

Schedule an appointment today

to learn more about Brethren Village and the wonderful attractions on our campus, including our restaurant-style dining, arts & crafts room, library, workshop, fitness centers and new pool!



Brethren Village now offers more financial options than ever before.

Call us today at 717-581-4227 to find out more.



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## Calendar of Events

- Wednesday, November 21: Thanksgiving Eve Service, Chapel, 2:00 PM
- Monday, December 24: Christmas Eve Service, Chapel, 2:00 PM
- Wednesday, November 28: Advent Communion, Chapel, 2:00 PM
- Thursday, January 17: Annual Education Seminar, Wolfe Auditorium, 7:30 AM
- Thursday, December 11: BV Choir Christmas Program, Fieldcrest Great Room, 7:00 PM
- Wednesday, December 12: BV Choir Christmas Program, Wolfe Auditorium, 7:00 PM
- Second Wednesday Monthly: Dementia Support Group, Terrace Crossing Conference Room, 3:00 PM



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

# Bridges

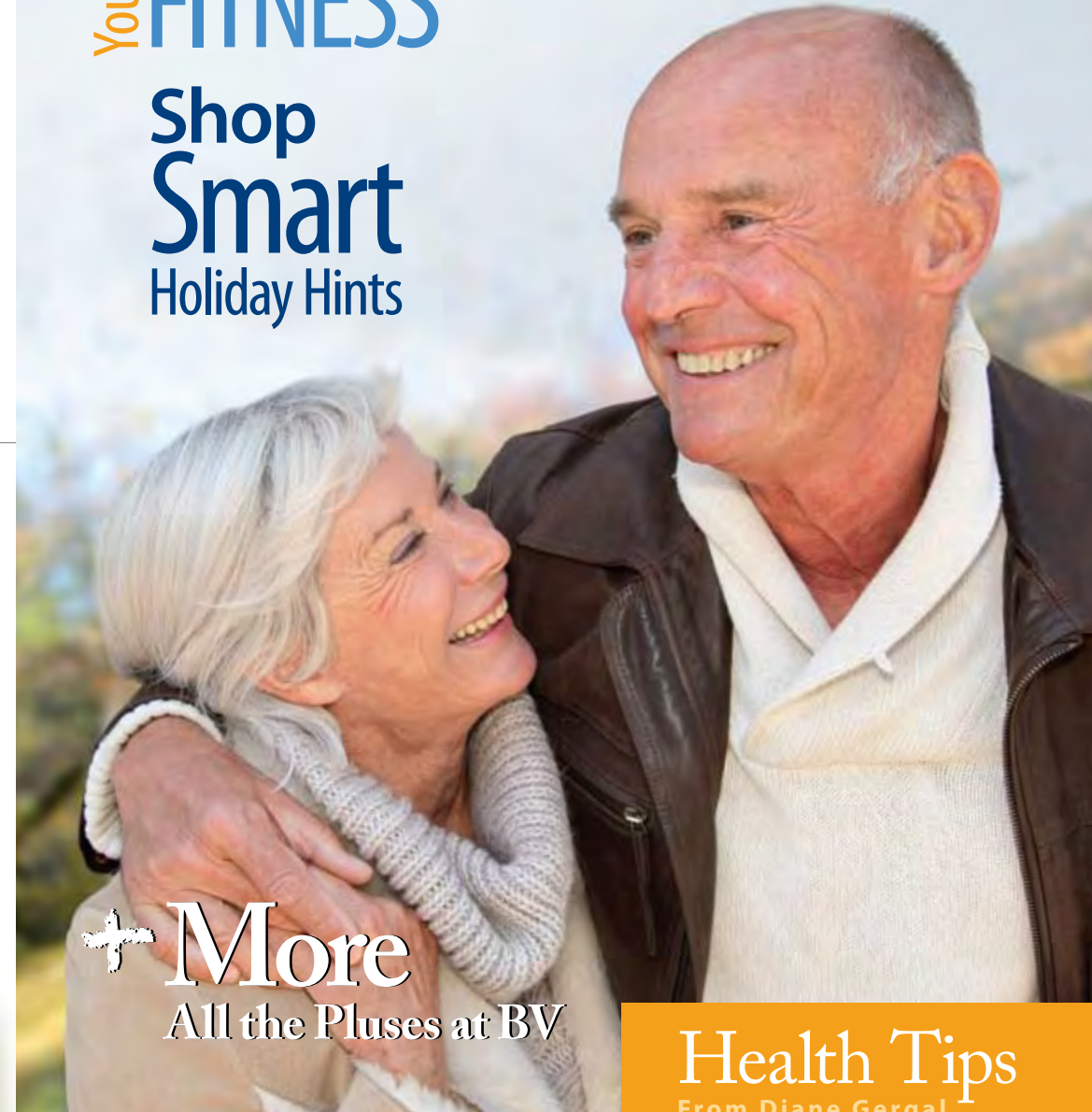
A Newsletter by Brethren Village



Winter 2012

Your Health **Brain FITNESS**

Shop Smart  
Holiday Hints



+ More  
All the Pluses at BV

Health Tips  
From Diane Gergal

“It feels like home”  
One couple’s remodel story

## A Word from Our President

For 35 years, I have had the honor of welcoming thousands of residents onto our campus. In that time, some common themes surfaced:

“The move from our home was overwhelming.” You should plan and make adjustments three to five years before you move. Planning could include downsizing, legal considerations like power-of attorney and informing your family.

