

The Flag

www.bethanyhomes.net



*"A way of life, not just
A place to live."*

APRIL 2015 EDITION

This is Jered ... And you've got mail

Recently I was attending an awards ceremony and I met a young college student named Jennifer. Jennifer was receiving an award from LeadingAge, a national non-profit association of aging service providers. Jennifer attends a small college in Cambridge you may have heard about, Harvard University, where she is a junior majoring in neurobiology. She was receiving the Family Caregiver award for starting the "Alzheimer's Buddies" program, where college students volunteer to be paired as a companion with a resident with Alzheimer's. I was fortunate to speak with Jennifer for a few minutes before she received her award, so being a curious person I began peppering her with questions about her experience at Harvard, what it was like to start a student organization to "buddy" up with patients with Alzheimer's, and how she learned to play the piano (did I mention she was a classically trained pianist?). It was pretty remarkable how poised and pleasant she was during my interrogation.

During our discussion I began to wonder if Jennifer had ever experienced failure or rejection in her life. With all of her success, it seemed as though she probably hadn't. So I asked her, "have you ever failed at anything?" She seemed a little taken aback by this question, but then said, "no, not really." Wow, that's pretty amazing. You may be thinking what I was thinking, "well just wait, live long enough and surely you will fail at something." While I didn't say this directly to her, I offered my thoughts about the importance of failure, especially when it comes to learning. She may have thought I was crazy, but she politely agreed and we continued the conversation.

I think most of us would agree that if you live long enough you will certainly fail, be rejected, or be let down. It isn't a pleasant thought, but it is true. However, the silver lining that I see in any failure or rejection is that it is often a gift. This gift is something we are given so that we can learn a lesson, perhaps it makes us more aware, and certainly it provides wisdom for those who choose to accept this gift and learn from it. The next time you feel you have failed or been rejected, would you consider accepting it as a gift? And using it to grow in wisdom? My hope for all of us is that we are a part of a community of family and friends that can provide the love and support that are needed when we face the challenges, struggles, and failures in life. If you haven't yet failed, just hang in there and give it some more time. And if you need an encouraging word, just give me a call.

"Our greatest glory is not in never failing, but in rising up every time we fail."

- Ralph Waldo Emerson

Department Highlights:

- Message from
Jered Stewart, CEO
Pg. 1
- Resident Services
Pg. 2-3
- Phoenix Mgmt
Pg. 4
- Phoenix Events
Calendar
5-7
- Merrivista Mgmt
Pg. 8
- Merrivista Events
Calendar
9-11
- Mission Towers
Mgmt
Pg. 12
- Mission Towers
Events Calendar
13-15
- Maintenance
Pg. 16
- Activities &
Transportation
Pg. 17-21
- Kitchen & Menu
Servings
Pg. 22
- Brian Dacey, LICSW
Article P. 23-24
- Miscellaneous
25-28

Resident/Supportive Services

Jeannette Johnson, Director of Resident Services

Linda Maxwell, Resident Services Coordinator (Phoenix & Mission Towers)

Kathy Pothier, Wellness Nurse

Denise Huminick, Wellness Nurse

An acknowledgement of good will from Linda Maxwell, the New Resident Service Coordinator for Phoenix & Mission Towers!

My name is Linda Maxwell and it has been a pleasure meeting those of you I have spoken with so far. What a wonderful organization Bethany Homes is and a big part of what makes it that is all of the residents and staff. Haverhill has been my home town for many years. I grew up in the "Acre", and went to area schools. I worked in our community, raised my son and my daughter here and continue living in the area with my husband David (who looks like Ernest Hemingway). I have two grandchildren who are the apple of my eye, a Maine coon cat named Linus and a puppy named Izzy. I am so grateful for all my blessings. I come to you with a variety of skills accumulated by my years on earth & my schooling. I am so excited to be a part of your team and look forward to not only meeting you personally but assisting you in any way I can. My offices are located with the Nurses office so feel free to come by to seek help or just to say hi.

HAPPY
EASER

Bethany is ... A Way of Life!!!!

This is what Bethany's residences offer:

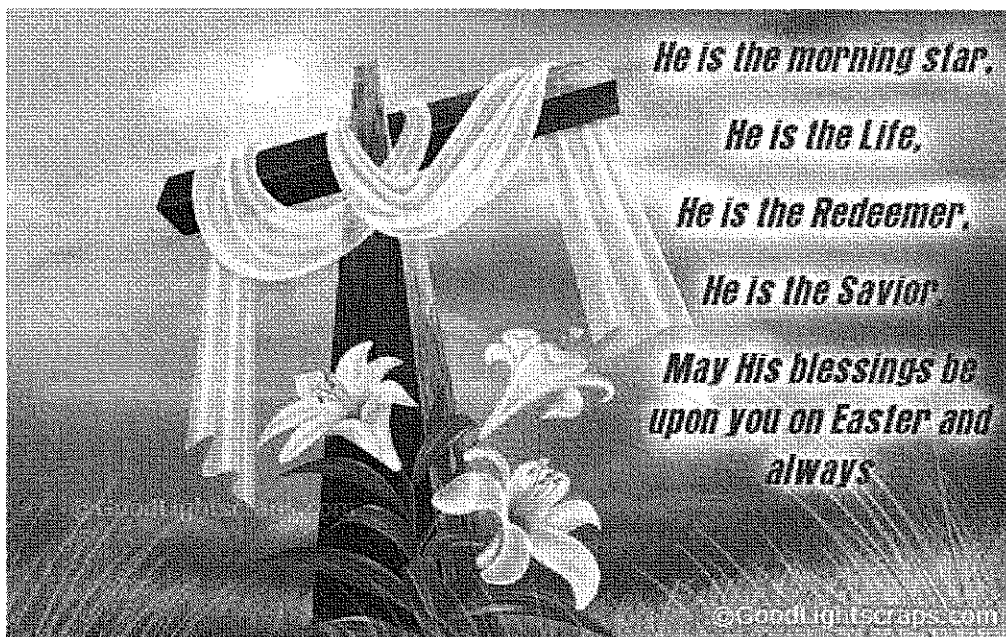
- On-Site Service Coordinator to coordinate your care with doctors, community health and other social service agencies.
- Home cooked meals served in the dining room or delivered to you.
- Housekeeping services.
- On-Site Wellness Health Clinic, nutritional counseling and apartment visits by a Registered Nurse.
- On-Site Activities Director planning in-house activities.
- Transportation services to doctors, shopping and banks.
- On-site Beauty Salon/Barber.
- On-site Behavioral Counseling.
- Closed-circuit TV security and message system.
- Personal Care Services for assistance with grooming.
- On-site Spiritual Services.
- Day trips and overnight adventures.

