

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 and fitness centers!



Brethren Village now offers more financial options than ever before.

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



3001 Lititz Pike, Lancaster, PA 17606 • (717) 581-4227 • www.bv.org



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PO BOX 5093  
LANCASTER PA 17606-9960



### Calendar of Events

*You are invited:*

**Thursday, May 24th:**  
Lancaster Area AARP Chorus,  
Wolfe Auditorium, 2:00 PM

**Saturday, June 2:**  
Evening of Melody, Wolfe  
Auditorium, 7:00 PM

**Thursday, June 14:**  
"Flames Across the Susquehanna," Glenn Banner, Columbia Historical Society, Wolfe Auditorium, 1:30 PM

**Thursday, June 21:**  
The Dixielanders, Wolfe Auditorium, 2:00 PM

**Thursday, July 19:**  
Duane Abel presents 'Groucho', Wolfe Auditorium, 2:00 PM

**Thursday, July 26:**  
Summer Celtic Celebration, Hannah Eagleson on the Celtic Harp and dancers from the Hooley School of Irish Dance, Wolfe Auditorium, 2:00 PM

**Thursday August 23:**  
Ricky and the Gentlemen of Swing present 'Back to the Beach', Wolfe Auditorium, 2:00 PM

*Save the date:*

**Thursday, September 13:**  
Brethren Village Golf Tournament, Foxchase Golf Club, Stevens, PA

**Thursday, September 20:**  
Annual Members Meeting, Fieldcrest Great Room, 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!)*



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# Bridges

A Newsletter by Brethren Village



Summer 2012

Your Health  
**Warm up  
for Summer**



Meet our Resident:  
Ana McKenna and her  
**December  
Roses**

**Health Tips**  
From Diane Gergal

**+ More**  
All the Pluses at BV

Season's  
**Best**  
Healthy Menus

## A Word from Our President

I always enjoy my personal visits with Residents when they first enter our community. Not only do I get a chance to hear their life stories, experiences and individual journey toward making the Village their home, but I'm honored to hear their first impressions of our community.



Often, Residents say they find that our community is the perfect mix of carefree retirement living and comfort. From private efficiency apartments to deluxe cottage living, Brethren Village offers many choices for today's seniors... choices to define their own future!

In addition, I often hear that living at the Village is stress-free and provides our Residents time to enjoy the various services and activities on our safe and secure campus including:

- Recreational, cultural, social, therapeutic and educational daily activities including speakers, concerts, and excursions
- Two state-of-the-art fitness centers with wellness programs, lectures, exercise classes, therapeutic activities, and organized classes
- On-campus lounges, libraries, activity rooms, game/card room, creative arts studio, vegetable/flower gardens, and a well-equipped woodworking shop

Summer is always a joyous time at the Village. As our community changes and flourishes like the season, we always enjoy welcoming new Residents to our campus. We are embracing a bright future and open our doors for you to experience all that makes the Village a great place to live.

Thank you for your interest in Brethren Village and come visit our vibrant and active community. Just remember to bring your sunglasses!

A handwritten signature in black ink, appearing to read "Gary N. Clouser".

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



## Residents Enjoy What's "In Season"

Our award-winning Dining Services team, led by Executive Chef David Goodnow, routinely treats our Residents to an impressive array of offerings through a program they created called "In Season" – a weekly menu that takes advantage of high quality, locally-sourced ingredients and seasonal specialties.

Chef David and his team incorporate the menu items into a full range of dining options. "At lunch, you might want a healthy and great tasting entrée salad like our Uptown Waldorf Chicken Salad (crisp spring greens, candied pecans, diced granny smith apples, grilled chicken breast and bleu cheese). Or you may be in the mood for a specialty sandwich or a full entrée specialty. At dinner, you could choose lighter fare or even a steak or seafood specialty. The options are incredible. Whether you want to eat quickly or you'd prefer a relaxing social dinner, our food is exceptional. We also have a variety of meal plans to accommodate all tastes and budgets."

