

SeniorSource

February is Glaucoma Prevention Month

Growth &
Change:

A Word from
Our President

Home Care at
Brethren Village

30 Years

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for Breakfast

NEW
On-Campus
Rehab Center

+ More Lifestyle Choices

A Word from Our President

The growth and change experienced at Brethren Village in 2015 will continue in 2016 as we work to fulfill long-range plans to ensure Brethren Village stays ahead of the curve in the changing landscape of health care.

A key way that Brethren Village is enhancing its health care delivery system is by transforming the former Garden Spot building into a 20-bed, Medicare-licensed, short-term rehabilitation facility. With private, fully furnished rooms, the Rehabilitation Center at Brethren Village will provide recovery care and complement the long-term nursing care administered at The Courtyards.

Providing Christ-like care is one of our core values at Brethren Village, and we see it reflected in our Choice+ program. Residents can age in place with an increased focus on quality of life, safety and empowerment. Our social work team ensures that Residents' needs are met by following them through the continuum of care, becoming their care partners and seeing they receive the services they need. Through hospital and post-hospital visits, Choice+ helps Residents navigate their choices and make informed decisions for their care. Last year, the Choice+ team made more than 750 visits to Residents.

In order to provide such high-quality and compassionate care, Brethren Village is invested in our Team Members – in their ability to do their jobs and their level of professionalism. We continue to provide opportunities for them to come together through events such as our annual “Celebrate BV” week each May and our Resident and Team Member picnic each September. Our goal is for our Team Members to work cooperatively with each other on behalf of our Residents.

To meet some of our Team Members and Residents, I invite you to visit Brethren Village and see for yourself what a beautiful and caring place we call home. Simply contact our marketing team at (717) 581-4227. They will be glad to hear from you and happy to assist you.

John Snader, FACHE
President and CEO, Brethren Village



30 Years of Service Home Care at Brethren Village

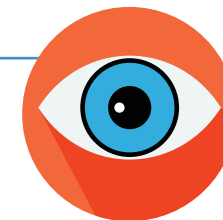
Caring for loved ones at home is the right choice for some families—but it can be challenging and stressful. Even the most organized and united families sometimes need outside assistance. Thirty years ago, we recognized that need and created Brethren Village Home Care.

Our specially-trained staff provides services including housekeeping, cooking and laundry; companionship and reading; medication monitoring; exercise assistance; transportation; and help with personal care activities. We also offer short-term respite care—for a few hours or up to a few days—for times when families cannot be available or require temporary assistance.

If you have a need for in-home care—on an ongoing basis or for respite care—one of our nurses would be glad to provide you with a free, in-home assessment.



January is Glaucoma Awareness Month: *Here's what you should know*



Glaucoma, known as “the sneak thief of sight,” has no obvious symptoms, and once vision is gone, the loss is permanent.

- 2.7 million Americans over 40 have glaucoma; the National Eye Institute projects 4.2 million by 2030. It's the leading cause of preventable blindness in the US.
- Glaucoma occurs when the eye cannot drain enough excess fluid, causing increased pressure in the eye and irreversible damage to the optic nerve. This can result in permanent loss of sight, but because the loss begins with peripheral (side) vision, it often is not noticed until sight is gone.
- Early detection is vital to prevent glaucoma, which has no cure. However, slowing it down and preventing further vision loss are possible with several treatments—prescription eye drops, medication, laser treatment or surgery.
- People most at risk are those over age 60; have a family history of glaucoma; are of African, Asian or Hispanic descent; have diabetes; are severely nearsighted; use steroids or have sustained a previous eye injury.

If you are over 35 and fit into any of the high-risk categories, you should have a comprehensive eye exam every one to two years. The Glaucoma Research Foundation has more information at www.glaucoma.org.

more Retirement

Stephanie Gallagher's Story

During the 20 years she lived in Lititz before moving to Brethren Village in 2014, Stephanie Gallagher didn't realize the source of her happiness in retirement lay so nearby.

But when she visited Brethren Village, she admired the community's well-maintained property and campus and could imagine herself living here. And, the friendliness she found foreshadowed the warm greeting that awaited her as a Resident.

"Rather than wait, I decided to move to Brethren Village while I was healthy and independent."

"I went on a Brethren Village bus trip to Virginia Beach after living here just three weeks and immediately made new friends," Stephanie said. "Everyone was so nice and friendly."

During a campus tour, Stephanie was visiting a cottage and looking at available features such as a fireplace, pantry, desk and kitchen island. As the cottage's friendly owner tried to operate her new

coffee maker, Stephanie stepped in to help and the two of them clicked right away. Stephanie began visiting and occasionally meeting her for dinner at Chives, Brethren Village's on-campus restaurant. Stephanie smiles and fondly recalls, "She was my first friend at Brethren Village—before I even moved here."