Do you need help with anything? Cleaning, Bathing, Food Preparation, or applying for MassHealth or Social Security, call the Resident Service Coordinator immediately.

Assisted Living at Merrivista

Assisted Living at Merrivista is located on the 1st and 2nd floors at Merrivista. Assisted Living provides supervision or assistance with activities of daily living (ADLs); coordination of services by internal and outside health care providers; and monitoring of resident activities to help to ensure their health, safety, and well-being. Assistance may include the administration or supervision of medication, or personal care services provided by a Certified Nursing Assistant. Household chores are also provided: sheets are changed, laundry is done, and food is cooked and served. Grocery service is available too. You may qualify for SSI-G and receive an increase in your monthly income.

If you are interested in one of these units, please contact Michelle Burchell, Property Manager or Jeanette Johnson, Resident Services Director.



Phoenix Row (978) 374-2164

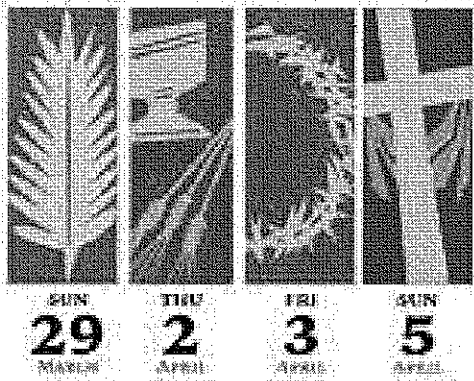
Nancy Leefe, Property Manager

One of the biggest headlines is that the Phoenix management offices have all switched around! Another biggest headline is that we have a new staff member, Linda Maxwell, Resident Services Coordinator! Linda's hours are Monday through Friday from 8am to 12pm. Linda can help you with needed personal home-health services, meal programs, and other social services. Welcome, Linda!

Some residents got the pleasure of watching our Maintenance men and Housekeeper at work cleaning and moving the offices around. A special "Thank you!" is in order to our residents, Cathy Howe and Dianne Moonogian, who also helped with the move. The central coordinating area was the Front Lobby! Activities Director, Darlene, moved to Kathy's office, Wellness Nurse. Kathy moved to Property Manager, Nancy's office. Linda, Resident Services Coordinator, established her office at the front office by Kathy.

It is nice to have a full house of residents at Phoenix. It feels like a whole new family is forming! We have had a couple residents come and go. We wish those who moved best wishes and we welcome those who have arrived. There was a great St. Patrick's Day Dinner and it was well attended and enjoyed. How great it is to have such social activities right in your own building! And just think about the great weather coming and everyone enjoying the Courtyard. I encourage everyone to take advantage of this oasis in the city! It does us good to count our blessings!

HOLY WEEK



LOCKOUTS

Should you be locked out of your apartment at Phoenix Row after hours, there is an on-site staff person in Apt 1000 by the beauty salon

April

PHOENIX TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>April Fools Day</u> Coffee Grocery Shopping Pokeno Cards Skip-Bo	2 Coffee Exercise	3 <u>Good Friday</u> Winner of Basket Extended Coffee & Donuts Nurse Is In-Clinic Hairdresser Weathervane Communion Bingo	4 <u>Passover</u> Coffee Cards
5 <u>Easter Sunday</u> <i>Dining room use from 9a-2p</i>	6 Coffee Nurse Is In Cards	7 Coffee Nurse Is In Exercise Savers Women's Corner	8 Coffee Grocery Shopping Pokeno Cards Skip-Bo	9 Coffee Exercise Resident Meeting United Health Care with Bingo & Pizza	10 Extended Coffee & Donuts Nurse Is In-Clinic Hairdresser Poet's Inn Bingo	11 <u>Last Day of Passover</u> Coffee Cards
12 Coffee Olive Garden	13 Coffee Nurse Is In Red Sox Opener Party Cards	14 Coffee Nurses Trip Nurse Is In Exercise Women's Corner	15 Coffee Grocery Shopping Pokeno Cards Skip-Bo	16 Coffee Live from Nashville Exercise Art Classes	17 Extended Coffee & Donuts Nurse Is In-Clinic Hairdresser The Grill Next Door & Target Bingo	18 Coffee Armenian Cookout & Rockaholics
19 Coffee Bolton's Lake House NH Fiddle Ensemble	20 Coffee Nurse Is In Cards	21 Neil Sedaka Coffee Nurse Is In Exercise Chair Massage Wal-Mart Women's Corner	22 <u>Earth Day</u> Coffee Grocery Shopping Pokeno Sweetheart Inn Cards Skip-Bo	23 Coffee Exercise Brown Bag Delivery	24 Extended Coffee & Donuts Nurse Is In-Clinic Hairdresser Fremont Pizzeria Bingo	25 Coffee Cards
26 Coffee Marco's Italian Restaurant Resident Birthday Party	27 Coffee Nurse Is In Cards	28 Coffee Nurse Is In Exercise Women's Corner	29 Coffee Grocery Shopping Pokeno Cards Skip-Bo	30 Coffee Exercise Art Classes		

APRIL

MERRIVISTA TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>April Fools Day</u> Grocery Shopping Open Door Group Geronamo	2 Hairdresser Exercise United Health with Bingo &50/50 Raffle	3 Weathervane Communion Pokeno	4 <u>Passover</u>
5 <u>Easter Sunday</u> Bingo 50/50 Raffle	6 Bingo	7 Hairdresser Clinic Chair Massage Therapy Savers Pokeno	8 Grocery Shopping Geronamo	9 Hairdresser Exercise Bingo 50/50 Raffle	10 Poet's Inn Pokeno	11 <u>Last Day of Passover</u>
12 Olive Garden Bingo 50/50 Raffle	13 Bingo	14 Hairdresser Nurses Trip Clinic Pokeno	15 Grocery Shopping Open Door Group Geronamo	16 Live from Nashville Hairdresser Exercise Reminisce Ladies Group Bingo 50/50 Raffle	17 The Grill Next Door & Target Pokeno	18
19 Bolton's Lake House NH Fiddle Ensemble Bingo 50/50 Raffle	20 Bingo	21 Neil Sedaka Hairdresser Clinic Wal-Mart Pokeno	22 <u>Earth Day</u> Grocery Shopping Geronamo Sweetheart Inn	23 Hairdresser Brown Bag Delivery Exercise Bingo 50/50 Raffle	24 Fremont Pizzeria Pokeno	25
26 Marco's Italian Restaurant Bingo 50/50 Raffle	27 Bingo	28 Hairdresser Clinic Pokeno	29 Grocery Shopping Open Door Group Geronamo	30 Hairdresser Exercise Bingo 50/50 Raffle		

DARLENE SUTTON, ACTIVITY DIRECTOR 978-374-2165 or dsutton@bethanycommunities.org

Weekly activities are usually in the activity room located next to the dining room off the lobby. If the activity is in a different space it will indicate in parenthesis. All residents are welcome to all events. This is a great opportunity to meet staff and new friends. Many events are free but some do have a small fee. After the listing of the event it will indicate if there is a charge.

