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SUMMER 2018

Brethren Village

A Senior Living Newsletter

SeniorSource

New Pastimes | Picnic Pasta | Health Tips

Cultural, Recreational & Social Enrichment

Travel the World Global Palate Lunch Series

6 Steps to prevent falls

President's Message

More Choices in more areas than ever



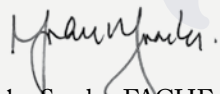
A Word from Our President

Last fall, I told you about our continuing efforts to enhance our Residents' lives and introduced you to our Director of Resident Enrichment, Ethan Eshbach. His role is to plan and promote a comprehensive program of cultural, recreational, and social enrichment for our Residents. Now, I would like to give you an update on some of the unique activities that Ethan has coordinated for our Residents – giving them more choices in more areas than ever.

In 2018, interested Residents can look back 50 years and participate in a campus-wide study of the year 1968. Inspired by the book *1968* by Mark Kurlansky, our program will feature academic lectures, book discussions, and relevant movie screenings throughout the year. The Olympics were also held during the year 1968, so we will be hosting our very own Brethren Village Olympics. Residents will have the opportunity to participate in several competitions, such as bocce ball, shuffleboard, ping pong, water volleyball, and other sporting events.

In addition to our 1968 program, Ethan has planned several enrichment activities focused on cultivating relationships and promoting new experiences. Monthly Short Story Literary Roundtable discussions focus on stories that dramatically define literary Americana and encourage Residents to share their opinions and experiences. The Global Palate Lunch Series gives Residents the opportunity to visit a different ethnic restaurant in Lancaster County every month. We have also planned several out-of-town trips this year, including a Baltimore Inner Harbor lunch cruise with a visit to the National Aquarium.

At Brethren Village, we experience life together. When Residents take part in events and activities, they build relationships, gain knowledge, and enrich their lives through new hobbies and adventures. We will continue to provide unique and interesting opportunities for our Residents in fulfillment of our vision, which is to enrich each life touched by our ministry at Brethren Village.



John Snader, FACHE
President and CEO, Brethren Village



Life enrichment at Brethren Village:

Relationships, education, and new experiences



We believe that engaged seniors lead richer, more satisfying lives, which is why we place such a high importance on life-enrichment activities. Over the past year, we have been working to broaden and diversify the cultural and educational activities available to the Brethren Village community. Among our many programs for Residents are musical performances, educational lectures, and opportunities for creative self-expression. These activities do more than simply entertain—they expand our Residents' minds and spirits as well.

Relationships play an important role in any life-enrichment program. Social connections contribute to a robust life of sharing and interdependence. These connections can also help alleviate stress and

Retirement is the perfect time to explore new interests.

depression; increase self-esteem and optimism; and boost the immune system. Residents can build relationships through the Life Story Writers Club or the Second Friday Lyceums, where we encourage the sharing of personal experiences.

Education is another quality ingredient in a life-enrichment program. A 2013 study in *Psychological Science* found that people aged 60-90 who spend about 16 hours a week learning new skills or

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Introducing Sawsan Zammam, M.D.

Dr. Sawsan Zammam has joined Brethren Village as Medical Director and as a credentialed Primary Care Physician. She is board certified in both internal and geriatric medicine.

Dr. Zammam received her medical degree from Damascus University Faculty of Medicine in Syria. She 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 completed her residency in New Jersey before moving to Lancaster County in 2002.

In her first few months at Brethren Village, Dr. Zammam has cared for more than 100 Residents. She sees Brethren Village Residents in The Courtyards skilled nursing center and The Rehabilitation Center, as well as those in independent living who select her as their primary care physician. She has office hours in the medical suite on Thursday mornings. She is on the medical staff of Heartland Family Health, a UPMC Pinnacle family practice 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,” Dr. Zammam said. “I feel that this role is the perfect fit for me, and I look forward to working with each Resident who requests my services.”

