

# THE Villager

A Publication Of Brethren Village

## Meet Sawsan Zammam, MD, BV's Medical Director

Dr. Sawsan Zammam, affiliated with UPMC Pinnacle, has joined Brethren Village serving as both Medical Director and credentialed primary care physician. Dr. Zammam is board certified in both internal and geriatric medicine. She received her medical degree from Damascus University Faculty of Medicine in Syria, and spent the following three years in a teaching hospital in England focusing on internal medicine, cardiology and geriatrics. After moving to the United States, Dr. Zammam did her residency in New Jersey before moving to Lancaster County in 2002. She lives locally with her husband and two children, who attend Hempfield School District. "My kids love Lancaster, they are happy to be here and don't intend to leave," smiles Dr. Zammam.

Dr. Zammam is currently seeing Residents in The Courtyards skilled nursing building and Residents in The Rehabilitation Center, as well as independent living Residents who elect to make her their primary care physician. She has office hours in the

BV medical suite on Thursday mornings, and is associated with Heartland Family Health, a family practice of UPMC Pinnacle on Highland Drive in Lititz.

"I have been interested in working with a skilled nursing center since I moved to Lancaster. The opportunity with Brethren Village presented itself, and I've been received warmly since starting to see Residents here. I feel that this role is the perfect fit for me and I look forward to working with each Resident who requests my services," Dr. Zammam said.

In only her first few months, taking care of over 100 Residents is a big job, and Dr. Zammam admits that while her free time is sparse, she enjoys unwinding by watching old movies, reading and catching up with her friends — when her two teenage children aren't keeping her busy! She also exercises regularly to keep herself healthy and stress-free.

Dr. Zammam's affiliation with UPMC Pinnacle opens the door to new partnerships, and with new leadership at UPMC Pinnacle, BV is looking at what a relationship between our retirement



community and UPMC Pinnacle would look like and what services could be provided that would be beneficial to our Residents, particularly with UPMC Pinnacle Lititz in such close proximity to BV's campus.

See Dr. Zammam answer questions from BV Residents here: <https://youtu.be/6VWXiFLH0s8>

## Save the dates!

Join us April 19, 2018 for the annual **Good Samaritan Fund Banquet** at Middle Creek Church of the Brethren. Join your friends for a delicious reception and dinner, and hear and see stories that will inspire you for how your support is making an impact. For full details, visit [www.bv.org/giving](http://www.bv.org/giving)

Our **annual golf tournament** is set for September 13, 2018 at Iron Valley Golf Course in Cornwall. Check our website in May for details and registration!



# SPRING 2018

Official Publication of Brethren Village Retirement Community



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www.bv.org



## OUR VISION

Enriching each life touched by our ministry at Brethren Village.

## OUR MISSION

Rooted in the tradition of service within the Church of the Brethren, the mission of Brethren Village is to provide a continuum of services and Christ-like care to support the aging process and to enhance the spiritual, physical, social and emotional wholeness of Residents, Team Members, and community.

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If you wish your name removed from the mailing list to receive future newsletters or fundraising materials supporting Brethren Village, please send a written request to: Director of Development, 3001 Lititz Pike, P.O. Box 5093, Lancaster, PA 17606-5093.

The official registration and financial information of Brethren Village may be obtained from the Pennsylvania Department of State by calling toll free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement.



**What's the Buzz About BV Daily News?**



### The BV Daily News email

is one way we communicate to Residents, Team Members, families and friends about what's going on on-campus. Daily News is chock-full of information allowing Residents to stay involved at BV. The email features daily events, upcoming events, Resident news and a resource section where you can find dining menus, the Resident handbook, Residents' Council news, recent videos and much more!

Daily News is sent to your email inbox Monday-Friday around 7 AM. 465 subscribers are already receiving Daily News and being informed about what's going on at BV and sponsored events off-campus. How can you begin receiving Daily News? Contact Allie Black, Communications Specialist: [ablack@bv.org](mailto:ablack@bv.org) or 717-581-4428. Please include your full name and email address. Additionally, contact Allie if you have any questions about Daily News or announcements you'd like to promote.

## Are You a Follower?

Be sure to follow Brethren Village on Facebook, Twitter and YouTube for the latest news and events!





# Enrichment

## A T B R E T H R E N V I L L A G E

What does *enrichment* mean, anyway? The dictionary will tell you that enrichment is: "The action of improving or enhancing the quality or value of something." But how does Brethren Village improve and enhance the lives of our Residents? Over the last year, I've thought long and hard about what enrichment means in the context of a Continuing Care Retirement Community (CCRC). I've boiled it down to three major components:

**Relationships** play an important role in any life enrichment program. Social connections contribute to a robust life of sharing and interdependence. In fact, an article published in *Harvard Women's Health Watch* claims that a *lack* of social connections – especially later in life – can have the same health effects as a lifetime of smoking cigarettes!

