

The Flag

www.bethanyhomes.net



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

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MARCH 2015 EDITION

This is Jered And you've got mail

I am often amazed at how the mind works. Recently my oldest two children have been watching a TV show called "Brain Games". There are usually several different activities during the show and of course you can participate from the comfort of your home. No matter how smart you are, you will be tricked again and again. It's really quite fun, but sometimes after a long day at work it is difficult to go home and make my brain work even harder by watching a TV show. Can I please just watch the Bruins? It has often amazed me how tired we can become when we use our brains intensely. You may remember starting a new job and feeling exhausted in the first few days or weeks. Your brain is in overdrive and you try to look your best, give your best effort, and to remember all of these new names and a new schedule and on and on. When our brains work hard we get tired. We become emotionally drained and physically exhausted.

I'm also amazed at how our brains are able to retain information. Events that happened years ago, quotes that we've heard in the past, places we've traveled. It is really quite amazing to think about the complexity and capability of the human brain. I'm sure most of us still remember the name of our first grade teacher, even though it's probably been a few years since we were in her classroom. My kids will sometimes remind me of something I had said and I honestly have no recollection of it. It's astounding that each of our memories are unique to us, and we can remember things that no one else will.

I've been able to participate in some great educational programs in the past few years. Two years ago I attended a leadership training program with professionals from around the United States. One thing that has "stuck" in my brain was a quote by one of my classmates during that program. When discussing how to persevere through difficult times, she shared that she often reflected on her training in the Army. Her drill sergeant would challenge the troops when they wanted to quit. But there was only one correct response, "always forward sir!" No matter what happened, how discouraged or beat up they felt, the answer was to always keep moving, always forward. This is a message and a truth that I will never forget.

If you are facing difficulty and feeling defeated, just remember to keep moving - always forward!

*"In three words I can sum up everything I've learned about life: it goes on."
— Robert Frost*

Resident/Supportive Services

Jeannette Johnson, Director of Resident Services

Linda Maxwell, Resident Services Coordinator (Phoenix & Mission Towers)

Kathy Pothier, Wellness Nurse

NEW HIRINGS

Jeanette Johnson has been promoted from her current position as Assisted Living Nurse to Director of Resident Services. Jeanette has been with us for nearly 2 years and will now oversee our Resident Services program. This position has changed both in title and in location, as Jeanette will now be assigned to Merrivista on a full-time basis. Jeanette replaces Pam Arel, who retired on February 24th after nearly 24 years of service.

Michelle Burchell has been hired as our new Property Manager at Merrivista. Michelle has a Masters Degree from UMass Lowell and a certificate in Gerontology from Boston University. Michelle worked for Elder Services of the Merrimack Valley for over 4 years, and most recently was their Congregate Housing Manager. Her first day was Monday, February 23rd.

Linda Maxwell has been hired as a full-time Resident Service Coordinator and will split time between Phoenix and Mission Towers. Linda has a Masters Degree in Clinical Mental Health from Lesley University. Linda is a Licensed Mental Health Counselor (LMHC), Licensed Alcohol and Drug Counselor (LADC1), and a Registered Art Therapist (ATR-BC). Linda has owned and operated her own mental health practice for many years and has many additional years of experience as a therapist both for mental health and substance abuse counseling. Linda's first day will be Monday, March 16th.

We are excited to have these new members join us and we look forward to them becoming part of the team! Please give them a warm welcome when you meet them.



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

This is what Bethany's residences offer:

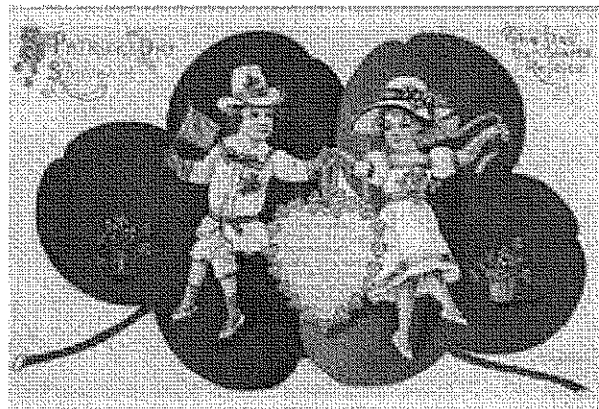
- On-Site Service Coordinator to coordinate your care with doctors, community health and other social service agencies.
- Home cooked meals served in the dining room or delivered to you.
- Housekeeping services.
- On-Site Wellness Health Clinic, nutritional counseling and apartment visits by a Registered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

