

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.

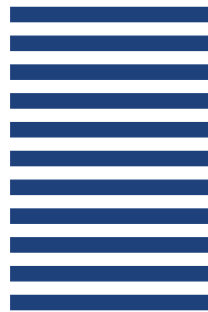
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Calendar of Events

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

Thursday, May 2:
Care for the Caregiver Series
Event featuring Author
Carol O'Dell, 6:00 PM
(Reservations required)

Second Wednesday Monthly:
Dementia Support Group,
Terrace Crossing Conference
Room, 3:00 PM

Friday, May 10:
Wellness Fair, Wolfe
Auditorium,
9:00 AM - 1:00 PM

Tuesday, May 14:
BV Choir spring concert,
Fieldcrest Great Room,
7:00 PM

Wednesday, May 15:
BV Choir spring concert,
BV Chapel, 7:00 PM



Tuesday, May 21:
Roe Family Band,
Wolfe Auditorium, 2:00 PM

Thursday, May 23:
AARP Chorus Spring Musical,
Wolfe Auditorium, 2:00 PM

Sunday, June 9:
BV Performing Arts
presents 16-year-old violinist
Holly Workman, Wolfe
Auditorium, 5:00 PM

Wednesday, July 31:
Summer Communion in
the Chapel, 2:00 PM



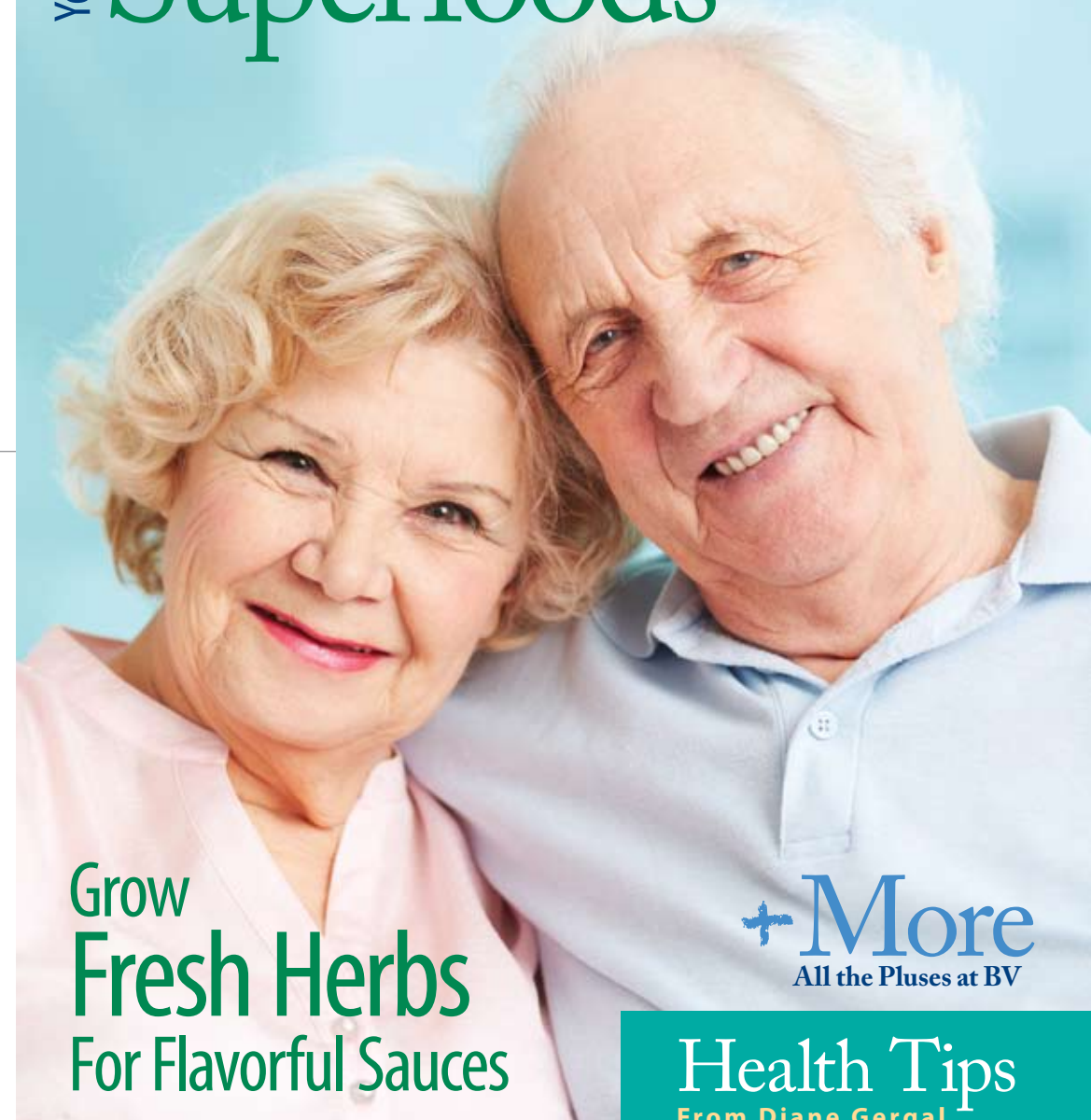
Bridges

A Newsletter by Brethren Village



Summer 2013

Your Health Nutrition-Packed Superfoods



Grow
Fresh Herbs
For Flavorful Sauces

+More
All the Pluses at BV

Health Tips
From Diane Gergal

"The Continuing Journey"

Enjoying life together

A Word from Our President

I would like to take this opportunity to introduce myself. After 35 years of leadership for the Brethren Village community, Gary Clouser retired this past year. In November, I was honored to become the next President and CEO of this storied community, after having served as Sr. Vice President for Customer Experience at Ephrata Community Hospital. I may be new to the title here, but I became a member of the Brethren Village family long ago.

