

SPRING 2019

BV  
Brethren Village

A Senior Living Newsletter

# SeniorSource

Freedom and Flexibility | Lifestyle Options | Shuttle Service

## 7 Tips: Sleep better & feel better



Three decades  
later, they're back

BV's new kids  
on the block

+ More Choices

Advantages to living  
at Brethren Village

## A Word from Our President

Lancaster County is home to an abundance of quality retirement communities, contributing to its 2019 US News & World Report ranking as the top retirement destination in the nation.

Brethren Village, and other continuing care retirement communities (CCRCs), are the only “all-in-one” solutions addressing changing needs as one ages.



### Advantages of living in a CCRC:

- Escaping the hassles of home maintenance.
- Access to pursue new or existing hobbies, making new friends, and exploring new interests.
- Peace of mind knowing you have the care you need forever.

### Considerations when comparing communities:

- Finances — what do service, entry, and monthly fees look like? Are there several financial options or just one or two?
- Consider not only the levels of care available—such as residential, personal care, rehabilitation, and nursing—but also research the quality of care provided at each level.
- Location, location, location - Our prime location allows you to easily visit dozens of shopping, entertainment and service venues.

If you decide to consider Brethren Village for your retirement living, we're confident we'll meet your individual needs. Our mission is to enrich each life touched by our ministry. We invite you to tour Brethren Village and share how we can improve your life. It's as simple as calling 717-581-4227 and making an appointment with our Marketing Associates. They can introduce you to more choices at Brethren Village.

A handwritten signature in black ink that reads "John Snader". The signature is fluid and cursive, with a large, stylized initial "J" and "S".

John Snader, FACHE  
President and CEO, Brethren Village

# Expanded shuttle services

give our Residents easy access to lifestyle options

When U.S. News & World Report ranked Lancaster 2019's No. 1 best place to retire in the country, it noted our region's "rolling farmland," "manicured suburbs," "bustling city," and "close-knit church communities."

Here at Brethren Village, we couldn't agree more, and we're happy to be right in the middle of it. We're surrounded by farmland, suburbs, and church communities, and we're just a few minutes' drive from the vibrant city of Lancaster and the charm of downtown Lititz.

We recently announced improvements to our on-demand shuttle and medical transportation services. Residents who cannot or choose not to drive are benefitting from these convenient services. They save time and money while increasing their personal freedom and flexibility.

**Our free on-demand shuttle** takes Residents to various shopping destinations along the Rt. 501 North corridor. We even help them load and unload their packages! To arrange a ride, Residents simply call the shuttle driver directly—or we can do it for them. This service is provided on weekdays between 7:00 a.m. and 3:00 p.m. The shuttle also transports Residents to Sunday chapel services.

**The medical transportation service**, an on-demand, fee-based service, transports Residents to scheduled appointments at doctor's offices, clinics, and hospitals. Residents can choose to share transportation with fellow Residents or opt for private medical transport at an additional cost.

Our transportation options are just one example of the ways we continually expand our lifestyle services to bring exceptional convenience and more choices to our Residents.



*We know what treasures we have in our own backyard, and we strive to help our Residents enjoy them.*

*Our shuttle service gives Residents an abundance of choices.*



*Brian and Wendy—*

## BV's new kids on the block

### Get to know our youngest residents

When Brian and Wendy Albright got married in Brethren Village's chapel in 1989, they didn't foresee moving here nearly 30 years later. But that's exactly what they did in November 2018. They relocated to Brethren Village's independent living Village Townhouses on Brian's 62nd birthday—the very first day they were eligible residents—making them among our youngest current residents.

You might be wondering why this couple, when in their early 30s, tied the knot at Brethren Village. Essentially, it was a practical matter. “We were looking for a venue for a small wedding, and someone suggested the chapel here,” says Brian.

The two Lancaster County natives got acquainted while growing up as neighbors in Leola. They lost touch after high school, but one day about 15 years later, Brian noticed Wendy working at Park City. He stopped to chat with her—six months later, they were married.

Three decades later, why would they move to a retirement community at such a relatively young age?

“We wanted to acclimate ourselves to Brethren Village while we're young enough to enjoy the community and its offerings,” Wendy says. And if health issues ever arise, the care they need will be close at hand. The Albrights don't have children to help out as they get older and desired the security of living at a continuing care retirement community. They also love no longer having yard or maintenance work and being in

walking distance from a number of restaurants. Though they visited many retirement homes in Lancaster County, they favored the sense of community, social activities, and programs they found here.

