

**YES, I WOULD LIKE
MORE INFORMATION
ON BUFFALO VALLEY
LUTHERAN VILLAGE!**

Call **Gretchen Nash**: (570) 209-9007

Email: NashG@diakon.org

Visit: www.buffalovalleyseniorliving.org

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

Buffalo Valley Lutheran Village
Attn: Marketing
189 E. Tressler Blvd.
Lewisburg, PA 17837



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 Village 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*



**BUFFALO VALLEY
LUTHERAN VILLAGE**
A DIAKON SENIOR LIVING COMMUNITY
www.buffalovalleyseniorliving.org
189 E. Tressler Blvd.
Lewisburg, PA 17837

Non Profit Org
US Postage
PAID
Permit No. 208
Harrisburg, PA

Lifestyles

SUMMER 2017

**BUFFALO VALLEY
LUTHERAN VILLAGE**

A little ahead of schedule, new home proves to be the right fit at the right time

You could say Cindy and Steve Malriat's new home was ready for them before they were ready for it.

"We were not planning for it then," says Cindy, about their move to Buffalo Valley Lutheran Village. "We were planning to do the move sometime between 60 and 65."

The Malriats, in their mid-50s, had toured Buffalo Valley, thinking that perhaps the campus would be a good home in the future for her or her husband's parents. At the same time, they saw a home on the campus they liked very much for themselves—occupied at the time—and put their name on the waiting list. Then they got a call from Gretchen Nash, manager of marketing and sales.

"Last July, Gretchen gave us a call that the gentleman who lived there was moving," Cindy says. "It became available much earlier than expected. Let's just say our plan changed."

Originally from Doylestown, Pennsylvania, the Malriats had relocated to Lewisburg years ago for Steve's job. They built a home big enough for their family and, as Cindy says, all their "stuff."

"Our home had a basement and an auxiliary garage," she says. "We have a lot of stuff."

In fact, that "stuff" factored into their ultimate decision to move to Buffalo Valley. Cindy says



Cindy and Steve Malriat moved to Buffalo Valley Lutheran Village in January.

they weren't ready to downsize completely so wanted sufficient space. Also, they wanted their home at Buffalo Valley to be available if one of their two young-adult sons needed to move in for a period of time. They had a couple other special requests, including adding a built-in gas fireplace and a full guest bathroom, to make things easier when Cindy's mother visits.

...Continued inside

In this issue...

- If only we could forecast the future
- Care that's always there
- Picture yourself here
- Upcoming Events
- The Kay Kart just keeps rolling
- Music at the Gazebo

JOIN US...

Music at the Gazebo: Join us for summer fun

Grab a lawn chair and meet your friends and neighbors at the Gazebo at Buffalo Valley Lutheran Village for summer concert fun!

Thursday, July 27, 6 p.m.
Kj Reimensnyder-Wagner



Kj entertains and inspires with her singing and positive attitude.

Kj, a nationally known inspirational folk performer and motivational speaker, will entertain with song and guitar. She often includes lighthearted audience-participation songs in her concerts and surprises audiences with her skill on instruments such as the Appalachian lap dulcimer, autoharp and Djembe drum. Kj tours extensively in the US and the British Isles. She is returning to Buffalo Valley for her second appearance.

Kj, a nationally known inspirational folk performer and motivational speaker, will entertain with song and guitar. She often includes lighthearted audience-participation songs in her concerts and surprises audiences with her skill on instruments such as the Appalachian lap dulcimer, autoharp and Djembe drum. Kj tours extensively in the US and the British Isles. She is returning to Buffalo Valley for her second appearance.

"I so look forward to each opportunity I have to entertain at Buffalo Valley Lutheran Village for its community of kind-hearted residents," Kj says. "I know, so often, they share with me that they appreciate my smile, stories and songs. But they have no idea all the kindness that they offer me, which makes the evening symbiotic in the most beautiful of ways. It's indeed a pleasure!"

Thursday, August 24, 6 p.m.
The Vic Boris Trio

They wowed the crowd at our dinner dance last year and now the Vic Boris Trio is back! It may be hard to stay in your seat as the band fills the air with favorite tunes and dance music from bygone eras.



The Vic Boris Trio entertained guests at the 2016 spring dinner dance.

See even more events inside.

This is the Way to *Live!*



If only we could forecast the future

Of course, no one can really predict what lies ahead. As we age, planning for what could be in our future requires thoughtful decision-making, especially as it relates to our health and what services and levels of care we may require.

As a Continuing Care Retirement Community, or CCRC, Buffalo Valley Lutheran Village offers a continuum of care for residents as needs change over time. Imagine the comfort of knowing that you have lifetime access to health services, that as you move from independent living to personal care to skilled nursing care, your needs can be met all on our campus.

No one wants to think they might need nursing care or other advanced health-care services as they grow older. But the fact is, most of us will. The Pennsylvania Health Care Association notes that an estimated 70% of people currently turning 65 will require long-term care in their lifetime, and will receive care for an average of three years. With the rising costs of medical care and the uncertainties that seem to plague the health-care industry, the security of knowing all your future care

will be provided is priceless. I invite you to talk with Gretchen Nash, our marketing and sales manager, about your personal situation and needs.

You are always welcome to visit Buffalo Valley Lutheran Village. Our campus sits in the heart of Lewisburg and offers a lifestyle that's comfortable and easygoing. New residences are under construction and there are advantages to buying now and customizing some features (see "Picture yourself here" in this issue).

