

SeniorSource

Brand New Apartments!

Northside Court

Privacy, Style, & Plenty of Space



New Apartments | Emerging Lifestyle Trends | Healthy Eating | Resident Profiles

A Word from Our President

Choices, choices, choices!

BV Residents

Enjoying the Ride

A Word from Our President

A few months ago, I attended the 2016 conference of LeadingAge PA, an association of not-for-profit organizations that advocates on behalf of seniors. There was much discussion about what tomorrow's seniors will be seeking when they consider how to spend their retirement and where they will want to live.

Among the conclusions we came to were that we must continually promote vibrant living and wellness; reinvest in our campus; offer cutting-edge technology services; expand opportunities for resident involvement in on-campus activities; develop services to respond to their immediate needs; and give residents choices...choices...choices.

With these guidelines in mind, I have been evaluating how Brethren Village is succeeding at meeting the needs of today's residents, and I believe we are fulfilling, and often surpassing, expectations.

We continue to embark on new initiatives, most recently The Rehabilitation Center at Brethren Village, which opened earlier this year, and are planning an exciting new option in residential living. As our campus changes and grows, we rely on input from our Resident Council and all-residents meetings to let us know of their needs, concerns and ideas.

We are encouraged to hear from prospective residents that they are aware of Brethren Village's reputation for providing seniors with a comfortable, carefree lifestyle, with multiple choices of residences, service plans and dining venues, as well as social activities and wellness services.

With a constant eye on improving the resident experience at Brethren Village, we will keep emerging trends front and center as we prepare for future growth. In doing so, we can ensure that our long-range plans will guide Brethren Village in staying ahead of the curve in meeting the expectations of both today's and tomorrow's seniors.



John Snader, FACHE
President and CEO, Brethren Village



Northside Court: privacy and comfort in a "village within the Village"



A new residential lifestyle option will soon be available at Brethren Village for seniors seeking contemporary apartment living. The private apartments at Northside Court will offer comfortable residences with privacy, style and plenty of space both inside and outside.

The first-floor and second-floor apartments will feature an amenity uncommon in senior apartment communities—a private garage with ample space for a car and storage. In addition, a patio (first floor) or balcony (second floor) will allow residents to enjoy the natural beauty of this village within the Village.

Inside, you will find roomy apartments with a full-size kitchen and island, large living and dining area, two bedrooms, two full baths, walk-in closets and full-size washer/dryer. Some of the residences will also include private dens. Three spacious floor plans are available, ranging from 1,240 to 1,428 square feet.

Because these will be brand new apartments, residents will have the opportunity to select from a variety of decorating elements including choice of flooring and/or carpet; paint colors; lighting fixtures; granite countertops in the kitchen; and tile, cabinets and plumbing fixtures in the kitchen and bathroom.

A special feature of Northside Court will be a boulevard surrounded by a lovely landscape of trees, plants and benches bordering the walkways. It will have its own entrance from Airport Road along with easy access to Brethren Village's restaurants, fitness centers, aquatics center, and other activities and amenities on campus.

If Northside Court sounds like perfection in senior living, we would agree. We're now taking reservations with first units planned to be available in fall 2017, so we invite you to learn all you can about this new way of living at Brethren Village. Please call us at 717-581-4200, email info@bv.org or find out more at www.bv.org/northside.



more Retirement

Enjoying the Ride at BV

Long-time Lititz residents Bob and Shirley Thomas moved to Brethren Village this year after considering several potential retirement destinations in Lancaster County. The active retirees selected the Village primarily because “it feels like home here.”

That sense of comfort, along with the security of a continuing care retirement community, an ideal cottage, comprehensive amenities and affordability, convinced them to move to the place just down the road from where they lived for many years.

Residing nearby, they routinely drove past the campus and often visited friends who had retired here. But they had another close connection to the Village—Shirley had worked here for several years as a nursing secretary and saw first-hand the high quality of care Brethren Village provides. In fact, her affection for the community rubbed off on their daughters, both of whom worked here when they were younger.

Their familiarity and comfort with Brethren Village led them to decide, in 2012, to apply for a cottage. They moved in to their renovated, “like new” cottage in May and couldn’t be happier with their decision and their home.



Bob is an avid cyclist and has found the roads through and around Brethren Village to be great for riding and enjoying the outdoors. In fact, he has thought about organizing a cycling group at Brethren Village. Recently, the biking bug has also bitten Shirley, who has begun to put mileage on her bike as well.

Married for 49 years, Shirley is employed part-time as a secretary, and Bob, a retired snack food executive, does volunteer work for their church. With four children, 14 grandchildren and, so far, two great-

grandchildren, all living in central Pennsylvania, they appreciate having a yard with ample space for grandchildren to play.

In their brief time here, Bob and Shirley have observed that Brethren Village has as many opportunities to get involved as they could want. Bob says, “You can be as busy as when you were working, or busier.” He mentions the woodworking shop, train room and crafts room as examples of the activity-focused resources that the Village offers.



