

The Flag

www.bethanyhomes.net



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

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Jered Stewart, CEO

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MAY 2015 EDITION

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

TV news has always been depressing to me, which is why I stopped watching it years ago. I could no longer withstand the over dramatization and I became weary of the sensationalized nature of the delivery of the "news". I think my level of optimism has increased dramatically since. Don't worry, I haven't entirely stuck my head in the sand, I just choose my news sources more wisely now.

As we observe events unfold around the world I am reminded of the wisdom of Benjamin Franklin, who once said, "Believe none of what you hear and only half of what you see." You might add to that, "and none of what you read on the internet." We live in an era of information overload and quick judgment, and it often seems that most judgments are pre-determined and based upon few facts, if any. It doesn't take long to scroll through the comments on a Facebook feed or at the end of an online news story to get a sense of where people stand, and it is often quite ugly, likely without full information, and quickly turns political. There is an apparent spirit of meanness and hate that is disheartening that seems to often come from behind the hidden veil of a keyboard wirelessly plugged into the internet.

Throughout history there is much evidence of injustice towards humanity on many levels. Unfortunately this does not seem to have improved with the passage of time. World wars, genocide, individuals imprisoned unfairly or sold into slavery, and persecution of those based upon their race or religion. While all men may be created equal, it is clear that some continue their work towards the good, and some choose a destructive path of oppression and dehumanization.

As you watch the news and observe what is going on in the world, I wonder if you might consider being the voice of reason, perhaps you will be the person who demonstrates kindness and love where it is most needed? If you have a moment, I would ask you also to consider this; would you reserve judgment when you might be quick to judge, would you be slow to form an opinion, would you seek the truth, and would you be quick to forgive? And finally, perhaps it may be time to turn off the TV.

I believe that unarmed truth and unconditional love will have the final word in reality. This is why right, temporarily defeated, is stronger than evil triumphant.

Dr. Martin Luther King, Jr.

Resident/Supportive Services

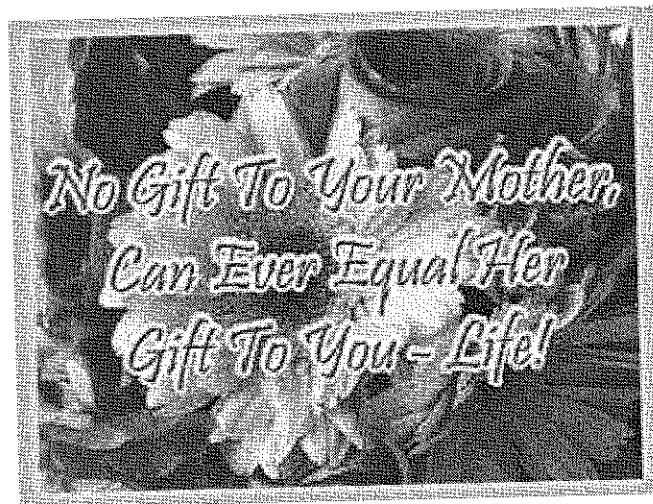
Jeannette Johnson, Director of Resident Services
Linda Maxwell, Resident Services Coordinator (Phoenix & Mission Towers)
Kathy Pothier, Wellness Nurse
Denise Huminick, Wellness Nurse

An Important Message from Linda Maxwell, Resident Service Coordinator for Phoenix & Mission Towers!

BE ALERT...BE AWARE...MAKE INFORMED DECISIONS

It has come to my attention that various energy suppliers are making telephone phone calls to residents and offering reductions in electrical energy kWh costs. Due to the high cost of electricity a lot of people are opting to "sign up" for reduced fees. In one particular case – one resident received a National Grid bill dated for March 24, 2015 listing Verde Energy USA Mass as the Supplier with a cost of \$0.2049. She then received a letter from Starion Energy dated March 9, 2015 thanking her for her enrollment with **INITIAL** rate of \$0.1297 per kWh for 12 Billing Cycles (1 year) with an **early termination fee of \$100.00.** DiscountPower, another supplier, sent her a letter dated March 23, 2015 thanking her for her enrollment with a FIXED rate of \$0.1350 per kWh for 12 Billing Cycles (1 year) with an **early termination fee of \$100.00.** The resident never signed anything – she merely consented to the caller and provided her National Grid account number. This was all very confusing to this resident – she had no idea she had made verbal contracts and **at the risk of paying early termination fees.** My suggestion is to never do business on the telephone – don't give out your account information. Have them send you information by mail if you are interested and ask for assistance from family or Bethany supports in deciphering information if you are unsure of what is being offered.

Linda Maxwell, Resident Service Coordinator.