Wendy noted that she liked the ambiance and appearance of her chosen apartment complex. Brian mentions that living in the Village Townhouse is affordable and they love the “great specials” at the Bistro. They appreciate the inclusion of Wi-Fi, TV, and taxes in their monthly payment.

The Albrights put their name on the Brethren Village waiting list in 2013. Over several years, they visited multiple communities participating in the annual “Explore Retirement Living Open House Tour.” Eventually, our staff knew them by name. Wendy recalls finding everyone very welcoming.

So, have other residents noticed these youthful residents? “Oh, yes,” says Wendy, and all have been very friendly and helpful to these youngsters, who are employed part-time.

Brian works at Giant in the produce department; Wendy is employed in her church’s office. Previously, Brian worked for the postal service for 33 years, retiring as a mail handler in 2011. Wendy’s held several clerical positions, including one in a district justice office.

In their spare time, the couple has cared for fish, lizards, a bird, and a dog. Today, Brian plays guitar; does woodworking; and reads art, science fiction, and fantasy books, and classic novels. Wendy enjoys intricate beadwork to make lovely jewelry and decorative items. She reads Victorian novels and is a member of the Jane Austen Society of Lancaster.

*The Albrights are now looking forward to their leisure time on campus.*

Together, they enjoy visiting art museums; Longwood Gardens; and the Winterthur Museum, Garden, and Library in Delaware. Brian plans to use the pool and fitness center and plans to start gardening.

He’s also interested in shuffleboard, ping pong, billiards, and competing in the Senior Olympics. Wendy hopes to volunteer at the library,

use the whirlpool, and eventually join the jewelry-making group. Together, they’re excited to partake in our organized bus trips.

It’s clear that, three decades after their first unforgettable day at Brethren Village, Brian and Wendy will continue making special memories here for many years to come.





### **Sleeping better can mean feeling better: Follow these seven tips for better rest**

Sleep issues might increase with age, but that doesn't mean you must resign yourself to restless nights and tired days. In fact, sleep problems can seriously affect your physical and mental health.

The National Sleep Foundation found that 44 percent of seniors deal with some level of insomnia at least several nights per week. Finding a solution is important to your overall well-being.

Sleep problems have numerous causes, including medications, stress, anxiety, arthritis, restless leg syndrome, illness, and sleep apnea. Sleep apnea—often marked by snoring—poses a larger concern as breathing stops temporarily during sleep. If untreated, it puts people at greater risk for heart disease and other health issues.

If you experience disrupted sleep, talk with a physician. They can help you determine the source and suggest treatment options. Your doctor can also help discern if an over-the-counter sleep aid is the best option, or if a prescribed alternative might be better for you.

### **Here are seven easy steps you can take on your own now:**

#### **1. Keep a regular schedule:**

Go to sleep and wake up at the same time every day.

**2. Take a warm bath:** It can help you wind down, relax, and feel sleepy.

**3. Unplug:** Turn off TV and electronics an hour before bedtime. Don't use them in the bedroom.

**4. Don't eat dinner right before bedtime:** Eating before sleep can cause heartburn and sleeplessness.

**5. Don't drink caffeine or alcohol near bedtime:** Even small amounts can disrupt sleep.

**6. Drink less liquid in the evening:** Trips to the bathroom will interfere with sleep.

**7. Keep active until you're tired:** Exercise regularly. But, know your body. If exercise excites you, try avoiding it within three hours of sleep.



*from our Home Care  
Director, Diane Gergal*

Keep your bedroom cool, dark, and quiet, and try to relax—perhaps read a book or listen to quiet music. Find what works best for you and make it part of your routine to enjoy more peaceful, healthier rest.

# Recipe

Prepare: 5 min.  
Ready: 5 min.

How can a recipe so easy be so tasty and inviting? This yummy but healthy combination of berries and yogurt will leave you feeling satisfied and smiling. If you prefer, you can add a small amount of graham crackers or granola to each vanilla/berry layer to give it more crunch.

## Vanilla Berry Parfaits

- 2 (8 oz.) containers vanilla yogurt
- 1 (10 oz.) package frozen mixed berries
- 2 tablespoons crushed graham crackers
- 1/8 teaspoon ground nutmeg

Cover the bottoms of two small glasses with a layer of yogurt. Layer berries on top of the yogurt. Repeat until both glasses are full, ending with a fruit layer. Sprinkle with graham crackers and nutmeg as desired.



## Events

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

*For wellness activities for the general public, visit [www.bv.org/senior-wellness](http://www.bv.org/senior-wellness)*

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