

SeniorSource

**F.A.S.T. Stroke
Response**
from Diane Gergal

BV Residents
**Flexing their
Creative
Muscles**



**Vibrant
Longevity**
in the Blue Zone

Community Outreach
a Word from President John Snader

+ More Lifestyle Choices

A Word from Our President

Brethren Village was founded in 1897 as a Home for the Homeless on a homestead in Manheim, Lancaster County. Over the past 118 years, Brethren Village has remained committed to enhancing the lives of those we encounter, and the community around us. I'm both grateful and proud to tell you about some of the outreach I have witnessed during the last fiscal year at Brethren Village.



- Provided Residents with \$2,000,000 of care from our benevolent fund, which is funded by generous supporters of Brethren Village.
- Donated \$5,000 to local charities through 5th Sunday Collections in our Chapel.
- Offered our Care for the Caregiver Series, free of charge to those in the community who are caring for an aging loved one.
- Created the Virtual Village, a source of information on health, wellness, and all things senior living – available to anyone with internet access.
- Hosted monthly dementia support groups, open to the community at no cost.
- Supported Lancaster County businesses by purchasing \$11,000,000 in products and services.
- Developed plans to address the shortage of affordable senior housing in Lancaster County by applying for funding for construction of 51 more senior housing apartments.

I invite you to find out more about Brethren Village by visiting with us. Contact our marketing team, they will be happy to speak with you and arrange a tour.

John Snader, FACHE
President and CEO, Brethren Village

Living for longevity: secrets from the Blue Zone

In Dan Buettner's new book, *Blue Zone Solutions*, he travels to the five areas of the globe where the highest concentrations of centenarians reside. What he found, not surprisingly, was that a combination of diet and lifestyle offer the keys to vibrant longevity.

The people of Sardina, Italy, have lived in an isolated community as shepherds for generations. Their livelihood requires physical activity considered "all in a day's work." Plus, they enjoy a mostly plant-based diet, a socially-connected culture, and a strong faith in God.

Loma Linda, CA, has the greatest number of seniors in the U.S. who have lived to be 100. It also has the highest concentration of Seventh Day Adventists, for whom healthful living and a vegetarian diet are a form of worship.

Instances of chronic disease—such as cancer, diabetes and dementia-related illness—are also low in the Blue Zones. People in these regions not only living longer, but die more quickly, with less illness and suffering.

So, what are some of the things we can do to increase our longevity?



Add movement to your everyday life. Walk short distances rather than drive, mow your own lawn (with a walking mower) and clean your own home. The simplest life activities can add years if they replace sedentary activities.



Increase plants and reduce animal products in your diet. The newly popular "meatless Monday" is a great start. Look to Indian or Asian cuisines for delicious, filling, vegetarian meals.



Connect with people. Humans are programmed to connect. Whether it's calling a friend or participating in a social or church group, being part of a community that's working toward something is healthy for your body and spirit.

Find out more about implementing Blue Zone changes into your life at BlueZones.com

Bettering the Community Through Woodworking

When John Beck Elementary School music teacher Michele Conrad opened her classroom to parents for their spring 2014 open house, she had no idea it would end with several of her broken instruments being restored to working order.

Robert Gregory, father of sixth-grader Elizabeth Gregory, a student of Michele's, noticed a few of the teacher's ukuleles were in need of repair. He mentioned that his father, BV Resident Carl Gregory, is quite skilled in woodworking and could make the instruments playable again. Before moving to Brethren Village, Carl had a fully-equipped workshop and enjoyed working with wood and creating beautiful pieces. He continues to create wood-workings items in the BV Workshop either to sell, or to repair items that people need fixed. Even though, as Carl says, he's not musically inclined, he wanted to help, so he fixed the ukuleles for Michele's students.

Michele was grateful for his work saying, "One thing led to another, and probably before Carl knew what was happening I had also roped him into repairing several of my aging xylophones and metallophones that were falling apart and needed new parts. Carl did a great job repairing all of our broken instruments. He put the instruments back into the hands of my students, and he has also saved our school district money."

The payoff for Carl? Not only did he feel good about helping the school, but Michele saved Carl and his wife Elizabeth seats at the Christmas program where they were able to watch their granddaughter's concert and see many of the instruments he had repaired being played.