News from the Kathy Pothier, Wellness Nurse:

“Protein For Fitness”, “Age Demands Greater Protein Needs”, and “ The combination of resistance exercise, such as lifting weights or push-ups, and higher protein intakes appear to protect muscle and strength, even during weight loss”. These are some of the new studies suggested by several professors working in departments of nutrition throughout the country.

This is great news because it enables us to maintain health and function. By eating some amount of protein in all our 3 meals daily, and exercising at least 3 times per week we can both gain and maintain our muscle mass. This prevents muscle loss which leads to falls and injury.

In each of the Bethany buildings in Haverhill, exercise classes are scheduled throughout the week and the classes are Free! Residents are also welcome to visit the other buildings to join more than one class. With increasing your daily protein intake and exercise you will maintain endurance and muscle strength.

Now, let's talk about protein choices at your meals. At breakfast, one scrambled egg with whole grain toast, lo fat milk, non fat Greek yogurt, or try some peanut butter on toast. At lunch, egg salad sandwich, grill chicken on a salad, tuna fish stuffed in a ripe tomatoe, lean hamburger on a bun, or cottage cheese with a plate of veggies. Lastly the supper meal, baked chicken, baked fish, lean pork chop, all can be served with a baked potatoes and veggies. For protein snacks ideas in between your meals try, hard boiled eggs, lo fat cheese sticks, Greek non fat yogurt, peanut butter on celery, glass of low- fat milk , lo fat cheese and whole grain crackers, and nuts and seeds in small amounts!

By combining increased protein intake, and exercise, older adults can maintain or actually increase muscle mass and slow down the aging process. Falls can be prevented, staying independently in your own home can be extended, and just living a longer healthier life can make such a difference. Lastly, please don't forget the importance of daily fluid intake for healthful aging! Good Luck to all of you! Kathy Pothier RN, BSN



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

This is what Bethany's residences offer:

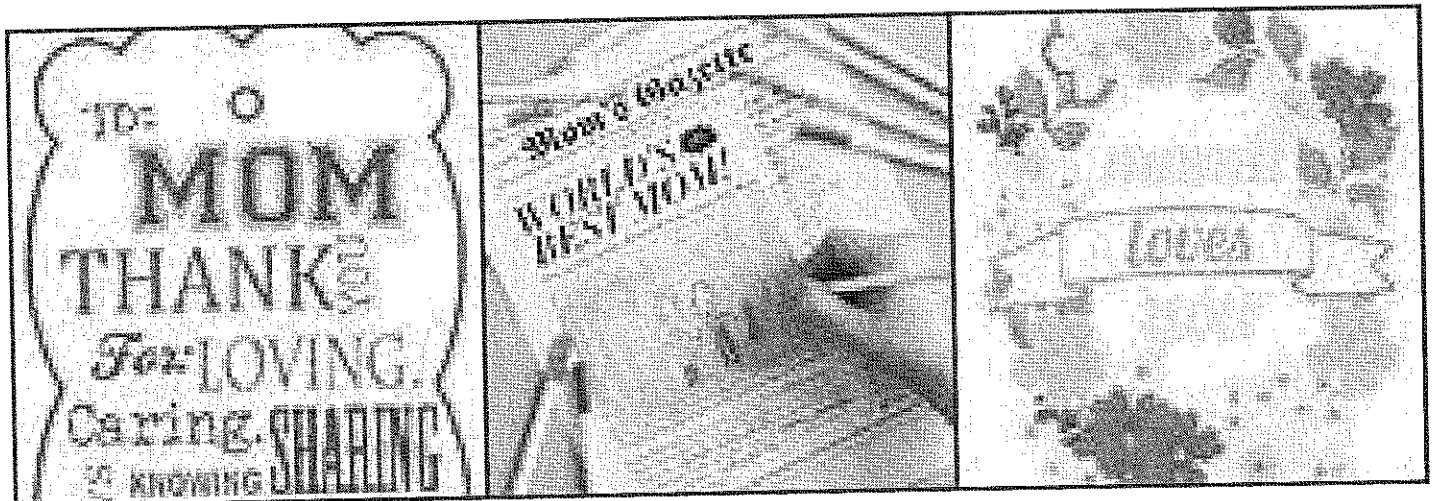
- On-Site Service Coordinator to coordinate your care with doctors, community health and other social service agencies.
- Home cooked meals served in the dining room or delivered to you.
- Housekeeping services.
- On-Site Wellness Health Clinic, nutritional counseling and apartment visits by a Registered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

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

Assisted Living at Merrivista

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

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



Phoenix Row (978) 374-2164

Nancy Leefe, Property Manager

With spring well on its way, the courtyard is beginning to blossom. Thanks to Kathy Guillette and Mary von Richter for blessing us with some new plants that display vibrant colors after a long, hard winter!