DARLENE SUTTON, ACTIVITY DIRECTOR 978-374-2165 or dsutton@bethanycommunities.org

Weekly Activities are in the dining room located across from the elevators. If the activity is in a different space it will indicate it. All residents are welcome to all events. This is a great opportunity to meet new friends and have fun. Many events are free but some do have a small fee, we will indicate if there is a fee.

SPECIAL APRIL EVENTS

- ❖ **HOW DO I VOLUNTEER???** I'm bored...there's nothing to do. I'm tired of just looking at my four walls! Perhaps you are interested in volunteering for a charity or non-profit, but don't know where to start. Come to this RSC meeting to discuss potential options., Monday, April 6th at 10a in the dining room.
- ❖ **PHOENIX DINING ROOM MONDAY APRIL 6, 2015 @ 10:00 AM to 11:00 AM.** A list of contact information and Web addresses will be provided to help you. Volunteering is gratifying. It makes you feel like you are undertaking something important—that you are giving back—that you are helping others. Volunteering can provide ways to meet people, make new friends and get out of the house. You can volunteer a day, a week or a few hours a day.
- ❖ **RED SOX OPENER GAME PARTY** is Monday, April 6th at 2p. We are serving steamed hot dogs with all the fixins', popcorn, peanuts ice cream sandwiches and drinks, \$3! Sign up in the lobby by that morning.
- ❖ **ART CLASSES** On Thursday, April 16th & 30th from 1-3p Haverhill Artist Dianne Moonoogian, also Phoenix resident will be holding art classes for all residents in all buildings. You will be guided step by step through your painting. There is absolutely no experience necessary! The cost of the 2 week class is \$15 and includes all your supplies. At the end of the 2 classes you will have completed a Spring Time painting!
- ❖ **ARMENIAN COOKOUT & THE ROCKAHOLICS** is Saturday, April 18th at 5p in the dining room. Enjoy meatrolls, rice pilaf, garden salad & pita bread, grapenut pudding & drinks, the cost is \$6. From 6-7p The Rockaholics for your entertainment.

BINGO

Bingo is every Friday evening at 6p dining room. Everyone is welcome! The cost is \$2.35.

BIRTHDAY PARTY

The last Sunday of the month we celebrate birthdays in the dining room at 6p for cake and ice cream followed by Geronimo, cost is \$1 per set of cards.

BROWN BAG

The Brown Bag is delivered on the fourth Thursday of the month at 10a in the dining room. You must pick it up on time or have someone get it for you. If you would like to know more about receiving the Brown Bag see Kathy in the Wellness Office which is off the dining room.

CARDS

Residents play cards every Monday, Wednesday & Saturday at 5:30p in the dining room. Everyone is welcome to play, 2 games cost 50 cents.

CHAIR MASSAGE THERAPY

Licensed Massage Therapist Susan Plouff is in the dining room the third Tuesday of the month from 12-2p. Susan offers a ten-minute chair massage for \$5.

CLINIC

Kathy Pothier, RN and wellness nurse is in her office Monday from 1-4p, Tuesday & Thursday from 8a-4p. She holds clinic on Friday from 8a-12.

COFFEE HOUR

Coffee is served everyday from 6-8:30a, except Friday. On Friday we serve donuts with coffee from 6-11:30a. The cost for coffee is \$5.00 a month or you can purchase by the up. Donuts cost \$1 each.

COMMUNION

Bill Lapiere serves communion on the 6th floor, the first Friday of the month at 12:15p. Bill has a short service and then communion.

EXERCISE

Resident, Jeanne Sampson has a 1 hour class every Tuesday & Thursday at 10a in the dining room, this is free.

GROCERY SHOPPING

The Bethany bus picks up every Wednesday at 9a to take you shopping at Market Basket on Lincoln Avenue. This also gives you the opportunity to shop at the other stores in the plaza. Cost for the bus is \$4pp round trip.

HAIRDRESSER

Angelia is here on Monday's at 9a and Toni is here on Friday's at 9a. If we have a Monday holiday Angelia will be in on Tuesday at 9a.

POKENO

The residents play Pokeno every Wednesday at 1p in the dining room. Bring lots of pennies.

RESIDENT MEETING

There is a resident meeting with Darlene the second Thursday of the month at 1:15p in the dining room. It is a time plan events for the residents, everyone's attendance is important.

SHOWCASE

The showcase is located in the lobby across from Linda & Kathy's offices. Most items are donated and all profits go into the in-house program account for the activity department. The proceeds from that account go directly back to the residents by purchasing entertainment, snacks for game time, prizes, etc... If you would like to donate items to be sold or if you need to purchase an item you can contact resident, Jane Cunningham apt 606, who manages this showcase.

SKIP-BO

Everyone is welcome to play Skip-Bo in apt 512 at 6p, this game time is free.

WOMEN'S CORNER

Women's Corner with Donna, is an informal women's program discussing changes that occur in our lives and helpful solutions. Everyone welcome from 2-4p in the dining room, this is free.

LOCKOUTS

Should you be locked out of your apartment at Merrivista after hours, kindly call 978-994-3494

Merrivista (978) 374-2168

Michelle Burchell, Property Manager
Linda Call, Assistant Property Manager

Message from Linda Call, Assistant Property Manager

This has been quite the year with a record breaking snow fall which caused us to end up with the snowiest winter in about 20 years. Boston had over 108 inches of snow as you probably already know. Our maintenance men in all our buildings have worked very hard keeping the walks and driveways clear and a big Thank You with appreciation goes out to all of them.

Merrivista is very proud to have gotten a score of 100 on our REAC inspection. It is the first score of 100 I can remember any site getting and as Mr. Thomas used to say "Atta Boy!"

