



# The Flag

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

Bethany Community Services	September 2015	978-374-2165

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

Leave it better than you found it. I'm sure we've all heard this before, but do we practice it regularly? Whether it was growing up at home or in the military, the idea of leaving something in better condition than when you received it was a principle to follow. I think it's a good rule and shows respect.

I don't consider myself an environmentalist and honestly I'm not sure about the issue of climate change. Unfortunately even the discussion about the environment has become a political issue which leaves me scratching my head and wondering (again) who is telling the truth. However, I am willing to make the leap of faith and accept the fact that humans have likely done more damage than good to the environment in the course of history. It seems to me that we are not leaving the world in better shape than we found it, and that certainly doesn't bode well for the future, especially for our children, grandchildren, and the generations yet to come.

Have you heard about the wolves at Yellowstone? Years ago wolves were reintroduced to Yellowstone National Park, and the results have been amazing, but perhaps not in the way you might think. I don't want to ruin the ending by sharing the full impact of what happened, but if you are interested please search for "How Wolves Change Rivers" on the internet or YouTube. The "trophic cascade" that resulted on multiple levels from the one action of bringing back wolves is absolutely remarkable. This is evidence that one small change can have a big impact.

Perhaps there are times when we feel overwhelmed in life, and perhaps we feel like we are limited in the impact we can make. If we consider for a moment that perhaps climate change is real, or perhaps at least that humans have done more damage than good to the planet, what can we do? I'm not sure that politics, or governmental rules and regulations is the best course of action. Rather, I believe that any significant change is often the result of individuals who are educated and understand the situation and become passionate about making change. Change at the local level, and at the individual level, I believe, is where we can do the most good. So, can you or I make a difference in the world? I think so and I hope you do too.

*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."*

*Margaret Mead*

## **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.

## **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

### **Assisted Living at Merrivista**

The Certified Assisted Living (AL) Units at Merrivista are located on the 1<sup>st</sup> and 2<sup>nd</sup> floors, this include all units except the 1 bedroom units located on the 1<sup>st</sup> and 2<sup>nd</sup> floors.

Our Home Health Aides (HHA) can provide assistance and/or supervision with all Activities of Daily Living (ADL's) such as; medication reminders (cueing), light housekeeping to include changing linens, laundry, light meal prep, grocery shopping and errands. These services can also be provided to the residents residing on the 3<sup>rd</sup> thru the 6<sup>th</sup> floors if you qualify through the Group Adult Foster Care Program (GAFC).

You may qualify for SSI-G and receive an increase in your monthly Social Security if you are living in one of our AL Units.

For assistance in any of these areas, stop by the Nurses Office or call us at (978)374-2170.

Our hours are as follows:

Jeanette Johnson, RN, BSN Director of Resident Services: Monday thru Friday, 8:00AM to 4:00PM

Kathy Pothier, RN, BSN, Wellness Nurse: Monday 8:00AM to 12noon, Wednesday 8:00AM to 4:00PM and Thursday 8:00AM to 4:00PM

Denise Huminick, RN, Wellness Nurse: Tuesday and Wednesday 9:00AM to 1:30PM

### **FOR YOUR INFORMATION**

*Greater Haverhill Chamber of Commerce Healthy Living Expo*



Saturday, Sept. 12, 2015  
10:00 am – 2:00 pm

The Parking Deck  
Haverhill, MA

Rain Date: Sept. 19, 2015

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**BETHANY FLU SHOT CLINICS**

Conducted by staff from  
**Walgreens Pharmacy**

**MISSION TOWERS** September 10, 2015 @ 1:00 PM  
(7<sup>TH</sup> FLOOR COMMON AREA)

**MERRIVISTA** September 14, 2015 @ 1:30 PM  
(DINING ROOM)

**PHOENIX** September 21 2015 @ 1:30 PM  
(BINGO ROOM)

Once again Flu shots will be given at our buildings. Please follow instructions carefully.

If you have the opportunity to get your shot before the in-house clinics, by all means do so.

**ADVANCED SIGN UP REQUIRED**

Starting Tuesday September 1, 2015 PAPER WORK will be available at nursing office. Please see the nurse and pick up this required information.