We just had our first lawn treatment of the season both in the front and back of the building. I would like to remind those with dogs to not let your dogs urinate on any of our lawns. We now have a "pet waste station" set up and located by the Northwest corner outside the back parking lot fence line. I encourage you all to use it and pass the word along to our surrounding neighbors who walk their dogs around our parking lot.

Phoenix had to say good bye to Bernie Gagne who has moved to Penacook Place. The good news is that he is happy there with his friend Frank Barberio, Sr., a former resident of Phoenix.

A new TV was purchased from an anonymous donation to Friends of Bethany for it. Thank you to the generous and thoughtful donor! As you are aware, we are a not-for-profit company and no donation is too small to help support our buildings and programs which in turn help you! Some residents donate in memory of residents who have died. Donation envelopes are available outside Linda and Kathy's office. Checks can be made out to "Friends of Bethany".

The week of May 18 starts the new summer hours for the Bethany staff. Please note the hours posted in the elevators and on the bulletin boards. Our offices are closed on May 25, Memorial Day, which kicks off the summer! Stay tuned for barbeques and outdoor fun!

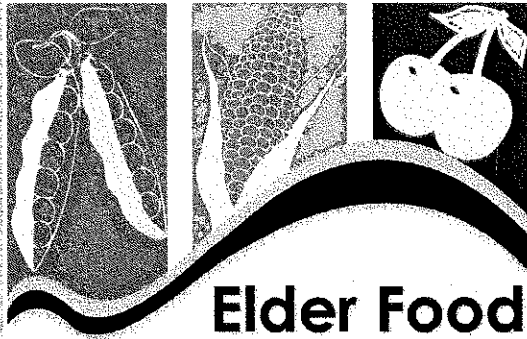
In closing, we wish all moms a Happy Mother's Day! And a special thank you for all that you have done for us and continue to do in your wisdom!



LOCKOUTS

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

Greater Haverhill



**Elder Food
Collaborative**

Please join us in our

**ELDER COMMUNITY MARKET
INFORMATION SESSION &
FARM TO TABLE TASTING**

Tuesday, May 5, 2015 • 11:30 am
Phoenix Row Community Room

Free • Phoenix Row Residents Only!

Elder Services of the Merrimack Valley, Inc. is hosting The Elder Community Market Program - an opportunity to “shop” once a month for fresh produce, free of charge. Bethany Homes - Phoenix Row has been chosen as a site for the program this summer. Come to the informational session and food event to learn more about how you can register!

Elder Services of the Merrimack Valley, Inc.

Choices for a life-long journey

Funded by

**George C. Wadleigh
Foundation**

MAY

PHOENIX TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Extended Coffee & Donuts Nurse Is In-Clinic Hairdresser Windwood Grille Communion Bingo	2 Coffee Cards <i>Dining room in use (10a-5p)</i>
3 Coffee Chateau	4 Hairdresser Coffee Nurse Is In Cards	5 <u>Cinco de Mayo</u> Coffee Nurse Is In Exercise Women's Corner	6 Coffee <i>Dining room in use</i> Grocery Shopping Pokeno Cards Skip-Bo	7 Coffee Exercise	8 Extended Coffee & Donuts Nurse Is In-Clinic Hairdresser Irish Cottage Bingo	9 Coffee Cards <i>Dining room in use (12-4p)</i>
10 <u>Mother's Day</u> <i>No Lunch Ride</i>	11 Hairdresser Coffee Nurse Is In Wal-Mart Cards	12 Coffee Nurse Is In Exercise Women's Corner	13 Coffee Grocery Shopping Pokeno Cards Skip-Bo	14 Coffee Exercise Resident Meeting	15 Extended Coffee & Donuts Nurse Is In-Clinic Hairdresser Fast Eddies Bingo	16 <u>Armed Forces Day</u> Coffee
17 Coffee Warren's	18 Hairdresser Coffee Nurse Is In Cards	19 Coffee Nurse Is In Exercise Nurses Trip Chair Massage Women's Corner	20 Coffee Grocery Shopping Pokeno Roma Cards Skip-Bo	21 Coffee Exercise	22 Extended Coffee & Donuts Nurse Is In-Clinic Hairdresser Coach Stop Bingo	23 Coffee Cards
24 Coffee Buono Bistro	25 <u>Memorial Day</u> Coffee Nurse Is In Cards	26 Hairdresser Coffee Nurse Is In Exercise Women's Corner	27 Coffee Grocery Shopping Pokeno Cards Skip-Bo	28 Coffee Brown Bag Delivery	29 Extended Coffee & Donuts Exercise Nurse Is In-Clinic Hairdresser Tuck a Way Tavern Bingo	30
31 Coffee Continental Resident Birthday Party						