On March 12th I attended Merrivista's St. Patrick's Day party with 2 hours of entertainment by a professional singer named Marlena Phillips. Our dining room and lobby was full of smiling faces. All our residents enjoyed Marlena's beautiful voice.

When I look into our cheery dining room with our pretty Easter decorations it makes me think of how lucky I am to be working here as long as I have with such wonderful residents. My residents give me a good reason to come to work.



SPECIAL APRIL EVENTS

- A representative from UNITED HEALTH CARE will join Freddie at 6p Thursday, April 2nd for BINGO! You will still pay for bingo and they will have free prizes as well.

BINGO

Bingo is every Thursday and Sunday evening at 6p and every Monday at 1p in the activity room, \$2.10. We have a 50/50 raffle and on Monday's we have snacks and prizes. The third Thursday of the month Roseanne Enstep, Friend of Bethany is our guest caller, she brings special prizes. Everyone is welcome!

BROWN BAG

The Brown Bag is delivered on the fourth Thursday of the month at 9:45a in the office. You must pick it up on time or have someone get it for you. If you would like to know more about receiving the Brown Bag see Kathy or Denise in the Wellness Office which is next door to the activity room.

CHAIR MASSAGE THERAPY

Licensed Massage Therapist Susan Plouff is in the office across from the library the first Tuesday from 1-2:30p. Susan offers a ten-minute chair massage for \$5.

CLINIC

Denise Huminick, RN and wellness nurse is in her office every Tuesday from 9a-12p.

COMMUNION

Bill Lapierre serves communion in the library the first Friday of the month at 1:45p. Bill has a short service and then communion.

EXERCISE

A professional instructor Deb Condon from the YMCA conducts a 30 minute class every Thursday at 11a in the activity room, this is free.

GERONIMO

Everyone is welcome to play Geronimo in the activity room at 2p on Wednesday's, cards cost \$2.

GROCERY SHOPPING

The Bethany bus picks up every Wednesday at 9:30a to take you shopping at Market Basket on Lincoln Avenue. This also gives you the opportunity to shop at the other stores in the plaza. Cost for the bus is \$4pp round trip.

OPEN DOOR GROUP

Residents meet every other week with Brian Dacey, LICSW a Mental Health Consultant on Wednesday at 10a in the library. They meet for about 1 hour for open discussion, with refreshments. The meeting is private for those that attend, anyone can attend and it is free.

POKENO

The residents play Pokeno every Tuesday & Friday at 1p in the activity room. All residents are welcome, bring \$1.80 in pennies.

REMINISCE

The Reminisce Ladies Group with Anges Lenard meets the third Thursday of the month at 2p in the library. Everyone is and welcome refreshments are served, this is free.

RESIDENT COUNCIL MEETING

The first Monday of the month the resident council meets in the activity room at 6:00p. This meeting is for all residents to attend and your attendance is very important. The people bring forward ideas for activities, parties, etc... and all residents vote, and everyone's vote is important.

SHOWCASE

The showcase is located in the lobby across from Linda's office. Most items are donated and all profits go into the in-house program account for the activity department. The proceeds from that account go directly back to the residents by purchasing entertainment, snacks for game time, prizes, etc... If you would like to donate items to be sold or if you need to purchase an item you can contact residents, Shelia Babolian or Barbara Jameson, they manage this showcase. Linda in the office also may be able to help.

WOMENS GROUP

All women are invited to attend this group. They meet the first Tuesday of every month at 6p in the activity room, planning fundraisers to support local charities.

Mission Towers (978) 374-2173

Deanna Ruth, Senior Property Manager

Happy Spring to all, let's hope the weather proves to be spring like soon!

Please welcome Linda Maxwell as the new Resident Service Coordinator. Her hours at Mission Towers will be Monday through Friday from 1:00 to 4:00pm. Her office is located in the wellness office, please stop by to welcome her & introduce yourself.

We would like to remind residents of a couple of the house rules:

1. Appropriate attire is required in all common areas. This includes lobbies, hallways, dining rooms, activity areas & porches. Nightclothes, robes, undergarments, slippers, pajamas, etc. should not be worn in these areas.
2. If you own a car and have an assigned space please park in that space. Do not park in the driveway or visitors parking. If you have a space and park in the visitor lot you are taking away a space for a visitor or a resident who unfortunately doesn't have an assigned space.

In the next couple of weeks we will be sending out a new Emergency Contact/ Next of Kin form. Please fill it out & return it to the office. It is very important that this information is up to date for all residents.



LOCKOUTS

Should you be locked out of your apartment at Mission Towers after hours, there is an on-site staff person in apartment 612

APRIL

MISSION TOWERS TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>April Fools Day</u> Grocery Shopping United Health with Bingo	2 Clinic Bible Study Bingo	3 <u>Good Friday</u> Hairdresser Weathervane Communion Pokeno	4 <u>Passover</u> Uno
5 <u>Easter Sunday</u>	6 Whist Bingo Volunteer Program	7 Hairdresser Exercise Coffee Hour with Darlene Savers Phase 10 Geronamo	8 Grocery Shopping Resident Council Meeting	9 Clinic Bible Study Bingo	10 Hairdresser Poet's Inn Pokeno	11 <u>Last Day of Passover</u> Uno
12 Olive Garden	13 Whist Bingo	14 Hairdresser Nurses Trip Exercise Coffee Hour with Darlene Phase 10 Geronamo	15 Grocery Shopping United Health with Bingo	16 Live from Nashville Clinic Bible Study Bingo	17 Hairdresser The Grill Next Door & Target Pokeno	18 Uno
19 Bolton's Lake House NH Fiddle Ensemble	20 Whist Bingo	21 Neil Sedaka Hairdresser Exercise Coffee Hour with Darlene Wal-Mart Phase 10 Geronamo	22 <u>Earth Day</u> Grocery Shopping Sweetheart Inn	23 Brown Bag Delivery Clinic Bible Study Bingo	24 Hairdresser Fremont Pizzeria Pokeno	25 Uno
26 Marco's Italian Restaurant	27 Whist Bingo	28 Hairdresser Exercise Coffee Hour with Darlene Chair Massage Therapy Phase 10 Geronamo	29 Grocery Shopping Resident Birthday Party	30 Clinic Bible Study Bingo		

DARLENE SUTTON, ACTIVITY DIRECTOR 978-374-2165 or dsutton@bethanycommunities.org
All activities are in a different space, each article will indicate the space. All residents are welcome to all events. This is a great opportunity to meet new friends & have fun! Many events are free but some do have a small fee. After the listing of the event it will indicate if there is a charge.

