

*The Flag*<http://www.bethanyhomes.net/>

<b>Bethany Community Services</b>	<b>April 2014</b>	<b>978-374-2165</b>

***This is Jered...and You've Got Mail***

I've never been one for poetry. As a student in school growing up there was little I could care less about than listening to or reading poetry. If poetry was on the agenda for language arts, "cough, cough" I think I may just have a fever.

Fortunately as we age we begin to appreciate things more than we once had. We sometimes recognize the value that perhaps we weren't mature enough to once notice. We become more educated, we experience heart ache and failure, we live and we love and we learn. Our appreciation grows, and sometimes this is surprising, just as my growing appreciation for poetry has surprised me.

I saw a friend of mine recently who told me that she began writing poetry years ago. I had also known that she had written several books and was a featured speaker, professor, and leadership development trainer. It was always obvious that she was someone special as she almost seemed to have an aura about her. I attended a speech she was going to give and during the introduction it was said about her, "it is as if she has a special connection to the universe." It was an interesting comment and did seem somewhat appropriate. I began to wonder why it seemed as though this was true? Do some people have a better "connection" than others? We've all met special people and sometimes we can't quite put our finger on what makes them different.

She explained that she didn't grow up liking poetry, but it was something that had emerged from within her over the course of her life. In addition to her poetry, she said that she begins each and every day by journaling for 30 minutes. She was asked how long she had been journaling. Her answer was, "29 years!" She had calculated that she had spent approximately 5,300 hours writing in her journal during that time. And what was her focus? To become centered and grounded each and every day, to create alive conversations and listen with complete focus. She did this regardless of where she was or how she felt. She had developed a ritual and practiced these "universal" skills.

There it was. To be someone special isn't necessarily just a gift or happenstance, it is often from practice and developing a commitment to be *that* person. It still amazes me when the answer to life's questions sometimes is the most simple and often right in front of you.

I think it's time for "practice".

*"We are well served to think of the power of practice, and of the power that inner practices can give us to set aside all that might distract us from our work and to be present to the live encounters that life offers us."* J. Brown

## **Bethany is . . . A Way of Life, not Just a Place to Live**

- **On-site Resident Services Coordinator to coordinate your care with doctors, community health and other social service agencies.** You will have a prepared and individualized care plan that is reviewed every six months by a group of community professionals.
- **Home cooked meals served in the dining room or delivered to and set up in your apartment.** These meals are on five week rotating menus with alternate choices. All meals are planned by a registered dietician.
- **Housekeeping services to assist you** with weekly light housekeeping and laundry, seasonal heavy housekeeping, shopping, and other errands.
- **On-site Wellness Health Clinic, nutrition counseling, and apartment visits staffed by a registered nurse.** The nurse will monitor all of your vital health indicators and help you understand medication interactions, community health resources, planned surgeries, and serve as a liaison with your doctor's office.
- **On-site Activities Director planning in house activities.** These include exercise, movies, games, socials, luncheons/cookouts, entertainment, men and women groups, volunteer opportunities, and a wide variety of other activities.
- **Transportation to doctors appointments, shopping, banks and the grocery.** Our wheel chair accessible buses will take you on scheduled routes so that you can care for your personal shopping needs without having to have your own car or fit into someone else's time table.
- **On-site Beauty Salon/Barber.** Our beauticians and barber work with Bethany and their reduced rates benefit you. They provide all of the services you will need and have personalized care and attention.
- **On-site Mental Health Counselor (licensed social worker).** Our groups allow individuals to have support while dealing with the losses related to moving and aging. Should you encounter a crisis we have resources for you and your family to support you.
- **In apartment closed circuit TV security and message system.** You can watch the front door from your living room to make certain you know those you allow entrance. Your own apartment is totally independent and secure from other units.
- **Personal Care Services for assistance with dressing,**

**bathing, mobility, laundry, shopping, toileting.** Bethany has a staff of certified nursing assistants to help you with these activities of daily living. They will respect your modesty and privacy and become your trusted friends.

- **On-site Spiritual services.** Local members of the various faiths assist us with regular worship and teaching

services. Additional programs are planned during holidays.

- **A wide variety of day trips and overnight adventures.** Our residents enjoy the arts, sports, dining out, public parks and beaches, and more historic venues and places of interest than you can imagine. They travel as far away as Nashville and North Carolina and as close to home as Hampton Beach.

