

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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BRETHREN VILLAGE
PO BOX 5093
LANCASTER PA 17606-9960



Calendar of Events

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

Thursday, May 1:
National Day of Prayer
Service, Chapel, 2:00 p.m.

Tuesday, May 13:
Care for the Caregiver Event,
Wolfe Auditorium, 6:00 p.m.
(Reservations required:
www.bv.org/caregiver)

Tuesday, May 20 & 21:
Spring Concert, Wolfe
Auditorium, 7:00 p.m.

June 1:
Mountain Gospel Harmony
Ministries, Bluegrass Gospel
Band, grass outside the
Welcome Center (Fieldcrest
Great Room in the event of
rain), 6:30 p.m.

Saturday, June 7:
Evening of Melody, Wolfe
Auditorium, 7:00 p.m.

Thursday, June 26:
Bill Moyer -The Piano Man,
Wolfe Auditorium, 2:00 p.m.
*This is our annual Auxiliary
Fundraiser. A free-will offering
will be accepted.*

Sunday, August 17:
BV Presents The Taylors,
a Gospel Quartet, Chapel,
9:00 a.m. *There is no charge for the
concert but a free-will offering will
be taken to benefit Brethren Village's
Good Samaritan Fund.*

Thursday, September 11:
BV Golf Tournament, Fox
Chase Golf Course, 6:30 a.m.
*For questions, please contact
the Development Office at
717-581-4316.*



3001 Lititz Pike P.O. Box 5093, Lancaster, PA 17606

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Bridges

A Newsletter by Brethren Village



Summer 2014



Health Tips
medication-free
5 Ways
To Lower Your
Blood Pressure
From Diane Gergal

Learning
for a Lifetime

+ More
All the Pluses at BV

Your Health
**Spring is
finally here!**

"Right time, right place"
Some things are meant to be

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

A Word from Our President

Spring is one of my favorite times of year at Brethren Village. Flowers are blooming, birds are singing and people are out and about shaking off the long winter. And this year we have a lot of new growth to be proud of. Our latest building project, Meadowcrest Cottages, is heading toward completion, and in January we launched a brand new version of our website: www.bv.org.

I invite you to explore the new site. There's more information than ever before about Brethren Village and all of our choices, plus a wide range of resources for caregivers and seniors. Take a moment to visit our Events Calendar, too, to find out all of the exciting events happening on the Brethren Village campus each month. There's always something to do or see in our Village.

Remember, we're not just here to advise our Residents; we also love helping our neighbors. If you or your friends have questions about senior living, health care, finances and more, give us a call. We are happy to share our expertise and help in any way we can.

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



John Snader, FACHE
President and CEO, Brethren Village



Learning for the sake of learning has added health benefits

Most everyone knows that learning doesn't stop once you leave the classroom. Learning is a lifelong endeavor, and one that has many more benefits than simply broadening your knowledge base. It's like putting your brain on an exercise program, and it can improve memory and help keep your cognitive skills sharp.

Brush up on old skills, try something new or learn about subjects that have always interested you.

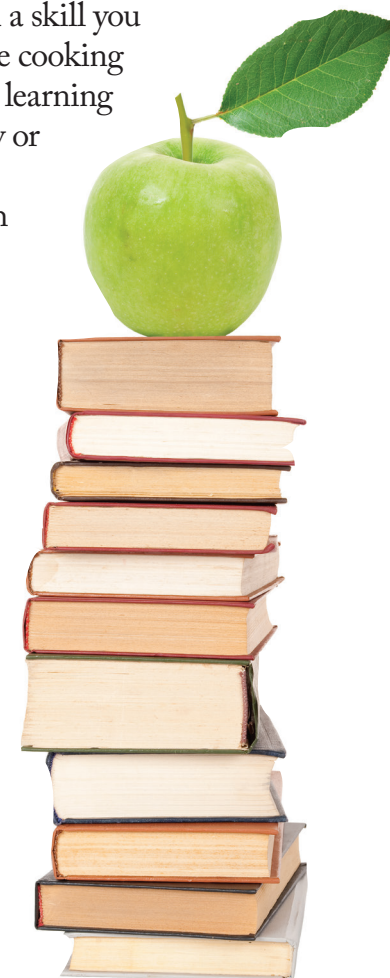
A recent AARP survey shows that older adults are interested in learning what's going on in the world, for their own spiritual or personal growth, and for the simple satisfaction of learning something new.

You can brush up on a skill you learned long ago, like cooking or gardening. Or try learning

something completely new, like photography or computer programs. You could even revisit subjects that have always interested you, such as literature or philosophy.

There are a number of places you can go for learning opportunities. Locally, Warwick School District in Lititz offers a number of adult education classes, at no charge for seniors. Topics include knitting, yoga, world religions, cooking, iPad instruction, computer tutorials and more. If you're looking for classes that aren't offered locally, online courses are a great option. For example, Khan Academy is a free, online, nonprofit education service with a variety of course subjects available for all ages.

No matter what your interests, there are lifelong learning opportunities within easy reach. Go ahead—give your brain a workout.



Spring is *finally* here, make the most of it

As warmer weather approaches, so do many opportunities to enjoy the great outdoors. Being able to participate in outside activities is good for the mind, body and soul. One of the main benefits is being able to soak up the sunlight, even for a short period of time. Sunlight generates vitamin D, which is necessary for brain, bone and muscle functions.