SPECIAL APRIL EVENTS

- ❖ A representative from **UNITED HEALTH CARE**, Sharon will be in the dining room at 6p Wednesday, April 1st & April 15th for BINGO and will have free prizes as well.
- ❖ **HOW DO I VOLUNTEER??** "I'm bored...there's nothing to do. I'm tired of just looking at my four walls!" Perhaps you are interested in volunteering for a charity or non-profit, but don't know where to start. Come to this RSC meeting to discuss potential options.

MISSION TOWERS 3RD FLOOR LIBRARY APRIL 6, 2015 @ 2:00 PM to 3:00 PM

list of contact information and Web addresses will be provided to help you. Volunteering is gratifying. It makes you feel like you are undertaking something important—that you are giving back—that you are helping others. Volunteering can provide ways to meet people, make new friends and get out of the house. You can volunteer a day, a week or a few hours a day.

- ❖ **BAKE SALE** will be Saturday, April 9th from 9a-2p in the lobby. See one of the resident council officers if you would like to donate.

BIRTHDAY PARTY

- ❖ The resident birthday party is on Wednesday, April 29th at 6p. All residents are invited but you must sign up on the activity board across from the mailboxes & pay Rosemary in apartment 612. The cost is \$4pp, if you are celebrating a birthday that month you come for free. They will offer a 50/50 raffle & dessert.

BIBLE STUDY

This is a Bible Study & Discussion for spiritual growth. They meet on the 7th floor common area, everyone is welcome.

BINGO

We play bingo 2 days a week in the dining room. On Monday's we play at 6p & on Thursday's we play at 6:30p. You will need \$2.35 plus \$1 if you want to play the 50/50 raffle.

BROWN BAG

The Brown Bag is delivered on the fourth Thursday of the month at 9:30a in the lobby. You must pick it up on time or have someone get it for you. If you would like to know more about receiving the Brown Bag see Denise in the Wellness Office which is next door to the Deanna's office.

CHAIR MASSAGE THERAPY

Licensed Massage Therapist Susan Plouff is in the wellness office next to Deanna's office on the last Tuesday from 12-4p. Susan offers a ten-minute chair massage for \$5.

CLINIC

Denise Huminick, RN and wellness nurse is in her office every Thursday from 9a-12p.

COMMUNION

Bill Lapierre serves communion on the eighth floor the first Friday of the month at 1:00p. Bill has a short service and then communion.

EXERCISE

A professional instructor Karen Thomson from the YMCA conducts a 30 minute class every Tuesday at 9a on the 7th floor, this is free.

HAIRDRESSER

Laurie is in on Tuesday & Friday morning at 7:30a.

POKENO

The residents play Pokeno every Friday at 6p on the 7th floor. All residents are welcome, bring plenty of pennies.

PHASE 1 (The Game)

Residents play Phase 1 on the 3rd floor every Tuesday at 1p. Everyone is welcome, you will need 2 quarters & 9 dimes.

GERONIMO

Everyone is welcome to play Geronimo in the dining room at 6p on Tuesday's, cards cost \$2.

GROCERY SHOPPING

The Bethany bus picks up every Wednesday at 9a to take you shopping at Market Basket on Lincoln Avenue. This also gives you the opportunity to shop at the other stores in the plaza. Cost for the bus is \$4pp round trip.

RESIDENT COUNCIL MEETING

The next resident council meeting is on March 11th in the dining room at 6p. This meeting is for all residents to attend and your attendance is very important. The people bring forward ideas for activities, parties, etc... and all residents vote, and everyone's vote is important.

SHOWCASE

The showcase is located in the lobby across from the mailboxes. Most items are donated and all profits go into the in-house program account for the activity department. The proceeds from that account go directly back to the residents by purchasing entertainment, snacks for game time, prizes, etc... If you would like to donate items to be sold or if you need to purchase an item you can contact resident Rosemary Jesionowski, who manages this showcase.

UNO

The residents play Uno every Saturday at 6:30p on the 7th floor, everyone is welcome, the cost is 35 cents.

WHIST

The residents at MT play whist every Monday at 1p on the 7th floor in the common area. Everyone is welcome to join the fun, just show up, the cost is \$1.10! **Looking for players!**

Maintenance

Joe Giambarresi, Phoenix Row
Luke Malbon, Merrivista
Paul Eversole, Mission Towers

On behalf of the Maintenance Department, we would like to wish every resident of the Bethany communities a Happy and Blessed Good Friday, Easter and Patriot's Day!

Our goal in supplying information and tips in this newsletter is to ensure that every resident is living in a safe, sanitary and decent apartment. There are times that you, the resident, can help the Maintenance Department by following these tips:

- For a maintenance emergency during non-business hours and when calling us, kindly provide us with your name, unit number, phone number and nature of the emergency. Maintenance staff will call you back to confirm the emergency and to make sure we have the correct information to respond quickly.
- If there is no power in the kitchen or bathroom outlets, try pushing the reset button located in the receptacle. This is a small button between the two receptacles on the outlet.
- Keep drains flowing freely. Avoid pouring oil, coffee grounds or other solids into the kitchen sink. In the bathroom, remove hair from the sink and tub promptly so they're not washed down the drain. Sink and toilet clogs usually can be unstopped with a plunger. Fill the clogged vessel with water and then push the plunger straight down in a quick, firm motion. You may need to repeat a number of times before the clog is removed.

Know When to Seek Maintenance Help

Sometimes it's best to leave the work to the pros. Report malfunctioning appliances, water you can't turn off and clogs that don't respond to plunging. Also report broken or missing grout in the bathroom. Grout isn't just cosmetic--it keeps water from seeping into walls and floors. Simply call the management office and place a work order and we will take care of it for you. Thank you!!!!



ACTIVITY DEPARTMENT

Darlene Sutton, Activity Director

Activity Office Contact Information

978-374-2165 or dustton@bethanycommunities.org

Robert Hills, Bus Driver

Bob Lavanga, Bus Driver

BETHANY EZ VAN TRANSPORTATION

Bethany EZ Van Contact Information

978-302-6443

- ❖ **VERY IMPORTANT INFORMATION:** Please, when you have an appointment with your doctor **CALL** and make a reservation with the EZ Van right away. Don't wait until that day, the drivers can't answer the cell while they are driving nor can they right down your reservation. The sooner we know you need transportation the smoother the pickups will be! The drivers thank you in advance.