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

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

- ❖ **REMINDER:** Come and Enjoy a hot cup of coffee, and a delicious fresh Heavenly Donut every Friday morning in the Phoenix Dining room until 11:30 am. Meet new friends, visit Toni, hairdresser, Linda Maxwell, Resident Service Coordinator, have your blood pressure checked with Kathy Pothier RN, Bethany Wellness Nurse and visit Darlene, activity director. This is all happening every Friday morning in the Phoenix building/dining room. The coffee is 50 cents, and a \$1 a donut. We would all love to meet or see you again.

BINGO

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

BIRTHDAY PARTY

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

BROWN BAG

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

CARDS

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

CHAIR MASSAGE THERAPY

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

CLINIC

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

COFFEE HOUR

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

COMMUNION

Bill 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.



Merrivista (978) 374-2168

Michelle Burchell, Property Manager
Linda Call, Assistant Property Manager

LOCKOUTS

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

Message from Linda Call, Assistant Property Manager

SPRING HAS SPRUNG
THE GRASS HAS 'RIZ'
I WONDER WHERE THE
FLOWERS IS?
(Pretty soon)

Merrivista has experienced quite a large turnover due to move outs and hospitalizations during the past couple of months. But we are now getting close to a full house again. Our maintenance staff, with the leadership of our new Property Manager, Michelle Burchell, has been working very hard to accomplish this.

A big Thank You to our resident Bubba who has been outside almost every day cleaning up our grounds and making sure it is all set for the maintenance men to plant our flowers and make our property beautiful for the summer.

Just a couple of reminders for Merrivista

1. If you have holiday decorations on your door or in the hallway and the holiday has passed please remove them.
2. Just for safety and privacy it is a good idea to keep your apartment door closed and locked even if you are home.
3. We have a box on the desk in the front office for Resident Council donations for parties, entertainment and special little things that are done for the residents by our Resident Council. Also, on the counter in the lobby is a suggestion box feel free to drop a suggestion or two in it. We are interested in your ideas.

HAPPY MEMORIAL DAY TO EVERYONE



MAY

MERRIVISTA TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Windward Grille Communion Pokeno	2 Yard Sale Pokeno
3 Chateau Bingo 50/50 Raffle	4 Bingo Resident Council Meeting	5 <u>Cinco de Mayo</u> Hairdresser Clinic Chair Massage Therapy Pokeno Entertainers - Rockoholics	6 Grocery Shopping Geronimo	7 Hairdresser Exercise Bingo 50/50 Raffle	8 Irish Cottage Pokeno	9 Pokeno
10 <u>Mother's Day</u> Bingo 50/50 Raffle	11 Bingo Women's Club	12 Hairdresser Wal-Mart Clinic Pokeno	13 Grocery Shopping Open Door Group Geronimo	14 Hairdresser Exercise Reminisce Ladies Group Bingo 50/50 Raffle	15 Fast Eddies Pokeno	16 <u>Armed Forces Day</u> Pokeno
17 Warren's Bingo 50/50 Raffle	18 Bingo	19 Hairdresser Clinic Nurses Trip- Hampton Beach Pokeno	20 Grocery Shopping Geronimo Roma	21 Hairdresser Exercise Bingo 50/50 Raffle	22 Coach Stop Pokeno	23 Pokeno
24 Buono Bistro Veteran's Party Bingo 50/50 Raffle	25 <u>Memorial Day</u> Cookout	26 Hairdresser Clinic Pokeno	27 Grocery Shopping Open Door Group Geronimo	28 Hairdresser Brown Bag Delivery Exercise Bingo 50/50 Raffle	29 Tuck a Way Tavern Pokeno	30 Pokeno
31 Continental Bingo 50/50 Raffle						

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

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

SPECIAL MAY EVENTS

- **Women's Club Yard Sale** will be on Saturday, May 2nd from 9a-2p.
- **Professional Entertainers, the Rockoholics** will be in the dining room Tuesday, May 5th to celebrate Cinco de Mayo. We will serve nachos and dip with drinks.
- **The annual party for our Veteran's** will be Sunday, May 24th at 4p in the dining room, everyone is welcome.

BINGO

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

BROWN BAG

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

CHAIR MASSAGE THERAPY

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

CLINIC

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

COMMUNION

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

EXERCISE

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

GERONAMO

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

GROCERY SHOPPING

The Bethany bus picks up every Wednesday at 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.

