

# The Flag

[www.bethanyhomes.net](http://www.bethanyhomes.net)



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

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## FEBRUARY 2015 EDITION

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

A wise person once told me, "life is not for sissies." Very insightful I thought, and also very true. I think we had just been discussing a difficult situation, likely involving a dispute or disagreement over something trivial. Why can't people be more reasonable? Why can't people get along? Why can't they just agree (with me)?

Sometimes my children may protest over doing their chores. Take out the trash? Empty the dishwasher? Really dad, but I'm tired and that's too hard. If you think that's too hard just wait a few years and things surely will get a little more difficult. Just wait for real life experience.

I think we've all seen the "Life is Good" fashion apparel. You may have seen this on a baseball cap or a t-shirt. Life is good. Life is good? Is it always good? Some days it seems pretty good and other days it can be more challenging. I am optimistic and believe the good outweighs the bad, but life certainly brings hard times upon all of us. And then I remember the words of another wise person, "life may be good, but it isn't always easy."

So, I came to conclude that life is good, it isn't always easy, and it surely isn't for sissies.

It may be obvious to some of you that I am not yet of the age of many of the residents who live at a Bethany community. I still have a few years ahead of me before I become eligible for the waitlist. When I was growing up I was always taught to respect my elders and to listen to their wisdom, because, quite simply, they have experienced more in their lives than I have. At this point in my life I haven't experienced what it is like to be a senior. Because of this I'd like to share with you a quote that I came across recently and I'd like to ask what you think. Is it true that, "youth simply a state of mind, a result of the will, a quality of imagination"....? What do you think?

*"Youth is not a period of time. It is a state of mind, a result of the will, a quality of the imagination, a victory of courage over timidity, of the taste for adventure over the love of comfort. A man doesn't grow old because he has lived a certain number of years. A man grows old when he deserts his ideal. You will remain young, as long as you are open to what is beautiful, good and great; receptive to the messages of other men and women, of Nature and God. If one day you should become bitter, pessimistic and gnawed by despair, may God have mercy on your old man's soul."*

- General Douglas MacArthur

## **Resident/Supportive Services**

Pam Arel, Service Coordinator    Jeannette Johnson, Asst. Living Nurse  
Kathy Pothier, Wellness Nurse  
Denise Huminick, Wellness Nurse

### **Farewell and Best Wishes From Pam Arel, Resident Services Coordinator**

As some of you may already know I am retiring February 24, 2015. I have worked for Bethany Homes for over 23 years. My years here have been challenging yet gratifying. I have many fond memories of current and previous residents. Bethany Homes has been a wonderful place to work, not only helping residents, but working with a great group of staff members.

My job responsibility changed many times throughout the years. But it was always related to helping residents to remain living independently and safely here at Bethany Homes. I worked with the nurses, kitchen staff, activities director, maintenance, property managers, and my devoted CNA staff to make sure residents received the assistance that was needed to maintain their health, dignity and independence. In all that I accomplished I always strived to fulfill the mission of Bethany Homes, "A Way of Life, Not Just A Place to Live"

Now I must say "good-bye" and move on to a new chapter in my life.

Thank you all for making my time at Bethany a magnificent time in my life!

Fondly,

Pam Arel  
Resident Services Coordinator



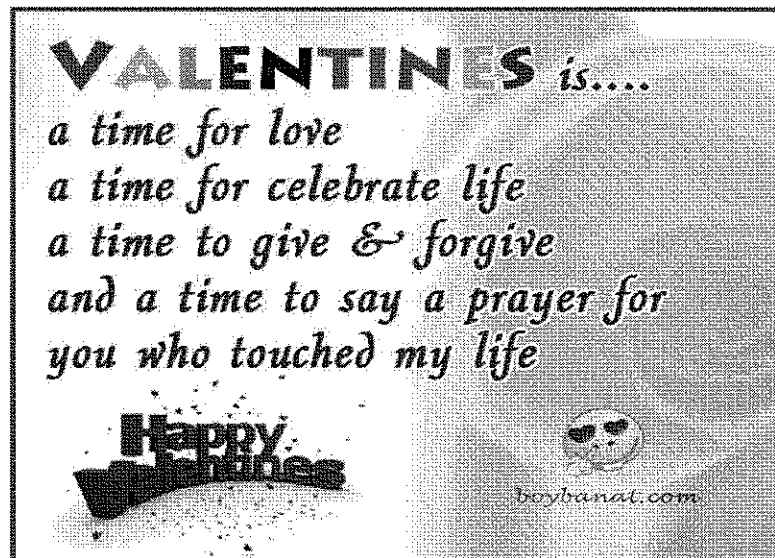
## Hello from the Nurses in the Wellness Office!

