

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.

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.

Important Notice Regarding Farmer's Market Coupons

The Haverhill Council on Aging will be distributing Farmer's Market Coupons on Wednesday, August 5, at 10:00 a.m. at the Citizens Center, 10 Welcome St. in Room 45 on the second floor. Seniors must be 60 years of age and older and must prove they live in the Merrimack Valley by bring a utility or other bill that shows name and address. Seniors must also sign a statement that states they are age 60 or over, live in the Merrimack Valley, and their income is not higher than \$21,774.50 for one person, or \$28,470.50 for two person households. For additional information contact Kathy Bresnahan or Rita LaBella at 978-374-2390.

RESIDENT AND SUPPORTIVE SERVICE

Jeannette Johnson, Director of Resident Services

Linda Maxwell, Resident Service Coordinator at Phoenix & Mission Towers

Kathy Pothier, Wellness Nurse

Denise Huminick, Wellness Nurse

Merrivista Assisted Living

Here at Merrivista we have a total of 33 Assisted Living apartments on the 1st & 2nd floors. Some of the services we can provide once they are approved by your PCP are:

- Light housekeeping (dust/sweep/vacuum/clean & mop kitchen and bathroom)
- Laundry (linen change/wash/dry/fold/put away laundry)
- Errands such as picking up your prescriptions at Rite Aid and/or grocery shopping at Market Basket.
- Light meal prep

If you need help with any of the above services please stop by the nurse's office or call us at: (978)274-2170, the office is open Monday thru Friday 8:00am to 4:pm, one of the nurses will be happy to assist you in determining your eligibility for one of our programs.

Jeanette Johnson, BSN, RN, Director of Resident Services hours are: Monday-Friday, 8am-4pm.

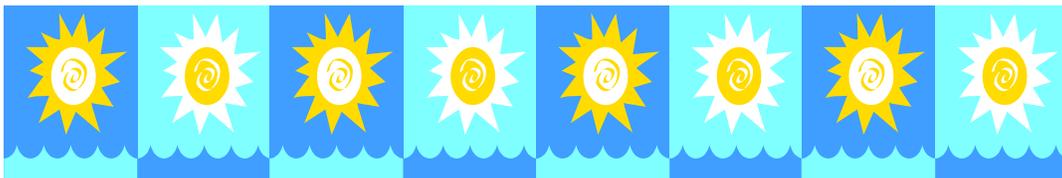
Kathy Pothier, RN, BSN, Wellness Nurse hours are: Monday, 8am-12noon, Wednesday & Thursday 8am-4pm. Kathy is available at Phoenix Row when not at Merrivista.

Denise Huminick, RN, Wellness Nurse hours are: Tuesday & Wednesday 9am-1:30pm.

Denise has a Blood Pressure Clinic here at Merrivista every Tuesday morning for 9am-12noon and Denise is available at Mission Towers when not at Merrivista (except Friday's).

From Kathy Pothier, RN & Wellness Nurse

When you go to the Haverhill Farmer's Market held on Saturdays from 9-1pm to purchase produce, you can use your Food Stamp/EBT cards, and get double the amount of money ! The EBT booth you need to visit before you start to shop, is next to the kid's tent! Any questions, ask your Wellness Nurse, or Resident Services Coordinators.



ALCOHOLISM AND THE ELDERLY . . . this

month's topic from Linda Maxwell, Resident Service Coordinator

The FLAG 4



During a recent exploration of the World Wide Web I decided to investigate the topic of alcoholism and its impact on the elderly. Statistics paint a worrying picture of alcoholism and the geriatric population. It is estimated that there are between **1.1 and 2.3 million over 65 who are alcoholic.**

Elderly alcoholism is often overlooked or ignored. There is a general (unspoken) perception prevalent throughout society that **the elderly have outlived their 'usefulness'**.

They are no longer 'contributing' to the community therefore their problems and the issues affecting them, tend not to be prioritized.

However, elderly alcoholism is on the rise and tackling it **improves** their quality of life and that of their families.

Why do the Elderly Turn to Alcohol?