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

Assisted Living at Merrivista

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

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



Phoenix Row (978) 374-2164

Nancy Leefe, Property Manager

Happy almost Spring everyone! At this time we are not singing any more the song "Let It Snow" but maybe, "Let It Stop!" Much appreciation to the residents who have had to move their vehicles so we could plow and/or remove snow and shuttle to Nichols Village where Joe created a "snow farm" so we had a place to bring our snow to. Thank you Nichols Village owners for allowing us to do that!

Experiencing a high electric bill these past months? Call National Grid at 1-800-322-3223 and check and see if you are on a Senior, Low-Income discounted rate.

For the month of March I thought to do a refresh of some "Common Courtesies".

- Welcome your new neighbor and help them get acquainted with the building and the events that are happening.
- Be kind to your neighbors, they can be of support to you when in need.
- Respect each others' space because it just happens to be your space too.
- When coming onto the elevator, it is safer to wait for those exiting before entering.
- Thank you for going outside and smoking in the gazebo and not in and around the building.
- Thank you for helping Bethany maintain the Trash Rooms by recycling properly and keeping your trash over the weekend.
- Be mindful of pre-washing any soiled laundry before bringing to the Laundry Room. Check to make sure the washing machine is clean after using for the next person.
- Be mindful of the time you or your guests are parked in the drop-off zone, it is no longer than 10 minutes.
- Make the best out of this severe weather, Spring is just around the corner!

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



LOCKOUTS

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

Merrivista (978) 374-2168

Michelle Burchell, Property Manager

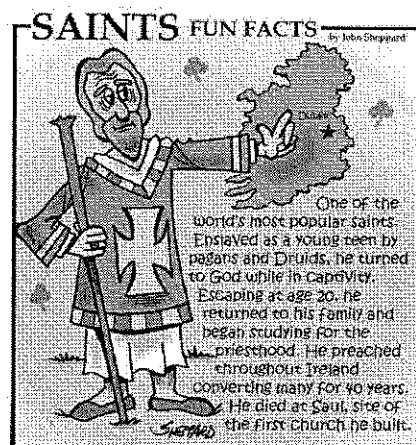
Michelle Burchell's Quick Bio:

Michelle Burchell has been hired as our new Property Manager at Merrivista.

Michelle has a Masters Degree from UMass Lowell and a certificate in Gerontology from Boston University. Michelle worked for Elder Services of the Merrimack Valley for over 4 years, and most recently was their Congregate Housing Manager. Her first day was Monday, February 23rd.

Greetings from New Property Manager, Michelle Burchell

Hello! I would like to introduce myself, my name is Michelle Burchell and I am happy to announce that I have recently accepted the position of Property Manager at Merrivista. I am a lifelong resident of Haverhill and currently live in Riverside with my 9 year old son. I come to Bethany Homes with many years of experience in housing and social services. I welcome you to stop down anytime to introduce yourself. I am excited to join the awesome team of staff at Bethany Homes and look forward to meeting you all!



St. Patrick

Mission Towers (978) 374-2173

Deanna Ruth, Senior Property Manager

We have experienced quite the winter these last few weeks. We would like to thank all of you for your cooperation & patience when it came to snow removal. Hat's off to our Maintenance crew for doing an outstanding job!

We realize that many of you have experienced quite an increase in your electric bill. If you have concerns please stop by the office & talk to Deanna. We would also like to remind you that if you are receiving a rental subsidy, you also receive a monthly utility allowance. What happens is once 30% of your adjusted income is determined for your rent an additional amount, (utility allowance), is subtracted because you pay your own electric. For example, if 30% of your adjusted income was \$300.00 per month & you live in a studio \$77.00 would be deducted & your rent would be \$223.00.