As most of you may know, February is the month we dedicate to cardiovascular disease, with providing information to all on how to have a "Healthy Heart." It has been noted that it is the #1 killer of men and women in the United States. Statistics claim it takes the life of more men, than women, but can be prevented by following a healthier lifestyle.

Learning about your individual risk factors is the first step in prevention and living a happy healthy life. Talk to your doctor about your risks, family history, and discuss the plan of prevention that you can start to follow in order to live life to its fullest. Recruit a friend or family to begin your new journey on staying and feeling better.

If you need information on how to get started, please stop by the wellness /nurse's office in your building, and move forward to a "new you" in 2015! We can do this together!

Your Wellness Nurse, 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.

## **Assisted Living at Merrivista**

Assisted Living at Merrivista is located on the 1<sup>st</sup> and 2<sup>nd</sup> 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 trained staff person. Household chores are performed: sheets are changed, laundry is done, and food is cooked and served. Grocery service is often available too. You may qualify for SSI-G and get an increase in your monthly income.

***If you are interested in one of these units, please contact either the Merrivista Property Manager or Jeanette Johnson.***

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



## **Phoenix Row (978) 374-2164**

Nancy Leefe, Property Manager

**This past month we experienced three move outs. They are: Val Kench, one of our oldest residents, Sugie Gouthier, and Shirley Brown. We wish them all the best in their new homes.**

**If you have a chance, please take a peek at some newly reupholstered furniture on the second and sixth floor. Management does its best to keep things in good condition. If you see anything that might be in need of attention, please don't hesitate to contact Nancy's office.**

**With all the snow coming our way, please be very careful on the walkways coming and going from the back parking lot. There are buckets of salt placed at each rear exit door for your use. Please note that those walkways are not maintained after business hours. Also as a reminder, all vehicles need to be moved by 1 PM the next business day after the snow storm ends. Again be very careful in the parking lot as it slopes and could be slippery.**

**Wishing you all a happy Valentine's Day! It's a good day to extend love to all you see! Have a happy February too and extend the love!**

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### **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



## **Merrivista (978) 374-2168**

Robert Plante, Property Manager

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### **LOCKOUTS**

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

### **Farewell and Best Wishes From Robert Plante, Property Manager**

As many of you know, Friday, January 30, 2015 will be my last day of work at Bethany Community Services and the Merrivista community. I have elected to take another property management position with a different company that manages a family community residence with a larger number of apartments.

During my 5-year tenure at Merrivista, I have gotten to know many of the residents and their family members. I will miss the camaraderie and friendship that was established with many of you. One of my fondest memories will be the making of the Olivia Kitteridge HBO movie where many residents participated in as well as myself. You may recall that I was casted as the orderly in which I got to wear hospital scrubs. It was great to share that experience and watch the special advance preview of the movie with you all in the activity room.

In closing, I want to thank each and every one of you for your friendship, cooperation with inspections, recertifications and granting access to your residence to complete work orders. Do not be surprised if I stop by for an unannounced inspection to simply say hello. I hope you continue to enjoy your stay at the Merrivista community as I tried to make it a safe, sanitary and happy place for you all to enjoy.



## LOCKOUTS

Should you be locked out of your apartment at Mission Towers after hours, there is an on-site staff person in apartment 612

## **Mission Towers (978) 374-2173**

Deanna Ruth, Senior Property Manager

Welcome to the New Year! We hope you all had a blessed Holiday. The building looked so beautiful during the holiday season. Every floor had their own tree and they were all unique & brought so much joy as you walked through the building. Thanks to all those who participated in the tree decorating.

There is a new Sunshine Fund box in the office. This is a collection taken by the Mission Towers Resident Council to support the Sunshine Fund which is used to send get well & sympathy cards & donations to charity.

The fire department has reminded us that any ornament that you have hanging on your apartment door should not be covering your apartment number. If you have an ornament that is covering the number and you need help adjusting it please let the office know and we will assist you. It is very important in case of an emergency that these numbers are visible.