*Bethany is . . .*

**Merrivista  
100 Water Street  
978.374.2168**

**Mission Towers  
180 Water Street  
978.374.2173**

**Phoenix  
22 Phoenix Row  
978.374.2164**

### **GROUP ADULT FOSTER CARE PROGRAM**

Group Adult Foster Care is a program provided by Bethany Homes to all residents that qualify. This program can assist you in your own apartment on a daily basis helping you with your daily activities.

We can provide help in and out of the shower, reminding you to take your medications; we do laundry, help you get dressed or even tying your shoes. We also do your grocery shopping and pick up your prescriptions at the pharmacy. We can change your bed and do light housekeeping. Our certified health aides that provide this daily care are hired by Bethany Homes and are supervised with ongoing training by the Bethany nurses.

This program allows you to remain safe and longer in your own apartment and also helps your family by having these extra tasks done for you.

#### **The Choice is yours! Let us help you stay independent!**

Our Resident Service Coordinator will design a plan with your full participation and the advice of health and social service professionals and your doctors to help make sure your personal care needs are met.

#### **Service Eligibility**

To participate in these supportive services you must be:

- 62 years of age or disabled
- Insured by Medicaid (MassHealth) or
- Prepared to pay for services yourself at a subsidized rate
- Allow our registered nurse to visit for an evaluation
- Sign an agreement to cooperate with our staff

Some programs may require a medical diagnosis and require assistance with activities of daily living, let us give you a hand.

Our chefs prepare home-style meals from a menu reviewed by a dietitian. You will find the dining room inviting and meals can be delivered when required.

Our certified nursing assistants can help you with personal hygiene, dressing, or medication cuing. Our housekeepers will keep your home comfortable.

Our Wellness Program includes registered nurses, weekly health clinics, fitness and exercise programs.

**"A Way of Life,  
Not Just a Place to Live."**

For more information on the programs contact Pam Arel, **Resident Services Coordinator**. She is at Phoenix every Monday 8a-12p; Mission Towers on Monday from 1-4p and Tuesday from 8a-12, at Merrivista on Tuesday from 1-4p, Wednesday, Thursday from 8a-4p.

### **CAN WE HELP WITH YOUR CLEANING?**

Bethany can help you with some of your tasks to make life more pleasant:

- Weekly cleaning includes vacuuming, bathroom and kitchen.

- Deep cleaning will help you remove items no longer needed, wash windows, clean oven, or help with other chores.

Call or stop by your building manager's office. They will have someone come to visit and talk about how we can help. Our rates are very affordable.

**BREAKFAST BREAK**

If you are NOT currently on a meal program with subsidy, we have a new option for breakfast at the Merrivista dining room.

**You now have a choice:**

**Coffee and Juice and Three items \$4.00**

**Other items priced individually, see cook.**

**You do not need to place an order before breakfast; you can bring your money, make your choices when you arrive, and pay the chef on duty. We appreciate dollar bills if you can so we do not have to make change.**

**Important Notice: Coffee at Merrivista from**

**7-7:30a is self serve only.**

**BETHANY BEAUTY SALON HOURS**

**Angela**, hairdresser is in every Monday at 9a at **PH**.

**Laurie**, hairdresser is in every Tuesday at 7:30a at **MT**.

**Toni**, hairdresser is in every Tuesday at 9a at **MV**.

**Laurie**, hairdresser is in every Thursday at 8a at **MV**.

**Laurie**, hairdresser is in every Friday at 8:30a at **MT**.

**Toni**, hairdresser is in every Friday at 9a at **PH**.

The stylists offer wash & sets, blow-dry & iron, haircuts, perms, color & highlights for both men and women. To book your appointment, call your building's office.

*Gift certificates are a great idea for gift giving, you can get them in any denomination and they never expire. They can be purchased with Darlene in the activity office. Make checks payable to BCS.*

**BEAUTY SALON PRICE LIST**

SERVICE	PRICE
Shampoo	\$3
Rinse	\$3
Clipper Cuts	\$10
Hair Treatment	\$10
Hair Cut	\$15
Hair Color	\$17
Shampoo & Cut	\$16
Shampoo & Style	\$17

Shampoo, Set & Treatment	\$23
Shampoo, Set & Cut	\$25
Shampoo, Set & Color	\$30
Perm	\$45 & up
Eye Brows	\$2
Manicure with polish	\$15

### **HEARING AID ASSISTANCE**

**Audient** is a nationwide program providing assistance with the cost of hearing aids and related care to income qualified individuals. Call 1-866-956-5400 for information or application.