“I should have done this sooner!” The most common mistake people make in moving to a senior living community is to wait until a need arises. If you wait too long, you are at the mercy of circumstances. The benefits of living in a Continuing Care Retirement Community are many, not just housing. There are social, education, cultural and wellness opportunities, no home maintenance and financial stability, to name a few. Make the move while you can enjoy these benefits.

“I didn’t know where to begin when shopping for a CCRC.” First, request marketing materials. This will give you a general description of the community, scope of services and prices. Second, take a personal tour of the community, including all care levels. Third, request the following documents: resident agreement, disclosure statement and resident handbook. These steps should help you in making a CCRC selection that fits your lifestyle.

I’ve had many wonderful resident conversations over the years, but this newsletter is meant to give a better understanding of the issues facing older adults, and how you might address these issues. Living in a CCRC is not the only option available to you, but if it is a consideration, please call our marketing team to explore the choices available at Brethren Village. We would love to hear from you!

Gary N. Clouser, N.H.A.  
President, Brethren Village



# ‘Tis the Season for Smart Shopping



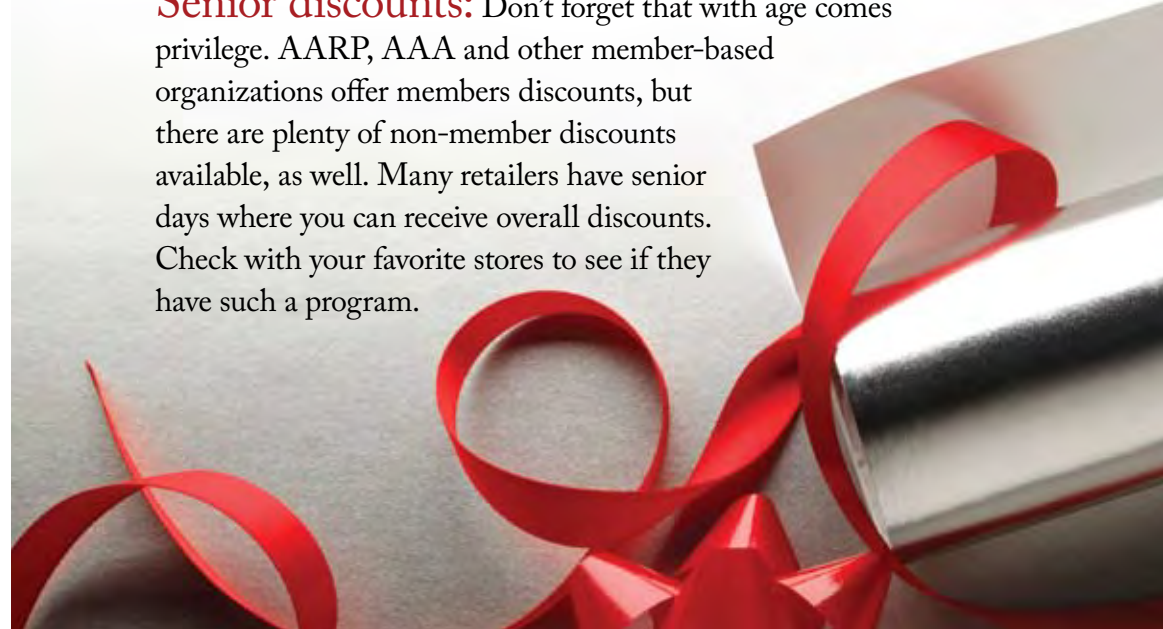
The holiday season is a time for family and friends, food and fellowship. But it’s also a time for shopping. We’ve gathered some tips to help you shop smarter, any time of the year.

