

Yes, I want to learn more!

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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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SUMMER 2017

# SeniorSource

A Senior Living Newsletter

## Gathering Spaces

# The NEW Promenade at Northside Court



## Northside Court

Contemporary Living | Choices: Three Floor Plans | Tree-Lined Boulevard

### Simplify your life

#### 7 Organizing Tips

### Additions + Improvements

at Brethren Village

### Dehydration

Treatment and Prevention

## A Word from Our President

At Brethren Village, we take pride in ongoing campus additions and improvements to benefit our current and future Residents. In particular, I want to tell you about two of our current, noteworthy initiatives that will provide added value to our Residents' lives.



Over the past two years, we have prioritized upgrading technology services for our Residents. We realize today's seniors are more dependent on technology to access information, seek entertainment and keep in touch with family and friends. Recognizing our Residents' growing dependence on digital technology, we have implemented a plan to enhance their day-to-day lives online. Here is a brief progress report:

- We are assisting Residents with technology use by upgrading all of our public computers, offering computer training courses, and creating social media groups.
- We are making campus-wide, high-speed, wireless Internet service available to everyone at no additional cost.
- We are including all cable and Internet services as part of Residents' monthly service charges at the lowest cost possible.

With these improvements, our IT team anticipates serving more Residents who use technology to seek information and maintain communications within and beyond our community.

Another change more visible to Residents, as well as neighbors of Brethren Village, is construction of our new contemporary living option. Northside Court will offer seniors style, privacy and space in a beautifully landscaped, park-like setting. We think of it as "perfection in senior living," and I think you will agree. (Read more about Northside Court on the next page of this issue of Senior Source.)

As we expand our accommodations and services, we are promoting vibrant living, reinvesting in our campus, developing needed services and giving our Residents the choices they want and deserve. In doing so, we hope to fulfill the wishes of our Residents, both current and newest arrivals, as we strive to meet expectations for an enjoyable and fulfilling retirement living experience.

John Snader, FACHE  
President and CEO, Brethren Village



Stylish. Private. Perfect.



*The promenade at Northside Court features gathering spaces where Residents can entertain family and friends or just relax and enjoy the outdoors.*

## Northside Court: our new "village within the Village"

After breaking ground over the winter, Brethren Village still has a few apartments remaining at Northside Court, our new independent living residence scheduled to open in fall 2017.

The 36 first-floor and 36 second-floor apartments offers a comfortable and private residential option, with elegant style and plenty of space both inside and out.

Each apartment features a private garage with ample space for a car and storage. In addition, either a first-floor patio or second-floor balcony allows Residents to enjoy the outdoor beauty of this village within the Village.

Inside are roomy apartments with full-size kitchen and island, large living and dining area, two bedrooms, two full baths, walk-in closets and full-size washer/dryer. Some residences also have private dens.

*continued on page 2*

## Northside Court

*continued*

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 Residents will have easy access to Brethren Village's restaurants, fitness centers, aquatics center and other campus amenities.



We invite you to contact us now to learn about this contemporary living opportunity and to select an apartment and choose the finishes that fit your lifestyle. To learn more, please call us at 717-581-4200, email [info@bv.org](mailto:info@bv.org) or find out more at [www.bv.org/northside](http://www.bv.org/northside).



*Contemporary living at Northside Court offers seniors style, privacy and space in a park-like setting.*



*Choose the finishes that fit your lifestyle.*

## Simplify:

### 7 tips for downsizing and organizing



The large turnout at our April Lunch + Learning program demonstrated to us the significant interest seniors have in downsizing and organizing. Information on this topic can benefit everyone, but particularly those who are planning to move to a retirement community. Here are tips on downsizing that you might want to adopt as you consider simplifying your life.

- 1 Schedule just an hour or two daily for sorting and tossing to keep the work relaxed and manageable.
- 2 Purge! Shred papers such as old, cancelled checks; toss outdated food; give away or donate to charity the clothing you no longer wear and household items that you rarely or never use.
- 3 Collect and organize important papers including deeds, wills, durable powers of attorney, medical records, military records, diplomas, birth certificates and passports.
- 4 If you move, accept that you will face tough decisions. Parting with memory-filled possessions may be difficult. If you must part with meaningful items, take photos of them as keepsakes.
- 5 Make lists of everything you must do at your current residence and new one. This will keep you organized and show you the progress you are making.
- 6 Make a plan of your new home, with measurements, showing doors, windows, appliances, shelves, storage, etc. Then begin by deciding where you can place large items, mainly furniture.
- 7 Divide your possessions into categories of what to save, sell, give away or discard. Before selling items of potential value, have them professionally appraised.

*Thanks to the Family Caregiver Alliance and HGTV for several of these ideas.*

## Summer's heat is on its way—be sure to avoid dehydration

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

## health tips



Older adults and people with chronic illnesses have a high risk of becoming dehydrated. During illness, when exercising, or in hot weather, they should increase their intake of fluids. Water, which makes up about 60 percent of the human body, is vital because it flushes toxins, carries nutrients and protects tissues and organs.

Even everyday activities like gardening, walking or bike riding can quickly lead to significant fluid loss. When you're out in the heat or working up a sweat indoors, don't wait until you're thirsty to get a drink. Be good to your body and hydrate throughout the day. Remember that "an ounce of prevention is worth a pound of cure."

Drinking more water or other liquids is the treatment for dehydration, just as it is the prevention. The Institute of Medicine recommends men drink about 3 liters (or 13 cups) and women, 2.2 liters (or 9 cups), of fluids daily. **All beverages—including milk, juice, coffee, tea and sports drinks—count toward the total. Foods with high water content, such as fruits and vegetables, count as well.**

Symptoms of mild to moderate dehydration, according to the Mayo Clinic, are:

- Dry, sticky mouth
- Thirst
- Dry skin
- Constipation
- Sleepiness or tiredness
- Decreased urine output
- Headache
- Dizziness or lightheadedness

If you are an older adult who experiences an increase in some of these symptoms, you should see your physician. Your doctor may want to order tests to confirm and measure the dehydration.

Additional symptoms signaling severe dehydration are irritability and confusion, sunken eyes, low blood pressure, fever and rapid heartbeat and breathing. Anyone with these symptoms should be transported immediately to an emergency room, where they can be treated quickly with fluids and salts intravenously.

Most importantly, remember: it's summertime, it's hot and it's humid, so ... drink plenty of water!

**Recipe** This savory granola, with under 200 calories per serving, is low-fat and full of fiber. Serves 5.

## Granola with Dried Fruit

- 2 cups quick-cooking oatmeal (not instant)
- 1 heaping cup mixed nuts
- 1/4 cup mixed seeds (sunflower, poppy, pumpkin, sesame)
- 3/4 cup unsweetened shredded coconut
- 1 teaspoon ground cinnamon
- 5 tablespoons maple syrup
- 3 tablespoons olive oil
- 1-1/2 cups dried fruit

Preheat oven to 350°.

Put oatmeal, mixed nuts, mixed seeds, coconut, and cinnamon on baking sheet. Stir well, then smooth out. Drizzle with maple syrup and olive oil, then stir. Bake 25-30 min. Take out and stir every 5 min., then smooth down with wooden spoon. Return to oven. When granola is golden, remove from oven, then mix in dried fruit (chop any large pieces). Let cool. Serve with milk or yogurt.



## Events

Brethren Village event information is available at [www.bv.org](http://www.bv.org).

For wellness activities for the general public, visit [www.bvvirtualvillage.org](http://www.bvvirtualvillage.org)



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