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ON LUTHER CREST

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Luther Crest  
Attn: Marketing  
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The Luther Crest 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

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LUTHER CREST

A DIAKON LUTHERAN  
SENIOR LIVING COMMUNITY

[www.diakon.org/LutherCrest](http://www.diakon.org/LutherCrest)  
800 Hausman Road  
Allentown, PA 18104

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FALL 2017

# Lifestyles

LUTHER CREST

## Residents make most of retirement living

Lois Raines enjoys reading on her balcony and enjoying the view. An extension of her living area, it is just one of the many features she appreciates in her Nantucket studio apartment.

"The bathroom is what I would have liked to do at my house with the walk-in shower," she says. "I also like the kitchen with its white cabinets and Corian® countertops. It is very up-to-date."

Raines has lived at Luther Crest for more than a year and found the Nantucket's 533 square feet to be exactly what she needs in terms of retirement living.

"I had to get rid of a lot of stuff, but I brought everything that was real 'homey' to me," she says. "I have my grandmother clock, curio cabinet, my bedroom set, TV, drop leaf table, coffee table, end tables, desk and two-seater sofa. It looks like my house."



Marjorie Dennis moved from her family home into a Nantucket. She, too, brought many items from home, but still found the floor plan more than adequate for her belongings.

"I haven't needed the extra storage space we have," she admits. "I have [my extra belongings] all stored under the bed."

*continued inside*

### In this issue...

- Executive Director Message: Fall is upon us
- Women's Retreat participants draw closer to God
- Upcoming Events

## UPCOMING EVENTS

### Fraud Awareness Seminar

TUESDAY, NOV. 7 | 2 P.M.



### Holiday Open House

THURSDAY, DEC. 7 | 2 P.M.



Bring your friends and preview the many ways our community can enhance your lifestyle!

See event details inside!

To make a reservation for these events, or for more information, please call (888) 978-4326.

This is the  
Way to *Live!*



## Executive Director's Message: Fall is upon us!

Fall is upon us and it won't be long before the leaves are changing colors and there is a chill in the air. It is the perfect time to visit Luther

We'll even provide the transportation!

In recent months, residents from both campuses have enjoyed everything from painting the beautiful Topton campus during our Paint and Sip events to showing up in strong numbers to listen to presentations that explore various religions. We even planted and dedicated "The Luther Tree" to commemorate the 500th anniversary of the Lutheran religion's founding.

Why not schedule a tour today and see for yourself what carefree living at Luther Crest is all about? I think you will agree that we make it easy for you to be yourself and lead an active, purposeful life *your* way.

— Cindy Bonney,  
Senior Executive Director

Crest and learn why our residents say, "This is the way to live!"

From the women's retreat featured in this issue of the newsletter to the varied on-campus activities, there is something for every person and every interest. Our sister community, The Lutheran Home at Topton, is just a short distance from our campus, so you can also enjoy the amenities, events and programs on that campus that interest you as well.

## UPCOMING EVENTS



### Fraud Awareness Seminar TUESDAY, NOV. 7 | 2 P.M.

Held in Crest Hall, this seminar will look at the dangers of fraud in regard to seniors, what to look out for and how to fight it.



### Holiday Open House THURSDAY, DEC. 7 | 2 P.M.

Join us for a tour of our residents' decorated apartments! See a variety of different apartment styles and meet our residents. Refreshments will be served during the tour.

*To make a reservation for these events, or for more information, please call  
(888) 978-4326.*

## Residents make most of retirement living *continued from front cover*

Family members helped personalize the space by hanging shelves for her photos. "My son and his partner have a frame shop. They hung some of my husband's paintings plus some that they have done," she says. "I am very, very happy."

Even though both women are especially pleased with their apartments, they admit what really sold them on Luther Crest was the active lifestyle.

"I looked at another community, but they didn't have all the activities that we have here," Raines says. "We have really good music programs, exercise, a swimming pool, lots going on. I have everything I need."

Dennis looks forward to dinner every night with a group of fellow alumni from nearby Emmaus High.

"There are 13 or 14 of us. We take up a couple of tables. They call us the Emmaus mafia!" she says with a laugh, adding that the entertainment is tremendous. "Tomorrow night we are having Oktoberfest, which means drinks, snacks and a polka band. Last year we celebrated 'A Night at the Moulin Rouge.' Christmas, of course, is wonderful. I am one satisfied customer."

## Women's Retreat participants draw closer to God

In an effort to remind participants of the importance of taking time from their busy lives to reconnect with their spiritual lives, Luther Crest offered its first Women's Retreat in August.

Coordinated by the Rev. Virginia Heimer, Luther Crest's chaplain, the three-day event brought together 16 participants at the St. Francis Retreat House in Easton, Pennsylvania, where they focused on the theme, "The Spirituality of Aging."

"We did a timeline at the retreat where we looked back on our lives, how far we've come, the places where God was in our lives," Heimer explains. "We talked about where we are now with spirituality and where we are going and how we can be closer to God."

The three-day retreat also featured group activities, morning devotions, prayer services and private time to explore the grounds. It was a welcome experience for anyone looking to step away from life's busyness, according to Heimer.



"They realized that they do have to make time for their spiritual lives," she says. "We are so busy, whether working or retired, our lives are filled with so much. We sometimes forget to just be still, be quiet and just enjoy the surroundings."

While not the first retreat for Carol Landes, it was one of the more meaningful ones she has attended, she says.

"It was an amazing retreat. I can't imagine the hours Pastor Heimer and her helper spent in planning, preparing and delivering this retreat," she notes. "It was run beautifully and the handouts and conversations were just superb."

It also provided an opportunity to grow closer to other Luther Crest residents.

"Just being with this group of amazing women—some of whom I hadn't really known before—was very meaningful as we shared life experiences and some interpretation of religious thoughts and questions. It certainly deepened my thinking," says Landes. "Now that we have returned to everyday living, the challenge, of course, is to try and keep alive that which we experienced on the retreat through reading, prayer, meditation and just quiet time."

