

Yes, I want to learn more!

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

Name _____
Address _____
City _____ State _____ ZIP _____
Phone _____
Email _____

You may contact me/us via:

- Phone Mail Email

Signature* _____ Date _____



*In accordance with our Privacy Policies, by providing your signature, telephone number and/or email address above, you grant permission for representatives of Brethren Village to communicate with you at this telephone number and/or email address. Your personal information is confidential and will not be released or sold to outside parties.



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WINTER 2015



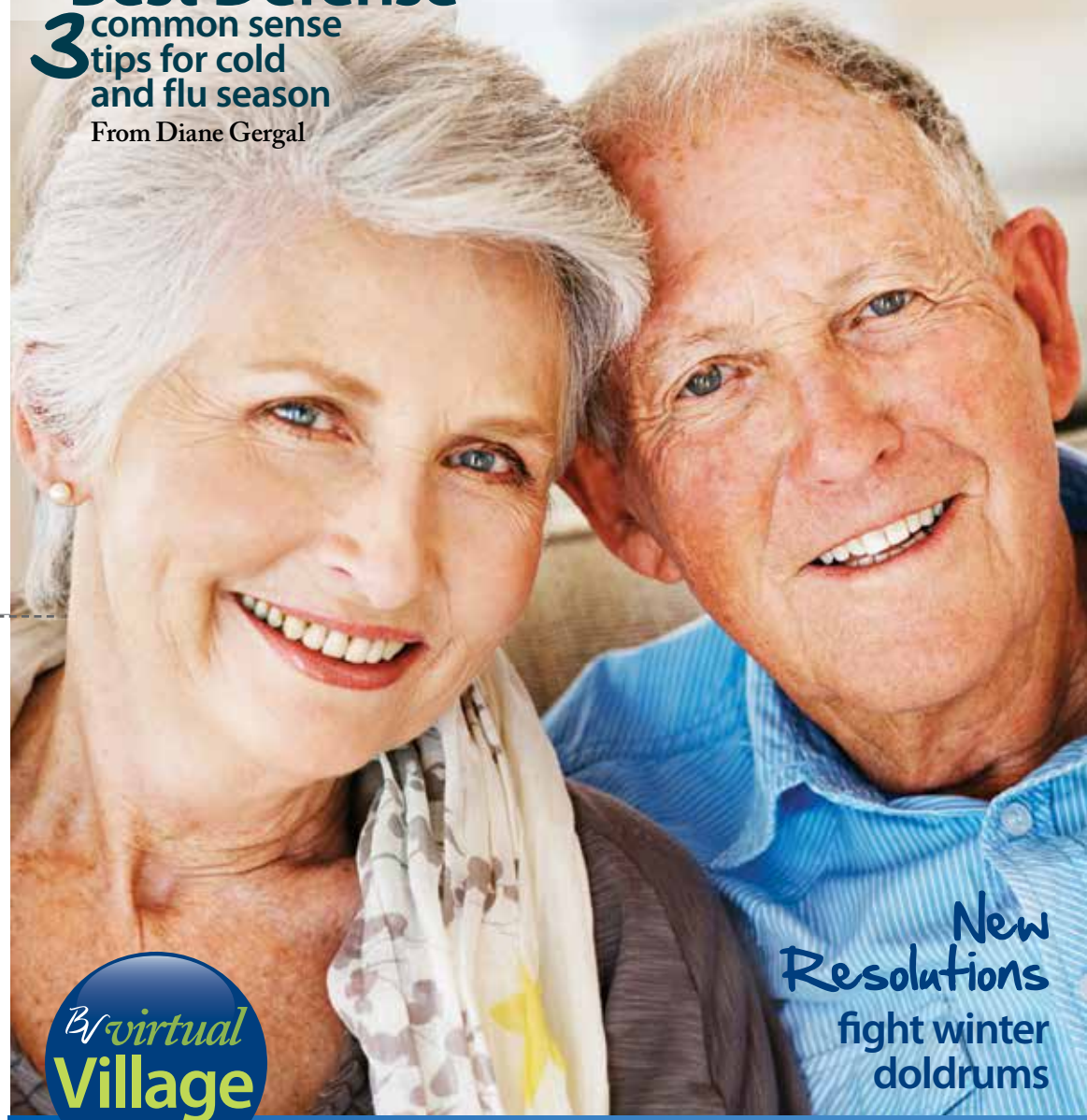
SeniorSource

A Senior Living Newsletter

Best Defense

3 common sense tips for cold and flu season

From Diane Gergal



New Resolutions
fight winter doldrums



+ More Lifestyle Choices
Affordable Townhouse Apartments

A Word from Our President

For more than 100 years, Brethren Village has been living our mission of “supporting the aging process and enhancing the spiritual, physical, social and emotional wholeness of our Residents, staff and community.” The longer I’ve been with Brethren Village, the more I realize how true this statement is; every day there is something new to discover about this place that so many call home.