Exercising outside is always enjoyable, but there are a number of other activities that allow you to take advantage of a beautiful day. Here are a few that you might not have thought of:

1. Turn it inside out. Many of the activities you enjoy inside, like crafts and card games, even yoga or tai chi, work just as well outdoors. Make a pitcher of lemonade and take it outside!

2. Metal detecting. You never know what you might find in your own yard. Grab a friend and explore the neighborhood, or even a public park. You can buy a basic metal detector online for about \$50, or borrow one from a friend.

3. Visit an outdoor craft show, flea market or farmers market. This region has a number of markets and shows to enjoy, especially when the weather is nice. Pick up a few items, or just browse—it's always an enjoyable time.



4. Fruit picking. Another outdoor advantage of living in this part of the country is the number of self-pick orchards. Take some friends or family with you and go pick whatever fruit is in season. Take it home and enjoy it fresh or baked into a sweet treat.

5. Mini-golf. Mini-golf is a fun, low-impact way to get some fresh air. Take the grandkids or some friends and enjoy yourself!

6. Photography. Another activity that's great for sharing with children is nature photography. Pack up your camera and head somewhere green. Photograph birds, animals, flowers, trees and more. Then make prints of your favorite shots and decorate some picture frames to put them in for instant one-of-a-kind keepsakes.



While you're enjoying all the fresh air, though, be sure to protect yourself. Always wear sunscreen and a hat, and stay hydrated. In the warmest summer months, try to avoid being out for extended time periods during the hottest hours of the day—noon to 4:00 p.m.



from our
Home Care Director
Diane Gergal, LPN, PCA

Health Tips



Keeping your **blood pressure** in check

Spring is an excellent time to make sure your blood pressure is where it should be. After all, you want to be able to fully enjoy the upcoming warm weather. You should have your blood pressure checked every time you visit your doctor's office, or at least once a year, and be aware that small fluctuations in the rate is normal. Healthy blood pressure rates for those ages 65 to 79 are 140/90 or less. For those who are 80 and above, 140/90 to 145/90 is normal.

If you're concerned that your blood pressure may be a little high, but not yet high enough for medication, there are plenty of things you can do to help lower it.

- Keep a healthy weight
- Cut down on salt
- Drink less alcohol
- Don't smoke
- Get a good night's sleep each night

Right time, right place

Sometimes things are just meant to be, and David and Friedlinde Ebersole are the perfect example of that. If it weren't for the Church of the Brethren sponsoring their move, Friedlinde's family would have never come to Lancaster County from Austria in the 1950s, and she and David would have never met. Likewise, fate stepped in when the Ebersoles were looking for a retirement community.

David is the third generation of Ebersoles to live at Brethren Village. In fact, his grandfather and grandmother were in charge of the orphanage that was housed on the property in the 1920s, and his parents were one of the first couples to move into Fieldcrest when it was built. Friedlinde's mother also lived at Brethren Village for 10 years.

David and Friedlinde started looking at retirement communities in the area about four years ago. They weren't quite ready to move, but wanted to make sure they weighed all of their options. After careful consideration of four communities, they decided that Brethren Village was the perfect fit. "We wanted to move while we were still active so we could enjoy ourselves, but we weren't sure when that would be," said David. "I kept saying that I wanted a sign that the time was right to move," added Friedlinde.

Three years later, those signs came. The Marketing Department at Brethren Village called about an apartment that might be perfect for them. When the Ebersoles visited, they realized that the apartment was the same one they had toured—and loved—years earlier. Additionally, new construction in their Manheim Township



"We wanted to move while we were still active so we could enjoy ourselves."

neighborhood was causing major traffic snarls, so they decided to put their house on the market to see what happened. The house sold in five days. "They were absolutely the signs we were looking for — all at once," laughed Friedlinde. "Definitely the right decision, right time and right place for us," David chimed in.

The Ebersoles moved into their new home in the beginning of December, and they're glad they did. Not having to worry about snow removal during this rough winter was just one advantage. They also love taking advantage of the fitness room in Fieldcrest, and when the weather is bad, Friedlinde just takes her daily walks inside. As for the move itself, David and Friedlinde were thrilled when their sons agreed that Brethren Village was perfect for them. And downsizing? No problem.

"People always seem to worry about downsizing and how everything is going to fit," said Friedlinde. "But look around—we have everything we could possibly need."



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 Lamb and turkey burgers

From the kitchen of Executive Chef Jeanne Greenig Serves 4

Spring and lamb go hand-in-hand. Try this delicious spin on hamburgers for something different.

Patties:

- 8 oz. ground lamb
- 8 oz. ground turkey breast
- 1/4 cup onion, chopped
- 1 tbsp. tomato paste
- 1/4 tsp. salt
- 1/8 tsp. cinnamon
- 1/8 tsp. ground ginger

For Serving:

- 4 whole wheat hamburger buns
- 4 tbsp. low-fat plain Greek yogurt
- Sliced cucumbers

Combine all ingredients for the patties together, mixing by hand. Divide mixture into four equal patties. Heat a large skillet or grill pan over medium-high heat. Coat with cooking spray and immediately add patties. Cook 5 minutes on each side or until done. Serve each on a whole wheat bun spread with the Greek yogurt and a few slices of cucumber