REMINISCE

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

RESIDENT COUNCIL MEETING

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

SHOWCASE

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

WOMENS GROUP

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



Mission Towers (978) 374-2173

Deanna Ruth, Senior Property Manager

It looks so nice to look out & see the flowers coming up & the grass is green, hard to believe that Paul had to mow the lawn last week. Speaking of flowers, a big THANKS goes out to Dot LaPlante who made a donation for this year's planting of flowers in memory of her parents, Harold & Florence LaPlante.

Thanks to all of you who returned your updated Emergency Contact form. There are just a few of you who have not returned them. If you have not, please do so as soon as possible.

A reminder to all residents that if you have a work order or need to place a work, please do not ask Paul or David directly or personally. You must call the property management office and report it to me so that I may enter it into our system. It is very important that this work be reported to the office so that there is a record of it. Thanks so much for your cooperation with this process.

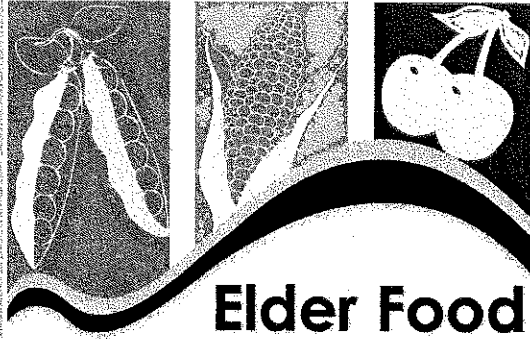
Please stop by the Dining Room on Wednesday, May 6th at 4:30 PM. Learn about the Elder Community Market in which you may be able to participate this summer here at Mission Towers. This program offers free produce throughout the summer.

Lastly, the Italian Serenaders will now hold their practices on Monday nights in the Dining Room. They welcome all residents to come down & listen to them perform.

mum mama
BEAUTIFUL
unconditional love
creative UNSELFISH
LOVE U LOVE U LOVE U
BELIEVES
life patient GENTLE
compassionate
NURTURING
strength DEVOTED

★ LAND ★
★ OF THE ★
★ FREE ★
★
★ BECAUSE ★
★ OF THE ★
★ BRAVE ★

Greater Haverhill



**Elder Food
Collaborative**

Please join us in our

**ELDER COMMUNITY MARKET
INFORMATION SESSION &
FARM TO TABLE TASTING**

Wednesday, May 6, 2015 • 4:30 pm

Mission Towers Cafe

Dining Room - Sarah's Place

Free • Mission Towers Residents' Only!

Elder Services of the Merrimack Valley, Inc. is hosting The Elder Community Market Program - an opportunity to "shop" once a month for fresh produce, free of charge. Bethany Homes - Mission Towers has been chosen as a site for the program this summer. Come to the informational session and food event to learn more about how you can register!

Elder Services of the Merrimack Valley, Inc.

Funded by

George C. Wadleigh

MAY

MISSION TOWERS TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hairdresser Windwood Grille Communion Pokeno	2 Uno
3 Chateau	4 Whist Bingo	5 <u>Cinco de Mayo</u> Hairdresser Exercise Coffee Hour with Darlene Phase 10 Geronimo Mexican Party	6 Grocery Shopping	7 Clinic Bible Study Bingo	8 Hairdresser Irish Cottage Pokeno	9 Uno
10 Olive Garden	11 Whist Bingo	12 Hairdresser Exercise Coffee Hour with Darlene Wal-Mart Phase 10 Geronimo	13 Grocery Shopping	14 Resident Council Meeting Clinic Bible Study Bingo	15 Hairdresser Fast Eddies Pokeno	16 <u>Armed Forces Day</u> Uno
17 Warren's	18 Whist Bingo	19 Hairdresser Exercise Coffee Hour with Darlene Nurses Trip Phase 10 Geronimo	20 Grocery Shopping Roma	21 Clinic Bible Study Bingo	22 Hairdresser Coach Stop Pokeno	23 Uno
24 Buono Bistro	25 <u>Memorial Day</u> Whist Bingo	26 Hairdresser Exercise Coffee Hour with Darlene Chair Massage Therapy Phase 10 Geronimo	27 Grocery Shopping Resident Birthday Party	28 Clinic Brown Bag Delivery Bible Study Bingo	29 Hairdresser Tuck a Way Tavern Pokeno	30 Uno
31 Continental						

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

All activities are in a different space, each article will indicate the space. All residents are welcome to all events. This is a great opportunity to meet new friends & have fun! Many events are free but some do have a small fee. After the listing of the event it will indicate if there is a charge.

SPECIAL MAY EVENTS

Tuesday, May 5th Mexican Party in celebration of **Cinco de Mayo**, at 5p in the dining room. The menu is chili (not spicy!), nacho chips & vanilla ice cream with honey and cinnamon. The cost is \$5pp.