**This must be completed by the following dates:**

MISSION TOWERS by Tuesday September 8th  
MERRIVISTA Monday September 10<sup>th</sup>  
PHOENIX by Thursday September 17th

# **UNDERSTANDING MEDICARE...this month's topic**

from Linda Maxwell, Resident Service Coordinator

Once you have filled out this paper work you will be put on the sign-up sheet and on the day of the flu shot clinic in your building, you will be given your shot. With the paper work in place, there

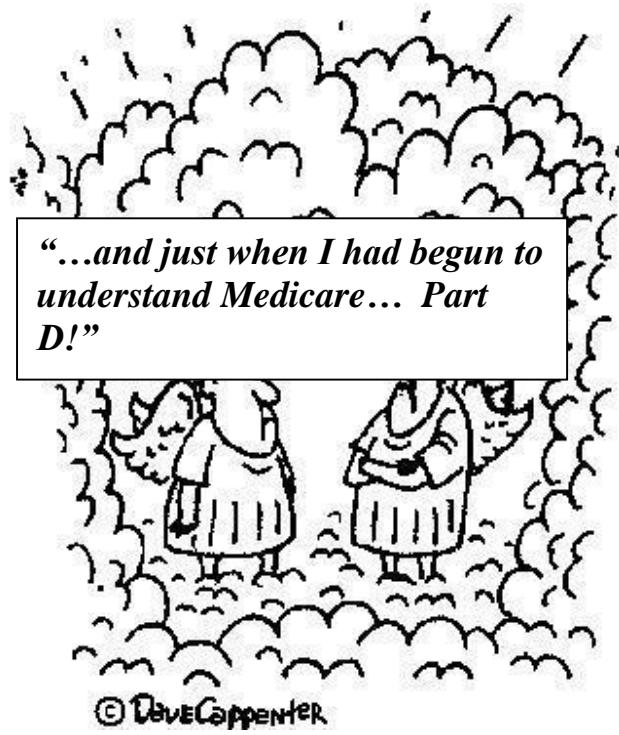
**should be only a short wait time.** The order in which the shots will be given in will be determined by the Bethany Nurse. Thank you for cooperation in this regard.

**PLEASE BE SURE TO BRING YOUR MEDICARE, MEDICAID  
AND/OR ANY OTHER INSURANCE CARDS WITH YOU!!!  
THE FLU SHOT WILL BE BILLED TO YOUR INSURANCE**

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I have been here going on six months in September and I am TOTALLY loving it here. I can honestly say this is the best job I have ever had. I have been welcomed here by everyone and it is a joy to come in every day.

One of my job duties provides me with the opportunity to learn something new on a regular basis. I consider myself a quick learner and thrive on education. That being said...when it comes to Medicare benefits and how they work – I have difficulty wrapping my brain around what is what!



This cartoon caught my attention and merited the chuckle it provided me.

On June 29<sup>th</sup> the Eagle Tribune had a wonderful article written by Rosanne DiStefano from Elder Services which put some of my issue in perspective. I copied it and decided to share it

with you in case you didn't get a chance to read it in the paper. Hope it sheds some light on the mystery we call Medicare.

## Elder Q&A

By Rosanne DiStefano



Q: I will be turning 65 later this year and am planning on retiring at that time. I am not eligible

for insurance as part of my retirement benefits. Almost weekly I have been receiving flyers in the mail promoting Medicare health insurance companies. Some of them sound too good to be true. Can you briefly explain what I should be considering before making a choice?

A: It is estimated around 10,000 individuals will be enrolling in Medicare every day over the next decade. The decision regarding what plan is best for you takes a little time to explore all options

Please recycle this newspaper.

available. Hopefully this short tutorial will point you in the right direction.

You are encouraged to enroll in Medicare three months before your 65th birthday. While you actually have a seven month window which is referred to as the Initial Enrollment Period to sign up for Part A and Part B (3 months before your birth month, your birth month and three months following) waiting until after you have turned 65 delays the start of your coverage. Signing up is fairly easy and can be accomplished by calling Social Security at 1-800-772-1213 or doing this on line at [www.socialsecurity.gov/medicareonly](http://www.socialsecurity.gov/medicareonly).

There are four parts to Medicare which impacts your future coverage. Part A: helps to cover inpatient care in hospitals, skilled nursing facility care (rehabilitation), Hospice care and home health care. Part B: helps to cover physician and other health provider services, outpatient care, durable medical

equipment, home health care and some preventive services. Part C: includes the Medicare Advantage Plans which are private companies approved to operate under the Medicare program. Part D: plans help to cover the cost of prescription drugs.

Medicare covers 80% of approved services. With this in mind it leads to the next level of comparison between plans. You may want to consider purchasing a Medicare Supplement policy which would cover the gaps of original Medicare. One of the private policies would considerably reduce your out of pocket expenses when receiving medical care. The other option would be choosing a Part C-Medicare Advantage Plan (HMO or PPO for example)

which includes both Part A and Part B. Costs and coverage vary by plans.

If this is all very daunting and you feel you would benefit from assistance in making your health insurance decision contact your

State Health Insurance Assistance Program. The highly trained and certified counselors are not affiliated with any private company and can "walk you through the steps" in making the best choice based on your individual needs. In Massachusetts call 1-800-243-4636 and press 3.