Every case is different so this is a difficult question to answer.

However there are certain aspects of aging that can be triggers for alcoholism.

These include:

Loneliness	Grief	Retirement	Boredom
Depression	A spiritual vacuum	Worry/Anxiety	

Signs of Alcoholism in the Elderly

The biggest problem in diagnosing alcoholism in the elderly is that many of the signs of alcohol abuse are also signs of aging.

It has been estimated that up to **60% of elderly patients entering acute medical wards are active alcoholics.** Yet so often their alcoholism is overlooked.

WHY? It seems that some doctors think that nothing can be done with elderly alcoholics. It is believed, wrongly, that treatment will not be effective and, anyway, they do not have many years left, so why bother. However, this is often not the case. Elderly alcoholics usually **respond well to treatment** and many go on to live long and happy lives.

THE SIGNS

Disorientation	Frequent falls	Depression	Forgetfulness/Dementia
Slurred speech	Malnutrition	Confusion	Decline in personal hygiene

The above signs could also **be a result of aging** but there are signs specific to alcoholism such as drinking alone, an increase in alcohol consumption, smell of alcohol on the breath and defensiveness when questioned about drinking.

Health, Alcoholism and the Elderly

Alcohol drunk in moderation can have health benefits for young and old alike.

However, if alcohol is abused then **the effects can be devastating**. Excessive alcohol consumption in the elderly can lead to:

Strokes	High blood pressure	Alcoholic liver disease, including alcoholic cirrhosis	A higher risk of cancer in the head, neck and throat
Dangerous interactions with prescription drugs.	A decline in the functioning of the brain. Accelerating brain impairment, dementia and wet brain syndrome	Osteoporosis	Increased risk of falls, in particular hip fractures, which might need surgery and all the risks associated with it.

As people age, the amount of water stored in their bodies falls. This means that there is less water to dilute the alcohol and so **its effects on the elderly are greater** than on the young.

Another issue specific to alcoholism and the elderly is that as we age so our **tolerance to alcohol falls** (reverse tolerance) so less is required to experience the negative effects of alcohol.

In short an elderly alcoholic is **risking their health every time they lift a glass to their mouth**. It is of the utmost importance that they get treatment before it is too late.

If any part of this article impacts you in any way – please get in touch with me. I am assessing if there is a need and desire to form a recovery program geared to our community. If you or a loved one are struggling with addiction feel free to stop by and speak with me.

A man tells his neighbor, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answers the neighbor. "What kind is it?"

"Twelve-thirty."



AUDIENT

Helping Low Income Families Afford Hearing Care

AUDIENT is a nationwide program that helps those in need obtain hearing aids at a reduced cost. Candidates are qualified for the program based on their annual household income. AUDIENT sees that each income qualified applicant is referred to a hearing care professional in their community who is dedicated to supporting those in need of quality hearing care.

You can qualify if your income is equal to or less than \$27,075 for individual or \$36,425 for family of two. You have to fill out a form to become qualified and once you are income qualified you will pay in the range of \$495 to \$975 for one hearing aid and related care, or \$990 to \$1575 for two hearing aids and related care when ordered at the same time. This includes a fitting, three adjustments during the first year, and fully digital hearing aid(s). This would not cover the hearing evaluation. Contact Linda Maxwell, Resident Service Coordinator (978) 374-2164 or lmaxwell@bethanycommunities.org for the form and assistance

AUGUST

"Summertime
And the living is easy
Fish are jumpin'
And the cotton is high

Oh, your daddy's rich
And your mama's good lookin'
So hush little baby now
don't you cry

One of these mornin's
You're gonna rise up singin'
Then you'll spread your wings
And take to the sky

But til that mornin'
Ain't nothin' can harm you
With your daddy
And your mammy
standin' by."