In her free time, she enjoys watching old movies, reading, exercising, and spending time with friends. Dr. Zammam and her husband have two teenage children, who are students in the Hempfield School District.

Her affiliation with UPMC Pinnacle Lititz opens the door to the possibility of new partnerships with Brethren Village. We are considering additional services that UPMC Pinnacle could provide to our Residents.



Life Enrichment continued from page 3

starting new hobbies show less cognitive decline as they age. Residents of Brethren Village have access to a variety of new pastimes. Two of these are social and line dancing taught by Residents Linda and Elvin Heck and yoga with instructor Vicky Darden. In addition, area artist Molly Bingham, owner of Art for Everyone, leads Residents in classes to express themselves through painting for sheer enjoyment, with no previous skill or competence level necessary.



Finally, an enriched life is a life full of **new experiences**. Pursuing unfamiliar opportunities doesn’t stop at retirement for Residents of Brethren Village. In fact, retirement is the perfect time to explore new interests. Residents have the

opportunity to “travel the world” without leaving Lancaster County! Through our Global Palate Lunch Series, Residents meet at ethnic restaurants in the Lancaster area each month to sample a different type of cuisine and engage in academic, cultural, and spiritual discussions. So far, we’ve “traveled” to Greece, Italy, Ethiopia, Peru, Trinidad, and Japan.



An enriched life is surely 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.



Cultural and educational activities do more than simply entertain—they expand our Residents’ minds and spirits as well.

Preventing falls begins at home: use this checklist to stay safe

One in four older Americans falls each year, according to the National Council on Aging. Falls are the main cause of injuries in people aged 65 and older, and may result in hip fractures, broken bones, or head injuries. Falls by seniors are often caused by changes in balance, vision, or strength; fainting, cardiac and blood pressure

issues; chronic conditions including diabetes, stroke, or arthritis; and reactions to medication such as dizziness and dehydration.

Seniors can generally prevent falls by taking several precautions. The National Council on Aging says that seniors can better manage their safety and health by following these six steps to prevent falls:

- 1. Find a good balance and exercise program.** Improve your balance, strength, and flexibility.
- 2. Talk with your physician.** Get his or her assessment of your risk of falling.
- 3. Review your medications with your physician or pharmacist.** Make sure side effects aren't increasing the risk of falling.
- 4. Get your vision checked annually.** Update your eyeglasses when needed.
- 5. Talk to your family members.** Ask them to assist you in taking steps to stay safe.
- 6. Keep your home safe.** Follow these safety recommendations to help prevent falls:
 - Keep hallways and rooms free of clutter.
 - Be sure stairs are well lit and have railings.
 - Use non-skid mats (not throw rugs).
 - Install support bars in the bathtub and shower and at the toilet.
 - Use a non-skid mat in the tub and shower.
 - Add more lights to rooms if needed.
 - Use nightlights and keep a flashlight by the bed.
 - Keep commonly used household items on low shelves.

If you or a loved one begins to feel dizzy or lightheaded, see a physician right away. We think you will agree this is preferable to a visit to the hospital for a serious injury. Your doctor will diagnose and treat your problem or refer you to a specialist who can.

health tips



from our Home Care
Director, Diane Gergal

Recipe

Prepare: 7 min.
Cook: 8 min.

This is a great side dish for summer picnics, family reunions and other social gatherings. This pasta salad is easy to prepare, looks great on the plate, and tastes great!

Bow Tie Pasta Salad

- 1 16 oz. package bow tie pasta
- 2 green onions, chopped
- 6 oz. package feta cheese, crumbled
- 1/2 cup balsamic vinegar
- 1/4 cup extra virgin olive oil
- 2 cups chopped fresh tomato (or halved grape tomatoes)
- Optional: sliced black olives



Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain and place in ice water until cool.

Toss pasta with onion, feta, balsamic, olive oil and tomato. Serve immediately or chill 1 to 2 hours in refrigerator.

Events

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

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

BV Brethren Village

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