



The Flag

<http://www.bethanyhomes.net/>

Bethany Community Services	July 2015	978-374-2165

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

"Rabbi Levi saw a man running in the street, and asked him, 'Why do you run?' He replied, 'I am running after my good fortune!' Rabbi Levi tells him, 'Silly man, your good fortune has been trying to chase you, but you are running too fast.'"

-Traditional Tale

I'm sure many of us may be like the man in the story who is always running too fast. Our society has become obsessed with speed, whether it's a 30 second or less guarantee at the drive-thru, or Wifi that takes "forever" when our internet doesn't respond after three nanoseconds. Faster, faster, faster. We don't just want it now, we want it yesterday!

I have been reading a book recently about the speed of information and the crazy world of Wall Street high frequency trading. Did you know that companies spent millions of dollars to build the fastest computers and co-locate them next to the stock exchange computers so that they can benefit from having an extra microsecond? Years ago a company built a high speed fiber optic line from Chicago to New York in order to gain an advantage of microseconds, and they spent millions drilling directly through mountains in order to keep the line precisely straight. There is even talk of ultra high speed lasers. We are living in the future!

If you're like me there may be times when you feel guilty if you aren't doing something. Do I have 5 free minutes? Well, I should probably do something productive. I don't want someone to think I'm lazy or just sitting around. So we do something, always. Often we don't stop. We don't rest.

In acting in this way I fear we are missing out on life and what we value most. Sometimes we need to give ourselves, and others, permission to rest. The Sabbath day was given as a gift to rest, and I think there is great wisdom for our spiritual, physical, and mental health in taking time to rest. If you are someone who does too much, perhaps it is time to stop and rest. Give yourself permission, there are many things in rest that you may be missing.

"While our speed may keep us safe, it also keeps us malnourished. It prevents us from tasting those things that would truly make us safe. Prayer, touch, kindness, fragrance-all those things that live in rest, and not in speed."

-"Sabbath", Wayne Muller

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.

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.



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

Message from Linda Maxwell,



Visible apartment numbers important for emergency response time

Could seeing your room number save your life?

It can if first responders are unable to find your apartment because of door decorations that hide your number.

As I have been walking the corridors in the past few months coming to visit you I have noticed how lovely most of you have decorated your door ways. However, there were several times where I had to double back because, being unfamiliar, I walked past the doors whose numbers were hidden.

Having your door number visible can shave valuable seconds off of response times. Something as small as covering your number could ultimately put you or your neighbor's safety on the line. If a responder gets confused because he/she can't determine what apartment numbers they are at it increase the delay in getting to the scene. When first responders can't find your home it wastes valuable time.

Ten seconds may not mean a whole lot to you, but when it could mean life or death, when it could be a medical emergency or someone could be breaking into your home, that ten seconds is a big deal.

Displaying your house number probably isn't at the top of your mind, but it is for first responders.

Think about it from an ambulances point of view. As you're pulling up to your apartment door, look where your numbers is at. We advise you to make sure apartment numbers are clear of decorations. Thanks!

.....

Two young boys were spending the night at their grandparents. At bedtime, the two boys knelt beside their beds to say their prayers when the youngest one began praying at the top of his lungs, "I PRAY FOR A NEW BICYCLE. I PRAY FOR A NEW NINTENDO. I PRAY FOR A NEW VCR..."

His older brother leaned over and nudged the younger brother and said, "Why are you shouting your prayers? God isn't deaf." To which the little brother replied, "No, but Grandma is!"

Are you feeling like you need to raise your voice to get heard? Feeling like no one hears you can be very frustrating. Worse yet – feeling like people hear you and just don't care is hard to bear. Please know that

as your resident service coordinator I am listening to you and I care, as does all of the Bethany staff. My job is to be here for you. Stop by any time and let me know what you would like. Know that I will convey your wishes to the proper ears and with patience and reasoning you never know – you might get what you're asking for!

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Wellness News: Good Day and Happy Summer!

What a great start to the Elder Services Community Market Program! We filled almost 150 slots with our residents throughout all 3 buildings! Fresh ripe strawberries, yellow squash, and green zucchini were some of the produce brought to us from the 100 year old Simone Farm in Methuen. We are so fortunate to be a huge part of this 20 week program facilitated through Elder Services. Our residents have fresh fruits and veggies within their buildings and get to try produce maybe not ever tasted before. Pairing this produce with some lean protein and whole grains will be nutritious lunches and dinners for all of you. Please share recipes with each other and make this wonderful program fun and healthy! Any questions please stop by the Nurses office or Property managers office we would love to hear from all of you! Have a fun, Healthy, and hydrated summer. Thanks, Kathy Pothier, RN BSN; Bethany 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).