- George Gershwin and Dubose Heyward,
Porgy and Bess

AUGUST



ACTIVITY DEPARTMENT

Darlene Sutton, Activity Director
Activity Office Contact Information
978-374-2165 or dsutton@bethanycommunities.org

Robert Hills, Bus Driver
Bob Lavanga, Bus Driver

FOR YOUR INFORMATION

Greater Haverhill Chamber of Commerce Healthy Living Expo



Saturday, Sept. 12, 2015
10:00 am – 2:00 pm
The Parking Deck
Haverhill, MA
Rain Date: Sept. 19, 2015



Don't forget to pick up your **brown bags** the 4th Thursday of the month, please mark your calendar!

Donna Malone, PH resident was the winner of the Red, White & Blue raffle!

Calling all floor reps at Merrivista, Mission Towers & Phoenix! When a new residents moves in it would be a nice gesture if you could stop by and introduce yourself. Maybe you could bring a small gift, like a plant or something home

baked. If they know someone they may be more apt to join in the activities. You could also invite them to go with you!

The FLAG 8

AUGUST LUNCHEON, DINNER & SHOPPING TRIPS

Bethany Lobster Bake is on August 13th at 12 noon in the PH court yard. We are having steamed lobster or BBQ Chicken Breast, steamed clams, corn & clam chowder, baked potato, corn on the cob, rolls & butter, dessert & drinks. The cost for the lobster is \$22 & chicken is \$12. Tickets will go on sale the week of July 27th. This is a family event so invite family & friends!

WAL-MART & FAMILY DOLLAR is on Tuesday, August 25th from 11a-3p, the cost for the bus is \$8.

Nurse's Trip for August with Denise, Bethany Wellness Nurse is on Wednesday, August 5th. She will take you to Rye Harbor for a picnic lunch. You can choose between roast beef & cheese or chicken salad sandwich. Denise supplies the lunch at her cost the bus is \$6. Call Darlene at 978-374-2165 for a seat on the bus. Bathrooms, benches & shelter are nearby.

Friday Lunch Rides in August from 11a-2p bus cost \$6

- 7th Windwood Grille in Essex, MA
- 14th Grassfields in Andover, MA
- 21st Glenview in Chelmsford, MA
- 28th Fremont Pizzeria in Fremont, NH

Sunday Lunch Rides in August from 11a-2p bus cost \$6

- 2nd Newick's in Dover Point, ME
- 9th Olive Garden in Manchester, NH
- 16th Kowloon in Saugus, MA
- 23rd Warren's in Kittery, ME
- 30th Chateau in Andover, MA



SUMMER BEACH RIDES

The bus leaves Haverhill at 5p and returns about 11p. The cost is \$12 to be paid in advance, no exceptions.

August

5th Continentals-Fireworks

12th Continentals-Fireworks

19th Continentals-Fireworks

26th The Reminisants-Fireworks

September

2nd The Reminisants-Fireworks

EZ VAN TRANSPORTATION

The Haverhill Citizens Center has many activities including an exercise room, pool tables, a library, bingo on Monday and Thursday, 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-3p; the cost is \$5 one way. You must 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 from 9a-2p.

Round trip is only \$10.

Cab is \$12 one way.

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.

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OVERNIGHT TOURS

October 8-10th **Break for the Moose at The Grand Resort Hotel Sunday River Resort** includes Deluxe Motorcoach-2 nights deluxe accommodations-4 meals-admission to Fryeburg Fair-Chondola Ride to the top of North Peak with a great view of the Mahoosuc Mountain Range-a Moose Safari (riding tour)Sunday River Fall Festival-professional BOT tour director \$419 double/\$519 single

October 12-15th **Atlantic City, Philadelphia & New York** includes deluxe motorcoach-3 nights lodging-5 meals-admission to JOSEPH at the Sight & Sound Millennium Theatre-day trip & guided tour of historic Philadelphia-sight seeing & gaming in Atlantic City-\$15 casino bonus \$399pp double (\$126 more for single)

Coming in the Fall of 2016 Mt Rushmore.....details to follow!