BIBLE STUDY

This is a Bible Study & Discussion for spiritual growth. They meet on the 7th floor common area at 1p, everyone is welcome. (We will not meet June, July & August)!

BINGO

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

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 & pay Rosemary in apartment 612. The cost is \$4pp, if you are celebrating a birthday that month you come for free. They will offer a 50/50 raffle & dessert.

BROWN BAG

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

CHAIR MASSAGE THERAPY

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

CLINIC

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

COMMUNION

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

EXERCISE

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

HAIRDRESSER

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

POKENO

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

PHASE 1 (The Game)

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

GERONAMO

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

GROCERY SHOPPING

The Bethany bus picks up every Wednesday at 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 Thursday 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!



Maintenance

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

On behalf of the Maintenance Department, we would like to wish every resident of the Bethany communities a Happy Mother's Day as well as a Blessed Memorial Day!

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

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

Know When to Seek Maintenance Help

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



ACTIVITY DEPARTMENT

Darlene Sutton, Activity Director

Activity Office Contact Information

978-374-2165 or dustton@bethanycommunities.org

Robert Hills, Bus Driver

Bob Lavanga, Bus Driver

MAY LUNCHEON, DINNER & SHOPPING TRIPS

- ❖ **WAL-MART & FAMILY DOLLAR** is on Tuesday, May 12th 11a-3p, the cost for the bus is \$8.
- ❖ **NURSES TRIP** with Kathy on Tuesday, May 19th from 11a-2p. We will visit Hampton Beach where there are several options for lunch along with restrooms and benches. The bus cost \$6, lunch is Dutch treat, and sign up with Darlene is required.
- ❖ **WEDNESDAY EVENING DINNER RIDES** Wednesday, May 20th at the Roma in Bradford, MA from 4:30-6:30p, the bus is \$4. They offer a \$9.99 for all items on the dinner menu with the exception of market priced items.
 - ❖ **Friday Lunch Rides in May** from 11a-2p bus cost \$6
 - 1st Windwood Grille in Essex MA
 - 8th Irish Cottage in Methuen MA
 - 15th Fast Eddies in Hampton NH
 - 22nd Coach Stop in Londonderry NH
 - 29th Tuck a Way Tavern in Raymond NH
 - ❖ **Sunday Lunch Rides in May** from 11a-2p bus cost \$6
 - 3rd Chateau in Andover MA
 - 10th Mother's Day NO RIDE
 - 17th Warren's in Kittery ME
 - 24th Buono Bistro I North Andover MA
 - 31st Continental in Saugus MA



DAY TRIPS

- Thursday, June 11th Reagle Players at the Robinson Theatre in Waltham presents the musical **Guys and Dolls**-3p show, cost for ticket and bus is \$50
- Monday, June 15th **Indian Head Resort** in Lincoln, NH includes one lobster per guest plus an all you can eat buffet-dancing-free cocktail hour and a floor show with Country Singer Jose' Duddy-time to shop at the gift shop-cost for the transportation, show & luncheon is \$75pp
- June 15th (Monday) **Hampton Beach with Bobby G** -pickup 5:30-return 10:30p-concert from 7-9:30p-cost for the bus is \$10
- 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, September 9th **Country Legends Tribute Show** at the Oakdale Theatre-take a trip down memory lane with Dolly Parton, Kenny Rodgers, Willie Nelson, Jonny Cash & more-includes luncheon \$87 (payment due in full by August 5th)
- Thursday, October 15th **Oktoberfest** in the Grand Lodge at Maneeley's in South Windsor, CT- includes a choice of Beer Braised Ribs-Chicken Schnitzel-Stuffed Cabbage- all with salad and the 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 and a free gift-cost for the transportation, show & luncheon is \$75p

SUMMER BEACH RIDES

July

8th Kings Row-Fireworks
16th 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 Reminisants

OVERNIGHT TOURS

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

COMMUNITY NEWS

Mother's Day Breakfast is May 8th at the Elk's Lodge on Haverhill. The all you can eat breakfast is serving at 7:30a, mothers are free, children are \$3 and all other adults are \$5.