DR MATT from Swiesz Family Chiropractic

Session on benefits and techniques of
exercise

MONDAY, JULY 20TH at 11:15 AM

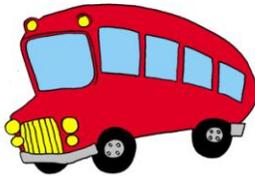
PHOENIX DINING ROOM

22 Phoenix Row
Haverhill, MA 01830

All are welcomed and transportation can be
arranged by calling the office of your
building and leaving your name and Apt #

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JULY



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

Thank you to Allen and Anne Drelick, FOB for their donation of eight plant flats for the Phoenix court yard!

Muriel Jenne, PH resident was the winner of the Summer Bag raffle!

Save the Date: The activity department will host a Lobster Bake on Thursday, August 13th at 12 noon in the Phoenix court yard. It will be catered by The Chicken Connection and will offer a alternate meal. Tickets will be sold beginning in July, the cost will be announced then.



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

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 & chicken will be priced differently. Tickets will go on sale the week of July 20th at which time the price will be announced. This is a family event so invite family & friends!



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JULY LUNCHEON, DINNER & SHOPPING TRIPS

WAL-MART & FAMILY DOLLAR is on Tuesday, July 28th 11a-3p, the cost for the bus is \$8.

Nurse's Trip for July with Kathy Pothier RN, Bethany Wellness Nurse is on Tuesday July 14th at 1:30 pm. We will take a trip to see where our Community Market Program produce are grown on Simon's Farm in Methuen, Mass. This farm has operated for 100 years by the Simone family. They sell ice cream and yogurts, homemade pies, as well as veggies and fruit. The cost of this trip is \$6, snacks are dutch treat. Call Darlene at 978-374-2165 for a seat on the bus. Bathrooms and benches are nearby.

On Wednesday, July 15th there will be a **Lunch & Beach Ride to Markey's Lobster Pound in Seabrook, NH** with a nice ride along the coastline. It will leave at 11a & return at 3p with an ice cream stop at Hoggies in Amesbury. The cost is \$8 and food is dutch treat.

➤ **Friday Lunch Rides in July** from 11a-2p bus cost \$6

- 3rd Hawaiian Isles & TJ Maxx Plaistow, NH
- 10th Copper Lantern North Hampton, NH
- 17th Salem Willows Salem, MA (11a-3p) \$8
- 24th Continental Saugus, MA
- 31st Mann's Apple Orchard Methuen, MA

- **Sunday Lunch Rides in July** from 11a-2p bus cost \$6
- 5th Bolton's at Lakeside Kingston, NH
- 12th Galley Hatch Hampton, NH
- 19th Lobstertail Windham, NH
- 26th Hungry Traveler Salisbury, MA

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SUMMER BEACH RIDES

July

- 8th Kings Row-Fireworks
- 15th Continentals-Fireworks
- 22nd Continentals-Fireworks
- 29th Ayla Brown-Fireworks

August

- 5th Continentals-Fireworks
- 12th Continentals-Fireworks
- 19th Continentals-Fireworks
- 26th The Reminisants-Fireworks

September

- 2nd The Reminisan

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 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.

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OVERNIGHT TOURS

September 7-11th **Niagara Falls & Toronto** includes deluxe motorcoach-4 night lodging-8 meals-guided tour of Niagara Falls & Toronto-Hornblower Niagara Cruise-Fallsview Casino-Niagara on the Lake & Queen Victoria Park-Casa Loma Castle \$537pp double (\$159 more for single)

October 8-10th **Break for the Moose at The Grand Resort Hotel Sunday River Resort** includes Deluxe Mortorcoach-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 Millenium Theatre-day trip & guided tour of historic Philadelphia-sight seeing & gaming in Atlantic City-\$15 casino bonus \$399pp double (\$126 more for single)

