

Yes, I want to learn more!

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

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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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FALL 2017

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A Senior Living Newsletter

SeniorSource



Visit Brethren Village!

Open House

October 21, 2017

➤ More Choices | Lifelong Learning | Cultural Enrichment

Leafy Greens

7 Easy to Grow Houseplants

Preparing for Flu Season

Now Open: **5★ Star** Rehab Center

Team Building

BV Welcomes Director of Resident Enrichment



A Word from Our President

In our last Senior Source, I told you about our ongoing efforts to expand and improve our campus for the benefit of our current and future Residents. We're in the middle of our strategic planning for the next four years, and that focus remains strong. We have broken down our larger goal of expanding and improving into four main objectives: building and maintaining a culture that is aligned with our values; recruiting and retaining Team Members who bring talent to our organization and are dedicated to the mission and values of Brethren Village; to be innovative in our thinking and strategies as we continue to anticipate the needs of current and future Residents; and build an effective and efficient foundation on which Brethren Village's financial and operational future is built.

Today, I would like to focus on the first of those objectives: culture.

In order to really address the goal of enhancing our Residents' lives



and giving them more choices in more areas, we recently created an entirely new Team Member position: Director of Resident Enrichment. I'm happy to announce that we have found the perfect person for this position—

Ethan Eshbach. As Director of Resident Enrichment, Ethan's role is to identify, plan and promote a comprehensive and attractive program of cultural, recreational, and social enrichment for our Residents—

putting an emphasis on lifelong learning. Ethan works closely with his Resident Advisory Committee to produce unique activities and subjects, giving our Residents even more choices of how to spend their free time.

He and his wife, Rachel, live in Lancaster and are active members at Lancaster Brethren in Christ Church. I hope that you will get to meet Ethan the next time you're on our campus. And, if you're considering a move to Brethren Village in the future, rest assured that we will continue to work towards the ultimate goal of providing our Residents with everything they could possibly need—and want—in a senior living community.

John Snader, FACHE
President and CEO, Brethren Village



Northside Court: *Stylish, private and close to everything*

If you've visited or driven past the Brethren Village campus in the past couple of months, you've seen a lot of activity on the north side of campus. Our new village-within-a-village is really taking shape. The first of nine, two-story buildings will be completed in October (Northside Court will be included in our Fall Open House on October 21—don't miss it!), with an additional building being completed each month through June 2018.

*Don't miss
Northside Court
on October 21
at our Fall
Open House*

Each Northside Court apartment features a private garage with ample space for a car and storage. In addition, either a first-floor patio or second-floor balcony gives Residents their own private outdoor space.

Inside you'll find a full-sized kitchen and island, large living and dining area, two bedrooms, two full baths and full-size washer/dryer. Some residences will also have private dens.

A special feature of Northside Court will be a boulevard surrounded by a lovely landscape of trees, plants and benches bordering a central walkway. Northside Court will have easy access to Brethren Village's restaurants, fitness centers, aquatics center and other campus amenities.

Even as Northside Court takes shape, most of it is already reserved. Future Residents are busy choosing flooring, paint colors and other options from our showroom. But there are still a few apartments remaining. To learn more, please call us at 717-581-4200, email info@bv.org or find out more at www.bv.org/northside.





The Rehabilitation Center at Brethren Village is now open

Welcome to The Rehabilitation Center at Brethren Village!

A new, freestanding building, with 20 fully-furnished private luxury suites, a full range of rehab therapy services and an impressive array of amenities. We specialize in hospitality and wellness! Opened May of 2016 and awarded a Deficiency-Free Department of Health survey. The Centers for Medicare and Medicaid Services (CMS) rated the Rehabilitation Center at Brethren Village as a 5-star facility. The Five-Star Quality Rating System was created to help consumers, their families, and caregivers compare nursing homes more easily and to help identify areas about which you may want to ask questions.

Choose a healing environment with a personalized touch!



While you're staying with us, we provide the comforts of home plus some pampering.