### **PROPERTY MANAGERS HOURS**

**Deanna Ruth** at MT holds office hours from

8a-2:30p Monday-Friday and can be reached at

978-374-2173.

**Robert Plante** and **Linda Pellitier-Call** at MV holds office hours from 8a-4p Monday-Friday and can be reached at 978-374-2168.

**Nancy Leefe** at PH holds office hours from 8a-4p Monday-Friday and can be reached at

978-374-2164.

Deanna and Darlene are collecting box tops from all General Mills products, (the little square), Campbell Soup labels (the whole label) they provide learning tools to school children. Also Paul Eversole is collecting old cell phones which go to people that need it for emergency contact.

### **HOUSEKEEPING HOURS**

**Jovita Kimball**, Bethany housekeeper is at MV on Monday, Wednesday and Friday; at PH on Tuesday and at MT on Thursday, she is in from 9a-4p at all properties. You can contact the property manager in your building for an appointment.

### **WELLNESS SCHEDULE**

**Kathy Pothier**, RN is at MV on Monday from 8:00-12:00 and Wednesday and Thursday from 8:00-4:00. She is at PH on Monday from 1:00-4:00, Tuesday 8:00-4:00, and Friday from 8:00-4:00 at PH for the wellness clinic.

**Denise Huminick**, RN is at MT on Monday and Thursday from 9-1:30 and on Wednesday by appointment. She is at MV on Tuesday from 9-1:30 and on Wednesday from 9-12. The wellness clinic MV is on Tuesday from 9-12.

**Jeanette Johnson, RN** is at MV Monday & Thursday 2p-6p, Tuesday & Wednesday 1p-6p & Friday 9a-4p.

**SNAP (Food Stamp Application)**

Every Monday at PH in the dining room, Brittany Mangini, BSW, Food Stamp Outreach Coordinator, will visit from 1-4p helping residents complete applications for Food Stamps. See your wellness nurse if you have any questions.

**Resident Syringe and Sharps Disposal Procedure**

**NOTE CHANGE:** The proper disposal of all sharps, needles, and lancets within the Bethany buildings. Any resident who is using needles or lancets for themselves or their pets have to place them in a clean empty laundry detergent bottle. These sharps cannot be placed with other rubbish. After filling the container the resident can bring them to their nurse's wellness office for proper disposal. There is no fee to any resident. The container cannot be a clear container in case the needles penetrate thru the container. Any questions please contact the nurse in your building.

**EZ VAN TRANSPORTATION**

The Haverhill Citizens Center has many activities including an exercise room, pool tables, a library, bingo (on Mondays), chess, bridge, knitting groups all for adults 60 plus! The Bethany EZ Van transports residents to the Haverhill Citizen Center on Monday & Thursday between the hours of 9a-4p; the cost is \$5 round trip. You must make a reservation, call 978-302-6443.

**DO YOU HAVE A MEDICAL APPOINTMENT?**

**Physical? Lab work? Testing? Eye doctor?**

***Let Bethany give you a ride!***

It costs less than a cab!  
It's easier than the city bus!  
It's from your door to their door and back again.

**It's the Bethany EZ VAN.**

All you have to do is make your appointment for Monday or Thursday.

**Round trip is only \$5.**

Cab is \$10 round trip.  
The city bus is on their schedule not yours.  
You know our driver who will help you.

**Call in advance for a guaranteed seat**

**978-302-6443.**

We even have a lift for wheelchairs and other ambulatory devices.

**2014 OVERNIGHT TOURS**

~June 3<sup>rd</sup>-6<sup>th</sup> **Wildwood Crest & Cape May**-New Jersey Shore-includes Oceanfront accommodations-3 breakfast-1 lunch-3 dinners-3 nights of entertainment-casino package-tour of the Renault Winery-guided tour of Cape May including a trolley ride \$459 double/\$429 triple/\$549 single/trip protection \$60pp

~November 7<sup>th</sup>-9<sup>th</sup> **New York City& Cruise to Nowhere**-two night stay on the Norwegian GEM-ticket to Radio City Rockettes Christmas Show-admission to September 11<sup>th</sup> Memorial-live shows on the GEM-plus more touring in NYC-all meals on ship with Freestyle dining-luggage fees-driver gratuities-BOT tour director-\$399pp if you book by May 1st plus \$200pp for taxes-transfers-Government fees

**FALLTOUR FOR 2014**

September 21-26<sup>th</sup>-**Las Vegas**-pricing will be available soon!