Wishing you all a Happy New Year as well as a Happy Valentine's Day!



## 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 and Blessed Valentine's 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.
- 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.





# **Bethany Activities Department**

Darlene Sutton, Activities Director

Robert Hills, Bus Driver

Bob Lavanga, Bus Driver

## **EZ VAN TRANSPORTATION**

**For all medical appointments, lab work, testing, eye doctor or dentist.**

***Let Bethany give you a ride!*** All you have to do is make your medical appointment for Monday or Thursday. Then call **978-302-6443** for your EZ Van reservation. **You might get the voice mail please leave your message, it will be answered.**

Our vehicles are handicapped accessible with a lift for wheelchairs and other ambulatory devices.

## **OTHER TRANSPORTATION SERVICES**

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

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

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

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

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

## **THE SHOWCASE**

To purchase items from the showcase contact:

**MERRIVISTA:** Shelia Babolian or Barbara Jameson

**MISSION TOWERS** at Macy's: Rosemary Jesionowski

**PHOENIX:** Jane Cunningham

All three buildings need donated items for the showcases. If you have items that you want to donate see the person in your building that manages the showcase.

## **NEW INFORMATION**

**PLEASE NOTE** –All Bethany trips and tours are required to have 8 passengers (THERE WILL BE NO EXCEPTIONS).! You will need to be signed up 48 hours in advance (you can get on a trip at the last minute if there is room). If you are canceling your reservation you must do so 48 hours in advance or you will be charge the bus fee. I coordinate trips according to the amount of residents that sign up. It is **important** for you to sign up for a trip if you are planning to attend, a trip will only go if 8 or more residents sign up. If the trip is cancelled you will be notified 48 hours in advance. I cannot notify you unless you have signed up! I need to give Robert or Bob a 2 day notice on all cancelled trips. *Remember family and friends are always welcome to join you on the bus!*

## **TRAVEL INFORMATION**

The monthly publication of The FLAG is a great resource for all upcoming events. It is delivered to all Bethany residents on the 1<sup>st</sup> of the month.

All buildings have a calendar in the lobby; check it for trips and activities taking place that day or week. In case of a question of cancellation on the weekend refer to Darlene's voice mail or the lobby board.

Our Insurance Company requires that all passengers who ride in the Bethany bus or van buckle their seatbelts; it is also the Massachusetts law. The bus driver is responsible that the vehicle does not travel until all passengers are wearing their belts.

Most trips offered in The FLAG are subject to a final count trips one month in advance, any cancellations after that is subject to a fee.

## **BETHANY FUNDRAISER**

All you need to do is order pizza from Sal's Pizza, 95 Winter Street in Haverhill between 3-7p Tuesday, February 17<sup>th</sup> and/or 24<sup>th</sup>. The cost for a 19" extra large cheese pizza is \$5.55. For each pizza sold Sal's will donate 55 cents to the 'Friends of Bethany'. Anyone can order but you must have a coupon, see Darlene. Each building will get takeout on both those days for dinner. Darlene will be arranging it for you. Feel free to order on your own as well!

## **FEBRUARY TRIPS**

- ❖ Wednesday, February 4<sup>th</sup> Lunch Ride to Mr. Mikes in Haverhill, 12-2p bus cost \$4
- ❖ Friday Lunch Rides in February from 11a-2p bus cost \$6
  - 6<sup>th</sup> Fast Eddies in Hampton
  - 13<sup>th</sup> Grassfield's in Andover
  - 20<sup>th</sup> The Loft in North Andover
  - 27<sup>th</sup> Butches Downtown in Haverhill (12-2p bus \$4)
- ❖ Sunday Lunch Rides in February from 11a-2p bus cost \$6
  - 1<sup>st</sup> Olive Garden in Manchester
  - 8<sup>th</sup> Century House in Peabody
  - 15<sup>th</sup> Galley Hatch in Hampton
  - 22<sup>nd</sup> Holy Graile in Epping

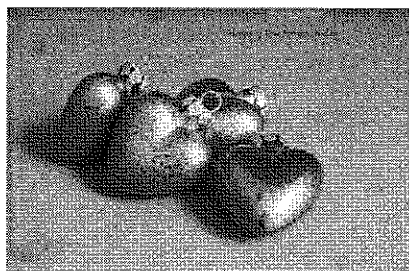
➤ **NEW DAY Grocery Shopping is now on Wednesday!**

