



2014

MAY

The Flag

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

Bethany Community Services				May 2014				978-374-2165			

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

Some of you may know that I like to run. Well, "like" may actually not be the right word, but it is good exercise and the fitness benefits are quite efficient for the shortest amount of time possible.

I've found in recent years that often when I am out for a run is when I come up with some good ideas. My mind is clear and my attention is only upon the ground before me, the birds chirping, and of course trying to dodge any oncoming traffic. It provides me with one of the only times I am undistracted and can think.

As I was out this past weekend, I began thinking about how the age we live in is often called the "Information Age". We all know this to be true, you don't have to look far to know that the amount of information that is available to us has dramatically increased from years past. With 24 hour news coverage and the internet we live in a non-stop environment of information overload. There is so much information it can be difficult to know what is most important, relevant, and accurate. This reminds me of some valuable advice I once heard, "believe only half of what you read and nothing of what you hear."

However, as I reflected on this further I began to see the cultural shift we've experienced in our society. I would characterize this as a migration *toward* information and *away* from thought. How often is it that we see someone with a phone in their face, oblivious to the world around them and fully consumed in a state of electronic hypnosis? I'll admit that I have at times been struck by this malady, and no sooner I am reminded by someone across the dinner table to "put that phone away!" Sadly, we may be the most informed culture in history, but I surmise we would also win the crown for being the most "thought-less"! Perhaps more information does not mean more thought or more intelligence, it may just mean that our attention is more consumed, leaving us with less time to think.

Real thinking is hard work, and it does take time. If what I'm writing resonates with you, I would encourage you to spend some time thinking about what is important to you. Take some time to be thoughtful of someone else. Take time to remember a family member, or a vacation you went on in the past, and enjoy that time and memories that you have. If you're having a conversation with someone else, listen to what they are saying and stop thinking about what you will say next. Before you respond, pause, take a few moments, allow their words to sink in, and then speak. Let's take some time to think.

*"Thinking is the hardest work there is, which is probably the reason why so few engage in it."
-Henry Ford*

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 dietician. 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 Pelletier-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)

Monday, May 5th from 2-4p is the last day for this program at PH in the dining room with Brittany Mangini, BSW, Food Stamp Outreach Coordinator, to fill out 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 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.

TRANSPORTATION SERVICES

Northern Essex Elder Transport

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

The Merrimac Valley Transit Authority

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

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

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

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

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.

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 May 21st.

NECC Life Long Learning

Contact Charlene Boucher
978-659-1225

June 5th-**Let's Get Educated** featuring the MSPCA
June 19th-**Classical Concert** presented by Archie Richards
June 26th-**July 4th Celebration** catered by The Chicken Connection with entertainer Vincenzo Rizza-ticketed event \$15 (no tickets will be sold at the door)

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

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.

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.

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.

2014 DAY TRIPS

June 11th-**The Temptation Live in Concert** at Venus De Milo \$79
June 16th-**Indian Head Resort** Lobster-Steamers & Buffet-Jim Connors & Brad Bradford \$80
July 23rd-**Straight Lace**-New England Premiere Oldies Band \$79
July 29th-**The Spirit of Boston** transportation-cruise-luncheon-entertainment-dancing \$79

2014 OVERNIGHT TOURS

~June 3rd-6th **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

~September 14th-18th **Atlantic City, Philadelphia, New York City**-4 nights in Atlantic City Casino Hotel-4 breakfast & 3 dinners-guided tour of New York City-guided tour of Philadelphia-\$30 casino bonus \$499pp double-\$219 additional for single

~November 7th-9th **New York City & Cruise to Nowhere**-two night stay on the Norwegian GEM-ticket to Radio City Rockettes Christmas Show-admission to September 11th 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

Darlene is out of her office April 28th-May 2nd returning to the office on May 5th. Someone will be taking messages and returning calls.

