

SeniorSource



+ More
Tasty
Flavors
at our new Bistro

Stylish, Private Apartments | Choices, Choices, Choices | Healthcare Visits

A Word from Our President

Creating ideal senior living experiences

BV Residents

Planning & design insights

A Word from Our President

In our last issue, I referred to guidelines we are using to meet the expectations of seniors looking forward to their retirement years at Brethren Village. Now, I would like to elaborate on a few of those guidelines.



We continue to **reinvest in our campus**, most recently with our fully renovated café, the Village Center Bistro (formerly our Coffee Shop). The Bistro is the main focus of a grand renovation at the Village Center, upgrading the dining environment for Residents and other patrons. The project features a larger kitchen, with more menu items and serving stations, and a completely renovated dining room.

This kind of reinvestment is vital to satisfying our Residents and attracting prospects looking for an ideal senior living experience. As more people select retirement home living, we expect that both occupancy and profitability will keep rising, allowing additional capital spending projects. In fact, in 2016, capital spending at retirement communities similar to ours was at its highest point since 2008.

Our new Bistro also illustrates how we are **giving our Residents choices...choices...choices**. The renovated café offers our patrons new options for all three meals and upgrades the Village Center dining experience to the level of our other comparable eateries, Chives, Perkissimo Café and Clark Café. Our choice of dining options shows how we are broadening on-campus services for our Residents.

We are **expanding opportunities for Resident involvement** in decisions affecting their senior living experience here. Residents gave helpful feedback as we planned the new café, and we will include them in discussions of future projects.

At Brethren Village, we promise to keep our Residents' needs—social, physical, emotional and spiritual—our top priority and guiding light. With their input, we will meet and exceed their ongoing needs and attract new retirees, who will someday call the Village home, as well.

John Snader, FACHE
President and CEO, Brethren Village

Welcome to Our Village Center Bistro

Brethren Village Residents and visitors have begun to detect an enticing, new aroma wafting through the Village Center since the start of the new year. It's the tempting fragrance emanating from the over-sized pizza oven in our new café, the Village Center Bistro.

The Bistro is the centerpiece of an extensive renovation project at the Village Center, one that provides an enhanced dining experience to our Residents, Team Members and guests. The expanded kitchen includes several serving stations, offering a wider variety of menu options than those at our Coffee Shop, which the Bistro is replacing. The added serving stations also allow us to serve more guests in less time.



Our Village Center Bistro features daily breakfast, lunch and dinner specials; soups, salads and wellness selections; made-to-order deli sandwiches; pizza; and hand-dipped ice cream and other desserts, as well as grab-and-go items.

The 9,300-square-foot building renovation provides an open layout between the café and the newly renovated and expanded dining room. Corridors connecting the Bistro to the Village Center have been updated, and a new elevator has been installed.

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BV Brethren Village
More choices. *Your* choices.

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The Village Center atrium has been remodeled and now features a prominent skylight to welcome more sunlight into the area. Exterior improvements include roofing, landscaping and new walkways to the parking lot.

We would like to thank our Brethren Village Residents who assisted with the planning of the design and construction. Their helpful

input at meetings influenced several design changes, making the Center as accommodating as possible for seniors of all activity levels.

Residents' input influenced design changes, making the Village Center accommodating for seniors of all activity levels.

In addition, we want to express our gratitude to Lancaster County-based Warfel Construction for their dedication and hard work on all facets of the renovation and construction.

The Village Center, located on the south side of our campus, also hosts a concierge service desk, pharmacy, banking center, convenience store, library, beauty salon and creative arts room and gift shop.

Our other on-campus dining options are Perkissimo Café and Chives American Grill, both located in our Fieldcrest building, and Clark Café in our Rehabilitation Center.



New! At Brethren Village

Stylish. Private. Perfect.



Coming in the fall of 2017, the private apartments at Northside Court will be tucked neatly into the edge of the Brethren Village campus. These

spacious apartments will surround beautifully landscaped pathways in a park-like setting of outdoor gathering places. All units come with a private garage, two bedrooms, two bathrooms, balcony or patio, and are within easy walking distance to dining, activities and fitness center.

We designed Northside Court to be its own village within a village, including space to gather with friends or to just spend time on your own. Nine, two-story buildings with four spacious apartments per floor will surround a boulevard setting where you can walk or sit at your leisure.

Designed as a village within a village.