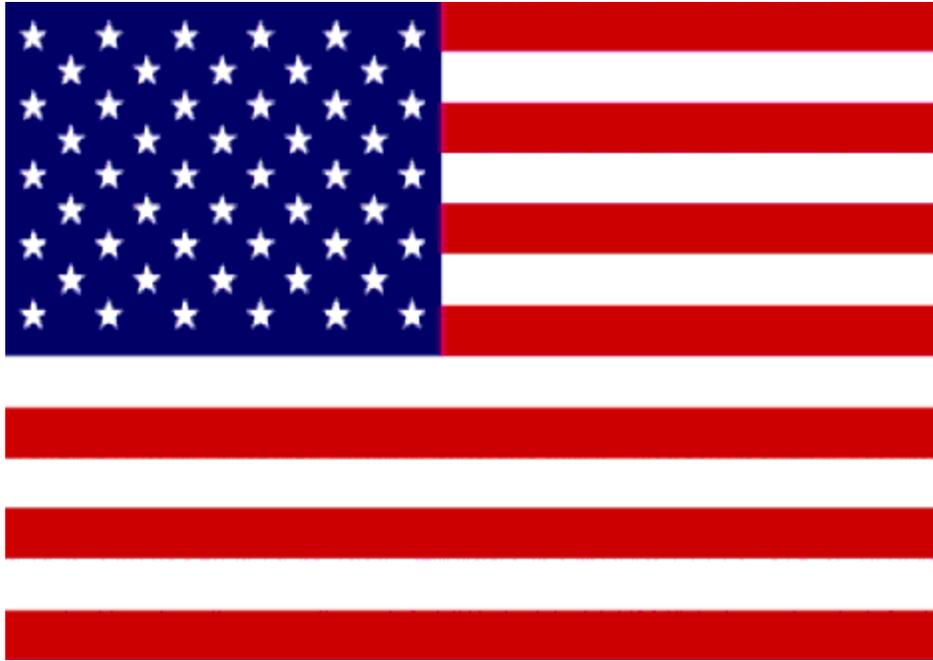
DAY TRIPS

- 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

- 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 (payment due in full by July 8th)
- 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)

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- 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



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MISSION TOWERS TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Grocery Shopping Community Market Bible Study Beach Ride	2 Clinic Bingo	3 Hairdresser Hawaiian Isles Communion Pokeno	4 <u>Independence Day</u> Uno
5 Bolton at Lakeside	6 Whist Italian Sereneders	7 Foxwoods Hairdresser Coffee Hour Phase 10 Geronamo	8 Grocery Shopping Community Market Bible Study Beach Ride	9 Clinic Reagle Players Bingo	10 Hairdresser Copper Lantern Pokeno	11 Uno
12 Galley Hatch	13 Whist Italian Sereneders	14 Hairdresser Coffee Hour Nurses Trip Phase 10 Lobster Rolls Geronamo	15 Grocery Shopping Community Market Bible Study Markey's- Beach Ride	16 Clinic Bingo	17 Hairdresser Salem Willows Pokeno	18 Uno

19 Lobstertail	20 Whist United Healthcare SCO Italian Sereneders	21 Hairdresser Coffee Hour Phase 10 Cookout Geronamo	22 Grocery Shopping Community Market Bible Study Beach Ride	23 Clinic Brown Bag Delivery Bingo	24 Hairdresser Continental Pokeno	25 Uno
26 Hungry Traveler	27 Whist Italian Sereneders	28 Hairdresser Coffee Hour Wal-Mart Chair Massage Therapy Phase 10 Geronamo	29 Grocery Shopping Community Market Bible Study Beach Ride Resident Birthday Party- Entertainer Eric McFadden	30 Clinic Bingo	31 Hairdresser Mann's Pokeno	

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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 JULY 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.

July 21st: Beef Tips-Macaroni Salad-Roasted Vegetables-Drinks-Ice Cream Treats

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. The dates are July 14th & September 15th.

The Elder Community Market at Mission Towers will be on Wednesday from 10:30a –11:30a on the 7th floor.

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 Monday, July 20th 5-6p in the dining room, she will host bingo with prizes.

BIBLE STUDY

Bible Study & Discussion with Pastor Chris 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 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.

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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.

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.

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!**



Happy 4th of July!

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Mission Towers

Welcome to Summer!! We certainly have been blessed with beautiful June weather & look forward to the rest of the summer season. The flower gardens are looking so beautiful this year, We hope you are able to get out & enjoy them. We would like to thank Marija Knev for taking over the garden by the sitting area. It was in much need of some TLC and Marija did a fantastic job bringing it back to life. A reminder that we are now on summer hours. The maintenance men leave on Fridays at 10:00 am. Please, if you have a work order on a Friday please call as soon as possible in the morning so it can be tended to before they go home. The Maintenance men are working on a sheet that we will be passing out about how to recycle items properly. Look for it soon in your mailbox outside your apartment door.