7 houseplants that don't require a green thumb

Leafy, green houseplants can transform a space—providing increased oxygen and bringing the outdoors in. They can be soothing and colorful and brighten up a space. But not all of us were born with the innate ability to grow luscious plants. Luckily, there are seven hearty plants that even the least talented of us can maintain.

- 1 Mother-in-Law's Tongue or Snake Plant (Sansevieria):** Many people have seen this common houseplant, but not many people know its unique name. This plant, which is a lot prettier than its name implies, can survive in either light or dark environments.
- 2 Aloe Vera:** Aloe vera plants aren't just pretty to look at, they have medicinal purposes, too. Snap off the end of one of the leaves and rub the gel-like inside of the plant on minor cuts, burns and sunburn. An aloe vera can live in the same pot for years and requires very little water.
- 3 Peace Lily (Spathiphyllum):** The peace lily blooms prolifically when kept in a warm environment. It thrives in little to moderate light and doesn't require much water, but the soil should not ever be completely dry.
- 4 Lucky Bamboo (Dracaena sanders):** Lucky bamboo twists into different shapes and makes for an interesting indoor plant. Just place it in water and indirect light, and you're good to go for years.
- 5 Spider Plant (Chlorophytum):** For something a little bit different, try a spider plant in a hanging basket. Placed in a basket or on a high shelf in bright, indirect light, spider plants can grow 2 to 3 feet long.
- 6 Dumb Cane (Dieffenbachia):** While there are many varieties of dumb cane, many of them have broad, green leaves with white specks on them. It thrives in indirect light and can be lightly watered.
- 7 Chinese Evergreen (Aglaonema):** As its name implies, Chinese evergreen is almost impossible to kill. Put it in indirect light and water it occasionally (Chinese evergreen can remain dry for several days without any water), and you'll be rewarded with beautiful, bushy green leaves.





Don't procrastinate, get your flu shot today

Contrary to what many people think, flu season actually starts in September and can extend all the way to May. People over 60 are more susceptible to flu, and its symptoms can affect them more strongly and for longer. That, alone, is a great reason to get your flu shot. But studies show that 1 in 3 Americans over 60 don't get a flu shot—that's a third of all seniors!

The sooner you get your flu shot, the sooner you'll be protected. And, while a flu shot doesn't guarantee you won't get the flu, it does greatly reduce your chances of contracting the flu. If you do still manage to get the flu, having gotten a flu shot can still help reduce the severity of your symptoms and the length of your illness. It really is a win-win situation. If you have other health issues and are especially concerned about getting the flu, there is also a higher dose vaccine available for those 65 and older.

Getting a flu shot is easier than ever these days. They are available at most doctors' offices, many pharmacies, urgent care centers and quick clinics like those located in grocery or drug stores. Insurance often covers the full cost of the shot. So, don't delay! Get that flu shot today.

health tips



from our Home Care Director, Diane Gergal

Recipe Fast and full of healthy omega-3 fats, this dish is perfect for any occasion.
Serves 4.

Salmon with brown sugar glaze

- Salmon fillet (approximately 1 lb.)
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon reduced sodium soy sauce
- 4 teaspoons Dijon mustard
- 3 tablespoons brown sugar
- 1 teaspoon rice vinegar



Preheat oven to 425°.

Cover a medium-sized baking pan (about 1" deep) with foil. Cut the salmon into 4 equal pieces and place in the pan. Add salt and pepper. Roast for 10 minutes and remove from oven. Preheat broiler.

To make the sauce, put the remaining ingredients in a small pan and bring just to a boil, stirring often. Brush over salmon and broil about 1-2 minutes, or until the fish begins to flake easily.

Events

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

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

Visit Brethren Village!

Open House

October 21, 2017, 10 am to 4 pm

Join us for our Open House on Saturday, October 21, from 10:00 a.m. to 4:00 p.m. Cottages, apartments, and Northside Court will be available, plus tours of Personal Care apartments, services and amenities and the Rehabilitation Center. Other campus buildings, like the Workshop, will be open, plus much more. Reservations are not required. *For more information, call 717-581-4227.*



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