

SeniorSource

“Worry-free living”

Resident Interview

**Enjoy
More!**

Stressless
Holiday
Entertaining

Health Tips **Better
Sleep**

**5 medications that
can cause insomnia**

From Diane Gergal

Introducing

BV *virtual*
Village

Just ask us



A Word from Our President

Welcome to our newly revamped newsletter—the Brethren Village *Senior Source*. We've reformulated the content to provide you with an even more helpful resource for seniors living in our area. And the *Senior Source* makeover is just the beginning.



BV Virtual Village is your answer for information about all of the options available to seniors for retirement living, personal care and more.

Visit BVirtualVillage.org

At Brethren Village, we're always looking for ways to provide our Residents and our neighbors with helpful information. That's why we're introducing BV Virtual Village.

We're taking our 100+ years of experience in helping seniors and putting it to work for you. Now you and your family can access that information at anytime, from anywhere.

BV Virtual Village is your answer for information about all of the options available to seniors for retirement living, personal care and more. We have also included helpful tips and advice for family members who are taking care of their loved ones—

including how to take care of themselves, as well. No matter what your question, just ask us. If we don't have an answer, we'll direct you to the people who may be able to help, such as government resources, health care services, even other retirement communities. Visit BVirtualVillage.org today and see for yourself.

As always, if you're interested in visiting Brethren Village and experiencing all we have to offer, please contact our marketing team. They'll be happy to assist you.

John Snader, FACHE
President and CEO, Brethren Village



Stress less, enjoy more

The holiday season is coming, and that means lots of entertaining is on its way. It's wonderful to have family and friends over for dinner, but many times we get so caught up in the stress of having the perfect party, we forget to *enjoy ourselves*. Whether you're having neighbors over for dinner or hosting a big family gathering, here are some tips to help ease the stress of entertaining.



Organization is key. This is the most important step. If you work everything out in advance and stick to it, your party should be staged well in advance with very few last minute tasks. Be sure to schedule at least 30 minutes to an hour of down time before your guests start to arrive. For a larger gathering, start your planning about two weeks in advance.

Create a plan. Design your party plan around the number of guests, time available and budget. Try to avoid recipes that require last minute prep, and prepare your cold dishes well in advance.

Simplify your dishes. Even if you can cook like Martha Stewart, that doesn't mean everything has to be homemade. Prepare some of your specialties from scratch, but

Give an already-prepared dish a personal touch by using your own serving dishes, and adding fresh herbs to garnish the platter.

don't be afraid to buy already-prepared dishes as well. Give them a personal touch by transferring them into your own serving dishes, and adding a little here and there—like placing items on a bed of lettuce or garnishing with sliced lemon or chives.

Delegate. You are not in this alone. Friends and family are a great source of help. Assign cleaning and decorating tasks (this can be particularly fun for children). Also consider assigning a specific type of dish to different attendees. Or go with a color theme (like red and green for Christmas), and see what turns up!

health tips

from our Home Care Director
Diane Gergal, LPN, PCA

5 common medications that can cause insomnia

As we age, we become more and more likely to have sleep issues. If you're having trouble sleeping, it could be that your medication is to blame. Here are five common medications that can cause insomnia. If you're taking any of these and having sleep issues, talk to your doctor about adjusting dosage or switching to another medication or treatment.

- 1. Alpha-blockers** – This class of drug is used to treat a number of conditions, including high blood pressure, Raynaud's disease and benign prostatic hyperplasia.
- 2. Beta-blockers** – Beta-blockers are also prescribed to treat high blood pressure, as well as heart arrhythmias, migraines, tremors, angina and even glaucoma.
- 3. Corticosteroids** – These drugs are used to treat inflammation of blood vessels and muscles, lupus, gout, rheumatoid arthritis, allergic reactions and Sjögren's syndrome.
- 4. SSRI antidepressants** – SSRIs treat symptoms of varying types of depression.
- 5. ACE inhibitors** – ACE (angiotensin-converting enzyme) inhibitors are prescribed for high blood pressure, congestive heart failure and other conditions.