**2014 DAY TRIPS**

May 15<sup>th</sup>-**The Tony Pace Show** at White's of Westport \$69

May 20<sup>th</sup>-**North Shore Acappella** at Luciano's Lake Pearl \$79

June 11<sup>th</sup>-**The Temptation Live in Concert** at Venus De Milo \$79

June 16<sup>th</sup>-**Indian Head Resort** Lobster-Steamers & Buffet-Jim Connors & Brad Bradford \$80

July 23<sup>rd</sup>-**Straight Lace**-New England Premiere Oldies Band \$79

**HAVERHILL COUNCIL ON AGING**

Contact Kathy Bresnahan or Rita LaBella  
978-374-2390

Bingo-Scrabble-Mexican Train Dominoes-Pool-Whist-45's-Bridge-Mah Jong-Tai Chi-Yoga-Zumba-Line Dancing-Knitting-Comedy Masque-Wood Carving-Art-Book Club-Exercise-Piano-Chess Club

**Department of Veterans Services**

Haverhill Citizens Center, 10 Welcome St.

Director, Michael Ingham

Secretary, Betty Burnell

Office hours 8AM - 4PM Monday – Friday  
(Second Floor/Veterans Office) 978-374-2351

**TRAVEL INFORMATION**

The monthly publication of The FLAG is a great resource for all upcoming events. It is delivered to all Bethany residents and mailed to the community by the first of each month.

All buildings have a calendar in the lobby; check it for trips and activities taking place that day or week. 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 bus or van 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.

We require that you reserve your space on the bus or van for all trips, except for weekly grocery shopping and bowling. In order to make your reservation you can call Darlene at 978-374-2165 and leave a detailed message with your phone number.

Most trips offered in The FLAG are subject to a final count trips one month in advance, any cancellations after that is subject to a fee.

Your reservation is not confirmed until paid in full, unless it indicates to pay the driver. Make your checks payable to Bethany Community Services and mail to BCS, attention Darlene, 22 Phoenix Row, Haverhill, MA 01832.

**SENIOR FORUM**

West Congregational Church 767 Broadway Haverhill hosts a monthly luncheon with Rev. Dr. James Gustafson. It is held the third Wednesday of each month at 11a. The suggested donation is \$5 and reservations are required by the Saturday before with Tony Scaglione 978-372-3833. The next date is April 16<sup>th</sup>.

**EMERGENCIES**

If you have a maintenance emergency **you MUST** leave your apartment number, phone number and name with the answering service if you would like the on-call maintenance personnel to respond in a timely manner.

**TRANSPORTAION 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.

**THE SHOWCASE**

To purchase items from the showcase contact:

**MERRIVISTA:** Shelia Babolian or Barbara Jameson

**MISSION TOWERS:** Rosemary Jesionowski

**PHOENIX:** Jane Cunningham

All three buildings need donated items for the showcases. If you have items that you want to donate see the person in your building that manages the showcase.

**MV RESIDENT BIRTHDAY'S**

In celebration of MV resident birthdays, cake and ice cream will be served the 1<sup>st</sup> Wednesday of the month with lunches. If you are celebrating a birthday and don't have lunch from the kitchen you may sign up for cake and ice cream the day before, this would be free.

**LOCKOUTS**

- Should you be locked out of your apartment at **MT** after hours there is on-site staff person in apartment 612.
- Should you be locked out of your apartment at **MV** after hours you can call 978-994-3494.
- Should you be locked out of your apartment at **PH** after hours there is on-site staff person in apartment 1000.

**2014 ACTIVITY & TRIP CALENDAR**

**Tuesday, April 1<sup>st</sup>**

**APRIL FOOL'S DAY**

7:30a **Laurie**-hairdresser/barber MT

9-12 **Clinic** with Denise/wellness office MV

9a **Toni**-hairdresser MV

9-9:30a **Exercise Class** with Karen Thompson, professional instructor from the YMCA/7<sup>th</sup> floor  
MT free

9:30a **Brown Bag Deliveries**/please be in the lobby at MV & MT & dining room at PH

1p **Pokeno** with Darlene/activity room MV \$1.80

1p **Phase 10** (the game)/7<sup>th</sup> floor/MT/anyone can join/bring 2 quarters & 9 dimes

1-2:30p **Chair Massage Therapy at MV**/Licensed Massage Therapist Susan Plouff/ten-minute

2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our  
lives and helpful solutions/everyone welcome/dining room PH