But it's more than our beautiful homes that attract people to Buffalo Valley. Our dedicated and friendly staff go out of their way to serve. In fact, we have been awarded a 4-star overall and a 5-star in quality; see medicare.gov/nursinghomecompare. Our events and activities calendar offers something for everyone. Our entire community feels like one big family where there's always room for more!

One of the best ways you can plan for tomorrow is to choose Buffalo Valley today.

– Bob Musser
Executive Director

A little ahead of schedule, new home proves to be the right fit at the right time continued from page 1

Everything fell into place

"We kept thinking they probably can't meet all of our requests," Cindy says. "But they said yes to our kids bouncing back and Bob Musser [Buffalo Valley executive director] was excellent in getting the fireplace in for us. With everything we asked, they just kept saying yes!"

The Malriats moved this last January, and Cindy says they couldn't be more pleased with their decision. She likes the location and says neighbors have been very welcoming. Steve's job takes him out of town to Dallas, Texas, three weeks out of four, which doesn't leave much time for home maintenance. Fortunately, the independent lifestyle at Buffalo Valley means those chores are taken care of for the Malriats.

"If I want to go to Dallas with Steve, I've been able to and not worry about it," she says. "And we like the idea of having progressive care if we need it. Then our boys don't have to worry about us."

And all their "stuff"?

"Everything has fit in here very well," Cindy says.

Care that's always there



At Buffalo Valley Lutheran Village, we've made a commitment to those in our community always to be here for them. Even if their needs grow and their financial resources run dry, we do not forsake our commitment to care for them. It is a powerful mission that is the foundation of our Benevolent Care Fund.

This unwavering commitment runs deep in the roots of Diakon's history and today the organization still adheres to its founding principles of service and respect for all. Gifts to the Benevolent Care Fund at Buffalo Valley stay right here, supporting the needs of friends and neighbors. The generous support of our local community is a blessing that helps us respond to those in need.

To learn more about Diakon's Benevolent Care Fund, visit diakon.org

Picture yourself here!

Act now to make one of our new homes yours

New two-bedroom homes are under construction at Buffalo Valley Lutheran Village and one of them can be yours!

Picture yourself in a cozy new home with:

- Open floor plan
- Spacious living area with eat-in kitchen
- Master bedroom suite with walk-in shower and large walk-in closet
- Second full bathroom, with tub
- All brand new appliances are included: washer, dryer, refrigerator, microwave, slide-in smooth surface range
- One-car garage – extra wide for storage
- Sunroom (10 x 20) and patio (10 x 10)

In addition, our new homes include a 24-hour emergency call system and priority access to health-care services on campus. Plus, we have an RN Nurse Care Navigator who will assist all Independent



New homes are available and can be customized inside to reflect your personal style.

Living residents with their health-care needs! And all maintenance, both inside and out, is taken care of for you by our staff.

And if you pre-order or buy in the early construction stage, you can customize certain interior features, such as cabinetry, countertops, flooring and paint colors.

Get moving! Call Gretchen Nash at (570) 209-9007 for more information.

MORE UPCOMING EVENTS...

Join us for any or all of these upcoming events. All take place at the Village Common at Buffalo Valley Lutheran Village. RSVP to Gretchen Nash, (570) 209-9007.

THURSDAY, JULY 13, 1 P.M. STRONG & STABLE

This introductory class for seniors combines exercises to increase flexibility, improve balance and strengthen muscles. Instructor Heather Baranoski, from The Miller Center for Recreation and Wellness, will lead the class.



TUESDAY, JULY 25, 1 P.M. INTRODUCTION TO CHAIR YOGA

Join Dawn Shawley, certified yoga educator, for a gentle chair yoga class. In the span of an hour, you will learn the benefits of yoga, as well as practice movement. The class will be accessible to all, offering seated, standing and balance postures, along with breathing practices and short meditation. Time will be set aside at the end of class for questions.

THURSDAY, AUGUST 10, 1 P.M. MYTHS OF RETIREMENT LIVING

Think you know what retirement living is like? Spend time with some of our residents, hear about their experiences and get your questions answered.



THURSDAY, SEPTEMBER 14, NOON 4-COURSE CONVERSATION

Enjoy a lovely meal prepared by Buffalo Valley Lutheran Village's chef, as you find out more about Independent Living.



The Kay Kart just keeps rolling

Around the campus of Buffalo Valley Lutheran Village, you can't miss the bright red six-seat golf cart known as the "Kay Kart."



Kay Kart drivers include these residents, left to right: Floyd Christman, Ron Baker, Fred Bigelow, Allan Grundstrom, Ray Confer, Art Bower and Dave Clough.

Most often used to transport residents without their own transportation to on-campus events, the Kay Kart also can be found taking part in special events, such as the Lewisburg 4th of July parade. The Kay Kart drivers, pictured here, are kept quite busy.

The Kay Kart came to life in November 2015 thanks to the generosity of resident Janice Bigelow, who offered to buy the golf cart. She had just two requests: she asked that it be red and that it be known as the Kay Kart. She wished to honor the memory of her mother, Kay Heeter, who had been the proud owner of a red Dodge Dart Swinger.

The whole community came together to make the dream of the Kay Kart a reality. Residents, with some help from the village, made donations for a garage to house the vehicle. Volunteer resident dispatchers and drivers operate the Kay Kart program, while the village's maintenance department provides for the vehicle's upkeep.