You may not know that:

We have an interfaith community at Brethren Village. While the history of our community is rooted in the Brethren Church, we are not a Brethren-only community. This year, we held our first Seder Celebration, a welcome addition to our already existing Sunday services and monthly Catholic Mass. In addition, we launched our “Big Topic” event series, where Residents can learn about religious traditions, including Orthodoxy, Islam and more.

We care about all Lancaster County seniors. Our country will soon experience a crisis due to a lack of affordable housing for our ever-growing senior population. To help offset this problem locally, we plan to add even more affordable options for lower income seniors. Meanwhile, our Village Townhouse and Oakwood House buildings offer choices for senior living on our campus, at modest prices.

Our care is some of the best in the County. In May, the Centers for Medicare and Medicaid Services issued ratings for all of the Nursing Homes in Lancaster County. Brethren Village earned five out of five stars; the highest recognition possible. This truly is a testament to the quality of care we provide our Residents each day, and the quality of our people who deliver that care.

I invite you to tour our campus to find out more about our community. There is always something new happening at Brethren Village.



John Snader, FACHE
President and CEO, Brethren Village



New Resolutions for a New Year

The stressful holiday season is behind us and we can all finally relax. However, the last three months of winter can seem like the longest months of the year. Here’s a list of reasonable resolutions that will help keep you busy and engaged this winter, while fighting the winter doldrums.

Pass down family recipes in person. Plan a day of cooking with a grandchild, niece or nephew. Take the time to teach her your famous pot pie recipe, or the special cookies she’s always loved. Working together will give you time to connect, not to mention a delicious treat at the end of the day.



Get your health and wellness organized. The beginning of a new calendar year is a great time to get all your preventative care appointments on the books. Pre-schedule your physical, screenings and dental visits to get the year off to a healthy start.

Host a family photo party. Gather the family, order some pizza and pull out old photo albums. Or set up the projector and watch a slideshow or old family movies! There are sure to be lots of laughs and happy moments as stories are retold and great memories relived.



Sample far-off cuisines in your own backyard

Try something new. With so many new opportunities available in our local community, why not experience something you never have before? Enroll in a class at the Art Matters Studio on Eden Road, try a fitness or aquatics class at Brethren Village, or plan a trip with friends to sample the cuisines of a far-off land at one of the growing number of ethnic eateries in Lancaster or Lititz.

The Village Townhouse Apartments: *more affordable choices at your fingertips.*

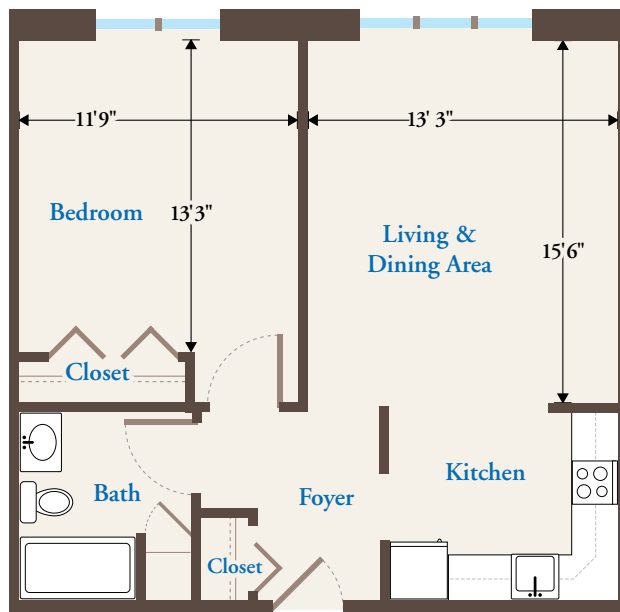
At Brethren Village, we are all about offering our community a wide range of choices to fit a variety of lifestyles. Our campus has residential living options ranging from large two-bedroom cottages, to more affordable studio and one-bedroom apartments.

You may be surprised to know that, at Brethren Village, a quarter of our residential apartments have entrance fees ranging from \$30,000 to \$90,000 with monthly fees ranging from \$700 to \$863.