We are so sorry about the new (overly sensitive) smoke detectors that were installed recently. We are working on a solution to the problem. Thank you for your patience!

Our summer helper, Skyler will be washing windows on his own time. If you are interested please call or stop by the office.

Stop by the 5th floor & see the NEW, BEAUTIFUL deck that was completed. We hope many residents will enjoy this space!!

And speaking of the deck and on a lighter note,

Grandma and Grandpa were sitting on their deck rocking away while watching the beautiful sunset and reminiscing about "the good old days".

Grandma turned to Grandpa and said, "Honey, do you remember when we first started dating? You used to just casually reach over and take my hand?"

Grandpa looked over at her, smiled and obligingly took her aged hand in his.

Growing bolder still, Grandma said, "Honey, do you remember when we were first married? You'd kind of nibble on my ear?"

Grandpa slowly got up from his rocker and headed inside. Alarmed, Grandma said, "Honey, where are you going?" Grandpa replied, "to get my teeth!"

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MERRIVISTA TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Grocery Shopping Community Market Cookout Geronamo	2 Hairdresser Bingo 50/50 Raffle	3 Hawaiian Isles & TJ Maxx Communion Pokeno	4 Pokeno
5 Bolton's at Lakeside Bingo 50/50 Raffle	6 Bingo	7 Foxwoods Hairdresser Clinic Chair Massage Therapy	8 Grocery Shopping Community Market Open Door Cookout Geronamo Beach Ride	9 Hairdresser Reagle Players Bingo 50/50 Raffle	10 Copper Lanturn Pokeno	11 Pokeno
12 Galley Hatch Bingo 50/50 Raffle	13 Bingo	14 Hairdresser Nurses Trip Clinic Pokeno	15 Grocery Shopping Community Market Cookout Geronamo Beach Ride	16 Hairdresser Reminiscence Ladies Group Bingo 50/50 Raffle	17 Salem Willows Pokeno United Healthcare SCO	18 Pokeno

19 Lobstertail Bingo 50/50 Raffle	20 Bingo	21 Hairdresser Clinic Pokeno	22 Grocery Shopping Community Market Open Door Beach Ride- Markey's Cookout Geronamo Beach Ride	23 Hairdresser Brown Bag Delivery Bingo 50/50 Raffle	24 Continental Pokeno	25 Pokeno
26 Hungry Traveler Bingo 50/50 Raffle	27 Bingo	28 Hairdresser Clinic Wal-Mart Pokeno	29 Grocery Shopping Community Market Open Door Cookout Geronamo Beach Ride	30 Hairdresser Bingo 50/50 Raffle	31 Mann's Lobster Rolls Pokeno	

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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 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.

SPECIAL JULY EVENTS

- **Community Market** deliveries are on Wednesday from 9-10a in the activity room.
- 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 Friday, July 17th from 5-6p in the activity room, she will host bingo with prizes.
- **The Elder Community Market at Merrivista** will be on 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. 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.

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COMMUNION

Bill Lapiere 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 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.

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 & 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.

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.



FLAG SPOTLIGHT OF THIS MONTH

THELMA POST-MERRIVISTA

- **How long have you been at Bethany?** Thelma moved into Merrivista with her husband in 1976, 39 years ago. She wasn't old enough to live here at the time she moved in, however, her husband was and Thelma was able to stay after he passed away.
- **Where did you grow up?** Thelma was born on August 15th 1920 in West Newbury and moved to Haverhill at age 2. She went on to get married and raise two boys. What did you do before you came here? Thelma attended school in Haverhill but left early to help her mother. Her father died when she was 10 years old. At age 16 she worked in a laundry mat. At the beginning of WWII she worked in Connecticut where she helped build fighter airplanes. Thelma went on to be a chauffeur and assist people with transportation to and from Boston.
- **What do you like most about being at Bethany?** I love living at Merrivista and just knowing that there is always help provided if I need it. The best years of my life, besides my marriage, have been spent here at MV. I also love the staff here.
- **Do you have any advice or suggestions for us?** To relax and enjoy-let someone else carry the worries!