6p **Geronamo**/MT dining room \$1 per card

6:30p **PH Resident Council Meeting**/dining room/all encouraged to attend

6:30p **Cards**/dining room MV

**Wednesday, April 2<sup>nd</sup>**

1p **Pokeno**/dining room PH

2p **Geronamo** with Darlene/activity room MV \$1 per card

5:30p **Cards**/dining room PH

6:30p **Cards**/dining room MV

**Thursday, April 3<sup>rd</sup>**

8a **Laurie**-hairdresser/barber MV

8a-3p **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**

9a-12p **Clinic** with Denise/wellness office MT

9a **PH Shopping** with Bob H \$4

9:30a **MV & MT Shopping** with Bob H \$4

10-11a **Exercise** with Jeanne Sampson-PH dining room free

11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity room MV free

1p **Bible Study** at MT-7<sup>th</sup> floor common area

6p **Bingo** with Freddie/dining room MV \$2.10

6:30p **Cards**/dining room MV

6:30p **Ice Cream Social**-PH dining room \$2

**Friday, April 4<sup>th</sup>**

8:30a **Laurie**-hairdresser/barber MT

9a **Toni**-hairdresser PH

9-11:30a **Extended Coffee Hour**/dining room/PH

9a-12p **Clinic** with Kathy/in the wellness office PH

11-2 **Lunch Ride** with Bob H/Markey's Seabrook/sign up/bus \$6

12:15p **Communion** with Bill Lapierre/6<sup>th</sup> floor PH

1p **Pokeno** with Darlene /activity room MV \$1.80

1p **Communion** with Bill Lapierre/8<sup>th</sup> floor MT

1p **Whist**/7<sup>th</sup> floor MT

1:45p **Communion** with Bill Lapierre/library MV

2:05 **Red Sox Opening Day Game**-MT TV room-PH dining room-popcorn-peanuts-soda

6:30p **Bingo**/dining room PH

6:30p **Cards**/dining room MV

**Saturday, April 5<sup>th</sup>**

5:30p **Cards**/dining room PH

**Sunday, April 6<sup>th</sup>**

12-2p **Lunch Ride** with Bob H/Longhorn Haverhill/sign up/bus \$4

6p **Lenten Service with the Choir & Bells** -Second Congregational Church of Boxford-light refreshments free

**Monday, April 7<sup>th</sup>**

9a **Angela**-hairdresser/barber PH

8a-4p **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**

10-11a **Exercise** with Jeanne Sampson-PH dining room free

11:30a-3p **Wal-Mart & Family Dollar**-sign up required-bus \$7

1p **Whist**/7<sup>th</sup> floor MT

1p **Bingo** with Darlene/activity room MV \$2.10

5:30p **Cards**/dining room PH

6p **Bingo** with Donna/dining room MT

6p **MV Resident Council Meeting**-activity room-everyone is encouraged to attend

6:30p **Cards**/dining room MV

**Tuesday, April 8<sup>th</sup>**

7:30a **Laurie**-hairdresser/barber MT

9-12 **Clinic** with Denise/wellness office MV

9a **Toni**-hairdresser MV

9-9:30a **Exercise Class** with Karen Thompson, professional instructor from the YMCA/7<sup>th</sup> floor  
MT free

10a **Coffee Hour** with Darlene/MT 7<sup>th</sup> floor

1p **Pokeno** with Darlene/activity room MV \$1.80

1p **Phase 10** (the game)/7<sup>th</sup> floor/MT/anyone can join/bring 2 quarters & 9 dimes

2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our  
lives and helpful solutions/everyone welcome/dining room PH

5p **MT Dinner**-Roasted Pork Loin-Roasted Red Skin Potatoes-Fresh Green Beans-Corn-  
Homemade Apple Sauce-Drinks-Dessert-dining room residents-\$9-guests \$11 (if you are  
celebrating a birthday this month the cost for dinner is \$7)-purchase your ticket from Donna apt  
608

5:45p **MT Monthly Birthday Celebration**-if you are celebrating your birthday it is free-all  
other guests are \$2-dining room-purchase your ticket from Donna apt 608

6-7p **Professional Entertainer-Tony Hester**-MT dining room-free to all residents

6:30p **Cards**/dining room MV

**Wednesday, April 9<sup>th</sup>**

10a **Worship Service** with Brother Chris Raymond/7<sup>th</sup> floor MT

10a **Open Door Group** with Brian Dacey/friendship-coffee-refreshments/library MV

1-2p **Library Ride**-the bus will take you to the Haverhill Public Library-sign up required bus \$2