Bv Calendar of Events

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

- Friday, September 5:** The Octagon Band, grass outside Welcome Center, 6:30 p.m.
- Sunday, September 28:** Silver, Wood & Ivory, Wolfe Auditorium, 3 p.m.
- Tuesday, September 9:** Iron Chef Competition between Luther Acres, Moravian Manor and Brethren Village, Wolfe Auditorium, 2 p.m.
- Thursday, September 11:** Brethren Village Golf Tournament, Fox Chase Golf Course, all day
- Thursday, September 18:** Travis Wentzel, fiddle player, Wolfe Auditorium, 2 p.m.
- Saturday, October 4:** Love Feast with Elizabethtown Church of the Brethren, Wolfe Auditorium, 6 p.m.
- Sunday, October 26:** Remembrance Service, Chapel, 3 p.m.
- Tuesday, November 18:** Brethren Village Choir Thanksgiving Program, Fieldcrest Great Room, 7 p.m.
- Wednesday, November 19:** Brethren Village Choir Thanksgiving Concert, Wolfe Auditorium, 7 p.m.
- Friday, November 21:** Extraordinary Give, Village Center, 3 p.m.
- Wednesday, November 26:** Thanksgiving Eve Service, Chapel, 2 p.m.
- Wednesday, December 3:** Advent Communion Service, Chapel, 2 p.m.
- Tuesday, December 9:** Night of Music Performance, Fieldcrest Great Room, 7 p.m.
- Wednesday, December 24:** Christmas Eve Service, Chapel, 2 p.m.

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

Dueling Snack Mixes

Healthy snack mixes that satisfy all tastes.

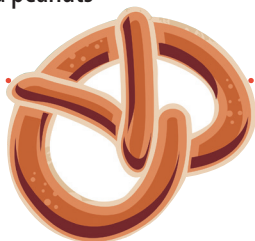
Recipe

Cheesy Goodness

- 2 1/2 cups cheddar-flavored mini pretzel twists
- 2 cups whole-grain cheddar Goldfish
- 1 cup dried apple slices
- 1/2 cup roasted, unsalted peanuts

Sweet & Salty

- 2 cups Multigrain Cheerios
- 1 cup mini marshmallows
- 2 cups pretzel sticks
- 1/2 cup M&Ms
- 1/2 cup raisins or dried cranberries



Bv BrethrenVillage
More choices. Your choices.



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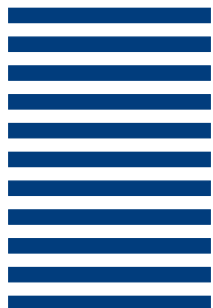
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Worry-free living

Inside Chuck and Gloria Denlinger's brand new cottage, there are pictures of children and grandchildren, light-filled windows, beautiful artwork and lots of reminders of their travels—including intricately carved elephants from Africa. "We just love traveling," said Chuck, "And since moving to Brethren Village, it's even easier. We don't have to worry about a thing at home while we're gone. Just lock the door and go."

Not that long ago, the Denlingers had no idea they would be coming to Brethren Village. Unlike some people who decide early to live at Brethren Village and stay on the waiting list for years until they're actually ready to move, Chuck and Gloria weren't really thinking about retirement community living. Then the yard work and upkeep of their four-bedroom home in Millersville started to become too much. "We decided to just put the house on the market and see what happened," explained Gloria. They listed their house right before Thanksgiving, and by the following Wednesday, it had sold. Then they really had some decisions to make.

Luckily, they started looking right as the new Meadowcrest cottages were being built at Brethren Village, so they were able to see their new home go up, step by step. Friends who live in Fieldcrest would even send them photos of the progress. It was exciting, but they had apprehensions as well. "I kept telling my friends that I didn't want to be around old people," Gloria said, "But, you know what? I haven't met anyone old yet."

The Denlingers moved into their new home in April of this year. They are thrilled with both the house and the community around them. They have quite a few friends who already live at



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Brethren Village, so it's wonderful to be near them. Chuck is active in the Model Train Club, and they both use the fitness room and the walking paths. And their two grandsons love the new bocce court, too.

The Denlingers also enjoy having friends and family over so they can show them what retirement living is all about. In fact, they were so pleased with the way that the Brethren Village Marketing team helped them throughout the entire process—including helping with some crucial decisions while the Denlingers were in Africa for three weeks—they invited them all over for a luncheon in their new home.

The Denlingers explained that there was another pleasant surprise about Brethren Village—the quality of the staff. "It's hard to describe how helpful the staff is on a daily basis," Chuck says. "It's like they're just overflowing with care, but in such a genuine way." "We can't say enough good things about them," adds Gloria.

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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