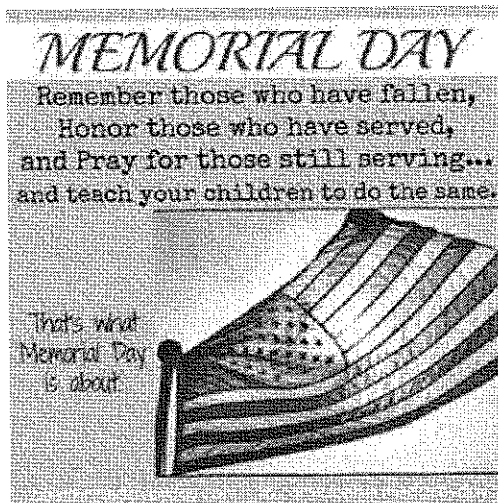
Haverhill COA Provides Information on Shoes and Inserts at No Cost for Adults with Diabetes

On Thursday May 14 from 9 to 11:30a a representative from Quantum Medical Supply will be at the Citizens Center, 10 Welcome St., for 10 minute shoe fittings appointments. Participants must bring Medicare information, supplemental insurance information, doctor's name and phone number, and a completed doctor's form. Doctor's forms are available at the Citizens Center. Contact Mary Connelly, RN, at 978-374-2390 X15 for additional information.

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

Haverhill COA Plans Trip to Robert Frost Farm

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



Bethany Homes

10 Phoenix Row
Haverhill, MA 01832

PHONE:
(978) 374-2160

FAX:
(978) 374-2163

E-MAIL:
@bethanycommunities.org

We're on the Web!

See us at:

www.bethanyhomes.net

Kitchen and Servings at Bethany for all Residences

Maria Regan, Chef

Drew Ryan, Chef

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

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

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

Breakfast: \$4.00

Lunch: \$6.00

Supper: \$10.00

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

About Our Organization...

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

Public Service Announcement:

KidsFEST

Tomorrow, Saturday, May 2 from 11:00 am to 4:00 pm, KidsFEST will be held in and around Downtown Washington Square. This festival may affect Phoenix Residents ability to enter into the resident parking lot as parts of Washington Street may be closed to traffic. As a result, we are asking residents to plan accordingly.

Last year, this event was held at Kimball Farm and between 6,000-8,000 attendees visited the festival. We encourage all Bethany residents to attend and participate to the extent possible as it is an opportunity to get some fresh air as well as see some old friends and make new friends. There will be live entertainment, local theater, food vendors, music and dance workshops and other performances and activities. (SEE ATTACHED ARTICLE)

ELDER COMMUNITY MARKET INFORMATION SESSION & FARM TO TABLE TASTING

Greater Haverhill Elder Food Collaborative have scheduled information sessions and farm to table tasting at all three (3) buildings, Merrivista, Mission Towers and Phoenix Row. This is an opportunity to "shop" once a month for fresh produce, free of charge. Bethany Homes and its residences have been chosen as a site for the program this Summer. Kindly be on the look out for flyers posted in your buildings inviting you to learn more about the program and get FREE FRESH PRODUCE (FRUITS & VEGETABLES). At the information session, you will get to taste the foods that are prepared from the farm. In the event that you do not see the flyers, the following dates are scheduled:

PHOENIX ROW- TUESDAY, MAY 5, 2015 AT 11:30 AM IN THE COMMUNITY ROOM.

MISSION TOWERS- WEDNESDAY, MAY 6, 2015 AT 4:30 PM IN THE DINING ROOM (SARAH'S PLACE).

MERRIVISTA- TUESDAY, MAY 12, 2015 AT 1:00 PM IN THE ACTIVITY ROOM.

Winter Garden

by

Brian M. Dacey LICSW
Mental Health Consultant

"Many older adults are coping with the symptoms of an elder life crisis, marked by feelings of loneliness, helplessness, and boredom."

Treating the elder life crisis-
Today's Geriatric Medicine-March/April 2015

"Frequently, there is more at play than what can be addressed with a prescription pad."

Bill Thomas, MD., and Jennifer Tucker

Most of us in human services have some familiarity with the midlife crisis, occurring in the middle years, characterized by the 'empty nest' and concerns about physical change and aging.

Elder life crisis, a new concept, is emerging at a time when loneliness and its related problems are considered early signs of an impending public health crisis.

A study from Brigham Young University concluded-"Too much alone time can kill you."

Their study, reviewed in the 'Week Magazine' of April 3 found "isolation and loneliness are as bad for a person's health as smoking 15 cigarettes a day or being an alcoholic."

Data on 35 years worth of studies on loneliness found: Those who feel lonely have a 26% greater risk of premature death and living alone or being socially isolated increases the risk by 30%

Their research team believes "the U.S. will see soaring numbers of loneliness-related health problems in the near future, because more people than ever are living alone."

Based on their research findings, "We are predicting a possible loneliness epidemic, the study's co-author Tim Smith told ScienceDaily.com.

In his seminal work on ego-identity development, the German born American psychoanalyst, Erik H. Erikson devised a theory of psychosocial development based on eight stages in the Life Cycle, ranging from Infancy to Old Age..

