

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 aquatic center!



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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Calendar of Events

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

- Wednesday, December 4:**
Advent Communion, Chapel, 2:00 p.m.
- Second Wednesday Monthly:**
Dementia Support Group, Terrace Crossing Conference Room, 3:00 p.m.
- Friday and Saturday, December 6 and 7:**
Annual Holiday Bazaar and Christmas Cookie Sale, Wolfe Auditorium, 9:00 a.m. - 4:00 p.m. Friday and 9:00 a.m. - Noon Saturday
- Wednesday, December 11:**
BV Choir Christmas Program, Wolfe Auditorium, 7 p.m.
- Friday, December 13:**
Holiday Favorites, Fieldcrest Great Room, 2:00 p.m.
- Tuesday, December 17:**
The Gentle-Men from Masonic Village at Elizabethtown, Wolfe Auditorium, 2:00 p.m.
- Tuesday, December 17:**
Lebanon Valley Brethren Home Concert, Wolfe Auditorium, 7:00 p.m.
- Saturday, December 19:**
The Evolution of the Trumpet, Wolfe Auditorium, 2:00 p.m.
- Tuesday, December 24:**
Christmas Eve service, Chapel, 2:00 p.m.
- Sunday, February 9:**
BV Performing Arts presents Trio Caprice from Elizabethtown College, Wolfe Auditorium, 3:00 p.m.
- Wednesday, March 5:**
Lent Communion, Chapel, 2:00 p.m.



For additional information on events, visit www.bv.org

Bridges

A Newsletter by Brethren Village



Winter 2013

Buying & Selling
Antiques

Your Health
Vitamins
+ Supplements
what you need to know

A Sweet,
Stay-Warm
Recipe



+ **More**
All the Pluses at BV

Health Tips
From Diane Gergal

“Coming back home”
More time for family

A Word from Our President

As we move into the new year, there are many changes happening in the world around us. There are changes in health care, in the form of the Affordable Care Act. There are changes in the way Americans are approaching retirement as the Baby Boomers reach that age. There are also changes in wellness and financial planning, especially for those over 55.



At Brethren Village, we deal with changes that affect seniors on a daily basis and we'd like to remind you that we're here as a resource for you. Whether you're living at Brethren Village or not, you're still part of our community, and we love helping our neighbors. If you have questions about anything affecting seniors—from health care to financial planning—please reach out to us. We will be glad to help.

Speaking of changes, we have some exciting ones coming here at the Village. We're happy to announce that we're building more of our popular Meadowcrest Cottages. We also have new products being offered under our Choice+ plan that allows Residents flexibility in managing their lifestyle and continuing care options. Plus, we're embarking on a strategic planning journey to prepare for the years 2015 through 2017.

As you can see, there's a lot to look forward to. If you'd like to visit Brethren Village to find out more about everything that's going on, please contact our marketing team. We look forward to seeing you soon.

John Snader, FACHE
President and CEO, Brethren Village



Do you know your antiques?



Lancaster County is known for its valuable, and amazing antiques markets, but not all antiques are valuable and furniture that is just “old” doesn't necessarily pass muster. We're lucky that there are plenty of opportunities to buy and sell antiques here. If something catches your eye, or if you're looking to shed a little clutter or downsize your own collection, here are some handy tips for antiques.



Is it authentic? Look to see if there is a designer's signature or stamp on the piece. These aren't always available, but it can be a great start. Another way to tell if furniture is antique is to check the joints of the drawers. Joints were not machine-cut until around 1860, so if the drawer only has a few dovetail joints and they aren't totally uniform in size, chances are the piece was made by hand.

Condition matters. There are three levels that collectors use to distinguish higher value antiques. They are “mint condition,” which means the piece is pretty much perfect

(no cracks or chips, no repairs or missing pieces); “excellent condition,” which means that the piece has a few minor flaws (small repairs or a missing flake); and “good condition,” which means the piece has some signs of wear and tear, but they are minor.

Could it be rare? If your antique is unusual, then it could be worth a lot more. Examples include items that were used for very specific purposes, like a stuffing spoon. Other rare items are those that are fragile, like crystal, porcelain and other delicate pieces.

Most of all, be sure to ask the experts for their opinions. Look to appraisers for help, or get several opinions from different antiques dealers. The more informed you are, the better decisions you can make.

your health

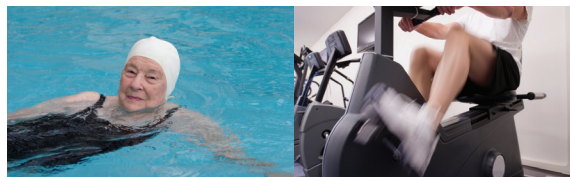
How to keep your knees healthy



The runner pictured above shows how to gently stretch your quad muscles after exercise. Be sure to steady yourself by holding on to a wall or large piece of furniture during the stretch. Hold for 10 seconds, then repeat on the opposite side.