DAY TRIPS

- 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
- August 10th (Monday) **Hampton Beach with Bobby G** -pickup 5p-return 10:30p-dinner at Markey's (dutch treat) music from 7-8p-concert with Bobby G is from 8:30-9:30p-cost for the bus is \$11
- Tuesday, August 11th **Riverboat Ramblers** at the HuKeLau-includes 3 Lobsters or Prime Rib \$79
- Wednesday, August 12th **The Bobby Darling Show at Foster Clambake Restaurant** in York, ME. It includes Lobster or BBQ Chicken \$90
- 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)
- Tuesday, September 22nd **The Beach Boys Tribute Show 'Still Surfin'** at Venus De Milo Swansea, MA includes Baked Chicken or Baked Scrod \$85
- 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 fixins'-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-free gift-cost for the transportation, show & luncheon is \$75p

MISSION TOWERS TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Uno
2 Newick's	3 Whist Italian Sereneders	4 Hairdresser Coffee Hour Phase 10 Geronamo	5 Grocery Shopping Community Market Nurses Trip Bible Study Spinner's Game Beach Ride	6 Clinic Reagle Players Bingo	7 Hairdresser Windwood Grill Pokeno	8 Uno
9 Olive Garden	10 Whist Markeys- Hampton Beach- Bobby G Italian Sereneders	11 Riverboat Ramblers Hairdresser Coffee Hour Phase 10 Geronamo	12 Fosters Grocery Shopping Community Market Bible Study Beach Ride	13 Lobsterbake @ PH Clinic Bingo	14 Hairdresser Grassfields Pokeno	15 Uno
16 Kowloons	17 Whist Italian Sereneders	18 Hairdresser Coffee Hour Phase 10 Cookout Geronamo	19 Grocery Shopping Community Market Bible Study Beach Ride	20 Clinic Bingo	21 Hairdresser Glenview Pokeno	22 Uno
23 Warren's	24 Whist Italian Sereneders	25 Hairdresser Coffee Hour Wal-Mart Chair Massage Therapy Phase 10 Geronamo	26 Grocery Shopping Community Market Bible Study Beach Ride Resident Birthday Party Entertainer- Laura Vaun	27 Clinic Brown Bag Delivery Bingo	28 Hairdresser Fremont Pizzeria Pokeno	29 Uno
30 Chateau	31 Whist Italian Sereneders					

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 AUGUST EVENTS

COOKOUT CALENDAR-All cookouts are at 5p in the dining room, the cost is \$6. Sign up & pay Donna apt 608 in advance. Extra food will not be available that evening.

August 18th:Baby Back Ribs-Baked Beans-Cole Slaw-Drinks-Ice Cream Treats

September 15th :BBQ Chicken Breast-Corn on the Cob-Garden Salad-Drinks-Ice Cream Treats

Homemade Lobster Rolls will be served at 5p in the dining room on Tuesday, September 15th.

The Elder Community Market at Mission Towers is every Wednesday from

10:30a -11:30a on the 7th floor.

Rosemary Jesionowski, MT resident is retiring to FL this fall. Rosemary has taken care of the showcase in the lobby for several years. She is hoping that someone would like to take it over. She has plenty of stuff for it & would like to show or teach someone before she goes. You can see Rosemary directly or contact Darlene. Thank you Rosemary for your hard work, the showcase always looks wonderful & congratulations on your retirement, we will miss you!

BIBLE STUDY

Bible Study & Discussion with Pastor Chris, they meet on the 7th floor common area at 1p every Wednesday, everyone is welcome.

BINGO

We play bingo in the dining room, Thursday's at 6:30p, you will need \$2.35.

BIRTHDAY PARTY

The resident birthday party is the last Wednesday of the month at 6p in the dining room. All residents are invited but you must sign up on the activity board across from the mailboxes. Cake & ice cream or a seasonal dessert will be served, this is free. There will be some sort of an activity or entertainment following.

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.

HAIRDRESSER

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

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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.

GERONAMO

Everyone is welcome to play Geronamo in the dining room at 6p on Tuesday'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.

RESIDENT COUNCIL MEETING

The resident council meeting is the second Wednesday of each month at 6p in the dining room. 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!**

Deanna Ruth, Property Manager
978-374 -2173

We hope all of you are enjoying this beautiful summer!! Because summer is here I wanted to let you all know I will be on vacation from August 7th through August 17th. As always you can call the office number & someone can assist you.

