

FALL 2019

Brethren Village

A Senior Living Newsletter

# SeniorSource

Supportive Living | Priority Access | A Favorite Fall Dessert

A century  
of living  
& giving

Visit  
Brethren  
Village!

Open House

9th  
Annual  
~

October 19, 2019  
10 am to 4 pm

Memory  
maintenance tips

Staying  
Sharp

A sense of  
community

Experiencing  
Brethren Village

## A Word from Our President

One of the first questions that prospective Residents ask when researching retirement community living is “what is an entrance fee?” They sometimes become confused when they learn the fee does not give them ownership rights to their apartment or cottage.



Instead, at Brethren Village, what it does give them is priority access to Supportive Living services if they ever need advanced levels of care. This is the hallmark of a Continuing Care Retirement Community. We ensure that Residents will be taken care of for life, even if they exhaust their own financial resources.

Brethren Village's current entrance fees range from \$30,000 to over \$400,000. The amount is based on the size and unique amenities of the apartment or cottage (such as number of bedrooms, a garage, patio, balcony, etc.). The refund plan Residents select also factors into the fee. In my experience, most people try to keep their entrance fee in line with what they expect to net from the sale of their house.

Luckily for Lancaster County residents, the current real estate market is one of the hottest in recent memory. As of summer 2019, Realtor.com notes on average, homes in Lancaster County sell after 50 days on the market and list at a median price of \$219,900.

Given the current market, now may be the perfect time to sell your home and use the proceeds for an entry fee at a senior community. Our Marketing Associates are available to explain the process to you. Feel free to call them at 717-581-4227 to schedule an appointment.

We hope to see you on campus someday soon, as a visitor, a prospective Resident, or hopefully as a new Resident of Brethren Village!

A handwritten signature in black ink, which appears to read "John Snader". The signature is fluid and cursive.

John Snader, FACHE  
President and CEO, Brethren Village

 **Brethren Village**  
More choices. *Your* choices.

# Why choose a CCRC?

## Supportive Living makes life better

Priority access to advanced levels of care remains a top benefit of living in a Continuing Care Retirement Community (CCRC). Supportive Living services offer unique perks to suit Residents' changing needs. We provide round-the-clock supervision, three meals a day, and ever-expanding features including medication management, social services, recreation, spiritual activities, exercise and wellness programs, and transportation.

Supportive Living services are provided in Personal Care, Memory Support, Short-term Rehabilitation and Skilled Nursing—usually offered to on-campus Residents who have previously lived elsewhere at Brethren Village.

When considering all service options within a Supportive Living community, get a solid understanding of the dining and food services, costs and fees, and living space and accommodations. Additionally, inquire about each community's licensure and certification, as well as safety procedures.

### Know what to ask



If you or a loved one is in need of Supportive Living services, here are a few questions to ask when researching communities, according to the Pennsylvania Healthcare Association:

- ✓ What happens if Residents' health care needs change? When might they be asked to move to another level of care?
- ✓ Are there special programs for Residents with disabilities or dementia? What accommodations are available to help them get outside and exercise?
- ✓ Are professional nursing services on site, and if not, can the staff help make those arrangements?
- ✓ Are the services of physical, occupational, and speech therapists available or can they be arranged?
- ✓ What protocols are in place for emergency events and situations? How is Residents' care managed in these situations?
- ✓ Is hospice care available? If so, how is care coordinated between the physician and families?
- ✓ Can you provide an activities calendar listing scheduled recreational and spiritual activities?
- ✓ Are there procedures for suggestions, complaints, and grievances? Is there a resident council or family council that meets regularly?

All Supportive Living communities should be focused on the full health and wellness of each of their Residents. At Brethren Village, we offer prospective Residents services and personalized care plans to fit all unique wants and needs. From single- or double-room apartments to larger ones 900-square-feet in size, we're certain you can find the right fit here for you or your loved one.



## BV: From generation to generation to generation...

**For** Joan and Harry Hershey, Brethren Village Retirement Community has been a way of life in their family for many generations.

Joan and Harry recently moved into Brethren Village in June, after Joan served on the Community's Board of Directors. But Joan's family has been an important part of both leadership and residency at Brethren Village for over a century. The family's lineage at Brethren Village includes great-grandparents, grandparents, and parents who all chose Brethren Village as their place to retire. In fact, members of her family joined the staff more than a century ago, a month before it officially opened its doors.

Brethren Village's history starts in 1897, when the first location was created on Old Line Road near Manheim, PA. That building was formally known as The German Baptist Brethren Home, but more colloquially known as the Home for the Homeless. The community was born from the Brethren people's desire to love, provide for, and take care of their own.

One of their initial orders of business was to appoint its very first steward and stewardess to watch after the home's Residents. The couple—known as Brother and Sister Jonathan Weaver—was Joan's great-grandparents. They had three daughters, one of whom was Susan Overly, Joan's grandmother. The children tended to the Residents and grounds with their parents. The initial location had 60 acres of land, but most of it was unusable for food production and the house was in need of substantial repairs. Mrs. Overly recalls the hours of



work as long and laborious, but worth it in the end.