It's no wonder our knees get a little creaky as we get older. Think about it—your knees have been carrying all of you around your entire life. As we age, the circular cartilage in our knees (known as the meniscus) gets more brittle and susceptible to tears. In fact, experts have found that most people over 50 already have small tears in their meniscus, even if they are not aware of it. Here are a few ways to protect your knees:

1. Strengthening exercises. Once a week, make sure you do some exercises that are known to strengthen your thigh muscles (quadriceps). If you have access to weight equipment, leg extensions are a good way to do so. If not, simple squats or lunges work, as well.



2. Know your limits. Make sure you don't push yourself too far. When it comes to exercise, start small and work your way up to a level that you are comfortable with.

3. Stretch afterwards. After any exercise, gently stretch those quad muscles. Hold on to the wall or a sturdy piece of furniture and lift your right leg behind you. Hold your ankle with your right hand, pull lightly and hold for about 10 seconds. Repeat with your left leg.

4. Choose low-impact exercises. If you have already had problems with your knees or just want to be cautious, try some low-impact exercise like swimming, water aerobics or cycling. These are easier on the knees because you're not supporting your weight while you exercise.

5. Lose a little weight. Most of us would benefit from losing a couple of pounds, and doing so can make it easier for your knees to function properly. Even a little bit can help.



from our
Home Care Director
Diane Gergal, LPN, PCA

Health Tips

Things you may not know about **vitamins** + supplements



More than half of American adults take some sort of vitamin or supplement, but regulations for these are different than medications and the packaging is not always clear. Here are a few things to be aware of next time you go to purchase one of these products.

“Natural” doesn't always mean “safe”

The FDA doesn't require supplements to go through the same rigorous testing that drugs do, so it's hard to know exactly what you're getting. Your best bet is to look for those supplements with the “USP Verified” mark, which means they meet standards of quality, purity and potency created by U.S. Pharmacopeia, a nonprofit organization that, along with the National Formulary, sets the standard for medications.

Exaggerated claims

If the vitamin or supplement you're considering claims to mitigate, treat, cure or prevent a particular disease, beware. The FDA doesn't allow such claims for any supplement, and none of them have been proven to do so. For instance, if a product claims to reduce tumor growth, you should know this isn't proven science.

Talk to your doctor

Vitamins and supplements do have some benefits and some can be very helpful for certain people, so make sure you talk to your doctor or health care team about what you're taking or considering taking. They will also be able to tell you if there might be adverse reactions with other medications that you're already taking.

 Brethren Village

Resident interview

Coming back home

Pat Erickson has come full circle. Although she grew up in Chicago, she and her husband, Alan, raised their family in the central Pennsylvania area for more than 20 years. They then moved to Florida where they built their dream house and soaked up the sun for another 20 years. But after Alan passed away, Pat started to think about moving back to the central Pennsylvania area to be closer to her family.

Pat's daughter and her family live in England, but both of her sons live in Hummelstown, so they started looking at retirement communities in the area. After a visit to Brethren Village, they called Pat in Florida and told her they'd found a beautiful spot that they thought she would love. When Pat and her sons visited Brethren Village together, they found that a Fieldcrest apartment had become available that was exactly the right size for her.

"They told us that they were going to gut the apartment in order to totally remodel it. That meant I was able to pick out everything exactly the way I liked it, which was really fun," Pat recalls.

Pat moved into her new apartment about a year ago and, since then, has taken full advantage of everything the Village has to offer. She loves the exercise programs available at the Shelly Aquatic Center, and the fact that the campus has plenty of pretty walking areas. She's found a group to play bridge with, and enjoys all of the entertainment opportunities on campus like movies shown at the Wolfe Auditorium, social activities and visiting musical groups.



Pat gets to spend more time with her family—including nine grandchildren.

"I was able to pick out everything exactly the way I liked it, which was really fun."

She appreciates all the facilities that are on campus—like a bank and pharmacy—so she doesn't have to drive anywhere unless she wants to. Pat is also a member of the Brethren Village Resident's Council, so she really has a voice in what the Village is doing.

"I have felt very welcome here," Pat said, "From my neighbors to the staff, everyone has been so friendly."

Best of all, living at Brethren Village means Pat gets to spend more time with her family—including nine grandchildren.

"My husband and I went to college in Wisconsin, but pretty much everyone else in the family has gone to, or is currently at, Penn State. It's nice to be back home."



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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Executive Chef Jeanne Greenig shares one of her favorite seasonal recipes:



Recipe Peppermint Hot Chocolate

Serves 4

From the kitchen of Executive Chef Jeanne Greenig

Just the thing to keep you warm during the cold months, and with a refreshing hint of peppermint.

Ingredients

- 4 cups milk
- 3 T semi-sweet chocolate chips
- 4 peppermint candy canes, crushed
- Whipped cream or marshmallows, for topping

Directions

In a saucepan, heat milk until hot, but not boiling. Whisk in the chocolate chips and crushed peppermint candy until melted and smooth. Pour hot cocoa into four mugs, and top with whipped cream or marshmallows.