## DAY TRIPS

- Tuesday, February 10<sup>th</sup> **Wal-Mart & Family Dollar** 11a-3p bus \$8
- Thursday, February 12<sup>th</sup> **Nurse's Trip with Denise to the Poet's Inn** (dutch treat) 11:30a-1:30p bus \$4
- Saturday, February 14<sup>th</sup> **Prince Pizzeria featuring Joey B-Bop with songs from the 50s and 80s**, show 12-2p, tickets \$12, bus \$10, lunch (dutch treat)
- Wednesday, March 4<sup>th</sup> **Foxwoods**, depart from MV at 6:15a & 6:45a from 500 Primrose Street, cost
- Tuesday, March 10<sup>th</sup> **Tony Kenny's Irish Cabaret**-Venus De Milo-corned beef and cabbage or baked scrod, cost \$85
- Wednesday, March 11<sup>th</sup> **Boston Flower Show** at Seaport World Trade Center-show ticket and transportation \$32
- Thursday, April 16<sup>th</sup> **Live from Nashville** 'Tribute to Country Music' at the Garde Arts Theatre in New London, CT (to be priced)
- Tuesday, April 21<sup>st</sup> **Neil Sedaka** 'Live in Concert' at Mohegan Sun Casino includes transportation, gaming package, lunch & show ticket (premium seating) \$99
- Tuesday, August 11<sup>th</sup> **Riverboat Ramblers** at the HuKeLau includes 3 Lobsters or Prime Rib (to be priced)

## OVERNIGHT TOURS

- ✓ May 1-11 **Branson Show Extravaganza**-10 nights (4 consecutive in Branson)-18 meals-7 shows The Brett Family-Dublin's Irish Tenors-Haygoods-New Jersey Nights Show-The "It" Show-Dutton Family Show-Showboat Branson Belle \$1050pp double/single \$300 extra
- ✓ September 2-8<sup>th</sup> **Atlantic Canada Cruise Tour**-Motorcoach 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 30<sup>th</sup>-November 13<sup>th</sup> **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



## Bethany Homes

10 Phoenix Row  
Haverhill, MA 01832

PHONE:  
(978) 374-2160

FAX:  
(978) 374-2163

E-MAIL:  
[@bethanycommunities.org](mailto:@bethanycommunities.org)

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We're on the Web!

See us at:

[www.bethanyhomes.net](http://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 a critical illness. 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 minimal 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.

# FEBRUARY

## MISSION TOWERS TRAVEL & EVENT CALENDAR

| Sunday                | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|-----------------------|--|--|--|--|--|---|
| 1<br>Olive<br>Garden  | 2<br><u>Groundhog<br/>Day</u><br>Whist<br>Bingo  | 3<br>Hairdresser<br>Exercise<br>Coffee<br>Hour with<br>Darlene<br>Phase 10<br>Geronimo                                 | 4<br>Grocery<br>Shopping<br>Mr. Mikes  | 5<br>Clinic<br>Bible<br>Study<br>Bingo                                   | 6<br>Hairdresser<br>Fast Eddies<br>Communion<br>Pokeno | 7<br>Resident<br>Breakfast<br>Uno   |
| 8<br>Century<br>House | 9<br>Whist<br>Bingo  | 10<br>Hairdresser<br>Exercise<br>Coffee<br>Hour with<br>Darlene<br>Wal-Mart<br>Phase 10<br>Geronimo                    | 11<br>Grocery<br>Shopping<br>Resident<br>Council<br>Meeting                              | 12<br>Clinic<br>Nurse's<br>Trip<br>Poet's Inn<br>Bible<br>Study<br>Bingo | 13<br>Hairdresser<br>Grassfield's<br>Pokeno            | 14<br><u>Valentine's<br/>Day</u><br>Prince<br>Pizzeria<br>Joey B-bop<br>as Elvis<br>Uno |
| 15<br>Galley<br>Hatch | 16<br><u>President's<br/>Day</u><br>Bethany<br>Offices are<br>Closed<br>Whist<br>Bingo | 17<br><u>Mardi Gras</u><br>Hairdresser<br>Exercise<br>Coffee<br>Hour with<br>Darlene<br>Phase 10<br>Geronimo           | 18<br><u>Ash<br/>Wednesday</u><br>Grocery<br>Shopping                                    | 19<br><u>Chinese<br/>New Year</u><br>Clinic<br>Bible<br>Study<br>Bingo   | 20<br>Hairdresser<br>Loft<br>Pokeno                    | 21<br>Uno   |
| 22<br>Holy<br>Grail   | 23<br>Whist<br>Bingo   | 24<br>Hairdresser<br>Exercise<br>Coffee<br>Hour with<br>Darlene<br>Chair<br>Massage<br>Therapy<br>Phase 10<br>Geronimo | 25<br>Grocery<br>Shopping<br>Resident<br>Birthday Party<br>Entertainment-<br>Rockaholics | 26<br>Brown<br>Bag<br>Delivery<br>Clinic<br>Bible<br>Study<br>Bingo      | 27<br>Hairdresser<br>Butches<br>Downtown<br>Pokeno     | 28<br>Uno   |