The utility allowances are based on unit size & are as follows:

Studio	\$77.00 per month	annual deduction \$ 924.00
1-Bedroom	\$98.00 per month	annual deduction \$ 1,176.00
2-Bedroom	\$124.00 per month	annual deduction \$ 1,488.00

If you have any questions pertaining to this again please feel free to stop by the office.

As March approaches us let's hope we will look forward to the snow going away & warmer days 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

Maintenance

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

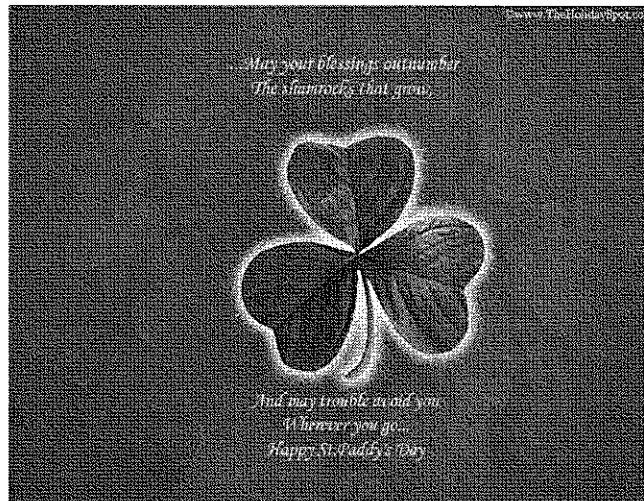
On behalf of the Maintenance Department, we would like to wish every resident of the Bethany communities a Happy and Blessed St. Patrick's Day!

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. This is a small button between the two receptacles on the outlet.
- Keep drains flowing freely. Avoid pouring oil, coffee grounds or other solids into the kitchen sink. In the bathroom, remove hair from the sink and tub promptly so they're not washed down the drain. Sink and toilet clogs usually can be unstopped with a plunger. Fill the clogged vessel with water and then push the plunger straight down in a quick, firm motion. You may need to repeat a number of times before the clog is removed.

Know When to Seek Maintenance Help

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



ACTIVITY DEPARTMENT

Darlene Sutton, Activity Director

Activity Office Contact Information

978-374-2165 or dustton@bethanycommunities.org

Robert Hills, Bus Driver

Bob Lavanga, Bus Driver

BETHANY EZ VAN TRANSPORTATION

Bethany EZ Van Contact Information

978-302-6443

For all medical appointments, please call 978-302-6443 for your EZ Van reservation. If you get the voice mail, please leave a message and it will be answered. Transportation to medical appointments is available on Monday and Thursday only. Our vehicles are handicapped accessible with a lift for wheelchairs and other ambulatory devices. The EZ Van transports you door to door with a limited waiting time.

OTHER TRANSPORTATION SERVICES

Northern Essex Elder Transport Program provides rides only to medical appointments in the Amesbury to North Andover area. To qualify participants need to be over 60 years of age and be able to walk independently. They are unable to accommodate 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 which you need to submit. If you are over 60 years of age, please send proof of your age by providing a copy of your birth certificate. To get an application call, the MVRTA at 978-373-1184, select option 3, follow the prompts, and one will be sent to you.

COMMUNITY NEWS

- **The Haverhill COA is having a St. Patrick's Day Party** on Monday, March 16th at 11:30a at DiBurros. The entertainment will be Crazy Maggie. The cost is \$10pp and you can order your ticket with Kathy or Rita at 978-374-2390 (tickets may be picked up at the door that day).

BUILDING NEWS

- Please let Darlene know if you're interested in a Worship Service at your building. Pastor Chris was coming monthly at each building and recently not many residents were attending.
- REMINDER Daylight Savings Time begins at 2am Sunday, March 8th. Set your clocks 1 hour ahead!
- REMINDER Please do not save seats for anyone at game time. The chairs are the property of the building and anyone can sit in any empty seat. Also please do not take Bingo or any game cards home with you, they are the property of building and the activity department. Many cards are missing if you have any in your apartment kindly return, thank you for your corporation.