This place has special meaning for me in that numerous relatives and friends have called it home. Brethren Village has always been part of my life, and now, to have the opportunity to work with the first-rate group of Team Members and Residents who make up one of the region's most respected retirement communities is a dream come true.

Now, enough about me, let's talk about you. This newsletter is our way of reaching out to our friends and neighbors. We know a lot about the issues older adults face, and we want to share that knowledge with you. We hope that you find the information helpful.

When you're ready to consider what a Continuing Care Retirement Community can offer you, we hope you'll think of Brethren Village. Please feel free to call our marketing team at any time to explore the many choices available. We sincerely look forward to hearing from you.



John Snader, FACHE
President and CEO, Brethren Village



Growing an indoor herb garden

Growing herbs indoors is an easy, low-cost way to bring excitement into your kitchen and a little color into your home. Fresh herbs are a great way to liven up healthy dishes or beverages. Here are a few varieties that respond well to the indoor environment:

Thyme. A staple in French cooking, thyme grows easily in a lightweight soil. Let the soil dry between watering.

Parsley. Perfect in potato salads and Italian cooking of all kinds, parsley is easy to grow. It is a slow grower, so it will take a little while to get established.

Rosemary. Ideal for breads and roasts, especially lamb; be sure you don't overwater your rosemary plant.

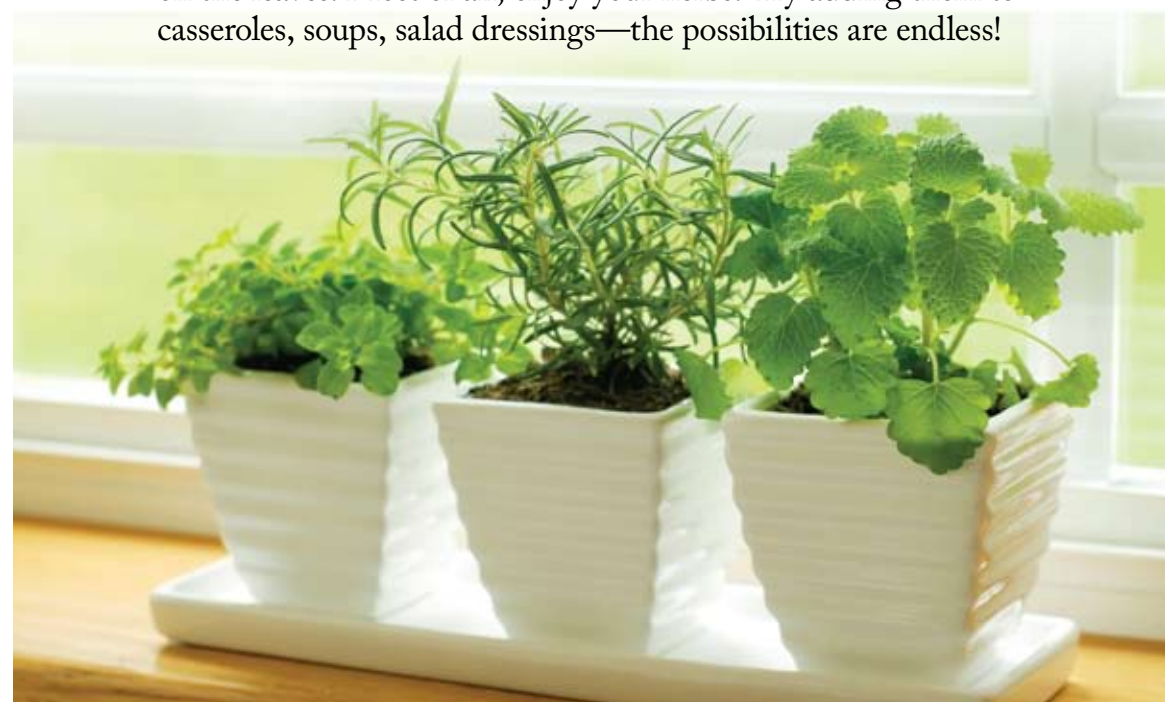
Peppermint. Use peppermint leaves to flavor beverages of all kinds. Peppermint grows quickly, even in spots that only get a little sun each day.