2p **Geronomo** with Darlene/activity room MV \$1 per card

5:30p **Cards**/dining room PH

6:30p **Cards**/dining room MV

**Thursday, April 10<sup>th</sup>**

8a **Laurie**-hairdresser/barber MV

8a-3p **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride  
with Darlene **978-302-6443**

9a-12p **Clinic** with Denise/wellness office MT

9a **PH Shopping** with Bob H \$4

9:30a **MV & MT Shopping** with Bob H \$4

10-11a **Exercise** with Jeanne Sampson-PH dining room free

11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity  
room MV free

1p **Bible Study** at MT-7<sup>th</sup> floor common area

2p **MV Men's Group** with Mike Ingram-MV activity room-all men welcome

3p **MT Resident Council Meeting**/7<sup>th</sup> floor/everyone is encouraged to attend

6p **Bingo** with Freddie/dining room MV \$2.10

6:30p **Cards**/dining room MV

6:30p **Ice Cream Social**-PH dining room \$2

**Friday, April 11<sup>th</sup>**

8:30a **Laurie**-hairdresser/barber MT

9a **Toni**-hairdresser PH

9-11:30a **Extended Coffee Hour**/dining room/PH

9a-12p **Clinic** with Kathy/in the wellness office PH 9a **Toni**-hairdresser PH

11a-2p **Lunch Ride** with Bob L /Cheesecake Factory-Peabody /sign up/bus \$6

1p **Whist**/7<sup>th</sup> floor MT

1p **Pokeno** with Darlene/activity room MV \$1.80

6:30p **Bingo**/dining room PH

6:30p **Cards**/dining room MV

**Saturday, April 12<sup>th</sup>**

**BINGO ANYONE?!**

4p (doors open) game time is 5p **BINGO**-Amvets Hall in Haverhill-door prizes-food & drinks-50/50-raffles-free transportation to Bethany residents (sign up with Darlene by Friday 4-11-14)

5:30p **Cards**/dining room PH

6p **Bingo** with Freddie/dining room MV \$2.10

**Sunday, April 13<sup>th</sup>**

11a-2p **Lunch Ride** with Bob L/Century House /sign up/bus \$6

**Monday, April 14<sup>th</sup>**

10-11a **Exercise** with Jeanne Sampson-PH dining room free

1p **Whist**/7<sup>th</sup> floor MT

1p **Bingo** with Freddie/activity room MV \$2.10

5:30p **Cards**/dining room PH

6:30p **Cards**/dining room MV

7-8p **Music Masters**-PH dining room-light refreshments \$2

**Tuesday, April 15<sup>th</sup>**

7:15a departure from 500 Primrose Street-**Debbie Reynolds** at Mohegan Sun \$79

7:30a **Laurie**-hairdresser/barber MT

9-12 **Clinic** with Denise/wellness office MV

9a **Toni**-hairdresser MV

9-9:30a **Exercise Class** with Karen Thompson, professional instructor from the YMCA/7<sup>th</sup> floor MT free

10a **Coffee Hour** with Darlene/MT 7<sup>th</sup> floor

12-2p **Chair Massage Therapy**/Licensed Massage Therapist Susan Plouff/ten-minute massage/lobby PH \$5

1p **Pokeno** with Darlene/activity room MV \$1.80

1p **Phase 10** (the game)/7<sup>th</sup> floor/MT/anyone can join/bring 2 quarters & 9 dimes

2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our lives and helpful solutions/everyone welcome/dining room PH

6p **Geronamo**/MT dining room \$1 per card

6:30p **Cards**/dining room MV

**Wednesday, April 16<sup>th</sup>**

1p **Pokeno**/dining room PH  
2p **Geronamo**/activity room MV \$1 per card  
5:30p **Cards**/dining room PH  
6:30p **Cards**/dining room MV

**Thursday, April 17<sup>th</sup>**

8a **Laurie**-hairdresser/barber MV  
8a-3p **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**  
9a-12p **Clinic** with Denise/wellness office MT  
9a **PH Shopping** with Bob H \$4  
9:30a **MV & MT Shopping** with Bob H \$4  
10-11a **Exercise** with Jeanne Sampson-PH dining room free  
11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity room MV free  
1p **Bible Study** at MT-7<sup>th</sup> floor common area  
2p **Reminisce** with Agnes/MV activity room/refreshments free  
5p **Ethnic Meal (Armenian)**-Beef Rolls-rice pilaf-garden salad-pita bread-baklava-MV dining room-you can eat in the MV dining room or have it delivered to your apartment at MV-MT-PH-place your order with the cook at 978-374-2169  
6p **Bingo** Sponsored by Penacook Place directed by Roseanne Enstep/activity room MV \$2.10  
6:30p **Cards**/dining room MV