**All activities are in a different building 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.**

### **BIBLE STUDY**

This is a Bible Study & Discussion for spiritual growth. They meet on the 7th floor common area every Thursday at 1:00 pm. Everyone is welcome.

### **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 on Wednesday, February 25th at 6p. 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 & cake and ice cream.

### **BROWN BAG**

The Brown Bag is delivered on the fourth Thursday of the month at 9:30a 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 Denise in the Wellness Office which is next door to 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 from the YMCA conducts a 30 minute class every Tuesday at 9a on the 7<sup>th</sup> floor, this is free.

### **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.

### **GERONIMO**

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 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.

### **RESIDENT COUNCIL BREAKFAST**

The Resident Council will be hosting a breakfast on Saturday, February 7th at 9:30a in the dining room. The menu is Egg-cheese-sausage casserole, Texas potatoes, biscuits, coffee & orange juice, the cost is \$5.

### **RESIDENT COUNCIL MEETING**

The next Resident Council meeting is on February 11<sup>th</sup> in the dining room at 6p. 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 the showcase.

### **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!

# FEBRUARY

## MERRIVISTA TRAVEL & EVENT CALENDAR

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday                                  | Saturday  |
|--|--|---|---|--|---|---|
| 1<br>Olive Garden<br>Bingo<br>50/50<br>Raffle  | 2<br><u>Groundhog Day</u><br>Bingo 50/50<br>Raffle<br>Resident Council Meeting         | 3<br>Hairdresser Clinic<br>Chair<br>Massage<br>Therapy<br>Pokeno<br>Women's Group | 4<br>Grocery Shopping<br>Open Door Group<br>Mr. Mikes<br>Geronimo   | 5<br>Hairdresser<br>Exercise<br>Bingo 50/50<br>Raffle  | 6<br>Fast Eddies<br>Communion<br>Pokeno | 7   |
| 8<br>Century House<br>Bingo<br>50/50<br>Raffle | 9<br>Bingo 50/50<br>Raffle   | 10<br>Hairdresser Clinic<br>Wal-Mart<br>Pokeno                                    | 11<br>Grocery Shopping<br>Geronimo  | 12<br>Hairdresser<br>Exercise<br>Nurse's Trip<br>Poet's Inn<br>Bingo 50/50<br>Raffle                           | 13<br>Grassfield's<br>Pokeno            | 14<br><u>Valentine's Day</u><br>Prince Pizzeria<br>Joey B-bop<br>as Elvis |
| 15<br>Galley Hatch<br>Bingo<br>50/50<br>Raffle | 16<br><u>President's Day</u><br>Bethany<br>Offices are Closed<br>Bingo 50/50<br>Raffle | 17<br><u>Mardi Gras</u><br>Hairdresser Clinic<br>Pokeno                           | 18<br><u>Ash Wednesday</u><br>Grocery Shopping<br>Open Door Group<br>Geronimo<br>Valentine Party<br>King & Queen<br>Entertainer-<br>Bobby G | 19<br><u>Chinese New Year</u><br>Hairdresser<br>Exercise<br>Reminisce<br>Ladies Group<br>Bingo 50/50<br>Raffle | 20<br>Loft<br>Pokeno                    | 21  |
| 22<br>Holy Grail<br>Bingo<br>50/50<br>Raffle   | 23<br>Bingo 50/50<br>Raffle  | 24<br>Hairdresser Clinic<br>Pokeno  | 25<br>Grocery Shopping<br>Geronimo  | 26<br>Hairdresser<br>Brown Bag<br>Exercise<br>Bingo 50/50<br>Raffle  | 27<br>Butches<br>Downtown<br>Pokeno     | 28  |



**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.**

### **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 from the YMCA conducts a 30 minute class every Thursday at 11a in the activity room, this is free.