Please remember this information pertains to someone who will no longer be employed, does not have a working spouse with insurance coverage and will not have retirement health insurance coverage. Options for individuals in other situations vary and should be addressed according to their particular options.

*Call 1-800-892-0890. Do you have a question? Direct correspondence to [ro@esmv.org](mailto:ro@esmv.org) or Elder Services of the Merrimack Valley, Inc. 280 Merrimack Street, Suite 400, Lawrence, MA 01843. Rosanne DiStefano is the Executive Director of Elder Services of the Merrimack Valley, Inc.*



## **SINGING THEIR SONG**

“We are the guardians of our children’s memories. We must continue to Sing Their Song”  
**HAVE YOU SUFFERED THE LOSS OF A CHILD, A SIBLING OR A GRANDCHILD?**  
Many residents have shared with me the agony that they have experienced through the death of their child(ren) or grandchildren. I discovered that there is a group whose sole existence focuses on this very matter.

**The Compassionate Friends** has a mission statement “When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.” Contact Linda Maxwell, Resident Service Coordinator at Phoenix between 8:00 and 12:00 (978) 374-2164 or Mission Towers between 1:00 and 4:00 at (978) 374-2173 if you are interested in becoming a member of this group or for further details. This is open to all Bethany sites.

### **Practice Good Elevator Etiquette**

**The rules of riding in an elevator are unclear to many people. Are you supposed to hold the door? Should you speak to fellow passengers or not make eye contact? For some, riding in an elevator can be a stressful situation, due to claustrophobia, a fear of heights, and social anxiety.**

**Niceness goes a long way. Say excuse me, thank you, and you're welcome when appropriate.**

**It is increasingly common to motion someone to step aside who is standing in a manner which blocks the doors if they are blocking the doors as you are exiting.**

**If you see a person alone on the elevator that you don't feel comfortable being alone with in close quarters, wait for the next one.**

**You may encounter people who have no regard for etiquette. Either ignore them, or politely ask them to stop whatever is annoying you.**

**Don't press all the buttons - no matter how tempting it is. If you are riding with children, never let them push all of the buttons.**

**If you are at the back of the elevator and carrying a bulky object, keep it low, announce your exit as the floor nears, and excuse yourself if you accidentally bump someone when exiting.**

**Make certain to encourage your guests to practice courtesy as well.**

National Preparedness Month provides an opportunity to raise awareness for the important work being done to ensure our communities are safe, healthy and ready for emergencies. The Massachusetts Department of Public Health (DPH) Office of Preparedness and Emergency Management again is sponsoring a statewide campaign to encourage Massachusetts residents, families and communities to make plans and prepare for public health and medical emergencies, threats and disasters.

This year's **Know Plan Prepare** campaign continues the legacy of the Together We're Ready: Massachusetts Prepared campaign of previous years, with a bit of a new look and a slight shift in focus and approach. DPH has created two 30-second TV ads that will begin airing in September. The first of the two ads is a direct appeal that features a range of diverse people in various settings explaining how they prepare for emergencies. The second ad is animated – it features a villain, Captain Chaos, who brings various disasters to families only to find that his destructive efforts are thwarted by prepared family members. Each ad closes with a line that says, "Emergencies can happen at any time" along with a call to action to "Download a preparedness checklist today" at [mass.gov/KnowPlanPrepare](http://mass.gov/KnowPlanPrepare). The ads will be available for viewing on the campaign webpage at the end of August.

The preparedness checklist included in the ads' call to action is available on the DPH campaign page. It is posted on the website as a fillable pdf, and individuals can enter their personal information, print copies and save it to their computers so that they can modify it at any point in time should their information change. This year's campaign also will feature a giveaway item, a reusable grocery tote with the Know Plan Prepare logo and a checklist of emergency kit items that serves as a reminder for people to pick up these goods while they're out shopping. The tote is a great way to educate and remind people about preparedness, and campaign participants are encouraged to place copies of the Together We're Ready brochure (available [here](#) in the Massachusetts Health Promotion Clearinghouse), the MA Responds recruitment trifold, and any other marketing materials you'd like to pass along to the public in the bag.

DPH continues to maintain one central web page at [mass.gov/KnowPlanPrepare](http://mass.gov/KnowPlanPrepare) (the same site as [www.mass.gov/dph/ready](http://www.mass.gov/dph/ready)) to provide information, tips and links for the public. The web page also provides resources to support local, regional and state preparedness initiatives for you to use with your community or organization.

Questions about the campaign can be forwarded to Kerin Milesky at [kerin.milesky@state.ma.us](mailto:kerin.milesky@state.ma.us). Thank you for all of your efforts that support making our communities more resilient and able to respond to emergency events.