A little over a decade into their time at the Home, leadership decided to relocate in light of the numerous deficiencies of the building. In 1909, a local family offered ten acres of land near what is now known as Lititz Pike, free of charge. Joan's grandfather led the construction of the first building—Founders Hall—in 1910, which stood until its removal in the late 1990s as part of a major campus renovation.



Susan Overly said in an interview some years ago with Mary Ann Johnstone, writer of *A Pattern of Love, Brethren Village 1897-1997*, that the summer spent building the new

community ultimately proved to be very fruitful for the Residents. “It was such a wonder to the people to have a home like this,” Mrs. Overly shared in the article, her voice “tinged with emotion.”

## Today,

Joan is 80 years old, and her husband Harry is 86. They have dedicated a large portion of their lives to Joan's parents' and grandparents' cause by staying involved with Brethren Village's leadership before retiring. Joan can't speak highly enough about her time and experience as a Resident herself. She notes her appreciation for the sense of community that comes with living on campus. She and her neighbors feel involved and engaged through all the various activities they're able to experience at BV.

*BV is committed to every Resident's spiritual, emotional, physical health and wellbeing.*

Residential life at BV continues to offer wide-ranging programming, including the creative arts room for activities like quilting, painting, and jewelry making; the Green Thumb Society, a Resident-run greenhouse on campus; the Model Train club; the Village library; workshop; and musical studies course. These services are offered as a commitment to every Resident's spiritual, emotional, and physical health and wellbeing.

Overall, Joan is thankful she and her husband have been able to continue their family's centuries-long legacy, living with a community of like-minded individuals who share the same core values as their own.

“I believe in the visions that have always been at BV, to provide a safe place for the elderly,” Joan said. “The feeling of security, common values... it just feels very much like home.”

## Oh, those senior moments— try our memory maintenance tips

If you have misplaced your keys, cell phone, glasses, or TV remote in the past year, relax. You're not losing your mind—you're probably not really losing your memory either.



*from our Home Care Director, Diane Gergal*

All of us have our absentminded moments and lose items from time to time. Sometimes we forget names of people, places, or things. Those slips don't just happen to us in our senior years, though they might occur more often. Our short-term memory actually begins to decline around age 35.

While common lapses in memory can be frustrating, they shouldn't overly concern us. After all, this is why we make lists, write ourselves notes, and post reminders on calendars.

For some seniors, memory loss indeed becomes problematic. Examples are repeatedly forgetting family members' names or placing items in strange places. These can be signs of dementia. According to the Alzheimer's Association, dementia can impair memory, language and communication, ability to focus, judgment and reasoning, and visual perception.

If you notice symptoms of dementia in a loved one, make an appointment with his or her physician. The doctor may determine that medication or behavioral therapy could be helpful. And if you're one of the many seniors who just forgets or misplaces items now and then, don't lose sleep over it. In fact, try laughing it off, compensate with written reminders, and focus on enjoying being a senior.

**We also can take initiative to remain as sharp as possible by following a few tips:**



**1.** Remain physically active and exercise several times a week.



**2.** Follow a healthy diet—lots of green vegetables, fruits, whole grains, and low-fat protein.

**3.** Stay mentally active by learning new skills. Take classes, play games, and do puzzles.



**4.** Socialize often with friends and family (to help ward off depression and lower stress levels).

**5.** Manage chronic conditions such as diabetes, high cholesterol, and hypertension.

**6.** Get plenty of sleep, take naps, and get professional help for sleep apnea.

# Recipe

Prepare: 15 min.  
Cook: 25 min.

Pecan pie is a favorite fall dessert, so why not try its miniature version—pecan pie muffins? They have just five ingredients but still taste like pecan pie. Plus, pecans are full of healthy monounsaturated fats, a good source of vitamin E and antioxidants, and rich in protein and minerals. So, go ahead and indulge in these easy-to-make muffins!



## Pecan Pie Muffins

- 1 cup packed light brown sugar
- 1/2 cup all-purpose flour
- 1 cup chopped pecans
- 2/3 cup butter, softened
- 2 eggs, beaten

Preheat oven to 350 degrees. Grease and flour 18 mini muffin cups or use paper muffin liners.

In a medium bowl, stir together brown sugar, flour, and pecans. In a separate bowl, beat butter and eggs together until smooth and stir that into the dry ingredients until combined.

Spoon batter into prepared muffin cups. Make cups about 2/3 full.

Bake at 350 degrees for 20-25 minutes.

## Events

Don't miss it!

9th Annual  
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## Open House

Saturday, October 19, 10 am to 4 pm.

For more information go to [www.bv.org](http://www.bv.org).



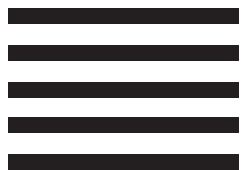
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\*In accordance with our Privacy Policies, by providing your signature, telephone number and/or email address above, you grant permission for representatives of Brethren Village to communicate with you at this telephone number and/or email address. Your personal information is confidential and will not be released or sold to outside parties.



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