What else would you like to tell us? I would like to live at Merrivista another 20 years! Everyday here is a pleasure for me! 😊

PHOENIX TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Coffee Grocery Shopping Community Market Pokeno Cards Skip-Bo Beach Ride	2 Coffee Exercise	3 Coffee & Donuts Nurse Is In- Clinic Hairdresser Hawaiian Isles & TJ Maxx Communion Bingo	4 Coffee Cards
5 Coffee Bolton's	6 Hairdresser Coffee Nurse Is In Cards	7 Foxwoods Coffee Nurse Is In Exercise Women's Corner	8 Coffee Grocery Shopping Community Market Pokeno Cards Skip-Bo Beach Ride	9 Coffee Exercise Cookout Reagle Players	10 Coffee & Donuts Nurse Is In- Clinic Hairdresser Copper Lanturn Bingo	11 Coffee Cards
12 Coffee Galley Hatch	13 Hairdresser Coffee Nurse Is In Cards	14 Coffee Nurse Is In Exercise Nurses Trip Women's Corner	15 Coffee Grocery Shopping Community Market Markey's- Beach Ride Pokeno Cards Skip-Bo Beach Ride	16 Coffee Exercise Resident Meeting	17 Coffee & Donuts Nurse Is In- Clinic Hairdresser Salem Willows Bingo	18 Coffee
19 Coffee Lobstertail	20 Hairdresser Coffee Nurse Is In Dr. Matt Swiesz Cards	21 Coffee Nurse Is In Exercise Chair Massage Women's Corner	22 Coffee Grocery Shopping Community Market Pokeno Cards Skip-Bo Beach Ride	23 Coffee Exercise Brown Bag Delivery	24 Coffee & Donuts Nurse Is In- Clinic Hairdresser Continental United Healthcare SCO Bingo	25 Coffee Cards Country Night
26 Coffee Hungry Traveler Resident Birthday Party	27 Coffee Nurse Is In Cards	28 Hairdresser Coffee Nurse Is In Exercise Wal-Mart Women's Corner	29 Coffee Grocery Shopping Community Market Pokeno Cards Skip-Bo Beach Ride	30 Coffee Exercise Lobster Rolls	31 Coffee & Donuts Nurse Is In- Clinic Hairdresser Mann's Bingo	

The FLAG 19

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 JULY EVENTS

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.

July 16th: Beef Tips-Macaroni Salad-Roasted Vegetables-Drinks-Ice Cream Treats

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. The dates are July 9th & September 3rd.

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

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 Friday, July 24th 5-6p in the dining room, she will host bingo with prizes. Regular bingo will remain the same!

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.

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 up. 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 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.



Phoenix

Happy Fourth of July to everyone! Another month has passed and we are now into mid-Summer! June whizzed by but not without noting that the Property Manager's office had a beautiful makeover! Stop by and check it out! Thank you Joe and Matt for doing such a great job while on vacation! And thank you all residents for being helpful and taking care of things while away!

The Community Market Program is underway and there is still room for seven (7) more spaces! It is a wonderful provision for those of us in need, and free! See Linda Maxwell for an application.

Phoenix welcomes Skyler Church, Matt's son, to the Summer Help Program! We are happy to have him for the next few months to do some needed little projects that just don't seem to be able to get done! I also want to acknowledge the Crest Program that comes faithfully to work and help clean the trash rooms and other areas around our building. Thank you! It is incredible to see all that is available through volunteerism and federal and state fundings! We are fortunate and grateful for this great country that we live in! "Home of the free and the brave!"

Enjoy your summer everyone! And remember to stay hydrated by drinking lots of water and juices. And pay attention to the temperature in your apartment; don't be afraid to turn on the air conditioner.

Your Property Manager,

Nancy Leefe

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 & you will be billed, don't pay that day.

July

1 Lunch Meal Knockwurst on Roll Sauerkraut Macaroni Salad Summer Fruits & Drinks	4 Fourth of July-Dinner Meal Beef Tips & Chicken Breast Baked Potato Corn on the Cob Pita Bread Ice Cream Treat & Drink	8 Lunch Meal Hot Dog on a Roll Baked Beans Chips & Pickles Melon & Drink	15 Lunch Meal BBQ Boneless Chicken Thighs Garden Salad Rice Pilaf Ice Cream Treat & Drink	22 Lunch Meal Kielbasa on a Roll Potato Salad Chips & Pickles Melon & Drink	29 Lunch Meal BBQ Pork Corn on the Cob Coleslaw Ice Cream Treat & Drink
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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.