Many of these apartments are conveniently located within our Village Townhouse and Oakwood House

*Avoid the wait list!
We have affordable
apartments available
right now. Call our
Marketing
Department at
717.581.4227 for
more information or
to schedule a tour.*

Shown here is a one-bedroom Village Townhouse apartment floor plan.



Village Townhouse and Oakwood House residents enjoy all-indoor access to our beautiful, newly renovated Aquatic Center.

buildings. Both have indoor hallways that connect to the Village Center, the Aquatic Center, Welcome Center and Supportive Living services. So our Village Townhouse and Oakwood house Residents can enjoy being at the center of everything on our campus, no matter what the weather!



Enjoy comfortable, independent living in one of our cozy one-bedroom residential apartments.

Call us today to find out more about the many affordable choices we offer Residents at Brethren Village—including traditional service plans and monthly rentals.

health tips

from our Home Care Director
Diane Gergal, LPN, PCA

Get Smart about Cold and Flu Season

Everyone knows that a flu shot administered in the early fall is the best defense for seniors during cold and flu season, but there are some other common sense tips that can help keep you healthy this winter.

Practice good health habits. It's easy to forget, but washing your hands is the number one defense that doctors recommend in order to stay healthy during cold and flu season. If you are sick, be sure to cover your cough (with your elbow, not your hand) and if you're healthy, avoid hugs and kisses with people who are sick.

Know when it's time to see the doctor. People who are over 65 are at an increased risk for potentially serious complications from the flu. Just to be safe, it's smart to be seen by your doctor if you develop flu-like symptoms.

Get your medicine cabinet ready. Over-the-counter medications are important to keep on hand. Things like pain relievers, fever reducers and antihistamines are generally safe for most people, but be aware that some everyday over-the-counter drugs and supplements can interact with your prescription medications. So, always check with your doctor or pharmacist before stocking up.



Minestrone Soup

Recipe

This warm winter treat is filled with healthy ingredients and freezes well, so you can have some now ... and later, or share with a friend.



- | | |
|--|--|
| 2 tbs extra virgin olive oil | 1 28 oz. can no-salt-added diced tomatoes |
| 1 large onion, diced | 1 14 oz. can crushed tomatoes |
| 4 cloves garlic, minced | 6 c low-sodium chicken broth |
| 2 stalks celery, diced | 1 15 oz. can low-sodium kidney beans, drained and rinsed |
| 1 large carrot, diced | 1 c elbow pasta, uncooked |
| 1/3 lb green beans, trimmed & cut into 1/2 inch pieces | Salt & pepper |
| 1 tsp dried oregano | Grated Parmesan cheese |
| 1 tsp dried basil | |

Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds. Add the celery and carrot and cook until they begin to soften. Stir in the green beans, oregano, basil and 3/4 tsp. salt and pepper, to taste. Cook 3 more minutes.

Add the diced tomatoes, crushed tomatoes and chicken broth to the pot and bring to a boil. Reduce the heat and simmer for 10 minutes. Stir in the kidney beans and pasta and cook until the pasta is tender, about 10 more minutes. Season with salt and enjoy with Parmesan cheese on top.

BV Calendar of Events

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

Wednesday, February 11: Wednesday, February 11:
Wednesday, March 11: Dementia Caregiver Support Group, Terrace Crossing Conference Room, 2nd floor, 3:00 p.m.

Thursday, February 12: BV Caregiver Support Group, Wolfe Auditorium, 6:30 p.m.

Thursday, February 12: Mick Cochran – My Funny Valentine, Wolfe Auditorium, 2:00 p.m.

Wednesday, February 11: Movie – “A Man for All Seasons,” Wolfe Auditorium, 5:00 p.m.

Sunday, February 15: BV Performing Arts – Marie Thompson Curley, Pianist, Wolfe Auditorium, 3:00 p.m.

Wednesday, February 25: “Big Topic,” Lee Barrett, Film and Faith, Chapel, 7:00 p.m.

Wednesday, March 11: Movie – “The Mission,” Wolfe Auditorium, 5:00 p.m.

Tuesday, March 10: Wheaton College Women’s Chorale, Wolfe Auditorium, 2:00 p.m.

Wednesday, March 25: “Big Topic,” Rabbi Paskoff, Jewish Feasts and Festivals, Chapel, 7:00 p.m.

Thursday, March 26: Lester Hirsh Irish Music, Wolfe Auditorium, 2:00 p.m.

Friday, March 27: Annual Easter Candy Sale & Craft Bazaar, Wolfe Auditorium 9:00 a.m. – 1:00 p.m.

Tuesday, March 31: Annual Wellness Fair, Wolfe Auditorium, 8:30 a.m. – 1:00 p.m.

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



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