For all medical appointments call 978-302-6443 for your EZ Van reservation, ask the drivers and they will give you an information card if you don't already have one. You might get the voice mail please leave your message, it will be answered. You will need to make your medical appointment for Monday or Thursday. We are handicapped accessible with a lift for wheelchairs and other ambulatory devices. The EZ Van transports you door to door with a limited waiting time.

OTHER TRANSPORTATION SERVICES

Northern Essex Elder Transport Program is providing rides only to medical appointments in the Amesbury to North Andover area. To qualify participants need to be over 60 years of age, be able to walk independently, no wheel chairs. This program is available only through volunteers. To sign up for this program call 978-388-7474. This service is free.

The Merrimac Valley Transit Authority is now providing Medi-Rides to Boston and Peabody Hospitals, departing from Haverhill Citizens Center every Monday to registered customers who have EZ Trans. For information anyone can call 978-469-6878 and select "option 3".

For veterans resource benefits you can contact Haverhill Outpatient Clinic on 108 Merrimack Street or call 978-372-5208 for transportation and prescription assistance.

Residents on Mass Health have to inform their doctor that they do have a need for transportation, and make them aware they do have Mass Health coverage. Ask your doctor to fill out a **PT-1 form** and send it to the Mass Health Office.

E-Z Trans has two options for people needing transportation to the hospital or doctor appointments. For people with a disability your doctor must fill out your application and you need to send in. If you are over 60 years of age you need to send proof of your age by providing them with a copy of your birth certificate, you fill out your own application and send it in. To get an application call the MVRTA at 978-373-1184 select option 3 follow the prompts and one will be sent to you.

TRAVEL INFORMATION

The monthly publication of The FLAG is a great resource for all upcoming events. It is delivered to all Bethany residents on the 1st of the month.

All buildings have a calendar in the lobby; check it for trips and activities taking place that day week or month in your building. In case of a question of cancellation on the weekend refer to Darlene's voice mail or the lobby board.

Our Insurance Company requires that all passengers who ride in the Bethany buses buckle their seatbelts; it is also the Massachusetts law. The bus driver is responsible that the vehicle does not travel until all passengers are wearing their belts.

PLEASE NOTE –All Bethany trips and tours are required to have 8 passengers (THERE WILL BE NO EXCEPTIONS).! You will need to be signed up 48 hours in advance (you can get on a trip at the last minute if there is room). If you are canceling your reservation you must do so 48 hours in advance or you will be charge the bus fee. I coordinate trips according to the amount of residents that sign up. It is **important** for you to sign up for a trip if you are planning to attend. If the trip is cancelled you will be notified 48 hours in advance. I cannot notify you unless you have signed up! I need to give Robert or Bob a 2 day notice on all cancelled trips. *Remember family and friends are always welcome to join you on the bus!*

APRIL LUNCHEON, DINNER & SHOPPING TRIPS

- ❖ **SAVERS** (a new store in Plaistow-sells everything mostly used but many things are new, it is hit or miss) on Tuesday, April 7th 1-3p, the cost for the bus is \$4. Every Tuesday is senior citizens day you get 20% off your entire purchase!
- ❖ **NURSES TRIP** with Denise on Tuesday, April 14th from 9:30-11:30a for breakfast to Eggies Diner Plaistow, NH, cost for the bus is \$4.
- ❖ **WAL-MART & FAMILY DOLLAR** is on Tuesday, April 21st 11a-3p, the cost for the bus is \$8.
- ❖ **WEDNESDAY EVENING DINNER RIDE** Wednesday, April 22nd Sweetheart Inn in Methuen, MA from 4-7p bus \$6. They offer dinner for 2 for \$22 (\$11pp but 2 people must order), with a limited menu of 10 different entree's served with vegetable, potato & dessert. (You can take your leftovers home but you can order a meal to take out with this special menu). You also can order off the menu.
 - ❖ **Friday Lunch Rides in April** from 11a-2p bus cost \$6
 - 3rd Weathervane Salem, NH
 - 10th Poets Inn (eat off the menu) Haverhill, MA (11a-1p bust \$4)
 - 17th The Grille Next Door & Target Haverhill, MA
 - 24th Fremont Pizzeria Fremont, NH
 - ❖ **Sunday Lunch Rides in April** from 11a-2p bus cost \$6
 - 5th Easter Sunday NO ride
 - 12th Olive Garden Manchester, NH
 - 19th Bolton's Lake House Kingston, NH
 - 26th Marco's Italian Restaurant Peabody, MA

DAY TRIPS

- Sunday, April 19th **New Hampshire Fiddle Ensemble** at the Franklin Opera House Franklin, NH. The show is at 2p, pickup is at 12:30p. The cost prime seating is \$12 a ticket, the bus \$10. Tickets need to be order in advance to assure a seat.
- Tuesday, April 21st **Neil Sedaka** 'Live in Concert' at Mohegan Sun Casino includes transportation, gaming package, lunch & show ticket (premium seating) \$99
- Thursday, May 21st **Italian Party** featuring Doug Ferony & his Orchestra includes Chicken Piccatta & Herbed Center Cut Pork Loin family style including wine \$75 (payment due in full by April 17th)
- Thursday, June 11th Reagle Players at the Robinson Theatre in Waltham presents the musical **Guys and Dolls**-3p show, cost for ticket and bus is \$50
- Monday, June 15th **Indian Head Resort** in Lincoln, NH includes one lobster per guest plus an all you can eat buffet-dancing-free cocktail hour and a floor show with Country Singer Jose' Duddy-time to shop at the gift shop-cost for the transportation, show & luncheon is \$75pp
- Tuesday, July 7th **Foxwoods**-includes lunch-\$10 in game play-transportation-leaves Haverhill at 6:45a and returns 6p-cost is \$35
- Thursday, July 9th Reagle Players at the Robinson Theatre in Waltham presents the musical **Kiss Me Kate**-2p show, cost for ticket and bus is \$50
- Thursday, August 6th Reagle Players at the Robinson Theatre in Waltham presents the musical **Wonderful Town**-2p show, cost for ticket and bus is \$50
- Tuesday, August 11th **Riverboat Ramblers** at the HuKeLau-includes 3 Lobsters or Prime Rib \$79 (payment due in full by July 8th)
- Wednesday, September 9th **Country Legends Tribute Show** at the Oakdale Theatre-take a trip down memory lane with Dolly Parton, Kenny Rodgers, Willie Nelson, Jonny Cash & more-includes luncheon \$87 (payment due in full by August 5th)
- Thursday, October 15th **Oktoberfest** in the Grand Lodge at Maneeley's in South Windsor, CT- includes a choice of Beer Braised Ribs-Chicken Schnitzel-Stuffed Cabbage- all with salad and the fixings'-black forest cake-Yodeling contest-learn German dancing-Ethnic German Band \$71
- Sunday, October 18th **The Lennon Sisters** at the Robinson Theatre-info to follow
- Tuesday, October 27th **Halloween Party**-info to follow
- Wednesday, November 11th **Indian Head Resort** in Lincoln, NH includes all you can eat full buffet-dancing-free cocktail hour and a floor show with professional entertainer and recording artist Mark Sheldon-time to shop at the gift shop-a picture with Santa and a free gift-cost for the transportation, show & luncheon is \$75pp