Chives. Delicious in salad dressings and on potatoes, chives are one of the easiest herbs to grow indoors.

Oregano. Oregano grows well indoors, but needs 6 to 8 hours of sunlight per day. So, make sure you have ample light.

A common mistake when planting indoor herbs is to plant them all in one container. To give them space of their own, plant herbs in terra cotta pots that are 6 inches or more in diameter. Use pots with adequate drainage, and high-quality potting soil.

Water your herbs at the base, where the stems meet the soil, not on the leaves. Most of all, enjoy your herbs. Try adding them to casseroles, soups, salad dressings—the possibilities are endless!



The best superfoods for anyone 50+



“Superfood” is a term used to describe foods with high nutritional content and multiple health benefits. Different superfoods can be better for you for different reasons, but here is a list of those that are particularly good for anyone over 50.

1. Apples are high in soluble fiber, which can potentially help lower cholesterol. They help you maintain a steady blood sugar, and provide potassium, antioxidants and vitamin C.

2. Asparagus contains vitamin A for healthy eyes and immune system. It is high in lycopene, which has been proven to help prevent colon cancer. Asparagus also contains fiber, protein and iron.

3. Blueberries have many of the same benefits as apples, but they pack a major antioxidant punch. They also have high levels of vitamin C and K.

4. Broccoli may be the bane of many a child’s dinner plate, but this leafy green vegetable has fiber, antioxidants and vitamins that benefit your eyes, red blood cells, immune system, tissue and bones.



A breakfast of Greek yogurt topped with blueberries is a delicious treat.

5. Butternut squash has beta-carotene for eye health, but it also has vitamin C and loads of fiber.

6. Dark chocolate isn’t off limits. In fact, some studies have shown that eating small amounts of dark chocolate regularly can reduce a woman’s chance of stroke up to 20 percent.



7. Fava beans are low-fat and cholesterol free, and they have plenty of B vitamins, fiber, iron and potassium.

8. Greek yogurt has less salt and sugar, fewer carbs and more probiotics and protein than American-style yogurts. If you are a yogurt lover, consider switching to low-fat or nonfat Greek yogurt.

9. Leafy green kale offers up omega-3 fatty acids, calcium, fiber and vitamin K.

10. Oatmeal is high in protein, iron and other minerals, and it is low-fat. But try sweetening it with fresh fruit or a little bit of honey instead of sugar to keep the calorie count low.

11. When using oil, **olive oil** is always a healthy choice. It contains monounsaturated fat, which has been shown to lower cholesterol.

12. You may not be able to pronounce it, but **quinoa** (keen-wah) is a great substitute for less nutrient-dense rice or pasta. Quinoa is a complete protein that contains copper, magnesium, B2, phosphorus and iron. It is also high in fiber and gluten-free.

13. When choosing fish, wild-caught **salmon** should be first on your list. Its omega-3 fatty acids can help reduce heart attacks and lower blood pressure.



Health Tips

from our
Home Care Director
Diane Gergal, LPN, PCA

Simple stretching exercises you can do at home

Regular stretching exercises can improve flexibility, relieve tension and reduce the risk of injury during activity. Hold each stretch for 10 to 30 seconds, and increase your repetitions as you become more comfortable.