## **SEPTEMBER**

**Darlene Sutton, Activity Director**  
**Activity Office Contact Information**  
**978-374-2165 or [dsutton@bethanycommunities.org](mailto:dsutton@bethanycommunities.org)**

**Robert Hills, Bus Driver**  
**Bob Lavanga, Bus Driver**

### **SEPTEMBER LUNCHEON, DINNER & SHOPPING TRIPS**

**WAL-MART & FAMILY DOLLAR** is on Tuesday, September 29<sup>th</sup> from 11a-3p, the cost for the bus is \$8.

**Nurse's Trip** for September with Kathy, Bethany Wellness Nurse is on Friday, September 18<sup>th</sup>. She will take you to Salisbury Reservation for a hot dog luncheon, the cost for the bus and lunch is \$10. Call Darlene at 978-374-2165 for a seat on the bus. Bathrooms, benches & shelter are nearby.

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

- 4<sup>th</sup> Copper Lantern in North Hampton
- 11<sup>th</sup> Petey's in Rye
- 18<sup>th</sup> Cheesecake Factory in Peabody
- 25<sup>th</sup> Irish Cottage in Methuen

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

- 6<sup>th</sup> Continental in Saugus
- 13<sup>th</sup> Cracker Barrel in Londonderry
- 20<sup>th</sup> Sylvan Street Grille in Peabody
- 27<sup>th</sup> Bolton's at Lakeside in Kingston

### **BEACH RIDES**

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

**September**

2<sup>nd</sup> The Reminisants-Firework

### **DAY TRIPS**

- Wednesday, September 9<sup>th</sup> **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 5<sup>th</sup>)
- Tuesday, September 22<sup>nd</sup> **The Beach Boys Tribute Show 'Still Surfin'** at Venus De Milo Swansea, MA includes Baked Chicken or Baked Scrod \$85
- Thursday, October 15<sup>th</sup> **Oktoberfest** in the Grand Lodge at Maneely'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 18<sup>th</sup> **The Lennon Sisters** at the Robinson Theatre-info to follow
- Tuesday, October 27<sup>th</sup> **Halloween Party**-info to follow
- Wednesday, November 11<sup>th</sup> **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

### **OVERNIGHT TOURS 2015**

#### **October 8-10<sup>th</sup> 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 12-15<sup>th</sup> Atlantic City, Philadelphia & New York** includes deluxe motorcoach-3 nights lodging-5 meals-admission to JOSEPH at the Sight & Sound Millennium Theatre-day trip & guided tour of historic Philadelphia-sightseeing & gaming in Atlantic City-\$15 casino bonus \$399pp double (\$126 more for single)

### **OVERNIGHT TOURS 2016**

**September 26-30<sup>th</sup> Mt Rushmore and the Black Hills of South Dakota**-4 night in South Dakota-8 meals-transportation in South Dakota to and from the airport-tour of Wildlife Loop Road at Custer State Park-admission to Journey Museum-Guided tour of Deadwood plus gaming at a Deadwood Casino-visit to Crazy Horse Memorial-visit to the Mount Rushmore National Memorial \$555pp (The airfare to Logan airport isn't included at this time, the price for the airfare will be available January 2016 and will include transportation to and from Logan). If you are interested please get your name on the list, spaces will be limited and when I get airfare prices it will help if I can have an idea of how many passengers I will be transporting.

## **EZ VAN TRANSPORTATION**

**Robert Hills, Bus Driver**

**Bob Lavanga, Bus Driver**

The Haverhill Citizens Center has many activities including an exercise room, pool tables, a library, bingo on Monday and Thursday, chess, bridge, knitting groups all for adults 60 plus! The Bethany EZ Van transports residents to the Haverhill Citizen Center on Monday & Thursday between the hours of 9a-3p; the cost is \$5 one way. You must make a reservation, call 978-302-6443.

### **DO YOU HAVE A MEDICAL APPOINTMENT?**

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

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

It costs less than a cab!

It's easier than the city bus!

It's from your door to their door and back again.

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

All you have to do is make your appointment for Monday or Thursday from 9a-2p.

**Round trip is only \$10.**

Cab is \$12 one way.

The city bus is on their schedule not yours.

You know our driver who will help you.

**Call in advance for a guaranteed seat**

**978-302-6443.**

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

## **NEW POLICY ON MOTORIZED WHEELCHAIRS**

After checking with the insurance company and the bus company we learned that we can now transport residents in a motorized wheelchair as long as they are secured correctly using the straps provided by the bus company. The bus drivers will be trained to properly secure passengers in motorized wheelchairs.

We can allow one motorized wheelchair per trip on a first-come first-served basis. We would prefer that you have no other option or choice but to use a motorized wheelchair. We are encouraging residents who are able to transfer to a seat to do so and not use a motorized wheelchair for it takes up 2 seats.