**Coupons:** The coupons that come in the newspaper or the mail are always good choices, but there is a whole world of coupons online, too. Just look them up and print them out, and you’re all set. RetailMeNot.com, CouponSherpa.com, ValPak.com and Coupons.com are all great websites to visit. Many retailers—including Giant, Weis Markets, Stauffers of Kissel Hill and Target—also have their own online coupons, so if you have a favorite store, check their website to see what they have available.

**Dollar stores:** Dollar stores are a great place to shop for party supplies, household items and fun little gifts that are perfect for stocking stuffers. Be sure to check out their wrapping supplies, as well. They always have an assortment of wrapping paper, gift bags, ribbons and bows for less.

**Seasonal specials:** Just like tomatoes or watermelon in the grocery store, there are better times of the year to buy certain items from retailers. Winter is the best time to buy exercise equipment and TVs; spring is best for digital cameras and computers; summer for snowblowers, camcorders and indoor furniture; and fall is best for gas grills and GPS navigators.

**Senior discounts:** Don’t forget that with age comes privilege. AARP, AAA and other member-based organizations offer members discounts, but there are plenty of non-member discounts available, as well. Many retailers have senior days where you can receive overall discounts. Check with your favorite stores to see if they have such a program.



# 10 Ways to Exercise your Brain

We all know that exercise is key to good health, but it's just as important to exercise your brain. Keeping your mind fit can help prevent, or at least delay, dementia, even if you are genetically predisposed to it. So get out there and get...thinking.

## 1. Learn new games or skills.

Doing the daily crossword is great, but learning new skills is what really challenges the brain. If you already enjoy the crossword, try sudoku or a new card game.



## 2. Get moving.

Turns out physical exercise is good for both the body and mind. And every little bit helps. Even 20 minutes of moderate exercise three times a week can help maintain the brain.

## 3. Reduce stress.

Chronic stress also stresses the brain. Try relaxation exercises, or sign up for a yoga class.

## 4. Eat heart-healthy foods.

Eating foods that are part of the Mediterranean diet—vegetables, fish, fruit, beans and nuts—can help slow cognitive decline. Be sure to stock up on fruits and vegetables, especially the colorful, crunchy varieties.



Exercise can be fun, even a few games of bowling count!

## 5. Get spicy.

Herbs and spices that are high in antioxidants may help build brainpower. Try spicing up your food or drinks with cinnamon, black pepper, basil, parsley, ginger, oregano or vanilla.

## 6. Be involved.

Finding a mission or purpose can help you stay sharp. Try finding new volunteer opportunities, or get involved with a group at church to get engaged.

## 7. Take your vitamins.

As we age, declines in digestive acids and certain medications can interfere with the absorption of vitamins from foods, so it's important to make sure you are getting the nutrients you need. Vitamin B12 is particularly important to brain function.

