

# VIBRANT LIFE



Finding  
Joy in Every  
Chapter:  
Georgine & Jack's  
Life at BV

## It Takes a Village

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President & CEO  
John Snader

## Peace of Mind

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Plan Community

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Photos of our residents

# Living *V*ibrantly at Brethren Village:



**What does it mean to live vibrantly? At Brethren Village, it means embracing a life filled with purpose, service, and connection—a life pulsating with energy and meaning. “Vibrant lives lived together make a community,” reflects John N. Snader, President & CEO of Brethren Village.**

The belief that vibrant people thrive alongside others who share their enthusiasm shapes everything we do. “It elevates and lifts our bodies, minds, and spirits to be active, engaged, and alive to learning, exploring, and celebrating creation and the created,” Snader explains.

Since 1897, Brethren Village has enriched lives by creating a community where aging is an opportunity to grow, connect, and thrive. Even as Brethren Village expands, its mission remains the same: providing a place where residents can age safely, joyfully, and in the company of others who embrace life’s possibilities. “We need not age alone but with others who enjoy the strengths, encouragement, activities, and caring from a community,” Snader emphasizes.

Snader invites everyone to experience what Brethren Village offers.

*“Don’t take my word for it. Come and see what residents are doing at Brethren Village and hear what they have to say. Come and see what vibrant living looks like.”*

# What is a Life Plan Community?

**Life Plan Communities, also known as Continuing Care Retirement Communities (CCRCs), are designed to provide older adults with the ultimate peace of mind and opportunities for healthy living.**

Residents enjoy the comfort of their own apartment or cottage homes while having easy access to on-site wellness resources like fitness centers, swimming pools, and walking trails.

At Brethren Village, our Life Plan Community fosters a vibrant social atmosphere, allowing residents to attend events and activities, share chef-prepared meals with friends, and benefit from all-inclusive, maintenance-free living. Importantly, if one of our resident’s care needs changes over time, they can seamlessly transition to assisted living, memory care, or skilled nursing services - all within our campus. This allows our residents to receive the level of support they require without having to leave their familiar community.





# Georgine and Jack Sukeena's Life at *BV*

At 84 and 94, respectively, Georgine and John ("Jack") Sukeena are shining examples of living life to the fullest. Residents of Brethren Village for nearly eight years, the couple embodies the vibrant and active spirit the community represents.

The Sukeenas' story is rich with adventure and resilience. From their early days in Northern Maine, where Jack worked on flight simulators as a civilian contractor at Loring Air Force Base, to his pivotal role at Lockheed in Newport News, VA, their life has been one

of purpose and exploration. After settling in Delaware, the couple embraced a lifestyle filled with skiing, traveling, golfing, ballroom dancing, and even founding a gourmet cooking club with friends. "We still meet with the club today," Georgine shared, underscoring their enduring relationships.

When it came time to transition from homeownership, Brethren Village stood out as the perfect fit.

*"Brethren Village is a terrific, active senior retirement community with all the amenities anyone could want and a very friendly atmosphere."*

"We loved the location," Georgine said, citing proximity to stores, churches, and cultural hubs as a major draw. The couple also appreciated Brethren Village's Life Plan Community model, ensuring a seamless transition to assisted or skilled nursing care if health needs change.



Today, their days are filled with meaningful activities. Jack enjoys the fitness center, while Georgine participates in yoga, balance classes, and drumming. The couple also maintains flowers outside their building, adding a personal touch to their home. When asked what they cherished most about life at Brethren Village, the couple said: "Living independently, having an active social life, and a safe environment."

Their advice to prospective residents? "Brethren Village is a terrific, active senior retirement community with all the amenities anyone could want and a very friendly atmosphere."

Georgine and Jack Sukeena remind us all that life's beauty lies in connection, curiosity, and a willingness to embrace change.



# Chef Jim Carr's Culinary Journey

Dining is more than just a meal—it's an experience that evokes memories and fosters connection. At Brethren Village, Executive Chef Jim Carr embodies this philosophy, crafting unforgettable dishes inspired by decades of passion and expertise.

Jim's journey began in Philadelphia, where he discovered his love for cooking at just 14 years old. Starting as a busser, he was soon drawn to the kitchen. "I was eager to learn, and the chef was willing to teach," he recalls. "I loved it. I never had a job other than in the kitchen."

After years of honing his skills, he pursued formal training at Harrisburg Area Community College under the tutelage of celebrated chefs Marcia Shore and Heinz Hautle. "They instilled in me the confidence to grow and succeed in the hospitality industry," Jim shares.