At Brethren Village, life is experienced together. When Residents take part in events and activities – on campus or off – they are taking advantage of the close-knit community connections at BV. Residents can build relationships through the Life Story Writers Club or the Short Story Literary Roundtable discussions, where sharing of personal experiences is encouraged and honored.

**Education** is another quality ingredient in a life enrichment program. A 2013 study in Psychological Science found that people aged 60-90 who spend around 16 hours a week learning new things or taking up new hobbies experience less cognitive decline as they age. Learning new things helps to develop new connections between different parts of the brain. These connections provide long-lasting benefits that can help to reduce the risk of cognitive diseases such as dementia.

Residents of Brethren Village have access to learn a variety of new things. Two of the newer opportunities include Social and Line Dancing (taught by Residents Linda and Elvin Heck), and Yoga, taught by instructor Vicky Darden. To add to the cognitive benefit of learning new things, Residents do so while in a social setting. Double the benefit and double the fun!

Finally, an enriched life is a life full of **new experiences**. In a book called *Purposeful Retirement: How to Bring Happiness and Meaning to Your Retirement*, author Hyrum W. Smith tells the story of a retired teacher named Carrie Luekenga. She's quoted as saying, "...I couldn't just open my door

and yell, 'Hey...I'm ready to make a [change]!' and expect someone to bring an experience to me." Rather, Carrie made her own choices and decided to embark on an adventure to experience a different culture.

At Brethren Village, experiencing new things doesn't stop in retirement. In fact, retirement is the perfect time to try new things, and Residents have an opportunity to do just that each month through the Global Palate Lunch Series, among other activities. Through the Global Palate, Residents visit a different ethnic restaurant in Lancaster County each month. So far, we've "traveled" to Greece, Italy, Ethiopia, Peru, Trinidad, and Japan. What's better than experiencing a new culture, trying great food, and enjoying fellowship with friends?

Of course, an enriched life is not limited to one that exhibits each of the three characteristics listed above. However, relationships, education, and new experiences form a solid mantle on which to hang a beautiful tapestry of a fulfilled life.

If you have questions about Enrichment Programming at Brethren Village, don't hesitate to contact Ethan at [eeshbach@bv.org](mailto:eeshbach@bv.org) or 717-581-4016.



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# Generosity

## 100 YEARS IN THE MAKING

By 1918 the "Brethren Home" was a well-established fixture on the Lititz Pike. The Board of Directors had moved the original Home for the Homeless from Manheim to our current location, and had built Founders Hall, the most recognizable icon of Brethren Village's early years. At that time the focus changed from "building" to sustaining, and so that year the Board established an endowment and set a goal to raise \$100,000.

One hundred years later, this endowment is 100 times larger than their initial goal thanks to the foresight of these Board Members

and the generosity of many donors. Each year we draw earnings from this endowment to help offset the cost of providing benevolent care. As stewards and keepers of the endowment, the Board Finance Committee reviews the investments, and each year the Board of Directors determines the distribution amount for the coming fiscal year based on an endowment policy.

On this 100th anniversary of the endowment, we want to say thank to all of the donors past and present to the endowment, including the ten congregations that contributed \$26,086 to the endowment in 2017.

We also have received word that Dr. Charles and Hester Wolfe included a significant gift to the endowment through their estate, and we anticipate receiving that distribution in 2018.

Establishing the endowment 100 years ago is part of the fabric of Brethren Village's culture of philanthropy and the sustaining commitment to engaging stakeholders in supporting the ministry through their financial support. Today we are sustained by a multitude of individuals, churches and companies that support Brethren Village throughout the year.



# Brethren Village Residents Become Detectives Bringing Joy to Virginia Family

Two Residents at Brethren Village Retirement Community were the key sleuths in bringing joy to a family 300 miles away whom they had never met. You might call this "The Case of the Lost Testament."