## 8. Reduce other health risks.

Chronic health conditions like hypertension, diabetes and obesity are often associated with dementia. Controlling these risk factors can help keep your brain healthy.

## 9. Lift some weights.

No, you don't have to be a bodybuilder to get the positive effects of incorporating some resistance training into your daily activity. Older women who participated in a yearlong weight-training program at the University of British Columbia at Vancouver did 13 percent better on tests of cognitive function than a group of women who did just balance and toning exercises. If you don't have any weights, you can use simple household items like canned soup or vegetables.



## 10. Be social.

Not only does interacting with friends and neighbors make you happy, it makes your brain happy, too. Subjects in a University of Michigan study did better on tests of short-term memory after just 10 minutes of conversation with another person.



## Health Tips

from our

Home Care Director  
Diane Gergal, LPN, PCA

### Home Remedies Can Help

Cold and flu season is upon us, and while the drugstores are full of choices for relief, there are plenty of home remedies that are actually effective for colds, flu and plenty of other ailments, as well.

**Honey** can coat an irritated and sore throat to help calm coughing. Try taking a spoonful before bed.



**Baby shampoo** can relieve red or itchy eyes. Just mix up a solution of half baby shampoo and half warm water and gently clean the eyelid.

**Ginger** can help relieve nausea or motion sickness. Crystallized ginger is available at most supermarkets, but don't eat too much. One or two grams of ginger are plenty.

**Water** is an easy preventative for colds. Gargling three times a day with warm tap water—either with or without salt—can help lower your chances of catching a cold, as well as help relieve an already sore throat.

Be sure to check with your doctor if these remedies don't seem to help your symptoms.

# Making It Our Own



family room and dining room—to make one big, combined space that connected to a sunroom at the back. “It was the light and openness that really made it feel like home,” Clem said. “We used to live in California, so we love light, open spaces. When we moved back here 18 years ago, we did exactly the same thing to our home at the time—knocked down the walls to open it up and let in the light.”



Margaret admits that she was hesitant at first to make the move. But being involved from the beginning of the remodel meant that she and Clem had a lot of insight into how things

turned out. They were able to customize fixtures, cabinetry, flooring, etc. “All through the process, everyone here really went out of their way to make sure our new cottage feels like home. When I walked in, I just knew that I could really live here,” shared Margaret. “I’ve been visiting retirement communities for years and I’ve never felt that way before.”