# MISSION TOWERS TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Hairdresser Coffee Hour Phase 10 Geronamo	<b>2</b> Grocery Shopping Community Market Bible Study Beach Ride	<b>3</b> Clinic Bingo	<b>4</b> Hairdresser Copper Lantern Pokeno	<b>5</b> Uno
<b>6</b> Continental	<b>7</b> <u>Labor Day</u> Niagara Falls tour departs Whist Italian Serenaeders	<b>8</b> Hairdresser Coffee Hour Phase 10 Cookout Geronamo	<b>9</b> Country Legends Grocery Shopping Community Market Bible Study Resident Council	<b>10</b> Clinic Bingo	<b>11</b> <u>Patriots Day</u> Hairdresser Petey's Pokeno	<b>12</b> New Comers Coffee Hour Uno
<b>13</b> <u>Rosh</u> <u>Hashanah</u> <u>Begins</u> Cracker Barrel	<b>14</b> Whist Italian Serenaeders	<b>15</b> Hairdresser Coffee Hour Phase 10 Lobster or Chicken Roll Geronamo	<b>16</b> Grocery Shopping Community Market Bible Study Sweetheart Inn	<b>17</b> Clinic Bingo	<b>18</b> Hairdresser Cheesecake Factory Nurses Trip to Salisbury Pokeno	<b>19</b> Uno
<b>20</b> Sylvan Street Grille	<b>21</b> Whist Italian Serenaeders	<b>22</b> <u>Yon Kippur</u> <u>Begins</u> Beach Boys Hairdresser Coffee Hour Phase 10 Bethany turns 50 Geronamo	<b>23</b> <u>Autumn</u> <u>Begins</u> Grocery Shopping Community Market Hawaiian Party@ MV Bible Study	<b>24</b> Clinic Brown Bag Delivery Bingo	<b>25</b> Hairdresser Irish Cottage Pokeno	<b>26</b> Uno
<b>27</b> Bolton's at Lakeside	<b>28</b> Whist Italian Serenaeders	<b>29</b> Hairdresser Coffee Hour Chair Massage Therapy Phase 10 Geronamo	<b>30</b> Grocery Shopping Community Market Bible Study Resident Birthday Entertainer- Eric McFadden			

**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 SEPTEMBER 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.

**September 8<sup>th</sup>:** BBQ Chicken Breast-Cole Slaw-Garden Salad-Drinks-Ice Cream Treats

**Homemade Lobster or Chicken Rolls** will be served at 5p in the dining room on Tuesday, September 15<sup>th</sup>. Lobster \$10/Chicken \$5

**The Elder Community Market at Mission Towers** is every Wednesday from 10:30a -11:30a on the 7<sup>th</sup> floor.

Rosemary Jesionowski, MT resident whom takes care of the showcase is retiring to FL this fall. She has plenty of stuff for it & would like to show or teach someone before she goes. Darlene is looking for a MT resident to fill this position. There is not schedule; this can be done on your own time.

Please contact Darlene at 978-374-2165 if you are interested.

### **BIBLE STUDY**

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

### **BINGO**

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

### **BIRTHDAY PARTY**

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

### **BROWN BAG**

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

### **CHAIR MASSAGE THERAPY**

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

### **CLINIC**

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

### **COMMUNION**

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

### **HAIRDRESSER**

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

### **POKENO**

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

### **PHASE 1 (The Game)**

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

### **GERONAMO**

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

### **GROCERY SHOPPING**

The Bethany bus picks up every Wednesday at 9:30a to take you shopping at Market Basket on Lincoln Avenue. This also gives you the opportunity to shop at the other stores in the plaza. Cost for the bus is \$4pp round trip.

### **RESIDENT COUNCIL MEETING**

The resident council meeting is the second Wednesday of each month at 6p in the dining room. This meeting is for all residents to attend and your attendance is very important. The people bring forward ideas for activities, parties, etc... and all residents vote, and everyone's vote is important.

### **SHOWCASE**

The showcase is located in the lobby across from the mailboxes. Most items are donated and all profits go into the in-house program account for the activity department. The proceeds from that account go directly back to the residents by purchasing entertainment, snacks for game time, prizes, etc... If you would like to donate items to be sold or if you need to purchase an item you can contact resident Rosemary Jesionowski, who manages this showcase.

### **UNO**

The residents play Uno every Saturday at 6:30p on the 7<sup>th</sup> floor, everyone is welcome, the cost is 35 cents.

### **WHIST**

The residents at MT play whist every Monday at 1p on the 7th floor in the common area. Everyone is welcome to join the fun, just show up, the cost is \$1.10! **Looking for players!**

Deanna Ruth, Property Manager

978-374 -2173

Mission Towers

It is hard to believe that September is here, the summer went by so quickly. We hope all of you have an enjoyable fall!