Nick Carthage, now 96, was a lieutenant and pilot in the United States Navy in 1944, based at the Naval Training Station (Aviation Maintenance) in Pensacola, Florida. Sailors would customarily stay at the station for a few weeks and leave when training was completed. While there, Nick found a New Testament in a drawer, obviously left behind by a previous trainee. The Testament's distinct and personal features conveyed its importance to the owner. The small book with a steel cover was meant to be carried in the left shirt pocket to protect a soldier's heart during battle. The cover bore the words, "May this keep you safe from harm." In the front of the Testament was the inscription, "Presented to Edwin Vaughan, From Mother and Daddy." Nick tucked it away, planning to somehow find the owner, and soon finished his training in Pensacola. A war was going on, and Nick was part of the Navy's hurricane-hunting air crew, tracking weather patterns over the ocean. Upon Nick's discharge, the Testament remained packed away somewhere, never surfacing until he moved to an independent living community at Brethren Village in 2011. Though Nick didn't bring all his possessions to his new home in

The Testament's distinct and personal features conveyed its importance to the owner. The small book with a steel cover was meant to be carried in the left shirt pocket to protect a soldier's heart during battle. The cover bore the words, "May this keep you safe from harm."

Fieldcrest, he did bring the Testament. He wasn't about to part with it so easily after 67 years.

Last year, Nick asked a Brethren Village Concierge Team Member if she knew who might be able to help him find the owner of the Testament. She immediately thought of Leon Whiteman's love of genealogy research and got in touch with him. Coincidentally, Leon was also in the U.S. Navy during World War II as a Pharmacist's Mate, Second Class, and was eager to take on the challenge. Through Leon's online research,

mostly on Ancestry.com, he discovered six soldiers with the name of Edwin Vaughan who served in the military during World War II. Before long, Leon was able to zero in on Edwin Vaughan from the small town of Victoria in southern Virginia. Leon read that Edwin died in 2000, so he contacted the funeral home that handled his service. The funeral director notified Edwin's daughter, Carolyn Lewis, who called Leon. She was surprised and delighted to hear that a long-lost possession belonging to her father had been found. Leon mailed Carolyn the Testament, which she received around Thanksgiving in 2017. Carolyn, her mother, Mary Beth Vaughan; and sisters, Pam and Charlotte were overjoyed to receive the Testament after its prolonged absence.

"I cannot express how thankful we are to receive this precious treasure. We do appreciate so much that the man who found it kept it safe all these years," said Carolyn. "I want to give my heartfelt thanks to Leon for his efforts to find us. As this piece of heritage gets passed down through generations, you can bet this story will be too."

Nick and Leon, both Fieldcrest Residents with wives residing in The Courtyards, were glad to help in returning the Testament to Edwin Vaughan's family. Nick agreed with Leon, who said, "I am thrilled to have a part in finding the rightful owners of this valuable New Testament. After over 73 years, the mystery has been solved."

BV Residents  
Leon Whiteman and  
Nick Carthage hold their  
service photos.