### **GERONIMO**

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 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.

### **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 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 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 the Management 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, Sheila 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.

### **VALENTINE PARTY**

The resident council is hosting this party in the dining room at 6p Wednesday, February 18<sup>th</sup>. A King & Queen will be crowned & light refreshments will be served. Professional entertainer Bobby G will perform from 6-7p. This party is free to all residents.

# FEBRUARY

## PHOENIX TRAVEL & EVENT CALENDAR

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|---|--|---|---|--|---|--|
| 1<br>Coffee<br>Olive<br>Garden                              | 2<br><u>Groundhog<br/>Day</u><br>Coffee<br>Nurse Is In<br>Cards                                    | 3<br>Coffee<br>Nurse Is In<br>Exercise<br>Women's<br>Corner                       | 4<br>Coffee<br>Grocery<br>Shopping<br>Mr. Mikes<br>Pokeno<br>Cards<br>Skip-Bo                 | 5<br>Coffee<br>Exercise  | 6<br>Coffee &<br>Donuts<br>Nurse Is In-<br>Clinic<br>Hairdresser<br>Fast Eddies<br>Communion<br>Bingo | 7<br>Coffee<br>Dining room<br>reserved<br>from<br>11a-3p<br>Cards  |
| 8<br>Coffee<br>Century<br>House                             | 9<br>Coffee<br>Nurse Is In<br>Cards  | 10<br>Coffee<br>Nurse Is In<br>Exercise<br>Wal-Mart<br>Women's<br>Corner          | 11<br>Coffee<br>Grocery<br>Shopping<br>Pokeno<br>Cards<br>Skip-Bo                             | 12<br>Coffee<br>Exercise<br>Nurse's<br>Trip<br>Poet's Inn<br>Resident<br>Meeting | 13<br>Coffee<br>Nurse Is In-<br>Clinic<br>Hairdresser<br>Grassfield's<br>Bingo                        | 14<br><u>Valentine's<br/>Day</u><br>Coffee<br>Prince<br>Pizzeria<br>Joey B-bop<br>as Elvis<br>Valentine<br>Party<br>Brown bag<br>Auction |
| 15<br>Coffee<br>Galley<br>Hatch                             | 16<br><u>President's<br/>Day</u><br>Bethany<br>Offices<br>Closed<br>Coffee<br>Nurse Is In<br>Cards | 17<br><u>Mardi Gras</u><br>Coffee<br>Nurse Is In<br>Exercise<br>Women's<br>Corner | 18<br><u>Ash<br/>Wednesday</u><br>Coffee<br>Grocery<br>Shopping<br>Pokeno<br>Cards<br>Skip-Bo | 19<br><u>Chinese<br/>New Year</u><br>Coffee<br>Exercise                          | 20<br>Coffee<br>Nurse Is In-<br>Clinic<br>Hairdresser<br>Loft<br>Bingo                                | 21<br>Coffee<br>Cards  |
| 22<br>Coffee<br>Holy Grail<br>Resident<br>Birthday<br>Party | 23<br>Coffee<br>Nurse Is In<br>Cards   | 24<br>Coffee<br>Nurse Is In<br>Exercise<br>Women's<br>Corner                      | 25<br>Coffee<br>Grocery<br>Shopping<br>Pokeno<br>Cards<br>Skip-Bo                             | 26<br>Coffee<br>Brown Bag<br>Delivery<br>Exercise                                | 27<br>Coffee<br>Nurse Is In-<br>Clinic<br>Hairdresser<br>Butches<br>Downtown<br>Bingo                 | 28<br>Coffee<br>Cards  |

**Weekly Activities are in the dining room located across from the elevators. (If the activity is in a different space it will be indicated 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.**

**VALENTINE PARTY**

Everyone is welcome to join in for the Valentine Party. It is on Saturday, February 14<sup>th</sup> at 5p in the dining room. We are serving Ice Cream Sundae's followed by Brown Bag Auction. Everyone should bring a bag with a \$5 gift inside for the auction (NO food (except chocolates) or clothing). You will need money to bid on the items, the sundae is free. Sign up in the lobby outside Darlene's office.

