

# Smart Moves

Tips for a better retirement

Technology SmartTalk

Insights on Aging

Your rehab journey  
begins in our state  
of the art facility

What makes a  
**CCRC**  
a wise  
choice?

Reserve a  
one-bedroom  
apartment  
now through 11/1/20  
and receive up to \$2,000  
in bonus perks.  
**Call to learn more**  
**717-581-4227.**

# Introducing SmartMoves

---

## A new type of newsletter for a new time of life

Entering a retirement community signals a new time of life. And in our revamped newsletter, we'll be celebrating this exciting phase with a focus on everything the Brethren Village experience can offer.

Each issue of Smart Moves will feature insights to help you make the best decisions for your personal vision of retirement living. Our features will provide a look into our state-of-the-art services, give helpful and fun tips on how to live life to the fullest within our retirement community, and showcase how we maintain our commitment to the health and well-being of our Residents.

While health concerns are at the front of many minds in these uncertain times, our staff remains committed to providing a quality senior living experience no matter the circumstances. These conditions may alter the traditional process of tours and applications, but we're making accommodations to help the process be as smooth and convenient as possible.

Please enjoy the first edition of Smart Moves. We look forward to giving you a glimpse of what life is like from our corner of the world. From our community to yours, we wish you health, happiness, and a great retirement living experience.



*BV* Brethren Village

More choices. *Your* choices.

## Five things I would tell my younger self about aging

We talked with two Residents of Brethren Village, Rennie and Dick S., and asked them, "What are five things you would tell your younger self about aging?" The answers we got were funny, authentic, and inspiring; here's what they had to say:

**1 Less is more.** We know it sounds cliché, but it's true. Collectibles, treasures, memories, call it whatever you like. We would gather, hoard, collect, and after 70 plus years, we accumulated stuff, a lot of stuff. At one point, we believed that keeping these things would help us remember a particular moment in time, a milestone, an accomplishment. But more isn't better; it's just more. Embrace purging. Do it along the way. Because it takes a lot of work to get rid of 70 years of 'more.'

**2 Just book it.** We took the typical family vacations. To the beach, California, nothing extraordinary. There was always a reason or an excuse why it just wasn't the right time to get away; work, kids, life. My co-worker would say, "just book it." We never did. It's not a regret but a dream we still hold onto. We encourage anyone who can take those big trips you dream about, to "do it sooner rather than never."

**3 Kids before degrees will bring you to your knees.** Education was important to us, but having seven children is challenging when you are trying to continue your education and finish your degree. If you can, focus on one thing at a time. Ideally, get an education, then have children.

**4 It's about the journey, too.** Try to find a job or an occupation you love, and it will become your life's journey. We didn't realize it at the time, but we found our passion in our work. We didn't realize it then, but know now that our work was our life's journey. We see and know a lot of people who work to get to the destination - retirement - and missed out on the journey.

**5 One cat, not two.** Some things in pairs are essential - socks, shoes, earrings. But cats, that's a different story, and we are cat lovers. Our compassionate side kicked in when we took in a feral cat. One cat quickly became four in a matter of a couple of months. As we got older, we realized animals aren't for us. "Now we're each other's pets."

Planning for future  
health needs make a

# CCRC

*a wise choice*

As you might expect, our Residents consider Brethren Village a great choice in a continuing care retirement community for all it has to offer. But what are the highlights of a CCRC that make it such a smart decision for seniors? Considered one of the best continuing care retirement communities in the area, there are several key aspects of Brethren Village that showcase how CCRCs differ from other retirement community options.

## Assured access to the care you may need

Some of the most important aspects of continuing care retirement communities are the levels of care, support, and services offered to Residents to accommodate different stages of senior living. Also referred to as a life plan community, CCRCs like Brethren Village offer independent living arrangements to Residents with availability of care or assistance if needed. This all-in-one-place continuum



*\* This photo was taken pre-COVID pandemic. Our team practices safety precautions at all times, including appropriate PPE.*

of care is appealing to anyone looking to ensure that they will have access to the care they may need in a place they call home.

*continued on page 6*

*Care, support, and services offered at Brethren Village accommodate different stages of senior living.*



# CCRC

*a wise choice*

---

*continued from page 4*

## A comprehensive approach to health services

Once a new Resident enters a CCRC, they have available a range of health care services should they need them in the future. Services include personal care, a state-of-the-art rehabilitation center, and secure memory care or skilled nursing care if the need arises. All of these options in one location help Residents of a CCRC feel secure and prepared.

## Providing a sense of community

Brethren Village understands the importance of social connections



with like-minded individuals and focuses on providing Residents with a community-driven living experience. We offer many options for Residents to gather in many ways. Residents also have a long list of amenities available on campus, including our pool and fitness center, recreational activities, social



*\* Refer to page 4*



*Residents at Brethren Village can enjoy:*

events, dining options, entertainment and more. At Brethren Village, seniors have a quiet atmosphere for peaceful living and still have plenty of ways to be connected to a broader community.