If you have not come to the office to pick up your 2104 Security deposit interest please do so. I know many of you don't see this as important because it is such a small amount of money but we need for all of these to be collected for our bookkeeping.

We would ask that residents be mindful of open windows in the common areas. If rain is in the forecast would you please check that the windows on your floor are closed.

As many of you know parking at Mission Towers is a tremendous problem. Please ask your visitors, friends and health aid workers not to park in the resident lot.

And speaking of parking and on a lighter note,

A Mission Towers visitor parked his car in a no-parking zone in a large city because he was short of time and couldn't find a space with a meter. Then he put a note under the windshield wiper that read:

"I have circled the block 10 times. If I don't park here, I'll miss my appointment.

FORGIVE US OUR TRESPASSES"

When he returned, he found a citation from Deanna along with a note.

"I've circled this block for 33years. If I don't give you a ticket, I could lose my job."

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MERRIVISTA TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Pokeno
2 Newicks Bingo 50/50 Raffle	3 Bingo	4 Hairdresser Clinic Chair Massage Therapy Pokeno	5 Grocery Shopping Community Market Open Door Nurses Trip Cookout Geronamo Spinners Game Beach Ride	6 Hairdresser Reagle Players Bingo 50/50 Raffle	7 Communion Windwood Grille Pokeno	8 Pokeno
9 Olive Garden Bingo 50/50 Raffle	10 Bingo Markeys- Hampton Beach- Bobby G	11 Riverboat Ramblers Hairdresser Clinic Pokeno	12 Fosters Grocery Shopping Community Market Cookout Geronamo Beach Ride	13 Lobsterbake @ PH Hairdresser Reminisce Ladies Group Bingo 50/50 Raffle	14 Grassfields Pokeno	15 Pokeno
16 Kowloons Bingo 50/50 Raffle	17 Bingo	18 Hairdresser Clinic Pokeno	19 Grocery Shopping Community Market Open Door Cookout Geronamo Beach Ride	20 Hairdresser Bingo 50/50 Raffle	21 Glenview Pokeno	22 Pokeno
23 Warrens Bingo 50/50 Raffle	24 Bingo	25 Hairdresser Clinic Wal-Mart Pokeno	26 Grocery Shopping Community Market Open Door Cookout Geronamo	27 Hairdresser Brown Bag Delivery Bingo 50/50 Raffle	28 Fremont Pizzeria Lobster Rolls Pokeno	29 Pokeno

			Beach Ride			
30 Chateau Bingo 50/50 Raffle	31 Bingo					

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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 new friends and 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 AUGUST EVENTS

- **The Elder Community Market at Merrivista** is every Wednesday from 9 a-10a in the activity room.
- Every Wednesday the kitchen is offering a **luncheon cookout** & the last Friday of the month they are offering a **lobster roll luncheon**, refer for the kitchen page for the menu.

BINGO

Bingo is every Thursday and Sunday evening at 6p and every Monday at 1p in the activity room, \$2.10. On Thursday & Sunday 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.

GERONAMO

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

GROCERY SHOPPING

The Bethany bus picks up every Wednesday at 10a 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 a 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 & Saturday at 6p in the activity room. All residents are welcome, bring \$1.80 in pennies.

REMINESE

The Reminisce Ladies Group with Anges Lenard meets the third Thursday of the month at 1:3-p in the library. Everyone is and welcome refreshments are served, this is free.

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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. They are off July & August.

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. They are off July & August.

Merrivista

Michelle Burchell, Property Manager

Linda Call, Assistant Property Manager

We hope everyone had a nice safe holiday! By the time you read this Merrivista's Gazebo will have had a nice new water fountain installed next to it! Come on outside, sit in the gazebo and enjoy the sound of the water flowing along with the beautiful views of the Merrimack! The sound of the trickling water can be very relaxing. We hope you will enjoy!

Merrivista would like to welcome Ryan Begin to the Summer Help Program! We are happy to have him for the summer to help take care of some odds and ends around the building! Welcome Ryan!