"Carl did a great job repairing all of our broken instruments."



Resident Carl Gregory enjoys woodworking at the BV Workshop. His wife, Elizabeth, a watercolorist, is learning the art of chair caning at the BV Workshop.

While Carl may not be musically inclined, the youngest of his three sons, Robert, is. For the past 20 years, Robert has played guitar and sung classic rock music. Robert currently plays locally in the acoustic duo "Rockin Horse Unplugged." Robert got the "bright idea" that, since Carl has talent working with wood, he could surely build him a guitar. Carl took that challenge and bought a guitar kit from Martin Guitar. After the base of the guitar was built, Carl handed it over to a man who used to work at Martin Guitar and builds them on the side. It's now in the process of final assembly.



Carl's wife, Elizabeth, is also a talented artist. Her stunning watercolor paintings adorn the walls of their newly-renovated BV apartment. Elizabeth also frequents BV's Workshop and is learning the art of chair caning from a fellow Resident. Over the years, Carl has made many wooden gifts for Elizabeth, including an intricately-carved serving tray. In the year that Carl and Elizabeth have made

BV their new home, they have enjoyed meeting other Residents, spending time in the Village Townhouse Hidden Garden, and flexing their creative muscles.

health tips

from our Home Care Director
Diane Gergal, LPN, PCA



Do you know how to spot a stroke? The answer is F.A.S.T.

Stroke is the number five cause of death and the leading cause of adult disability in the United States*, and the very thought of it is scary for most people to consider. While age and heredity are two of the most common risk factors that can't be changed, it's important to know the signs of stroke so that you can be prepared.

The American Stroke Association has developed an easy way to remember the signs of stroke. If you see these signs, **call 911 right away.**

F. Face drooping. Does one side of the face droop, or is it numb? Ask the person to smile. Is the person's smile uneven?

A. Arm weakness. Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift down?

S. Speech difficulty. Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple phrase like "the sky is blue." Is the sentence repeated correctly?

T. Time to call 9-1-1. If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 immediately. Don't forget to check the time so you'll know when the symptoms first appeared.

*Source: American Stroke Association

BV Calendar of Events

Please note...All listed events are open to the public!

Wednesday, May 27:
Big Topic Speaker Series with Nancy Bieber on "Quaker Faith & Worship," Chapel, 7:00 p.m.

Sunday, May 31:
Performing Arts presents The Heritage Chorale, Wolfe Auditorium, 3:00 p.m.

Saturday, June 6:
Summer Concert Series with Temple Avenue, Welcome Center Lawn, 6:45 p.m.

Wednesday, June 10:
Film & Faith program "Amazing Grace" Wolfe Auditorium, 6:00 p.m.

Wednesday, June 10
Dementia Support Group, Terrace Crossing Conference Room, 2nd floor, 3:00 p.m.

Thursday, June 11
Caregiver Support Group, Welcome Center, 6:30 p.m.

Tuesday, June 23:
Sight and Sound Theater Bus Trip, 11:00 a.m., *Joseph*, \$49.40
Contact Holly Began for more information 581-4251.

Wednesday, June 24:
Jim & Wendy Concert, Song & Worship, Chapel, 7:00 p.m.

Thursday, July 30:
Brandywine Valley Bus Trip, Tour of QVC Studio, Lunch and tour of Brandywine River Museum of Art, \$79.
Contact Holly Began for more information 581-4251.

Monday, September 7:
25th Annual Golf Tournament, Foxchase Golf Club

*Additional information on events at www.bv.org.
For wellness activities for the general public, visit www.bvvirtualvillage.org*

Summer Berry Smoothie

Recipe

Early summer in Lancaster County is strawberry season. Here's a way to enjoy those beautiful berries a little longer... in their frozen form.



- 1 frozen banana, peeled and sliced
- 2 cups frozen strawberries
- 1 cup low-fat milk
- ½ cup plain or vanilla yogurt
- ½ cup freshly squeezed orange juice
- 2-3 tablespoons honey (to taste)



Put ingredients into a blender and process until smooth, pour into a glass and enjoy!



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Yes, I want to learn more!

- Please contact me to schedule a personal appointment and tour.
- Please send me more information.

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You may contact me/us via:

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