*Access to  
personal care*

*Social events  
and on-campus dining*

If you or a loved one are looking into senior living options, we invite you to see why our Residents consider Brethren Village a smart decision. Our staff is happy to offer a tour of our campus or provide more information on our many choices. We are dedicated to creating a community for senior living that offers what may be the most important option of all for seniors—peace of mind.

*Peaceful living  
and quiet  
atmosphere*

*Access to our  
state-of-the-art  
rehabilitation  
center*



[www.BV.org](http://www.BV.org)

# A wise choice for short-term rehabilitation care

## Physical Therapy

With a state-of-the-art Rehabilitation Center located on our campus, we're able to offer a comprehensive approach for care and recovery to our Residents. Our high-quality rehabilitation programs and facilities are also open to the surrounding community when we have availability.

Short-term rehabilitation at Brethren Village falls into four therapeutic categories:

- 1 Physical therapy**
- 2 Speech therapy**
- 3 Occupational therapy**
- 4 Respiratory therapy**



Each therapy service available through the Rehabilitation Center includes specific programs and specialists to help Residents in their rehab journey. For some, that journey starts with physical therapy.



*\* Refer to page 4*



## Physical Therapy at Brethren Village

At Brethren Village, Residents in need of physical therapy are given the opportunity to work with our highly trained and expert physical therapists. Physical therapy may be needed at any age for a variety of reasons, but the staff at Brethren Village is very knowledgeable about the physical limitations that often come with aging.

Some common physical therapy needs include treating or improving:

- Pain
- Range of motion
- Posture
- Endurance
- Muscle spasms
- Strength
- Balance

Other conditions that can be improved through physical therapy at Brethren Village include:

- Back/neck pain
- Chronic pain
- Vertigo/balance problems
- Shoulder and knee problems
- Post-surgical rehabilitation
- Arthritis/degenerative joint disease
- Decreased motor coordination

The physical therapy services available at the Rehabilitation Center at Brethren Village are designed to develop, restore, and preserve physical functionality. With a comprehensive approach to physical care in addition to the rest of the services available on campus, Brethren Village is well-equipped to provide a high quality rehabilitation experience.

### Advice from and for residents living in a smart device world

Have you ever tried to use your smart phone, tablet, or computer and gotten frustrated by confusing pop-ups and tech language you don't understand? This handy guide will help you to navigate the high-tech world we live in today, and maybe even help you impress your grandkids with your computer knowledge.

#### Tip 1 | How to spot a secure – protected! – website

There are a lot of websites you can visit on the internet, and not all of them are safe. To help you keep your personal information and device protected, always make sure the website you're viewing includes the following:

- The website address is secure if it includes www. https:// at the beginning- the "s" stands for secure!
- At the top of your browser where you see the web address you're currently on, there will be a "padlock" symbol to the far left, at the beginning of the web address. If that "padlock" is closed, it's safe! If the padlock symbol is open, the website is not secure.
- Keep in mind, not all non-secure websites are bad or unsafe, but this will help you to use your best judgement. Never provide sensitive information on a website that you feel is unsafe.



#### Tip 2 | How to make text larger on your smart phone

If you're having trouble reading text on the tiny screen of your smart phone, you can change your phone's setting to make that text larger and easier to read!

- How to make text larger on an Apple device:
  - Go to your "Settings" app
  - Select "Accessibility" and then hit the "Display and Text Size" option
  - Tap "Larger Text" for larger font options
  - Drag the slider to the font size you would prefer
- How to make text larger on an Android device:
  - Go to your "Settings" app
  - Select "Display"
  - Select "Font Size"
  - Choose from one of the four options
    - Small
    - Normal
    - Large
    - Huge



---

## Brethren Village employee receives LeadingAge PA's Manager of the Year award

Hats off to Doug Dosch grounds supervisor for Brethren Village, this year's recipient of the LeadingAge PA Manager of the Year award.

This honor is presented to an outstanding mentor who has nurtured, coached, counseled and encouraged others in order to help them develop personally and professionally as an individual and/or as part of a team.



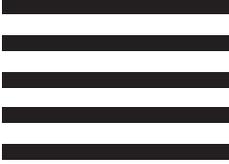
**Hats off to Doug Dosch, Grounds Supervisor for Brethren Village, and this year's recipient of the LeadingAge PA Manager of the Year award.**

---

LeadingAge PA is a statewide association that represents nonprofit providers of long-term services and support services for older adults across Pennsylvania. The mission of LeadingAge PA is to serve as an inspiration within the aging services industry and positively impact those communities through outreach and recognition.



NO POSTAGE  
NECESSARY  
IF MAILED  
IN THE  
UNITED STATES



**BUSINESS REPLY MAIL**  
FIRST-CLASS MAIL PERMIT NO. 62001 LITITZ, PA

POSTAGE WILL BE PAID BY ADDRESSEE

**BRETHREN VILLAGE**  
3001 LITITZ PIKE  
LITITZ PA 17543-9954



Yes, I want to learn more!

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

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.



3001 Litzitz Pike, Litzitz, PA 17543 • (717) 581-4227 • [www.bv.org](http://www.bv.org)

Non-Profit Org  
U.S. Postage  
**PAID**  
Lancaster, PA  
Permit #6