From our **casual fine dining restaurant** **Chives American Grill** to our **residential dining rooms**, to our on-site **quick service cafeteria** **The Coffee Shop**, to our **upscale coffee and pastry destination** **Perkissimo**, Brethren Village Residents have seemingly endless dining options.

If you'd like to experience all that Brethren Village has to offer, please contact Residential Marketing at 717-581-4227 to arrange a tour.

*Check inside for one of Chef David's favorite seasonal recipes.*



# 10 Tips to Keep Chores from Becoming “A Pain”

Whether you're a gardener, yard maintenance buff or someone with a lot of outdoor chores on your to-do list, taking a few precautions can lessen your chances of ending up in pain. Brethren Village Rehabilitation Program Coordinator Kathy Sauer, COTA/L, offers this advice to help you stay safe and minimize your risk of muscle aches and pains.

**1. A slow and steady pace** will minimize the chance of pulling a muscle. Muscles don't respond well to quick or abrupt movements.

**2. Take a few minutes to stretch** before starting a chore. Muscles need to be warmed up before putting them to work.

**3. Pay attention to your body's signals.** Stop when the work seems to be getting too hard and stretch at least every half hour.

**4. Drink plenty of water** to avoid dehydration, which can be hard on muscles.

**5. Avoid bending from the waist.** Instead, bend your hips and knees and keep your back straight. For support, stand with your feet at least shoulder width apart.



Take time to stretch before you get started.

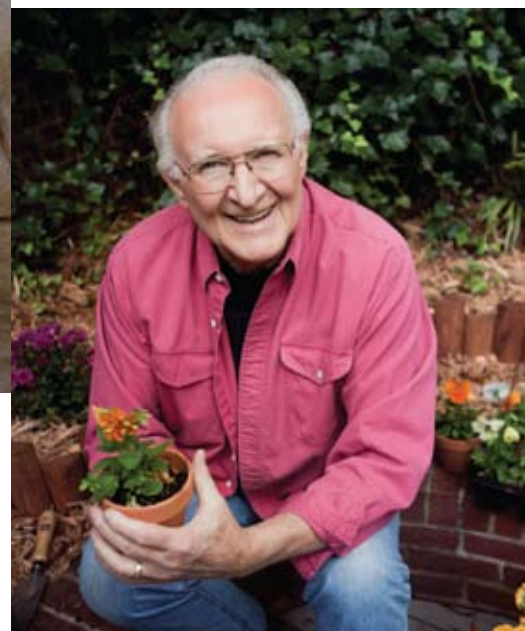
**6. Move and turn toward your work** and use long-handled tools like shovels and rakes to minimize bending and twisting.

**7. Avoid heavy lifting.** Please ask someone to help you or use adaptive equipment like a dolly.

**8. Avoid turning or twisting** your upper body or shoulders while holding, carrying or lifting something. Place it directly in front

of and close to you for the entire lift. Bend at the hips and knees and use your legs to help.

**9. Make your work easier by using a wheelbarrow, dolly or cart** to carry large items. Hand tools should have good grips. Notice how comfortable and secure they “feel” in your hands, wrists, shoulders and back.



Pace yourself during chores.

**10. Don't overdo it.** Only tackle chores and projects for short periods of time. And if you begin to feel like it's all too much, just stop and enjoy the outdoors – without a “to do” list.



## Health Tips

from our  
Home Care Director  
Diane Gergal, LPN, PCA

### Overdo it? How to use pain medications safely

Physical activity after “a long winter's nap” can cause aches and pains. If you have arthritis or any kind of chronic, persistent pain, you probably already know that over-the-counter (OTC) medications like aspirin or ibuprofen can help reduce pain and inflammation in the short-term. However, drugs like ibuprofen (Advil, Motrin), naproxen sodium (Aleve) and high-dose aspirin (Bayer, Bufferin, St. Joseph) may do more harm than good if used regularly over a long period of time. They can:

- Cause life-threatening ulcers and gastrointestinal bleeding
- Increase risk for heart attacks or strokes
- Worsen high blood pressure
- Impair kidney function
- Interact negatively with other medications



If you have a few new aches and pains, try the OTC medications temporarily for relief. But if you are suffering from chronic pain, please talk to your doctor about other options for long-term treatment.



