

# Smart Moves

Tips for a better retirement

[bv.org](http://bv.org)

SmartTalk for Seniors, Part 2 | How to identify cognitive decline



Good  
deeds

How our  
community  
shows kindness

Simplify  
your life

Why I chose to move  
during the pandemic

*A Resident's personal story*

Thinking about  
selling your house?

**Now is the time!**



**BV** Brethren Village

# The *upside* to *downsizing*

How to simplify your life with apartment-style living



For seniors looking to downsize, living in an apartment has become the most popular selection within senior living communities. Apartments may be smaller than your previous home, but you can simplify your life and enhance your lifestyle without sacrificing comfort and amenities.

Reserve a one bedroom apartment now through 6/30/21 and receive a moving allowance up to \$2,000.

**Call to learn more at 717-581-4227.**

*Brethren Village offers peace of mind and the freedom to do more of what you want to do.*

Downsizing has its benefits beyond maintenance-free living. Because we are a CCRC, you gain peace-of-mind knowing that the future of your care is planned. More importantly, you are given the gift of extra time in your day with the freedom to do more of what you want to do. Grow your circle of friends by joining a painting class. Stroll through our 153-acre campus to grab a book at the on-campus library. Or, simply have lunch with a friend at one of our two on-site dining venues.

Right now, we're offering a spacious one-bedroom apartment with entrance fees starting as low as \$63,000 and a monthly service fee of

# Why selling your house now may be a SmartChoice for your future

The housing market in 2020 was a rollercoaster of a year. And while 2021 is sure to be another eventful one, there is clear data showing positive signs for home sellers. If you've been thinking about selling your home and finally moving to a retirement community, now is the time to make your move! Here are a few reasons why.

## ■ Mortgage rates are still trending low.

2020 brought record-low mortgage rates. And although rates will rise in 2021, they're only predicted to increase modestly. Low rates mean buyers are highly motivated to purchase now to take full advantage of potential savings.



■ **PA homeowners have a market advantage.** In a new ranking from Realtor.com, Harrisburg, PA is set to be one of the hottest housing markets in the entire country. Thanks to affordability and regional access, the Harrisburg area is predicted to have a 14.4% sales growth and is listed 7th in a list of the top 100 largest markets in 2021. This is expected to have a positive impact on the surrounding markets as well, including here in the Lancaster/Lititz area.

■ **Demand is high and inventory is low.** When there is low inventory in a market that's rising in demand, there's more competition between buyers. This is good for sellers who want to get the deal done quickly and get as close to their asking price as possible – which is exactly the trend the market is seeing now!

■ **It won't be a seller's market forever.** Although the market has shifted to be favorable for sellers, housing is expected to return to a more stable and normal landscape as 2021 draws to a close. In short, it's best to strike when the iron is hot. And since spring and summer are usually the busiest housing seasons, there's no better time than the present to sell.

# A community of kindness

If you've ever used the expression, "it takes a village," you'll understand a bit of the meaning behind our mission. Our Residents, staff, and members of the surrounding communities are part of the senior living experience here at Brethren Village.

## Spreading holiday cheer

During the 2020 Christmas season, Brethren Village provided a unique, socially distanced way to enjoy the beauty of the campus. Buildings, trees, and community roads were lined with light displays and decorations. Anyone from neighboring towns, staff and their families, or BV Residents could tour the campus by foot, or from the comfort of their cars. Our staff videographer filmed the experience for Residents who were unable to travel outdoors to see the lights in person. The videos played on our campus TV station so Residents could appreciate the spectacle all season long. We plan to continue this tradition for the 2021 holiday season.

## Showing the power of a good deed

Over the years, many local businesses have donated their time and resources to ensure Residents and staff felt supported. Oregon Dairy recently provided goodies for staff members to thank them for their hard work during the pandemic. Local high school students from Manheim Township crafted handmade cards for both Residents and staff members, providing an extra dose of encouragement throughout the more difficult months. Members of the Lititz community made homemade care packages for Residents to enjoy.

And when PPE was in short supply within the community, our sewing club initiated a mask-making event. Residents joined in the effort on their own or in a socially distanced setting. Together, they provided much-needed masks for community members.