Thanks to all of you who came to the resident meeting with Jered, it was a very informative meeting. The first week of September you will be getting notes from that meeting in your mailbox.

We would like to thank all of the residents who had to move their cars on August 27<sup>th</sup>. The cooperation from you was exceptional!!! It was pretty amazing that in the places they drilled they drilled down some 30 feet. We are happy to announce there was nothing found in the ground, although striking gold would have been nice!!

Have a fabulous September!!

# FLAG SPOTLIGHT OF THIS MONTH

How long have you lived at Bethany? 4 years.

Where did you grow up? In Haverhill -(both) Up around the hill where polish people lived – off Washington Street

What did you do before coming here (work, school, etc.) Catherine: Worked as an LPN 25 years at the old Hale Hospital. Bill: Worked for Raytheon most of my life. Was in the army for five years.

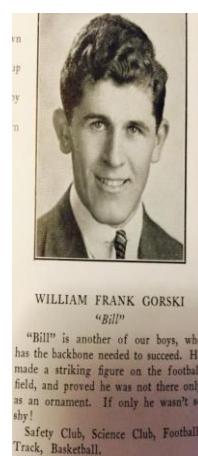
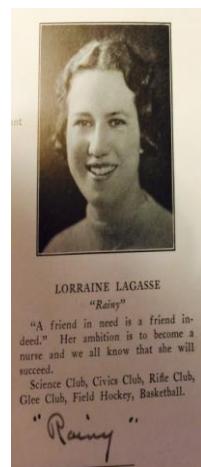
What do you like most about living at Bethany?  
Having people to help is a good thing.

Do you have any suggestions or advice for us? Not really.



MR  
&  
MRS  
GORSKI

MISSION  
TOWERS



What else would you like to tell us? Catherine: We met in the summertime on a misty rainy day, I was walking home with some girlfriends – we had come from the soda place downtown – a blue ford pulled up and there were two fellas in the front and one in the back. Bill was driving. They asked us if we wanted a ride because it was raining. I had known who Bill was from school – I told the guy sitting next to Bill to get out so I could get in. We got to go for a ride – he took us to the beach and then home. Shortly after that he called me.

He came by the house a couple of times and then he finally asked me our first date was dancing – weekends always had big band gatherings. Bill: I guess that's what happened – if she says so. (Big grin on his face). We got married and had four children – three boys and one girl. We also have six grandchildren

# MERRIVISTA TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Hairdresser Clinic Chair Massage Therapy Pokeno	2 Grocery Shopping Community Market Open Door Cookout Geronamo	3 Hairdresser Bingo 50/50 Raffle	4 Communion Copper Lantern Pokeno	5 Pokeno
6 Continental Bingo 50/50 Raffle	7 <u>Labor Day</u> Niagara Falls tour departs Cookout Bingo	8 Hairdresser Clinic Pokeno	9 Country Legends Grocery Shopping Community Market Geronamo	10 Hairdresser Bingo 50/50 Raffle	11 <u>Patriots Day</u> Petey's Pokeno	12 Pokeno
13 <u>Rosh Hashanah Begins</u> Cracker Barrel Bingo 50/50 Raffle	14 Bingo	15 Hairdresser Clinic Pokeno	16 Grocery Shopping Community Market Open Door Geronamo Sweetheart Inn	17 Hairdresser Bethany turns 50 Reminisce Ladies Group Bingo 50/50 Raffle	18 Cheesecake Factory Nurses Trip Pokeno	19 Pokeno
20 Sylvan Street Grille Bingo 50/50 Raffle	21 Bingo	22 <u>Yom Kippur Begins</u> Beach Boys Hairdresser Clinic Pokeno	23 <u>Autumn Begins</u> Grocery Shopping Community Market Hawaiian Party	24 Hairdresser Brown Bag Bingo 50/50 Raffle	25 Lobster Rolls Irish Cottage Pokeno	26 Pokeno

<b>27</b> Bolton's at Lakeside <b>Bingo 50/50 Raffle</b>	<b>28</b> <b>Bingo</b>	<b>29</b> Hairdresser Clinic Wal-Mart <b>Pokeno</b>	<b>30</b> Grocery Shopping Community Market <b>Open Door Geronamo</b>			
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**Weekly activities are usually in the activity room located next to the dining room off the lobby. If the activity is in a different space it will indicate in parenthesis. All residents are welcome to all events. This is a great opportunity to meet new friends and have fun! Many events are free but some do have a small fee. After the listing of the event it will indicate if there is a charge.**

### **SPECIAL AUGUST EVENTS**

- **The Elder Community Market at Merrivista** is every Wednesday from 9 a-10a in the activity room.
- Wednesday, September 2<sup>nd</sup> & Monday, September 7<sup>th</sup> the kitchen is offering a **luncheon cookout** & the last Friday of the month they are offering a **lobster roll luncheon**, refer to the kitchen page for the menu.