We are also happy to welcome some residents to the Merrivista building! We will be hosting a meet and greet and Tea in the near future for these residents. We will be posting more information on the specific date and time shortly!

As a reminder the entire building continues to be a smoke-free facility as of July 1, 2014. This includes outside areas as well, specifically, the park benches located on the Market Basket side of the building. There is a gazebo to the left side of the building that is designated for smoking. We would like to thank you for your

cooperation with this policy. If you are interested in quitting smoking please see one of our wellness nurses who can assist you with some options to help you do so. We hope you have a great summer!
 Your Property Management Team,
 Michelle & Linda ☺

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PHOENIX TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Coffee Cards
2 Coffee Newicks	3 Hairdresser Coffee Nurse Is In Cards	4 Coffee Nurse Is In Exercise Women's Corner	5 Nurses Trip Coffee Grocery Shopping Community Market Pokeno Rosary Cards Skip-Bo Spinners Game Beach Ride	6 Coffee Exercise	7 Coffee & Donuts Nurse Is In- Clinic Hairdresser Communion Windwood Grille Bingo	8 Coffee Cards
9 Coffee Olive Garden	10 Hairdresser Coffee Nurse Is In Markeys- Hampton Beach- Bobby G Cards	11 Riverboat Ramblers Coffee Nurse Is In Exercise Women's Corner	12 Fosters Coffee Grocery Shopping Community Market Pokeno Rosary Cards Skip-Bo Beach Ride	13 Lobsterbake Coffee Exercise	14 Coffee & Donuts Nurse Is In- Clinic Hairdresser Grassfields Bingo	15 Coffee Cards
16 Coffee Kowloons	17 Hairdresser Coffee Nurse Is In Cards	18 Coffee Nurse Is In Exercise Chair Massage Women's Corner	19 Coffee Grocery Shopping Community Market Pokeno Rosary Cards Skip-Bo Beach Ride	20 Coffee Exercise Cookout Resident Meeting	21 Coffee & Donuts Nurse Is In- Clinic Hairdresser Glenview Bingo	22 Coffee Cards
23 Coffee	24 Hairdresser	25 Hairdresser	26 Coffee	27 Coffee	28 Coffee & Donuts	29 Coffee

Warrens ----- 30 Coffee Chateau Resident Birthday Party	Coffee Nurse Is In Cards ----- 31 Hairdresser Coffee Nurse Is In Cards	Coffee Nurse Is In Exercise Wal-Mart Women's Corner	Grocery Shopping Community Market Pokeno Rosary Cards Skip-Bo Beach Ride	Exercise Brown Bag Delivery	Nurse Is In- Clinic Hairdresser Fremont Pizzeria Bingo	Cards
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Weekly Activities are in the dining room located across from the elevators. If the activity is in a different space the article 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 AUGUST EVENTS

Just a reminder, that BINGO is in the dining room every Friday night at 6p. The cost is \$2.35 and everyone is welcome. The residents have great fun with door prizes & cash prizes as well. Please join them!

Important Information: The Brown Bag pickups at PH are not done in a timely manner. You should be getting your bag in the dining room no later than 10:30a. Darlene goes to lunch for 12 noon & the bags can't be left in the kitchen nor can we save them for you. It has become a very tiring job to get them delivered to food pantries. Please mark your as you would for a doctor's appointment!

COOKOUT CALENDAR-All cookouts are at 12p in the dining room, the cost is \$6. Sign up & pay Darlene in advance, *extra food will not be available that day.*

August 20th:Baby Back Ribs-Baked Beans-Cole Slaw-Drinks-Ice Cream Treats

September 15th:BBQ Chicken Breast-Corn on the Cob-Garden Salad-Drinks-Ice Cream Treats (at 5p)

Homemade Lobster Rolls will be served at 12 noon in the dining room on Tuesday, September 3rd.

The Elder Community Market at Phoenix is every Wednesday from 12:00-1:00p in the dining room.

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 Geronamo, 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.