Choose from three floor plans from 1,240 sq. ft. to 1,428 sq. ft. Some units include an extra den. All designs feature nine-foot ceilings, full kitchens with island, and comfortable living and dining areas. Plus, we have several financial plans and monthly service packages to choose from. Call us today, or visit bv.org/northside.



health tips

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



Be informed on medical exams & doctor visits

With a new year beginning, now is the time to schedule regular health care visits and medical exams. Retirees wanting to live active, vibrant lives can safeguard their health by discussing with their physician the recommended exams and tests for people age 60 and over.

The United States Preventive Services Task Force, a nationally appointed group of medical experts, recommends that seniors have the following health care screenings or tests. However, your own physician, who knows your medical history and risk factors, is in the best position to know which tests are most important for you and how often they should be done.

Women and men: Blood pressure, weight, colorectal cancer, vision, hearing, bone density, cholesterol, blood sugar, skin cancer and dental

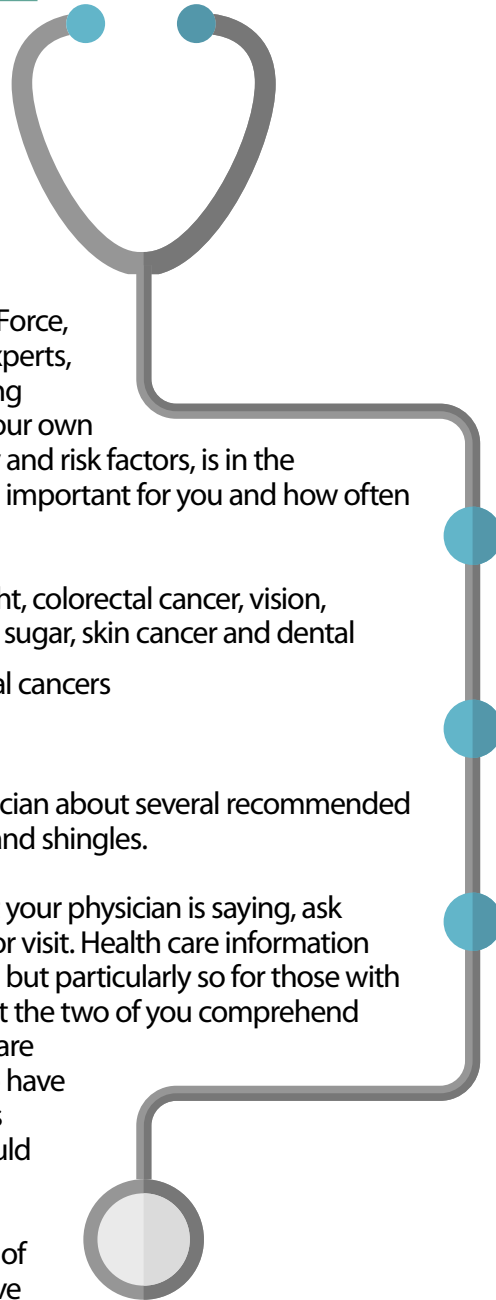
Women: Breast cancer and gynecological cancers

Men: Prostate cancer

In addition, you should talk with your physician about several recommended vaccines—mainly against flu, pneumonia and shingles.

If you have difficulty understanding all that your physician is saying, ask someone to accompany you on your doctor visit. Health care information can be difficult for anyone to comprehend, but particularly so for those with hearing or cognitive challenges. Ensure that the two of you comprehend what the doctor says and that all concerns are communicated to him or her. If you wish to have some alone time with your physician, that's understandable, and your companion should respect your privacy.

Prepare for your doctor visit by taking a list of current medications, any questions you have and a notepad and pen for taking notes.



Recipe

Serves 5.



With cold weather and howling winds, nothing comforts the body and soul like a spicy, hot beverage. Give this recipe from Grandma's kitchen a try. Not only will it provide you with warmth and comfort, but your kitchen will smell heavenly!

Hot Spiced Tea

- 1 1/3 cups Tang orange powdered drink mix
- 1/3 cup instant tea
- 1 teaspoon cinnamon
- 1/2 teaspoon ground cloves

Combine and store in a tightly covered jar. For one serving, place 1 rounded teaspoon in a cup. Add boiling water.

Events

Brethren Village event information is available at www.bv.org.

For wellness activities for the general public, visit www.bvvirtualvillage.org



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*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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