**Friday, April 18<sup>th</sup>**

**GOOD FRIDAY**

8:30a **Laurie**-hairdresser/barber MT  
9a **Toni**-hairdresser PH  
9-11:30a **Extended Coffee Hour**/dining room/PH  
9a-12p **Clinic** with Kathy/in the wellness office PH 9a **Toni**-hairdresser PH  
11:30a **PH Luncheon**-tuna or egg salad on a roll-chips-drink-dessert-purchase your ticket in advance with Dianne or Darlene \$3  
12-2p **Lunch Ride** with Bob H/Amvets Fish Fry Haverhill/sign up/bus \$4  
1p **Whist**/7<sup>th</sup> floor MT  
1p **Pokeno** with Darlene/activity room MV \$1.80  
6:30p **Bingo**/dining room PH  
6:30p **Cards**/dining room MV

**Saturday, April 19<sup>th</sup>**

5:30p **Cards**/dining room PH

**Sunday, April 20<sup>th</sup>**

**EASTER SUNDAY**

1p **Easter Dinner**-Baked Ham-sweet potato-green beans-rolls-pie- MV dining room-you can eat in the MV dining room or have it delivered to your apartment at MV-MT-PH-place your order with the cook at 978-374-2169

6p **Bingo** with Freddie/dining room MV \$2.10

**Monday, April 21<sup>st</sup>**

**PATRIOTS DAY**

**All Bethany Offices are Closed**

9a **Pancake Breakfast**-PH dining room-plain or blueberry-juice-coffee or tea-purchase your ticket in advance from Dianne or Darlene \$3

8a-4p **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**

10-11a **Exercise** with Jeanne Sampson-PH dining room free

1p **Whist**/7<sup>th</sup> floor MT

1p **Bingo** with Freddie/activity room MV \$2.10

5:30p **Cards**/dining room PH

6p **Bingo** with Donna/dining room MT

6:30p **Cards**/dining room MV

**Tuesday, April 22<sup>nd</sup>**

**EARTH DAY**

6:15a from MV or 6:45a from 500 Primrose St-**Foxwoods**-slot play-luncheon-bus \$35 (note: cost increase due to gas prices)

7:30a **Laurie**-hairdresser/barber MT

9-12 **Clinic** with Denise/wellness office MV

9a **Toni**-hairdresser MV

9-9:30a **Exercise Class** with Karen Thompson, professional instructor from the YMCA/7<sup>th</sup> floor MT free

10a **Coffee Hour** with Darlene/MT 7<sup>th</sup> floor

1p **Pokeno** with Darlene/activity room MV \$1.80

1p **Phase 10** (the game)/7<sup>th</sup> floor/MT/anyone can join/bring 2 quarters & 9 dimes

2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our lives and helpful solutions/everyone welcome/dining room PH

6p **Geronamo**/MT dining room \$1 per card

6:30p **Cards**/dining room MV

**Wednesday, April 23<sup>rd</sup>**

10a **Open Door Group** with Brian Dacey/friendship-coffee-refreshments/library MV

1-2p **Library Ride**-the bus will take you to the Haverhill Public Library-sign up required bus \$2

1p **Pokeno**/dining room PH

2p **Geronamo**/activity room MV \$1 per card

5:30p **Cards**/dining room PH

6:30p **Cards**/dining room MV

**Thursday, April 24<sup>th</sup>**

8a **Laurie**-hairdresser/barber MV

8a-3p **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**

9a-12p **Clinic** with Denise/wellness office MT  
9a **PH Shopping** with Bob H \$4  
9:30a **MV & MT Shopping** with Bob H \$4  
10-11a **Exercise** with Jeanne Sampson-PH dining room free  
11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity room MV free  
1p **Bible Study** at MT-7<sup>th</sup> floor common area  
6p **Bingo** with Freddie/dining room MV \$2.10  
6p **Ice Cream Social**-PH dining room-followed by a concert with Vinchenzio Rizzo \$3  
6:30p **Cards**/dining room MV