### **BINGO**

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

### **BROWN BAG**

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

### **CHAIR MASSAGE THERAPY**

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

### **CLINIC**

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

### **COMMUNION**

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

### **GERONAMO**

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

### **GROCERY SHOPPING**

The Bethany bus picks up every Wednesday at 10a to take you shopping at Market Basket on Lincoln Avenue. This also gives you the opportunity to shop at the other stores in the plaza. Cost for the bus is \$4pp round trip.

#### **OPEN DOOR GROUP**

Residents meet every other week with Brian Dacey, LICSW a Mental Health Consultant on a Wednesday at 10a in the library. They meet for about 1 hour for open discussion, with refreshments. The meeting is private for those that attend, anyone can attend and it is free.

#### **POKENO**

The residents play Pokeno every Tuesday & Friday at 1p & Saturday at 6p in the activity room. All residents are welcome, bring \$1.80 in pennies.

#### **REMINESSE**

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

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#### **RESIDENT COUNCIL MEETING**

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

#### **SHOWCASE**

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

#### **WOMENS GROUP**

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

Merrivista

978-374-2168

I hope that everyone is having a great summer! Fall is approaching us quickly! Soon the leaves will be falling from the trees and we can take some time to enjoy some fall favorites such as pumpkins, apple cider and mums!

Merrivista would like to thank Ryan Begin for helping over the summer to take care of some odds and ends around the building! The grounds look great thanks to Ryan and our maintenance staff! Great work!

Merrivista had a couple of exciting major projects completed last month! The Employee Parking Lot (back parking lot) was re-paved by EJ Paving. Thank you to the staff and the residents for your cooperation with the completion of this work. Also, big thank you to Luke for coordinating this project. It looks great!

Merrivista also received all new LED energy-efficient lighting in the common areas in August! This work was completed through a MASS SAVE program to help us reduce our monthly utility costs and conserve energy. Although these lights appear

brighter they will actually reduce the amount of energy we use and the number of light bulbs we change each year. Go green!

Linda is back from vacation this week! I am happy to hear that she had a great vacation with her family in Ossipee but I am even happier to have her back!! We missed you Linda! ☺

I hope you all had a great summer!

Michelle

Your Property Manager

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## PHOENIX TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Coffee Nurse Is In Exercise Women's Corner	2 Coffee Grocery Shopping Community Market Pokeno Rosary Cards Skip-Bo Beach Ride	3 Coffee Exercise	4 Coffee & Donuts Nurse Is In- Clinic Hairdresser Communion Copper Lantern Bingo	5 Coffee Cards
6 Coffee Continental	7 <u>Labor Day</u> Niagara Falls Departs Hairdresser Coffee Nurse Is In Cards	8 Coffee Nurse Is In Exercise Women's Corner	9 Country Legends Coffee Grocery Shopping Community Market Pokeno Rosary Cards Skip-Bo	10 Coffee Exercise	11 <u>Patriots Day</u> Coffee & Donuts Nurse Is In- Clinic Hairdresser Petey's Bingo	12 Coffee Cards
13 <u>Rosh Hashanah Begins</u> Coffee Cracker Barrel	14 Hairdresser Coffee Nurse Is In Cards	15 Coffee Nurse Is In Exercise Bethany turns 50 Chair Massage Therapy Women's Corner	16 Coffee Grocery Shopping Community Market Pokeno Rosary Cards Skip-Bo Sweetheart Inn	17 Coffee Exercise Lobster/Chicken Rolls Resident Meeting	18 Coffee & Donuts Nurse Is In- Clinic Hairdresser Cheesecake Factory Nurses Trip Bingo	19 Coffee Cards
20 Coffee Sylvan Street Grille	21 Hairdresser Coffee Nurse Is In Cards	22 <u>Yom Kippur Begins</u> Beach Boys Coffee	23 <u>Autumn Begins</u> Coffee Grocery Shopping	24 Coffee Exercise Brown Bag Delivery	25 Coffee & Donuts Nurse Is In- Clinic	26 Coffee Cards

		<b>Nurse Is In Exercise Women's Corner Italian Night Entertainer- Jim Porcella</b>	<b>Community Market Hawaiian Party @ MV Pokeno Rosary Cards Skip-Bo</b>		<b>Hairdresser Irish Cottage Wellness Program Bingo</b>	
<b>27 Coffee Bolton's at Lakeside Resident Birthday Party</b>	<b>28 Hairdresser Coffee Nurse Is In Cards Cards</b>	<b>29 Hairdresser Coffee Nurse Is In Exercise Wal-Mart Women's Corner</b>	<b>30 Coffee Grocery Shopping Community Market Pokeno Rosary Cards Skip-Bo</b>			

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

### **SPECIAL SEPTEMBER EVENTS**

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

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

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

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

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

### **BINGO**

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

### **BIRTHDAY PARTY**

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

### **BROWN BAG**

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

### **CARDS**

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

### **CHAIR MASSAGE THERAPY**

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

### **CLINIC**

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

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### **COFFEE HOUR**

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

### **COMMUNION**

Bill Lapierre serves communion on the 6<sup>th</sup> floor, the first Friday of the month at 12:15p. Bill has a short service and then communion.