She was so pleased with the kind welcome she received here that she now volunteers at the reception desk of The Courtyards, the Village's skilled nursing center, and it's a perfect fit. As a retired emergency physician, Stephanie is accustomed to making people



feel comfortable in a health care setting. "I enjoy greeting visitors—a smile is contagious—and I've gotten to know quite a few people who visit regularly."

She has also been impressed at how well Brethren Village openly communicates with Residents during regularly scheduled meetings, allowing them to meet with Team Members, stay informed and help solve problems.

Stephanie acknowledges that, as a baby boomer, she's one of the youngsters on campus, but her decision to downsize early and move to Brethren Village was a strategy that has served her well. "My son lives several hours away, so rather than wait until I might have difficulty living alone, I decided to move while I was healthy and independent." She hasn't had a moment of regret.

She has found one avenue to forming new friendships at Brethren Village is the abundance of activities offered here. Among her favorites are lectures, concerts, wellness programs like the fitness center and pool, and trips.

Stephanie enjoys cooking, but she loves baking. "When I moved here, I baked cookies for my new neighbors. In fact, I made cranberry nut bread today and shared it with them, too."

Now that winter is here, Stephanie doesn't mind the prospect of snow, saying that it was cleared quickly last year. "I didn't really have to shovel, though I did a little anyway." It was her first winter at Brethren Village, and some habits are hard to break.

Stephanie says, "I love everything that Brethren Village has to offer, and moving here has been one of the best decisions I have made!"



health tips

from our Home Care Director
Diane Gergal, LPN, PCA



Be cautious, stay safe amid winter's cold and ice

Unless you're a snowbird heading to the warm, sunny South this winter, you are probably mentally prepared for the likelihood of freezing weather, cold and ice. Be sure that you're physically prepared, as well. Here are some tips to help you navigate Old Man Winter's blustery, frigid blasts.

Shoveling tips from the National Safety Council:

- Don't shovel after eating or while smoking.
- Stretch before you begin, and go slowly.
- Shovel only fresh, light, powdery snow.
- Push snow; don't lift it. If you must lift, use a small shovel or just part of a larger one.

Snow blowing tips from the American Society for Surgery of the Hand and American Academy of Orthopedic Surgeons:

- If your snow blower jams, turn it off.
- Keep your hands away from the moving parts.
- Avoid carbon monoxide danger, and don't run the blower in an enclosed space.
- Refuel the blower when it's off, never when it's running.



Easy Breakfast Casserole

Recipe
Serves 6.



Preheat the oven to 350 degrees. Lightly grease a 9 x 12 baking dish. Mix all of the ingredients together. Pour into a prepared baking dish. Bake for about 45-50 minutes or until set.

- 12 cups dry chicken stove top stuffing mix
- 2 cups milk
- 1 ½ cups cubed ham (or breakfast sausage, cooked, drained well and crumbled)
- 6 eggs, beaten
- 1 cup cheddar cheese, shredded
- ½ teaspoon salt

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

Thursday, January 14:
Travelogue of Italian Gardens & Villas, Dr. Jim Curtis, Wolfe Auditorium, 2:00 p.m.

Wednesday, January 27:
"Big Topic: Star of Bethlehem", Bob Jannarone, Chapel, 7:00 p.m.

Wednesday, February 10:
Film/Faith Program, "Tyndale, God's Outlaw", Wolfe Auditorium, 6:00 p.m.

Thursday, February 11:
Chinese New Year Celebration, Wolfe Auditorium, 2:00 p.m.

Sunday, February 21:
BV Performing Arts, Lititz Moravian Trombone Band, Wolfe Auditorium, 3:00 p.m.

Wednesday, February 24:
"Big Topic: Church History", John Snader, Chapel, 7:00 p.m.

Thursday, February 25:
Willie & Rodi Longenecker, Wolfe Auditorium, 2:00 p.m.

Friday, March 4:
Fire & Ice Ball, Wolfe Auditorium, 6:30 p.m.

Wednesday, March 9:
Film/Faith Program, "The Radicals (Anabaptists)", Wolfe Auditorium, 6:00 p.m.

Thursday, March 24:
Lester Hirsh, Wolfe Auditorium, 2:00 p.m.

Saturday, March 26:
Spring Love Feast, Host church is Cocalico COB, Wolfe Auditorium, 6:00 p.m.

Sunday, March 27:
Easter Sunday, Worship Service, Chapel, 10:10 a.m.

Wednesday, March 30:
"Big Topic: Church History", John Snader, Chapel, 7:00 p.m.

Thursday, March 31:
Seder Meal/Celebration, Fieldcrest Great Room, 5:00 p.m.



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



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Yes, I want to learn more!

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

Name _____

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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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