**Friday, April 25<sup>th</sup>**

**Caribbean Escape Reposition Cruise Clearwater to Boston**

8:30a **Laurie**-hairdresser/barber MT  
9a **Toni**-hairdresser PH  
9-11:30a **Extended Coffee Hour**/dining room/PH  
9a-12p **Clinic** with Kathy/in the wellness office PH 9a **Toni**-hairdresser PH  
9:30a **Healthy Meals for Diabetics**-presented by Joan Hultgren, RD, Diabetic Educator-PH dining room-everyone welcome  
11a-2p **Lunch Ride** with Bob H/Hungry Traveler Salisbury/sign up/bus \$6  
1p **Whist**/7<sup>th</sup> floor MT  
1p **Pokeno** with Darlene/activity room MV \$1.80  
6:30p **Bingo**/dining room PH  
6:30p **Cards**/dining room M

**Saturday, April 26<sup>th</sup>**

4:30p **Disney on Ice** at the DCU Center-7p show-\$38-food for purchase (dutch treat)  
5:30p **Cards**/dining room PH

**Sunday, April 27<sup>th</sup>**

11a-2p **Lunch Ride** with Bob H/Olive Garden Portsmouth/sign up/bus \$6  
6p **Bingo** with Freddie/dining room MV \$2.10  
6:30p **Birthday Party**/Geronamo/everyone welcome/dining room PH free

**Monday, April 28<sup>th</sup>**

9a **Angela**-hairdresser/barber PH  
8a-4p **Bethany EZ Van**/for medical appointments or Haverhill Citizens Center/reserve your ride with Darlene **978-302-6443**  
10-11a **Exercise** with Jeanne Sampson-PH dining room free  
12-4p **Mall at Rockingham** with Bob H /signup/bus \$8  
1p **Whist**/7<sup>th</sup> floor MT  
1p **Bingo** with Freddie/activity room MV \$2.10  
5:30p **Cards**/dining room PH  
6p **Bingo** with Donna/dining room MT  
6:30p **Cards**/dining room MV

**Tuesday, April 29<sup>th</sup>**

7:30a **Laurie**-hairdresser/barber MT

9-12 **Clinic** with Denise/wellness office MV

9a **Toni**-hairdresser MV

9-9:30a **Exercise Class** with Karen Thompson, professional instructor from the YMCA/7<sup>th</sup> floor  
MT free

10a **Coffee Hour** with Darlene/MT 7<sup>th</sup> floor

1p **Pokeno** with Darlene/activity room MV \$1.80 (pennies)

1p **Phase 10** (the game)/7<sup>th</sup> floor/MT/anyone can join/bring 2 quarters & 9 dimes

1-4p **Chair Massage Therapy**/Licensed Massage Therapist Susan Plouff/ten-minute  
massage/nurses office/MT \$5

2-4p **Women's Corner** with Donna/informal program discussing changes that occur in our  
lives and helpful solutions/everyone welcome/dining room PH

6p **Geronamo**/MT dining room \$1 per card

6:30p **Cards**/dining room MV

**Wednesday, April 30<sup>th</sup>**

1p **Pokeno**/dining room PH

2p **Geronamo**/activity room MV \$1 per card

5:30p **Cards**/dining room PH

6:30p **Cards**/dining room MV

**Norman Crook Award**

***Given to a staff member.***

1. Good job preparation with knowledge and skills.
2. Follows through to finish the work to completion.
3. Meets the needs of residents: Dependability  
(including on call and emergencies).
4. Positive attitude makes residents and other staff feel important.
5. Attentive to feelings: Integrity, compassion,  
cleanliness, patience and pride.
6. Listens and carries out instructions pleasantly.
7. Asks for ideas and offers suggestions to improve our effort.
8. Makes sure resident is satisfied to assure high quality of work.
9. Checks the details: Job attendance, on time, willing to go beyond what is required.

**William O'Rourke Award**

***Given to a volunteer.***

1. Contribute volunteer time on a disciplined and  
consistent basis to establishing relationships with those in their faith community who are aging.
2. Relate in an active manner the uniqueness of their faith community for the good of all  
without becoming a means of separation from others.
3. Exhibit the character qualities of a personal life of devotion which might include but not  
limited to love, joy, peace, long-suffering, gentleness, goodness, meekness and self-control
4. Uphold the values of Bethany including the worth of every individual regardless of their  
personal history, the diversity of ethnic and religious traditions, personal independence and  
freedom of choice and
5. Live and volunteer in Greater Haverhill.

**The FLAG**

**APRIL**

**2014**

*Please submit your requests to Becky Weeks in the main office. The chosen will be honored in June at the annual meeting.*