OVERNIGHT TOURS

- ✓ June 9-11th **Niagara Falls**-motor coach tour includes accommodations at the Hilton Niagara Falls Hotel which is attached to the casino-O'Canada Eh Dinner Theater for a show & dinner-full American breakfast with an omelet station (x2)-tour of Niagara Falls with free time-Niagara-On-The-Lake a beautiful town-Visit to Wineries-dinner at the Skylon Towers-Baseball Hall of Fame in Cooperstown, NY \$479 double/\$629 single
- ✓ September 2-8th **Atlantic Canada Cruise Tour**-Motor coach Transportation, one night in a private stateroom on board ship, 5 nights hotel accommodations, all taxes and handling fees, 10 meals, guided tours of Nova Scotia, Halifax & Prince Edward Island, full time tour escort & gratuities for driver & escort, cost is \$1637pp double
- ✓ October 30th-November 13th **Autumn Repositioning Cruise**-NCL Dawn departing from Boston-Ports of Call include=San Juan, PR-Kralendijk, Bonaire-Willemstad, Curacao-Oranjestad, Aruba-Ochos Rios, Jamaica-George Town-Cozumel, Mexico-New Orleans, LA-also Includes airfare from New Orleans-Motorcoach-15 day cruise-Port charges & taxes-Professional Escort from Tours of Distinction--meals& entertainment on the ship-City Tour of New Orleans with Lunch-gratuities for Drivers, Escort& Step on Guide-cost pp for Inside Stateroom \$1853-Ocean View Stateroom \$2253-Balcony Stateroom \$2553

COMMUNITY NEWS

Haverhill COA Plans Trip to Robert Frost Farm

On Tuesday, June 30, Actor and Lecturer Stephen Collins will lead a guided tour of the Robert Frost Farm in Derry, NH. During the drive from Haverhill to the farm, Stephen will recite many of Frost's beloved poems and talk about his life and times. A Park Ranger will lead a guided 45-minute tour of this National Historic Landmark. The Robert Frost Farm was home to Robert Frost and his family from 1900-1911. Lunch at the Coliseum Restaurant in Salem, NH, will follow the tour. Cost of this trip is \$59 and includes lunch.

Sacred Hearts Parish in Bradford is having a special Mass of Anointing on Friday, May 22nd. There will be a luncheon served after Mass for all who attend. The Mass will be held in the Sacred Hearts Auditorium beginning at 11a, lunch will follow the Mass. It is necessary to sign up with me on later than Wednesday, May 13th, I will need to give a final count with no changes. If you would like transportation with Bethany I will need to know at sign up, bus is \$5.

RESIDENT NEWS



HOW DO I VOLUNTEER??

"I'm bored...there's nothing to do. I'm tired of just looking at my four walls!"

Perhaps you are interested in volunteering for a charity or non-profit, but don't know where to start. Come to this RSC meeting to discuss potential options.

PHOENIX DINING ROOM MONDAY APRIL 6, 2015 @ 10:00 AM to 11:00 AM

MISSION TOWERS 3RD FLOOR LIBRARY APRIL 6, 2015 @ 2:00 PM to 3:00 PM

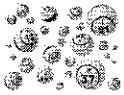
A list of contact information and Web addresses will be provided to help you.

Volunteering is gratifying. It makes you feel like you are undertaking something important—that you are giving back—that you are helping others. Volunteering can provide ways to meet people, make new friends and get out of the house. You can volunteer a day, a week or a few hours a day.



ART CLASSES FOR EVERYONE

On Thursday, April 16th & 30th from 1-3p Haverhill Artist Dianne Moonogian, also Phoenix resident will be holding art classes for all residents in all buildings. You will be guided step by step through your painting. There is absolutely no experience necessary! The cost of the 2 week class is \$15 and includes all your supplies. At the end of the 2 classes you will have completed a Spring Time painting! If you need transportation from MV or MT call the EZ Van.



Bethany Community Services, Inc invites residents to attend a presentation regarding United Healthcare SCO and potential healthcare benefits. Sharon Castillo from United Healthcare will provide information about United Healthcare SCO.

- ✓ *Wednesday April 1st & 15th in the dining room at MT. Sharon will host bingo and also have free gifts.*
- ✓ *Thursday, April 2nd at 6:00 pm in the activity room at MV Sharon as well as Freddie will host bingo. You will play bingo as usual, with money and Sharon will also have free gifts.*
- ✓ *Thursday April 9th at 5p in the dining room at PH Sharon will host bingo, she will have free gifts and pizza.*

This program gives residents the ability to select a health plan with more benefits at no cost you. These benefits include \$0 co-pay for prescriptions, dental, eyewear, transportation and others.

United Healthcare Senior Care Options (SCO) is a voluntary program available to people who are 65 and older. United Healthcare SCO is a Coordinated Care plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid Program. This plan is available to anyone who has both Medical Assistance from the State and Medicare. For more information, kindly attend tomorrow's meeting at the Merrivista Activity room at 6:00 pm to learn about United Healthcare SCO while playing bingo with a chance to win free prizes.

If you have any questions, kindly do not hesitate to contact the management office or resident services. We look forward to seeing you there.



Bethany Homes

10 Phoenix Row
Haverhill, MA 01832

PHONE:
(978) 374-2160

FAX:
(978) 374-2163

E-MAIL:
@bethanycommunities.org

We're on the Web!
See us at:
www.bethanyhomes.net

Kitchen and Servings at Bethany for all Residences

Maria Regan, Chef

Drew Ryan, Chef

Bethany Community Services believes that food and nutrition impact the overall health and well-being of an individual. This is even more important when an individual is battling health issues. Our meals are designed specifically for our residents. We strive to provide menus that are:

- Evocative of memories and feelings of comfort
- Nutritious
- Designed to provide approximately 50-67% of daily needs
- Provide adequate calories and protein to support health during critical illness
- Cooked using healthy fats and minimally added salt

Bethany Homes offers these meals at a low cost if you qualify for the CHSP Program or Community Meals Program. Additionally, you can pay for meals with your EBT card if you have one. The cost of meals is as follows:

Breakfast:	\$4.00
Lunch:	\$6.00
Supper:	\$10.00

If you qualify for the CHSP or Community Meals Program, the cost of meals will be significantly less. Three (3) meals a day could be as low as 10% of your adjusted monthly income or \$100/month depending on your income. Contact your Property Manager or Resident Service Coordinator for more information.