### **EXERCISE**

Resident, Jeanne Sampson has a 1 hour class every Tuesday & Thursday at 10a in the dining room, this is free.

### **GROCERY SHOPPING**

The Bethany bus picks up every Wednesday at 9a to take you shopping at Market Basket on Lincoln Avenue. This also gives you the opportunity to shop at the other stores in the plaza. Cost for the bus is \$4pp round trip.

### **HAIRDRESSER**

Angelia is here on Monday's at 9a and Toni is here on Friday's at 9a. Please Note: If there is a Monday holiday Angelia will be in on Tuesday that week.

### **POKENO**

The residents play Pokeno every Wednesday at 1p in the dining room. Bring lots of pennies.

### **RESIDENT MEETING**

There is a resident meeting with Darlene the third Thursday of the month at 1:15p in the dining room. It is a time plan events for the residents, everyone's attendance is important.

### **ROSARY**

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

### **SHOWCASE**

The showcase is located in the lobby across from Linda & Kathy's offices. Most items are donated and all profits go into the in-house program account for the activity department. The proceeds from that account go directly back to the residents by purchasing entertainment, snacks for game time, prizes, etc... If you would like to donate items to be sold or if you need to purchase an item you can contact resident, Jane Cunningham apt 606, who manages the showcase.

### **SKIP-BO**

Everyone is welcome to play Skip-Bo in apt 512 at 6p, this game time is free.

### **WOMEN'S CORNER**

Women's Corner with Donna, is an informal women's program discussing changes that occur in our lives and helpful solutions. Everyone welcome from 2-4p in the dining room, this is free.



## **HAPPY AUTUMN!**

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### **Phoenix**

Summer is almost over and we have to say good bye to the warmer weather. Thank you, Norman for providing music in the front gazebo. It has been a fun, impromptu gathering over the warm days of summer when we all want to be outdoors! Now looking forward, autumn is another great time of year with those comfortable temperatures, Indian summer days, bursts of colors as the leaves turn, and the bountiful harvest. With the passing of summer, the Phoenix staff will return to regular hours beginning Tuesday, September 8. Hours are posted in the elevators and other strategic places. Thank you, Skyler for helping out over the summer months!

I would like to make you aware of a few household matters that seem to be problematic around our building. First, some folks are forgetting one of the "golden" rules of Phoenix and that is to return a cart that you borrowed to its proper place so someone else can use it. No one really wants or should return your cart for you! A second matter is the Trash Rooms and taking responsibility to do the right thing by your trash. No one wants to smell your trash and I am sure the same goes for you! Every trash can is sufficiently labeled and if you are unsure in any way, ask Phil our staff person, he will gladly give you guidance and go over it with you!

Our 50<sup>th</sup> Anniversary celebration is happening company-wide this month! There are still a few originals around and I am sure in speaking to them they can talk about the changes and the many faces of friends they knew over the years. Lots of stories to be told there! Thank you, Duane Windemiller for your foresight and passion to help the seniors of Haverhill/Bradford to find affordable housing with the newly organized Bethany Homes, Inc. in 1965.

In closing, I leave you with a little humor that I hope will keep you laughing the whole month through!

Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car puttering along at 22 MPH. He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies -- two in the front seat and three in the back - eyes wide and white as ghosts. The driver, obviously confused, says to him, "Officer, I don't understand, I was doing exactly the speed limit! What seems to be

the problem?"

"Ma'am," the officer replies, "You weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers." "Slower than the speed limit?" she asked. No sir, I was doing the speed limit exactly... Twenty-Two miles an hour!" the old woman says a bit proudly. The State Police officer, trying to contain a chuckle explains to her that "22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error.

"But before I let you go, Ma'am, I have to ask... Is everyone in this car ok? These women seem awfully shaken and they haven't muttered a single peep this whole time." the officer asks. "Oh, they'll be alright in a minute officer. We just got off Route 119."

Happy Labor Day everyone! Thank you residents for all your contributions to the labor force with a lot of blood, sweat, and tears! We couldn't have what we have today without you!

Nancy Leefe, Property Manager  
978-374-2164

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## COOKOUT CALENDAR

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

### September

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



## 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.