Chef Jim sought a change and found his place at Brethren Village after more than 25 years in the fast-paced restaurant industry. "I decided to take a chance on something different. And it worked. I love it," he says.

Now entering his 13th year, Jim focuses on creating meaningful dining experiences by embracing simplicity and quality. "Sourcing local ingredients and highlighting the freshness helps," he explains. His philosophy is simple yet profound: "Everything we do tells a story, and through our preparation and passion, we share that experience with our residents and guests."

One dish that tells such a story is his She Crab Soup, a beloved favorite. Chef Jim's passion, expertise, and commitment to memorable dining elevate every plate he serves.



## *She Crab Soup*

One of the First things I was taught how to make in the kitchen. People ask why it's called "She crab"? The origin of the recipe is from the Carolinas, where they would use female crabs and the crab roe.

### INGREDIENTS:

- 5 tbsp butter
- 5 tbsp all-purpose flour
- 1 pound lump crabmeat
- 1 small shallot finely diced
- 2 cloves chopped garlic
- 1 cup clam juice
- 1 quart heavy cream
- 2 cup whole milk
- ½ cup dry sherry
- 2 tbsp lemon juice
- 2 tbsp ground nutmeg
- 1 tsp Worcestershire sauce
- Splash of Tabasco sauce – to your liking
- Salt and pepper to taste
- Fresh chopped chives for garnish

### INSTRUCTIONS:

1. Melt butter in large stock pot over medium heat. Cook and stir in flour, cook on low heat until this becomes a smooth paste. Approx. 3 minutes
2. Add shallot and garlic. Continue to cook and stir for approx. 4 minutes
3. Gradually add clam juice. Whisk until there are no lumps present
4. Slowly add heavy cream and milk
5. Add sherry, lemon, nutmeg, Worcestershire sauce and lump crabmeat
6. Bring back to a slow simmer. About 10 minutes Adding salt and pepper
7. Ladle into soup bowls
8. Splash the Tabasco and top with chopped chives



# Finding Community and Purpose: Josie Gibson's Story

At 78, Josie Gibson radiates positivity and determination, rooted in her vibrant journey through life. Born and raised in York County, Pennsylvania, Josie's career took her to the University of New Mexico, where she spent over two decades as a professional academic advisor. Her decision to move to a Life Plan Community was intentional and carefully crafted around her needs as a solo ager seeking connection and convenience.

"I was looking for a campus with acreage, a cottage sized to my needs, and the freedom to have a cat one day," Josie shares. Brethren Village, with its warm vibe, state-of-the-art facilities, and a blend of independence and community, became her choice after extensive research and a visit just before the pandemic.

Since moving in March 2022, Josie has embraced her new lifestyle wholeheartedly. "It's perfectly situated," she says, praising the ability to walk or bike on campus and connect with nearby neighborhoods. From maintenance to security, Josie is comforted knowing help is always at hand. A lifelong advocate for staying active, Josie transitioned from running to

*"I was looking for a campus with acreage, a cottage sized to my needs, and the freedom ... It's perfectly situated."*

practicing yoga, aerobics, water volleyball, and pickleball after injuries slowed her stride. She also finds fulfillment in giving back, volunteering both on campus and with the Power Packs Project in Lancaster.

For those considering a similar move, Josie has a simple yet heartfelt message: "This is like your home." Josie Gibson's story is a testament to the power of community, adaptation, and living life with purpose at any stage.





# Our Residents Live Vibrantly



**Top:** Residents take a boat tour of Penn's Cave and Wildlife Park with RL Activities.

**Bottom:** A Resident and their pet participate in the Resident and Pup walk organized by the BV Wellness Team.



**Top:** Residents grooving to 50s and 60s tunes in the Drumming Wellness Class led by Tammy.

**Middle:** A Resident crafts a festive arrangement during the RL Activities Christmas Box Arrangement class in the Creative Arts Room.

**Bottom:** A group of Residents enjoy a hike and tour at Hawk Mountain during a bus trip.



**Top:** Residents explore Mount Hope Winery with a personal wine-making production tour.

**Middle:** A Resident perfects their quill skills during practice in the Fieldcrest Great Room.

**Bottom:** Residents get creative decorating macaron Christmas tree desserts with the BV Bakers.



**Top:** Residents enjoying an aquatics class at the BV pool.

**Middle:** The opening ceremony celebration for the 2024 BV Olympics with John Snader.

**Bottom:** A Resident shares a moment with Miss PA (Natalie Kling, Manheim Township High School student) at the Veterans Day Luncheon.

TO BUILD A  
VIBRANT  
COMMUNITY,  
IT TAKES A  
VILLAGE.

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