diakon Senior Living – Hagerstown recently, outlining the connection among food, exercise and health. She focused on diabetes and high blood pressure, both of which many older adults experience.

“The two are very intertwined,” she explains. “When you have diabetes, you are at greater risk for high blood pressure. They can go hand-in-hand. Often people with either of these conditions tend to be overweight from not eating nutritious foods, which can also increase health risks.”

Both conditions take their toll on the body, Lovejoy says, keeping it from being able to function as it should. A diet high in sugar is where it all starts.

“Our bodies can't process all that sugar,” Lovejoy says. “When your body isn't producing insulin as it should, as with diabetes, it can't take excess sugar out of the bloodstream. That contributes to chronic inflammation, leading to high blood pressures, arthritis, chronic pain, depression and a number of other health-related issues.”

Think of it this way, she says: too much sugar leads to inflammation leads to narrowing arteries. The result can be high blood pressure, diabetes or both.

But it's possible to improve your health status with lifestyle changes. Here are a few of Lovejoy's suggestions:

continued inside...



Dawn Lovejoy, Pharm.D.

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- Finding a home that's a perfect fit

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.

This is the Way to *Live!*



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 or other extreme weather hits our area and a resident needs something for his or her personal

well-being—groceries or medicine, for instance—we can lend a hand.

In fact, we encourage residents not to try to trek to the mailbox in unsafe conditions. Around here, roads are cleared and hazardous conditions are addressed quickly. The mail will wait!

Soon enough, we'll see climbing temperatures and signs of life on trees and in flower beds. Spring will come to Hagerstown, as it does every year, and getting outside for fun and recreation will be a breeze.

I hope you'll plan a visit soon or join us at one of the many events on our calendar that are open to the community. Come and learn for yourself why we say, "This is the Way to Live!"

—Tammy Clabaugh
Senior Executive Director

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



- **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."



- **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.

You're Invited!

Diakon Senior Living – Hagerstown hosts a variety of educational and inspirational events open to everyone.

Below are events on our calendar. Space is limited in some cases, so we encourage you to reserve your place as soon as possible for events that interest you. Unless otherwise noted, please RSVP to 1-888-995-7639.



BRUNCH BUNCH

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

Join us for a free lunch 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.



ANNUAL COUNTRY BREAKFAST

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

Dine 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.

Space is limited for these events; please call 1-888-995-7639 to reserve your place today.

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. 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



SPIRITRUST LUTHERAN HEALTH & WELLNESS PROGRAMS

Staff of SpiriTrust Lutheran Home Care & Hospice present monthly talks on health and wellness concerns. The presentations are held select Thursdays on the Robinwood campus, beginning at 9 a.m., with free continental breakfast. No RSVP is needed. Upcoming program dates and topics are:

MARCH 15

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

Events continued on next page



Get fit with us!

A fitness membership for people 55 and older is available at our Robinwood campus. Membership includes access to the indoor pool, fitness center, locker rooms and water aerobics classes M-W-F. The cost is \$55 per month.

For more information and to sign up, please contact Brenda Staley, wellness coordinator, at (888) 995-7639.



VETERANS SUPPORT GROUP & ROUNDTABLE

All veterans and their spouses are invited for conversation and camaraderie at these open meetings, held at 1 p.m. the second Thursday of every month, on the Robinwood campus. Some meetings include guest speakers. No RSVP is necessary. Upcoming meeting dates are:

- MARCH 8
- APRIL 12

Space is limited for these events; please call 1-888-995-7639 to reserve your place today.