“It feels like home.”

They have been impressed, too, by the full scope of amenities on campus, including restaurants, banks, stores, library, hair and beauty care, and transportation, all of which provide convenience as well as socialization for Village residents.

Shirley likes the “convenience and freedom of living here” while knowing that “additional care is available if we should need it someday, and our children wouldn’t have to worry about that.”

She and Bob have no regrets about their move. They have brought their memories of living in their longtime home with them to Brethren Village and still keep in touch with former neighbors.

Though they understand why some prospective residents might be apprehensive about a move, they like to share the advice of a friend who said, “Make the move when you can choose to do it, not when you have to make it.”

For those trying to decide whether to move to a senior community, he suggests talking with people who live in one, get their input, plan ahead and visit a few communities. Then, “if you feel it’s a good fit, go for it.” For Bob and Shirley, their new home fits them as well as their old one, only better.

health tips

from our Home Care Director, Diane Gergal, LPN, PCA



Eat for enjoyment, but eat for health!

Eating healthy foods that we enjoy is vital to our energy and strength as we get older. Even though our metabolism slows down and we need fewer calories, a nutrient-rich diet that provides vitamins, minerals and protein is essential to good health and good living.

To help you be smart about what you eat, here are tips for choosing healthy foods from the National Council on Aging.

Know what a healthy plate looks like. Select whole grains (brown rice, whole wheat pasta), lean protein (eggs, beans, seafood, lean meats) and low-fat dairy, as well as foods high in fiber and low in salt. Look for foods with Vitamin D; to lessen the risk of osteoporosis, as well as diabetes and hypertension. Sources of vitamin D include salmon, canned tuna, dairy products, beef and egg yolks.

Read the Nutrition Facts label. Read labels to help you choose foods that are lower in fat, added sugars and salt.

Use recommended servings. To maintain your weight, eat the right amount of food for your age and body. You may discover the American Heart Association's chart on "Suggested Servings from Each Food Group" to be helpful. Find the chart at www.heart.org.

Stay hydrated. Drink fluids throughout the day to avoid dehydration, which can lead to various physical ailments. Water, tea and coffee are your best options. Unless your doctor says otherwise, minimize fluids with sugar and salt.

Of course, eating for pleasure is important, so select foods that please your palate most, but eat nutritiously and healthily as well. Bon appétit!

One-Dish Chicken & Rice Bake

Recipe

Serves 4.



This popular dish has nearly universal appeal, and it's easy to make, too.

- 1 (10 ounce) can condensed cream of mushroom soup
- 1 cup water
- ¾ cup long grain rice, uncooked
- ¼ teaspoon paprika
- ¼ teaspoon black pepper
- 4 boneless skinless chicken breasts

Stir soup, water, rice, paprika and black pepper in a 2-quart shallow baking dish.

Top with chicken. Season with additional paprika and black pepper. Cover.

Bake covered at 375 degrees F for 45 minutes or until chicken is cooked through and rice is tender.

Calendar of Events *All listed events are open to the public!*

Saturday, October 1:
Fall Love Feast, Host—Lancaster COB, Wolfe Auditorium, 6:00 p.m.

Wednesday, October 26:
"Big Topic: Apostle Paul's Journeys," Dana Statler, Chapel, 7:00 p.m.

Sunday, October 30:
Remembrance Service (Apr. 1–Sept. 30, 2016), Chapel, 3:00 p.m.

Wednesday, November 9:
"Big Topic: Astronomy," B. Jannarone, Chapel, 7:00 p.m.

Thursday, November 17:
Annual Consultation Meeting, Wolfe Auditorium, 9:30 a.m.

Wednesday, November 23:
Thanksgiving Eve Service, Chapel, 2:00 p.m.

Sunday, November 27:
Beginning of Advent, Worship Service, Chapel, 10:10 a.m.

Tuesday, November 29:
Fall BV Chapel Choir Program, Fieldcrest Great Room, 7:00 p.m.

Wednesday, November 30:
Advent Communion Service, Chapel, 2:00 p.m.

Wednesday, November 30:
Fall BV Chapel Choir Program, Wolfe Auditorium, 7:00 p.m.

Sunday, December 4:
Performing Arts, McCaskey Gospel Choir, Wolfe Auditorium, 3:00 p.m.

Tuesday, December 13:
BV Choir Christmas Program, Fieldcrest Great Room, 7:00 p.m.

Wednesday, December 14:
BV Choir Christmas Program, Wolfe Auditorium, 7:00 p.m.

Saturday, December 24:
Christmas Eve Service, Chapel, 2:00 p.m.

Additional event information at www.bv.org. For wellness activities for the general public, visit www.bvvirtualvillage.org



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- Please contact me to schedule a personal appointment and tour.
- Please send me more information.

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