## Resident and staff appreciation

Throughout 2020, we invited local food trucks to stop by our campus to provide cupcakes, ice-cream, specialty French fries and other goodies. We had coffee carts and catered lunches for staff members to offer our support. And to show their own gratitude, Residents made gifts for our care teams and nurses like bags of gourmet popcorn and signs with messages of appreciation to display around campus.

The world around us is getting “smarter,” but that doesn’t mean technology is always easy to understand. These handy tips will help you decode some of the tech-talk you might be hearing.

## Tip 3 | Apple vs Android – what device do I have?

The main difference between the two types of smart phones is how the devices function and what type of platform they use for all the technical stuff. But don’t worry – both types of products are great!

- Apple devices include any product sold by Apple: Phones, iPads, Mac
- Androids are devices sold by any other manufacturer: Samsung phones, Sony phones, Google phones, etc.



## Tip 4 | Text abbreviations: NVM, IDK, LMK

If you feel tech savvy enough to text or email, you can use these easy abbreviations to communicate with fewer words or characters.

- IDK means “I don’t know.” Example: “IDK Emily’s phone number.”
- NVM means “nevermind.” Example: “Okay, nvm.”
- LMK means “let me know.” Example: “Want to take a walk at 3PM? LMK!”

## Tip 5 | How to make a stronger, safer password

Protecting your information online is more important - and necessary now more than ever. To avoid the possibility of a hack or being vulnerable to an online scammer, a strong password will help to keep your information safe.

- Make your password case sensitive. Alternate upper and lower cases. Example: hElLoThErE
- Use numbers and characters that aren’t typical. Example: ^, ~, %.
- Don’t use anything personal. No dog names or middle names!
- Most importantly, do not use the same password for everything. Keep a password journal in a safe place to help you remember.

## Tip 6 | What are apps?

The term “app” is short for applications, and are typically used and installed on smartphones as a quick way to access important information that you need frequently. Here are some great examples of helpful smartphone apps.

- Medication apps. Example: Medisafe and CareZone to help manage medication, including pick-up schedules, dosages, and refill alerts.
- News and Weather apps. Example: Accuweather and NPR
- Brain-game apps: “Words with Friends” is the smartphone version of Scrabble™. Play with friends and family near and far from your phone!

# “Why I moved into Brethren Village during a pandemic”

*An Interview with Mary Piehl, BV Resident*



Mary Piehl had a noteworthy move-in experience with Brethren Village, right at the start of the pandemic. She credits the team at BV for a safe move-in process, expressing that they helped every single step of the way to make the best out of a difficult situation. And even though Murphy’s Law offered up a few kinks, the BV team helped her there, too.

We talked to Mary on why she chose Brethren Village and moved in amidst a pandemic – and why she’d do it again.

*“What ultimately brought you to Brethren Village?”*

After living in Florida on my own for a few years, my son and I thought it was time to make the move to be closer to him here in Lititz. So I rented an apartment in Kissel Hill in 2019 to get to know the area and we started looking. I actually had my mind set on moving into a different community before visiting Brethren Village. But that changed when I came here. They showed me this cottage and I was sold!

*“Your move-in period was right when COVID-19 hit the area. What were your fears, if any, about moving in during a pandemic?”*

Of course I had some concerns. But, I was already committed to this. In my mind it was a done deal and I said to myself, “well, let’s make the best of it!”



*“What was your move-in process like?”*

I actually had to make the drive up from Florida alone with just my cat. I sold my condo almost completely furnished, and for the few things I kept, Brethren Village helped me arrange for a small pod to be delivered to Lancaster.

On April 3rd, Susie, the BV marketing associate I’d been working with, was there right at the front gate waiting for me. I had to quarantine as soon as I got in, so Susie made sure I had groceries, and essentials delivered right to me.

Through no fault of BV, however, that storage pod with my furniture didn’t get here until a week after I had arrived! I had everything I needed thanks to Susie. Because the community was closed, my son couldn’t help



*Mary's glass is half full. "Be optimistic," she says, "everything will fall into place."*

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# Why I moved

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*"The team at BV helped every single step of the way."*

out. So, when my pod did arrive, Susie also helped me arrange a moving company to help unload it.

## *"How has your experience been since moving in?"*

I was able to meet some neighbors as we would pass each other while out on walks. People would stop while I was gardening outside to chat about what I was working on. I've been enjoying all of the activities offered; wreath making, stained glass ornaments, painting. And after a while you start to see the same people and make some friendships.