Each stage has tasks to master in order to move successfully into the next stage in order for the positive developmental process of growth and maturation to occur.

Erikson's last stage encourages us to attain ego integrity and the development of WISDOM, enabling us to look back on our life with satisfaction and acceptance, realizing it was the life meant for us, inducing a positive view.

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KidsFEST returns to downtown roots

By Mike LaBella Staff Writer | Posted: Thursday, April 30, 2015 4:00 am

It has come full circle.

For years, the popular annual KidsFEST event was held in and around downtown Washington Square.

In a change of venue in 2012, it moved to the top of the Merrimack Street parking deck. Then last year, organizers surprised everyone by moving the event away from the inner-city to Kimball Farm in the rural East Broadway area.

Organizers said that by moving the event to a local farm, they were able to offer different activities than in past versions of the family festival, while bringing people of all ages closer to nature. By all accounts, the event was a success, with an estimated 6,000 to 8,000 attendees and no traffic problems.

Now the festival is returning to its original location. This year the Greater Haverhill Chamber of Commerce is giving the event a new theme and name, Kids ArtsFEST, which will highlight many aspects of the arts.

Kids ArtsFEST will be Saturday, May 2, from 11 a.m. to 4 p.m. in the downtown Riverfront Cultural District. The festival will include live music, local theater, food vendors, music and dance workshops, and other performances and activities.

Since 2008, the chamber has been hosting the event, which is popular with families and draws thousands of people each year.

During the 1990s, the annual spring celebration packed the downtown on a weekend in May with children and their parents enjoying pony rides, petting zoos, band performances and carnival food.

For many years, the event was organized by the late Laurie Chase, who served as the city's events coordinator from 1994 to 2003. Chase also coordinated Septemberfest and the Christmas Stroll. The KidsFEST event fizzled out in 2004, but was reintroduced in 2006, when organizers dedicated the event in Chase's honor.

Jenny Arndt, arts and culture coordinator for the Creative Haverhill organization, is leading the creative side of this year's festivities, which she and other organizers hope will be embraced by people young and old.

Interactive activities for children include face painting and sand art, while one highlight of the event is the Haverhill Idol competition. Finalists in the Junior and Senior divisions will compete to be the next Haverhill Idol by singing on the main stage in Washington Square.

"Since Creative Haverhill is partnering with the Greater Haverhill Chamber of Commerce on this year's festival, we thought it would be great to hone in on the arts as a theme and really highlight the creativity of our community," Arndt said.

She said changing the event to one with an art theme has challenged participants to think outside the box and come up with exciting new activities to host at their booths.

"Our arts theme has also allowed us to participate in ArtWeek Boston, which showcases large and small events in and around Boston, and will help in building a broader audience for Haverhill and the Riverfront Cultural District," she said.

The main stage in Washington Square is where most of the event's highlights will happen, including performances by renowned West African drummer and djembe master Moussa Traore, an interactive Improv comedy show by Cape Ann Improv, a performance of scenes and songs from Willy Wonka Jr. by the Haverhill YMCA theater group, and scenes from "Into the Woods" by the local theater troupe Spotlight Playhouse.

Following their performances, Traore and Cape Ann Improv will host workshops for kids and adults. Letriah Masters will host a dance workshop as well.

The main stage will also host martial arts demonstrations by Ocasio's True Martial Arts and dance performances by the Center For Performing Arts Dance Studio and Acting School of Methuen and All That Jazz of Haverhill.

The secondary stage will be at the western end of Washington Street, near Columbus Park. That stage is sponsored by the Steve Lyons Fund and will feature a lineup of area bands including Coda Sky and Liz Bills, and performances by bands from the DeAngelis Studio of Music and Be Imagine Music Studio, both of Haverhill. Also featured will be student performances, an interactive puppet show by Lindsay and Her Puppet Pals, and a performance by the Bracken School of Irish Dance.

Various food vendors, including local restaurants, will sell a variety of items including quesadillas, chocolate-covered frozen bananas, Hawaiian shaved ice, fried dough, cupcakes, cookies and brownies, hot dogs, hamburgers, sausages, chicken fingers, beef and chicken kabobs, ice cream, steak and cheese subs, and lemonade. A dining area will be located near the main stage.

A schedule of the day's activities and events will be available at the Chamber of Commerce tent in Washington Square.

IF YOU GO

What: Kids ArtsFEST (formerly KidsFEST)

When: Saturday, May 2, 11 a.m. to 4 p.m.

Where: On downtown Washington Street in the Riverfront Cultural District

More information: Visit www.haverhillchamber.com or call 978-373-5663.