2014 ACTIVITY & TRIP CALENDAR**Thursday, May 1st**

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-7th floor common area
 6p **Bingo** with Freddie/dining room MV \$2.10
 6:30p **Cards**/dining room MV

Friday, May 2nd

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/Glenview Chelmsford/sign up/bus \$6
 12:15p **Communion** with Bill Lapierre/6th floor PH
 1p **Pokeno** with Darlene /activity room MV \$1.80
 1p **Communion** with Bill Lapierre/8th floor MT
 1p **Whist**/7th floor MT
 1:45p **Communion** with Bill Lapierre/library MV
 6:30p **Bingo**/dining room PH
 6:30p **Cards**/dining room MV

Saturday, May 3rd

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

Sunday, May 4th

11-2p **Lunch Ride** with Bob L/Newick's Lobster House Dover Point/sign up/bus \$6
 3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome-refreshments

Monday, May 5th**CINCO DE MYO**

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
 12p **Ethnic Meal (Spanish)**-Hot dog with chili on a roll-vanilla ice cream with honey & cinnamon-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
 1p **Whist**/7th 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
 7-8p **Country & Western Night** with music by Jim Moses-light refreshments-MV dining room free

Tuesday, May 6th

7:30a **Laurie**-hairdresser/barber MT
 9-12 **Clinic** with Denise/wellness office MV
 9a **Toni**-hairdresser MV

9-9:30a **Exercise Class** with Andreja Borin, professional instructor from the YMCA/7th 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)/7th 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, May 7th

10a **Open Door Group** with Brian

Dacey/friendship-coffee-refreshments/library MV

12 **MV Resident Birthday**-cake and ice cream will be served lunches or if it is your birthday let the kitchen know if you only want cake & ice cream

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

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

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

Thursday, May 8th

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-7th floor common area

3p **MT Resident Council Meeting**/7th

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, May 9th

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 H/Galley Hatch

Hampton/sign up/bus \$6

1p **Whist**/7th floor MT

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

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

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

Saturday, May 10th

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

Sunday, May 11th

MOTHER'S DAY

NO Lunch Ride

8a **Mothers Day Breakfast** at the Elk's-free to all mothers other guests cost is \$5

3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome-refreshments

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

Monday, May 12th

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

1p **Whist**/7th floor MT

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

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

6p **Women's Club Meeting**-MV activity room

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

Tuesday, May 13th

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

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

9a **Toni**-hairdresser MV

9-9:30a **Exercise Class** with Andreja Borin, professional instructor from the YMCA/7th floor MT free

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

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

1p **Phase 10** (the game)/7th 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

4:30p **Meet & Greet with Martin Corona**, Director of Operations, Bethany staff MT dining room all residents are encouraged to attend
 5p **MT FUNDRAISER Dinner**-Pot Luck (if you sign up to make an entree' or salad to serve 8 people you eat free, if you don't want to cook the cost is for residents & guests is \$5)-Drinks-Brownie Ala mode (dessert free to everyone)-dining room-sign up to cook or purchase your meal ticket from Donna apt 608-**anyone is welcome**
 5:45p **MT Monthly Birthday Celebration**-if you are only coming for dessert get your ticket from Donna apt 608
 6-7p **Magic Show with Phil Voloino** (Maryann Zyberts son-in-law)-MT dining room-free to all residents
 6p **Geronamo**/MT dining room \$1 per card
 6:30p **Cards**/dining room MV

Wednesday, May 14th

10a **MT Worship** with Brother Chris Raymond-7th floor-everyone welcome to fellowship
 1p **Meet & Greet with Martin Corona**, Director of Operations, Bethany staff MV dining room all residents are encouraged to attend
 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, May 15th

The Tony Pace Show at White's of Westport \$69
 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
 10a **Meet & Greet with Martin Corona**, Director of Operations, Bethany staff/PH dining room all residents are encouraged to attend
 11-11:30a **Exercise Class** with Deb Condon, professional instructor from the YMCA/activity room MV free
 1p **Bible Study** at MT-7th floor common area
 2p **MV Men's Group** with Mike Ingram-MV activity room-all men welcome
 2p **Reminisce** with Agnes/MV activity room/refreshments free

6p **Bingo** Sponsored by Penacook Place directed by Roseanne Enstep/activity room MV \$2.10
 6:30p **Cards**/dining room MV