I had already belonged to a golf league here, so once that opened back up in June, 2020, I was able to enjoy that. When things were closed down, I was able to keep up with my bridge partner in Florida thanks to online gaming clubs.

The staff have been so nice and helpful. They're always around for

maintenance or anything, really. I had some problems with my TV and a young lady from the tech team came and fixed it. I also had to get something notarized and BV handled that for me, too.



The concierge has really been very helpful! Honestly, I would do this all again if I had to.

## *"What would you say to people considering a move to BV during this time?"*

Well, I would say to just do it. It may take a little more time but it's just as safe and easy to move in. They have to be optimistic, so it may depend on their personality, but everything will fall into place if you have the right attitude.







## When is the right time to consider personal care services for you or a loved one?

As we age, physical and cognitive health changes are inevitable. These changes can take place very slowly, but there are signs to look for as you grow older to know when it might be the right time to consider a senior living community that offers personal care and support to help with activities of daily living or ADLs.

Adults perform six primary ADLs generally without assistance. They are designated as eating, bathing, dressing, toileting, movement from one place to another and personal hygiene (care of skin, hair and teeth).

These categories are used to evaluate senior self-care and determine if personal care services at a retirement community would be beneficial. When a senior starts to struggle with one or more of these

ADLs, it may be time to consider Personal Care options. The right time to make a move can be a tough decision, but most of our Personal Care Residents find their lives improved immensely.

*BV offers alternative living options that ensure the best possible quality of life and personal fulfillment.*

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# Personal Care

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The certified staff at Brethren Village know the mental hardship families face when they recognize and acknowledge a loved one's decline in the ability to take care of themselves safely and without assistance. The Brethren Village staff is there to help evaluate and offer an alternative in living options that will ensure the best possible quality of life and personal fulfillment.

At Brethren Village, Personal Care Residents receive three daily chef-prepared meals, advice from doctors and dieticians who will develop the best health and wellness plan available, and round-the-clock professional nursing care. Our dedicated staff helps our Residents live the most comfortable, secure, and individualized life possible.

Personal care, skilled nursing, memory care, and rehabilitation at Brethren Village are open to Residents who live within the senior living community and to seniors outside of the Brethren Village campus. When you or a loved one are ready to talk to a friendly and knowledgeable staff member at Brethren Village, give them a call or visit the [bv.org](http://bv.org) website to learn more about a personalized care plan tailored to meet your needs or those of a loved one.

*Our dedicated staff helps Residents live the most comfortable, secure, and individualized life as possible.*



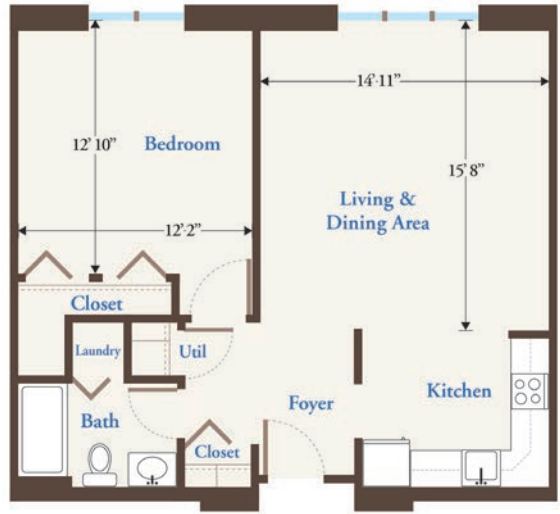
# Downsizing

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about \$1,100. That includes use of Residential campus amenities such as the pool, wellness centers, shuttle, etc. plus all housing expenses, with the exception of phone service, for one low monthly fee.

We have a limited number of apartment openings to fit your budget, so if you've been thinking about downsizing, there's no better time to give us a call. We're here to answer all of your questions.

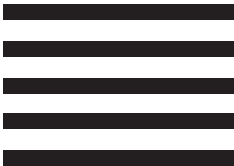
**Call today, 717-581-4227 to speak to one of our marketing specialists to schedule a tour or to learn more about the upside of apartment-style living.**



*Spruce 1-Bedroom, 730 Square Feet*



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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.



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