**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 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.

**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. Light refreshments will be served.

### **SHOWCASE**

The showcase is located in the lobby across from Nancy'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 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.

## Why is Sleep Important to You???

Why is sleep important to you? An estimated 35 percent of U.S. adults report less than seven hours of sleep during a typical 24 hour period. Sleepiness resulting from insufficient sleep, irregular sleep schedules, or poor quality sleep is a cause of motor vehicle crashes, occupational errors with hazardous outcomes, and difficulty performing daily tasks. Sleep and wakefulness disorders affect an estimated 15-20 percent of US adults who are more likely to suffer from chronic disorders including depression, substance abuse, hypertension, diabetes, cancer, stroke, and all-cause mortality. Resilience to stress, emotional regulation, and inter-personal relationships are impaired by sleep deficiency. Recent findings suggest that investing in sleep health contributes to maintaining brain health, and ultimately protecting cognitive functions necessary for aging-in-place. Recognizing and addressing sleep health issues presents opportunities for enhancing public health, and improving the well-being of all people.

Societal and health consequences of insufficient sleep are explored in “Sleepless in America” produced by National Geographic Channel in collaboration with The National Institutes of Health. The documentary explains how research is changing our perception of sleep, sleepiness, and its importance to health. The idea of “sleep” as a period when the brain simply shuts down has been replaced by an increasingly sophisticated understanding of how the rhythm of sleep and wakefulness is necessary for the biological function in every organ. Not only does this daily “circadian” rhythm play an important role in learning and the filtering of memories in brain, but it also serves to regulate the energy level of most all cells. Shortages of cellular energy eventually wear down natural defenses through oxidative stress and abnormalities in protein processing increasing the risk of disease. Another NIH-funded study helped show that during sleep, a byproduct known as amyloid beta is cleared from the brain at a faster rate than when a person is awake. Amyloid beta has been connected to Alzheimer’s disease.

What all of this adds up to is the idea that sleep should be considered just as important as eating right and getting enough exercise. Adults should aim for 7-8 hours of sleep, while teens need up to 9 hours a night. But getting good sleep goes beyond being in bed for a set number of hours. The quality and timing of sleep are two other important factors for getting proper rest each night. People who work the night shift may experience problems getting quality sleep.

Here are five tips everyone can use to help improve the quality of their sleep:

- Keep your bedroom cool and dark
- Put away/turn off all electronic devices while preparing for bedtime
- Stick to a regular bedtime and wake time every day, even on weekends

- Stop drinking caffeine by the early afternoon and avoid large late-night meals
- Skip the late-afternoon nap, as it can make it harder to sleep at bedtime

The NIH has created a web page that brings sleep information from the many institutes that fund sleep-related research into one place. Learn more at <http://www.nih.gov/health/NIHandSleeplessinAmerica/>.

“Sleepless in America” airs on the National Geographic channel, and can also be viewed for free on YouTube.

Wintergarden

by

Brian M. Dacey, LICSW  
Mental Health Consultant

"Blow, blow, thou winter wind,  
Thou art not so unkind  
As man's ingratitude."

William Shakespeare-1564-1616

"O, Wind,

If Winter comes, can Spring be far behind?"

Percy Bysshe Shelley-1792-1822

Is this our Winter of Discontent?

Daily we are buffeted, coast to coast, continent to continent by media reports of events so outlandish and horrific we need turn away to regain our balance and perspective.

Beheadings, terrorist plots and attacks, abductions, assassinations, attempts to free captives that succeed, attempts that fail, drones.

Street violence, domestic violence, school shootings, homicides, suicides, homicide-suicides, weapons everywhere.

Charges of abuse against public authorities established to serve and protect us, decades-old claims of sexual abuse against a famous and admired entertainer, abuse claims against professional role-model athletes.

Ferguson protests against felt injustice, leading to riot and pillage, peaceful protests at the Christmas -Tree lighting on Boston Common, an annual gift from the people of Halifax for help received from Boston after a horrendous waterfront disaster there years ago.

Communities continue to reel under the heroin-induced deaths