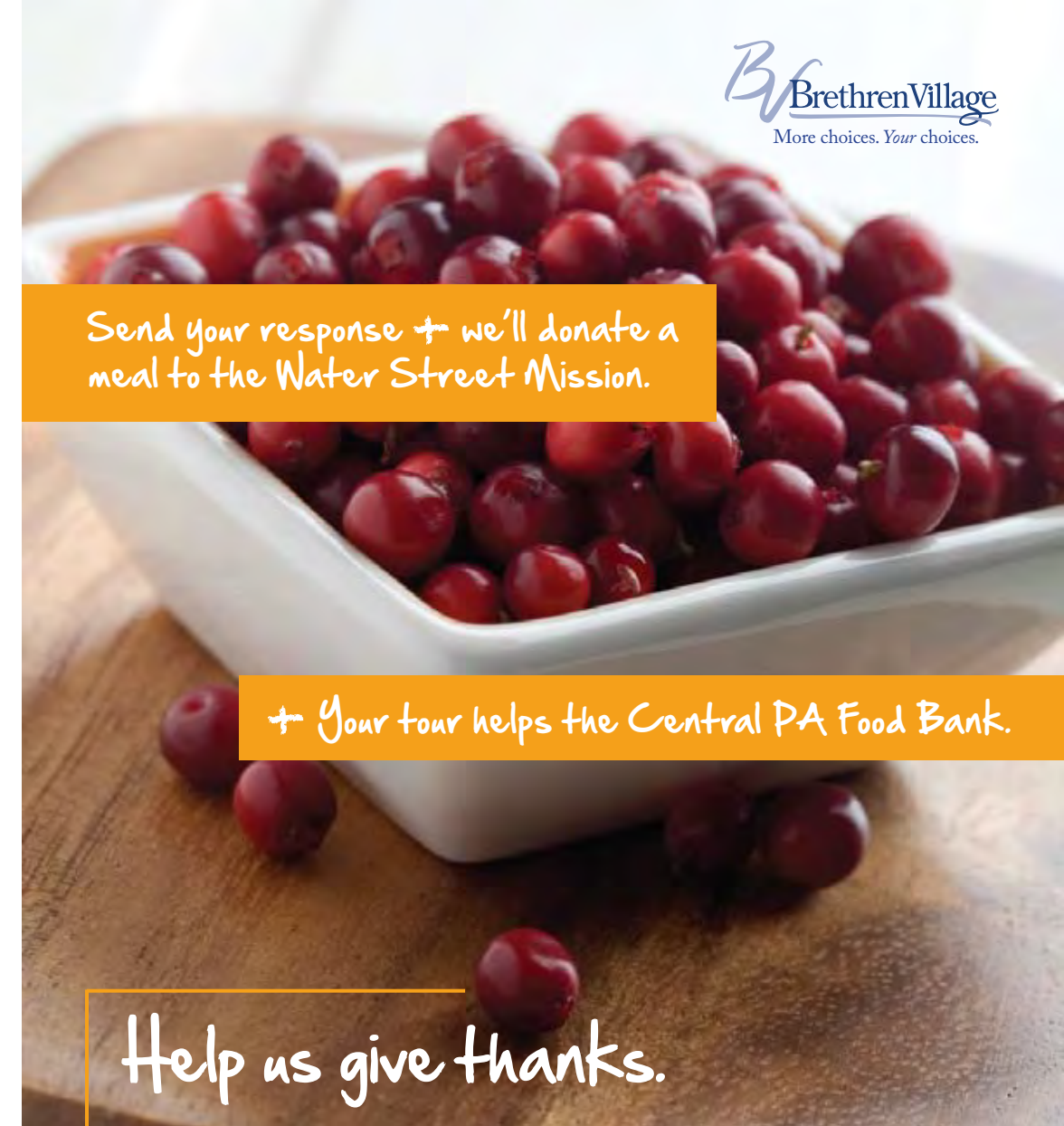
Clem and Margaret moved in at the end of the summer. Their four children and eight grandchildren have all given their stamps of approval. “Because of the flow of the house, the grandchildren are already picturing how great it’s going to be for family functions,” said Clem. “Right away, they started asking if we can have Thanksgiving here,” adds Margaret, with a smile.

Clem and Margaret Rosenberger’s associations with Brethren Village go way back—starting in 1966 when Clem became pastor of the Lititz Church of the Brethren. Clem also had seven relatives who called Brethren Village home, including his mother. “We put our name on the list more than 20 years ago,” says Margaret. “Clem’s mother made sure we did, so it would be here when we were ready.”



Sometimes, things just fall into place. Clem and Margaret weren’t even thinking about moving, when they got a phone call in April 2012. “We were out for my birthday, and when we got back, there was a message waiting,” remembers Clem. “It was Scott in the Marketing Office, letting us know that a cottage was available that might be perfect for us.”

The cottage was scheduled for a remodel, and when Clem and Margaret went over the plans with Scott, they were sold. The plans included opening up the main living areas of the home—the kitchen,



Send your response + we'll donate a meal to the Water Street Mission.

+ Your tour helps the Central PA Food Bank.

## Help us give thanks.

- Please contact me to schedule a personal appointment and tour.\*
- I can't take a tour, but please make a donation to Water Street Mission on my behalf.
- Please send me more information.

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You may contact me/us via:  Phone  Mail  Email

Signature\*\* \_\_\_\_\_ Date \_\_\_\_\_

\* Donations to the Central PA Food Bank will be made after completion of tour. Donations will be made to the Central PA Food Bank and Water Street Mission up to a combined total of \$2,500. \*\*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.