Neck Stretch

Either seated or standing, look straight ahead with your chin parallel to the floor. Slowly turn your head to the right, keeping your chin level, until you feel a stretch. Hold, then do the same on your left side.

Back Stretch

While seated, lean forward from your hips, keeping your back straight and your chin in line with your spine. Reach your hands down your legs and hold.

Calf Stretch

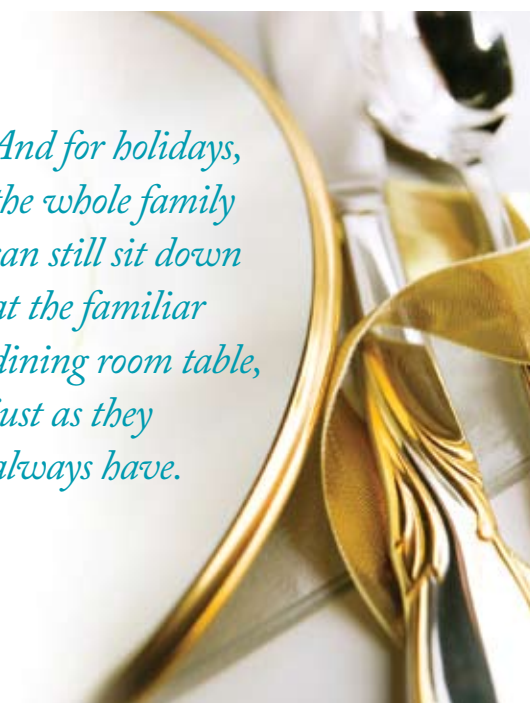
Hold on to the back of a chair or press your hands against a wall in front of you for stability. Put your left foot back about a foot and press your heel into the floor. Repeat with the right leg.

Continuing the journey together



Memory Support program, they knew it was the right fit for them. Part of the Brethren Village mission is to provide a full continuum of care. If a resident's care needs change, Brethren Village will be able to meet those needs. So, in 2010, the McSparrens moved into their new apartment, and about six months after that, Ethelmae began her transition to Brethren Village's Terrace Crossing Memory Support.

And for holidays, the whole family can still sit down at the familiar dining room table, just as they always have.



Clark shared some of the features that make Terrace Crossing stand out. "One of the things I like best is that there are familiar faces caring for Ethelmae, people who know her. And her doctor, nurse practitioner and psychologist all work as a team, making weekly visits to see her and other residents. I know she's in good hands, even when I can't be with her 24 hours a day."

Clark says: "It's been such a relief to have Ethelmae close so that I can still spend time with her every day." They eat

meals together in their apartment, take walks, listen to music—whatever they feel like doing. And for holidays, the whole family can still sit down at the familiar dining room table, just as they always have.

Through Brethren Village's adaptive continuum of care, Clark and Ethelmae each get the services they need, even though their needs are very different. For better or worse, the McSparrens have stood together through many years of marriage. And each day, our community strives to help them meet their challenges and enjoy their lives together.

Dr. Clark McSparren and his wife Ethelmae raised their three girls in a house on Hamilton Road. For 40 years they called that house home, but about five years ago they started to realize that, with all the children grown and gone and the grandchildren getting older, they weren't even using most of the house anymore. "It seemed like a waste," Clark shared. "We started to think that maybe it would be better if we passed the house on to a new family who could really enjoy it as much as we did."

By the time they were ready to start looking at their options, Ethelmae had begun to experience some memory issues, so support for her became very important to their search. They soon found, however, that many of the places they were looking were not going to allow them to enter the community as a couple because of the discrepancy in their needs.

Clark and Ethelmae were already very familiar with the Brethren Village community. Ethelmae's mother had been a resident for 15 years. But, when they found out about Brethren Village's Terrace Crossing



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



Recipe Spring Peas with Mint

Serves 4

From the kitchen of Executive Chef Jeanne Greenig

This simple, healthy, no-cook recipe is a lovely accompaniment to traditional spring dishes like roasted lamb. It also pairs nicely with fish or chicken.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon red wine vinegar
- 2 cups fresh baby peas or thawed frozen baby green peas
- 1/2 small red onion, finely diced
- 1 cup loosely packed mint, torn
- Kosher salt and freshly ground pepper

Directions

In a bowl, whisk the olive oil with the vinegar. Add the peas, red onion and mint, and toss to coat. Season with salt and pepper and let stand at room temperature for 1 hour. Transfer to a platter and serve.

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 _____



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