The FLAG 19

COFFEE HOUR

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

COMMUNION

Bill Lapierre 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. Please Note: If there is a Monday holiday Angelia will be in on Tuesday that week.

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 third 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.

ROSARY

The resident say the Rosary every Wednesday at 3:30p on the 6th floor, everyone is welcome.

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 the 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.



The FLAG 20

COOKOUT CALENDAR

The Merrivista kitchen offers a cookout every Wednesday at 12 noon. You have two options, you can go to MV and eat in the dining room or have it delivered to your apartment. Either way you **MUST** place your order the day before with the kitchen at 978-374-2169. The cost is \$6 for lunch & \$10 for dinner. You don't pay that day the office will bill you.

August

5 Lunch Meal Italian Sausage on a Roll Peppers & Onions Potato Salad Melon & Drink	12 Lunch Meal Grilled Chicken Breast Roasted Summer Vegetable & Potato Ice cream Treat & Drink	19 Lunch Meal BBQ Boneless Chicken Thighs Garden Salad Rice Pilaf Melon & Drink	26 Lunch Meal Knockwurst on Roll Sauerkraut Macaroni Salad Summer Fruits & Drinks
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September

2 Lunch Meal BBQ Pork Corn on the Cob Coleslaw Ice Cream Treat & Drink	7 Labor Day-Dinner Meal Beef Tips & Chicken Breast Baked Potato Corn on the Cob Pita Bread Ice Cream Treat & Drink
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THE KITCHEN AT BETHANY

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.

FLAG SPOTLIGHT OF THIS MONTH

How long have you been at Bethany?
Twenty seven years.

Where did you grow up? 15th Avenue,
Haverhill. What did you do before you
came here? I worked for Bradley Goodrich
Shoe Shop for several years and then went
to work for Western Electric.

What do you like most about being at
Bethany? It's got everything – name
something it doesn't have. A lovely
garden, a beautiful dining room Do you
have any advice or suggestions for us? No
– no advice. You're doing things right.



**LOUISE
'BABE'
BAXTER**



**PHOENIX
ROW**

What else would you like to tell us? One of my
passions is the Red Sox . My favorite players are
currently Dustin Predoia followed by Big Pappi . On a
side note – Babe was quite the golfer in her prime!



And the winner is . . .!

But first, thank you to the sponsors of this fundraiser: BCA ,who we purchased our copy machine from, provided the Red Sox tickets; Haverhill Beef generously donated a \$50 gift certificate; and Market Basket donated a \$25 gift card.

Phoenix had a fundraiser raffle to raise money for a new treadmill. We raised \$620 and the first prize went to Bob and Barbara Brunelle - Red Sox tickets; Bernice Goldsmith - Haverhill Beef gift certificate; and Muriel Jenne - Market Basket gift card. Congratulations! And thank you to all who participated in the fundraiser, especially to the Saggahew Masonic Lodge who gave a generous donation!

Here's a joke for you! "At the urging of Harry's wife and doctor, 60 year old Harry finally made it to the gym. After consulting with one of the trainers, Harry decided to try out a steep treadmill. "Ok", said the trainer "I'm going to set it for ten minutes, if you want to go longer just press start again." At first Harry was doing fine but after 5 seconds he started getting tired, and after a minute he jumped off gasping for breath. Walking to the side to sit down, he passed by a friend of his. "Man", said Harry. "I could barely last a full minute on that treadmill." "Alright alright", said his buddy, "no reason to brag!"

On a serious note, I would like to remind residents with a vehicle and an assigned parking spot, to always park in their designated spot. Otherwise, if you don't use it, you lose it. It seems like the number of times that people outside our building use our resident spots is increasing and it could be attributed to outsiders seeing so many empty spots.

A couple other issues I would like to bring to your attention are about leaving clothes in the Laundry Room: if left after so many days they will be thrown away. And do not put food out on the tables by the elevator lobby areas, it also will be thrown out.

The hot days of summer are here! Stay cool, enjoy the sunshine and remember to stay hydrated by drinking lots of water and juices!

Your Property Manager,

Nancy Leefe