Friday, May 16th

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 **Nurses Trip & Lunch Ride** with Bob L/Brown's Lobster Pound Seabrook/sign up/bus \$6
 1p **Whist**/7th floor MT
 1p **Pokeno** with Darlene/activity room MV \$1.80
 6:30p **Bingo**/dining room PH
 6:30p **Cards**/dining room MV

Saturday, May 17th

5:30-p **50's Night** with live entertainment-Homemade macaroni & cheese-garden salad-dessert & drinks-PH dining room-everyone welcome-sign up required \$5

Sunday, May 18th

11-2p **Lunch Ride** with Bob H/Windward Inn Essex/sign up/bus \$6
 3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome-refreshments
 6p **Bingo** with Freddie/dining room MV \$2.10

Monday, May 19th

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**/7th floor MT
 1p **Bingo** with Darlene/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, May 20th

North Shore Acappella-Luciano's Lake Pearl \$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 Andreja Borin, professional instructor from the YMCA/7th floor MT free
 10a **Coffee Hour** with Darlene/MT 7th 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)/7th 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, May 21st

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
 2-4p **Going-Away Gathering Honoring David Thomas**-MV dining room-all residents & staff are welcome to celebrate-free Bethany transportation from PH & MT
 5:30p **Cards**/dining room PH
 6:30p **Cards**/dining room MV

Thursday, May 22nd

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
 12 **NECC Life Long Learning presents 'Red Hat Special'**-catered by The Chicken Connection-entertainment-this is a ticketed event \$15 (no tickets sold at the door)
 1p **Bible Study** at MT-7th floor common area
 6p **Bingo** with Freddie/dining room MV \$2.10
 6p **Ice Cream Social**-PH dining room
 6:30p **Cards**/dining room MV

Friday, May 23rd

Summer hours begin today. Most full time Bethany staff will work a half a day on Friday and work one hour longer Monday thru Thursday.

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 H/Warren's Lobster House Kittery Point/sign up/bus \$6
 1p **Whist**/7th floor MT
 1p **Pokeno** with Darlene/activity room MV \$1.80
 6:30p **Bingo**/dining room PH
 6:30p **Cards**/dining room M

Saturday, May 24th

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

Sunday, May 25th

11a-2p **Lunch Ride** with Bob H/Cheesecake Factory Burlington/sign up/bus \$6
 3:30p **Worship Service** with Brother Chris Raymond-MV dining room everyone welcome-refreshments
 5p **MV Veteran's Party**-all Veterans encouraged to attend (Freddie if you are a Veteran)-all resident are welcome to come and celebration the service of these men and women-dining room
 6p **Bingo** with Freddie/dining room MV \$2.10
 6:30p **Birthday Party**/Geronamo/everyone welcome/dining room PH free

Monday, May 26th

MEMORIAL DAY

All Bethany Offices are Closed

1p **Bethany Cookout**-Beef Tips or Chicken Breast-baked potato-corn on the cob-garden salad-pita bread-ice cream treats-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

Tuesday, May 27th

7:30a **Laurie**-hairdresser/barber MT
 9-12 **Clinic** with Denise/wellness office MV
 9a **Toni**-hairdresser MV
 9-9:30a **Exercise Class** with Andreja Borin, professional instructor from the YMCA/7th floor MT free

10a **Coffee Hour** with Darlene/MT 7th floor
 1p **Pokeno** with Darlene/activity room MV \$1.80 (pennies)
 1p **Phase 10** (the game)/7th 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, May 28th

11a-2p **Shopping Trip**-Westgate Plaza-Marshells-Burlington Coat factory-Payless Shoe-& more \$6
 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, May 29th

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-7th floor common area
 6p **Bingo** with Freddie/dining room MV \$2.10
 6:30p **Cards**/dining room MV

Friday, May 30th

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 H/Fast Eddies Hampton/sign up/bus \$6
 1p **Whist**/7th floor MT
 1p **Pokeno** with Darlene/activity room MV \$1.80

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

Saturday, May 31st

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

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.

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