**Brethren Village Offers  
More Financial Plans,  
More Living Options and  
More Freedom**

You should be able to choose retirement living that fits your life and your budget. That's why we've expanded our financial options to give you more flexibility and more choices than ever before.

**Expanded Entrance Fee Refund Plans**

Brethren Village offers two one-time entrance fee plans for many of our new and existing units:

- + 0% Refund Entrance Fee Plan** - for individuals who want the most affordable entrance fee plan.
- + 90% Refund Entrance Fee Plan** - for individuals who favor estate preservation.

**Options for Monthly Service Fee Plans & Amenities**

In addition to the entrance fee, the following monthly service fee plans include a variety of options:

- + Traditional Plan** - for individuals with an adequate long-term care insurance product or who can privately fund their possible future continuing care costs.
- + Modified Plan** - for individuals who want to supplement an existing long-term care insurance policy.
- + Lifecare Plan** - for individuals under the age of 90 who do not have a long-term care insurance policy and want to protect their estate from possible future continuing care costs.
- + We also offer an Extended Services Plan.**
- + + New!** Rental program is available in select apartments on a limited basis. No entrance fee required!

We would be happy to explain the various plan options. Call us at 717-581-4227 to set up a personal appointment.



**Roses in December**

Ana McKenna's sunlit balcony is just the perfect spot for roses, even in December. As far as Ana's concerned, it's just the perfect spot, period. And it's one of the many reasons she chose to make Brethren Village her home.

When Ana's husband Francis died five years ago, she didn't consider moving. After retiring in 2009 and a few rough winters later, she thought differently. "I decided to do my research, check it out and pray. When I saw the apartment, I fell in love. But I was worried about being younger (she's 66) and not knowing anyone here."

Though Ana considers herself to be on the shy side, she found it easy to make new friends after moving into her one-bedroom apartment in Fieldcrest a little more than a year ago. "There is such a real sense of community here. So many residents reached out and made me feel welcome."

"Many things impressed me about Brethren Village – their mission statement, the concept of village life, the many activities and time to be creative (Ana volunteers and has taken Aquacize and art classes), and the fantastic new friendships and opportunities to meet other Residents. Most of all, I appreciate the freedom from home maintenance and not having to spend two days shoveling after being plowed in, and no longer waking up in the middle of the night with every noise, because now I feel safe. My friends have finally stopped worrying about me like they did when I was alone in my house."

Shortly after moving in, Ana experienced heart issues and underwent a procedure that required months of recovery. "The sense of concern everyone showed was incredibly touching. They checked on me regularly and made sure I took it easy. I'm just so grateful to be here, for so many reasons."



**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.



**Recipe**

**Baked Asparagus with Balsamic Butter Sauce**

From the kitchen of Executive Chef David Goodnow

Serves 4

**Ingredients**

- 1 bunch fresh asparagus, trimmed
- cooking spray
- salt and pepper to taste
- 2 tablespoons butter
- 1 tablespoon soy sauce
- 1 teaspoon balsamic vinegar

**Directions**

1. Preheat oven to 400 degrees F.
2. Arrange the asparagus on a baking sheet. Coat with cooking spray and season with salt and pepper.
3. Bake asparagus 12 minutes in the preheated oven, or until tender.
4. Melt the butter in a saucepan over medium heat. Remove from heat, and stir in soy sauce and balsamic vinegar. Pour over the baked asparagus to serve.



*Executive Chef David Goodnow shares one of his favorite seasonal recipes:*