About Our Organization...

BCS provides a wide range of activities, trips, wellness and mental healthcare, personal assistance, transportation, and meals to those who are aging in place, allowing them to remain independent and within our Bethany Homes environment for as long as possible. In many cases we are able to avoid, and in all cases delay nursing home admission. If you are interested in learning more about what assistance Bethany can provide, kindly do not hesitate to contact your Property Manager or Resident Service Coordinator.

Wintergarden
by
Brian M. Dacey LICSW
Mental Health Consultant

Out with the old-In with the new!

Look thy last on all things lovely,
Every hour.

Walter de la Mare-1873-1956

One of the lovely, often overlooked and forgotten, things in our community, the Glynn Memorial Nursing Home on Brown Street, across from the Hospital and its Medical Building, deserves a last before it disappears from view, its site filled with a new, modern, up-scale facility for the treatment of the Addictions.

The Glynn is of a different time but served the community well in its different functions, and when understood clearly represents a link to its planned, updated use.

Originally the Glynn was the City Poor Farm and housed the poor destitute and infirm according to the practices of the day. A farm, it raised much of its food via gardens and animal stock.

Poor Farms were children of the original English Poor Laws of 17th and 18th centuries origin. Those early laws were oppressive and often cruel by our standards but also reflected recognition of the state's obligation to the needy.

Poor Farms were expected to receive anyone who appeared at the door with a verified need or referred by community figures.

In their day Poor Farms housed the homeless, the addicted, the mentally ill and the socially challenged and provided survival-level subsistence.

Poor Farms continued well into the 20th Century when Public Welfare established categories of need, such as, Old Age Assistance, Aid to Families with Dependent Children, Veterans Assistance and Assistance to the American Indian Nation. And eventually preventive measures, namely, Social Security, Medicare and unemployment compensation, along with Disability Assistance.

On a local level, in the mid-40s, in the midst of these sweeping social reforms, Haverhill's progressive Mayor, Albert Glynn, initiated a process that converted the Poor Farm to a municipally owned and operated Nursing Home.

Renamed the Glynn Memorial Nursing Home, and sister to the Hale Hospital, also municipally owned, the joint public entities went on to care for generations of patients.

The Glynn, with its Open Door policy, stellar care and exceptional food, was praised far and wide.

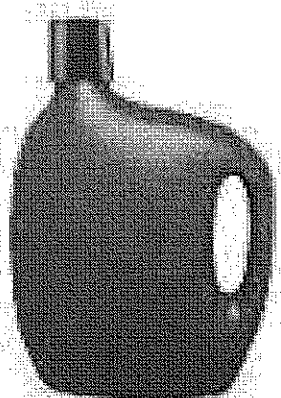
One of the Glynn's well-known cooks, Maggie Davenport, a woman of African/American heritage and superlative kitchen skill, was a local legend. Following her retirement she resided at Merrivista until her death.

So, as we look forward to and welcome a new and modern Addictions Treatment facility on this historic site, let's give a look and a nod of thanks to the good, old Glynn Memorial before she vanishes forever.

Good Luck!

SHARPS POLICY CHANGE

DETERGENT BOTTLES NO LONGER ARE ACCEPTED FOR SHARPS DISPOSAL



DO NOT THROW SHARPS OF ANY KIND IN THE TRASH



APPROVED CONTAINERS ARE AVAILABLE IN THE WELLNESS OFFICE

If you currently have a detergent bottle in use please bring it to the office as soon as possible and pick up a new container. Please do this very as soon as you can because **SOON WE WILL NOT BE ABLE TO ACCEPT FILLED DETERGENT BOTTLES**



Fall Prevention

Presented by:
CAREtenders

April 2, 2015

10:00am-11:00am

Merrivista Activity Room

BALANCE IS INDEPENDENCE

- 1 in 3 adults age 65 and older will fall this year
- “Dizziness” is now the top reason people 75 and older see their doctors

ARE YOU AT RISK FOR A FALL?

- Come learn ways to reduce your risk
- Participate in a Balance Screening to determine your risk for a fall

Refreshments will be served



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Volunteering is gratifying. It makes you feel like you are undertaking something important—that you are giving back—that you are helping others. Volunteering can provide ways to meet people, make new friends and get out of the house. You can volunteer a day, a week or a few hours a day.

According to N. Morrow-Howell, J Hinterlong , PA Rozario and F.Tang
"Older adults who volunteer and who engage in more hours of volunteering report higher levels of well-being."

All residents are welcomed and encouraged to attend.

Now I have one plan
with **more benefits**
at no cost to me.



With UnitedHealthcare® Senior Care Options (HMO SNP), you'll have the benefits and support you need to help you stay independent. And there are no copays or coinsurance for drugs or other covered services.

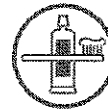
 **Call me.**
Sharon Castillo
(978) 884-3233 (TTY: 711)

Contracted, independent licensed agent
authorized to sell products within the
UnitedHealthcare® Medicare Solutions portfolio.

UHCCommunityPlan.com



Prescription Drugs
\$0 copay for prescription
drugs.



Dental Coverage
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cleanings and more.



Additional Eyewear
\$0 copay for glasses and
corrective lenses once a
year.



**Transportation
Assistance**
\$0 copay for rides to doctor
appointments.



Additional Benefits
More benefits than
Original Medicare.



UnitedHealthcare®
Community Plan

UnitedHealthcare Senior Care Options (UnitedHealthcare SCO) is a voluntary program available to people who are 65 and older. UnitedHealthcare SCO is a Coordinated Care plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. This plan is available to anyone who has both Medical Assistance from the State and Medicare. For more information call 1-877-622-1905, TTY: 711, 8 a.m. – 8 p.m. local time, 7 days a week. The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments and restrictions may apply. Benefits, formulary and/or copays/coinsurance may change on January 1 of each year. Copays and coinsurance may vary based on the level of Extra Help you receive. Please contact the plan for further details. Enrollees have no out of pocket costs.