# NEW RESIDENTS

## September 2017

**Samuel & Stella Esch**, Oakwood House, formerly of Leola

**Erla Hurst**, Village Townhouse, formerly of Akron

## October 2017

**Walter & Bonnie Chamberlain**, Fieldcrest, formerly of Lancaster

**Betty Glick**, Fieldcrest, formerly of Lititz

**Sara Blanck**, Fieldcrest, formerly of Manheim

**John & Betty Lou Cunningham**, Fieldcrest, formerly of Leola

**Rose Rhinier**, Oakwood House, formerly of Lancaster

**Earl Jr & Mary Brown**, Northside Court, formerly of Myerstown

**John & Georgine Sukeena**, Northside Court, formerly of Newark, DE

**Charles & Carolyn Robrecht**, Northside Court, formerly of Lititz

**David & Brenda Diener**, Northside Court, formerly of Lititz

**Garnett & Gloria Knippenberg**, Northside Court, formerly of Lancaster

**Herwig & Heidi Schutzler**, Cottage, formerly of Lancaster

**Sarah Fadner**, Fieldcrest, formerly of Landisville

**Ralph & Verna Hostetter**, Northside Court, formerly of Manheim

**Janet Beager**, Village Garden, formerly of Akron

**Martin Hynicker**, Fairview Meadows, formerly of Manheim

## November 2017

**Theodore & Elizabeth Kalb**, Northside Court, formerly of Lebanon

**Doris VanDervoort**, Village Townhouse, formerly of Montoursville

**Warren & Marion Witmer**, Village Townhouse, formerly of Manheim

**Marie Jaworski**, Oakwood House, formerly of Lancaster

**Jean Givler**, Fieldcrest, formerly of Lititz

**Anna Reimer**, Northside Court, formerly of Akron

**James & Sue Stauffer**, Northside Court, formerly of Lititz

**Wilmer & Virginia Burkhardt**, Northside Court, formerly of Lititz

**Herbert & Doris Wambold**, Oakwood House, formerly of Gap

**Bonnie Amico**, Northside Court, formerly of Mount Joy

**Lois Horn**, Fairview Meadows, formerly of Lititz

## December 2017

**Frederick & Caroline Litchendorf**, Northside Court, formerly of Philadelphia

**Lois Lutz**, Village Townhouse, formerly of Lititz

**Fred & Audrey Hammersand**, Northside Court, formerly of East Petersburg

**Ginny Hogarth**, Oakwood House, formerly of Lititz

**Marilyn Frandsen**, Northside Court, formerly of Lancaster

**William Ebel, Jr & Marilyn Sanko-Ebel**, Northside Court, formerly of Lancaster

**Raymond & Lorraine Antonelli**, Northside Court, formerly of Lancaster

**Judy Coble**, Northside Court, formerly of Lancaster

## January 2018

**Larry & Pauline Shurr**, Northside Court, formerly of Strasburg

**Walter & Doris McClure**, Northside Court, formerly of Manheim

**Ginny Dalton**, Northside Court, formerly of Lancaster

**Robert & Linda Yurejfcic**, Northside Court, formerly of Columbia

**William & Barbara Girocco**, Northside Court, formerly of Lancaster

**John & Ellen Snader**, Northside Court, formerly of Ephrata

**Rosalind Geisenberger**, Northside Court, formerly of Lancaster

**Walter Vetter & George Wakelyn**, Northside Court, formerly of Willow Street

**Charles & Sally Matz**, Northside Court, formerly of Cragmoor, NY

**Marge Scanlin**, Northside Court, formerly of Manheim

**William & La Verne Hyman**, Northside Court, formerly of Akron

**Judith Miller**, Oakwood House, formerly of Lancaster

**Mary Kathryn Dietrich**, Village Townhouse, formerly of Lancaster

## February 2018

**Fred & Patricia Wissler**, Fieldcrest, formerly of New Holland

**John & Phyllis Sauder**, Northside Court, formerly of Lancaster

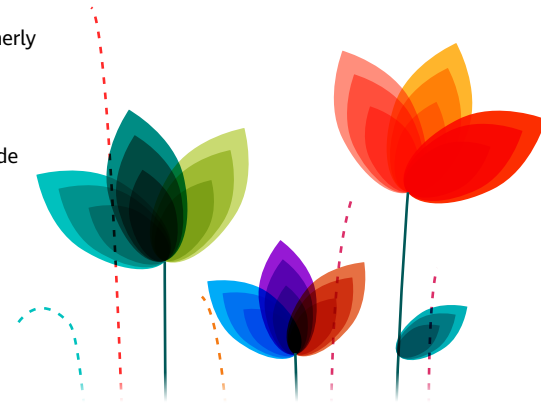
**Dennis & Gerry Emmert**, Northside Court, formerly of Lancaster

**Mary Jane Grote**, Fieldcrest, formerly of Mohnnton

**George & Barbara Young**, Northside Court, formerly of Manheim

**Joan Hresko**, Fieldcrest, formerly of Sinking Spring

**Linda Shank**, Village Garden, formerly of Lititz



## Inside This Issue



Meet Sawsan Zammam, MD,  
BV's Medical Director



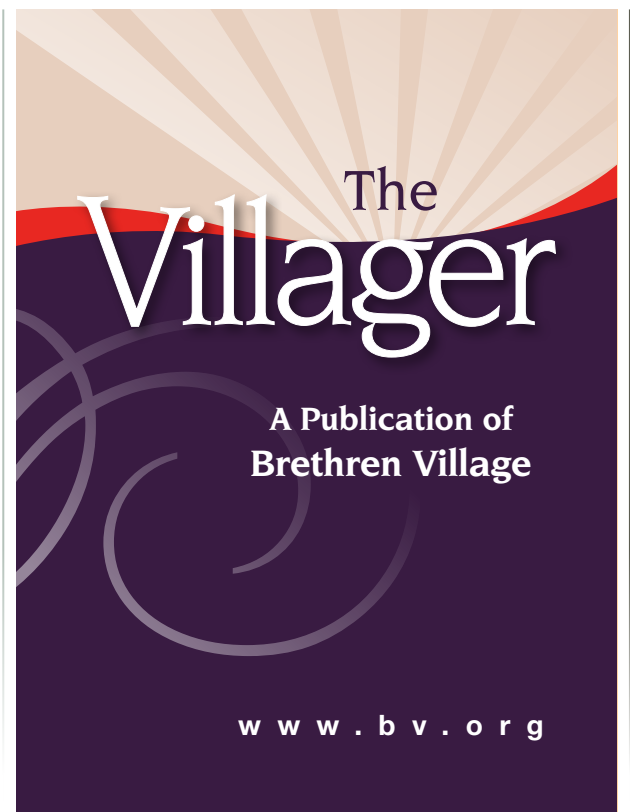
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