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 1st of the month.

All buildings have a calendar in the lobby; check it for trips and activities taking place that day week or month in your building. 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 Bethany buses 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.

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. Trips are coordinated 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. If the trip is cancelled you will be notified 48 hours in advance. I cannot notify you unless you have signed up! *Remember family and friends are always welcome to join you on the bus!*

MARCH TRIPS

- ❖ **Friday Lunch Rides in March** from 11a-2p bus cost \$6
 - 6th Shun Lu North-Andover
 - 13th Carriage Town-Kingston
 - 20th Cheesecake Factory-Peabody
 - 27th Warren's-Kittery
- ❖ **Sunday Lunch Rides in March** from 11a-2p bus cost \$6
 - 1st Galley Hatch-Hampton
 - 8th Coach Stop-Londonderry
 - 15th Hungry Traveler-Salisbury
 - 22nd Century House-Peabody
 - 29th Sylvain Street Grille-Salisbury

NURSES TRIP with Kathy is Tuesday, March 3rd at 12-2:30p to the Holy Family Haverhill to the Merrimack Senior Luncheon. Doctor Qi, Rheumatologist will speak about 'Managing Arthritis' during lunch. This is limited to the first 10 passengers, the cost for lunch and transportation is \$10 to be paid to the driver.

WAL-MART & FAMILY DOLLAR is on Tuesday, March 24th 11a-3p, the cost for the bus is \$8.

DAY TRIPS

- Wednesday, March 4th **Foxwoods**, depart from MV at 6:15a & 6:45a from 500 Primrose Street, cost \$35
- Tuesday, March 10th-**Tony Kenny's Irish Cabaret**-Venus De Milo-corned beef and cabbage or baked scrod, cost \$85
- Wednesday, March 11th **Boston Flower Show** at Seaport World Trade Center-show ticket and transportation \$32
- Thursday, April 16th **Live from Nashville** 'Tribute to Country Music' at the Garde Arts Theatre in New London, CT (to be priced)
- Tuesday, April 21st **Neil Sedaka** 'Live in Concert' at Mohegan Sun Casino includes transportation, gaming package, lunch & show ticket (premium seating) \$99
- Tuesday, August 11th **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 2-8th **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 30th-November 13th **Autumn Repositioning Cruise**-NCL Dawn departing from Boston-Ports of Call include=San Juan, PR-Kralendijk, Bonaire-Willemstad, Curacao-Oranjestad, Aruba-Ochos Rios, Jamaica-George Town-Cozumel, Mexico-New Orleans, LA-also Includes airfare from New Orleans-Motorcoach-15 day cruise-Port charges & taxes-Professional Escort from Tours of Distinction--meals& entertainment on the ship-City Tour of New Orleans with Lunch-gratuities for Drivers, Escort& Step on Guide-cost pp for Inside Stateroom \$1853-Ocean View Stateroom \$2253-Balcony Stateroom \$2553

Bethany Homes

10 Phoenix Row
Haverhill, MA 01832

PHONE:
(978) 374-2160

FAX:
(978) 374-2163

E-MAIL:
@bethanycommunities.org

We're on the Web!

See us at:

www.bethanyhomes.net

Kitchen and Servings at Bethany for all Residences

Maria Regan, Chef

Drew Ryan, Chef

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

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

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

Breakfast: \$4.00

Lunch: \$6.00

Supper: \$10.00

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

About Our Organization...

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

MARCH

MISSION TOWERS TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Galley Hatch	2 Whist Bingo	3 Hairdresser Exercise Coffee Hour with Darlene Nurses Trip Phase 10 Geronamo	4 Grocery Shopping	5 Clinic Bible Study Bingo	6 Hairdresser Shun Ju Communion Pokeno	7 Uno
8 <u>Daylight</u> <u>Savings</u> <u>Time</u> Coach Stop	9 Whist Bingo	10 Hairdresser Exercise Coffee Hour with Darlene Phase 10 Geronamo	11 Grocery Shopping Resident Council Meeting	12 Clinic Bible Study Bingo	13 Hairdresser Carriage Town Pokeno	14 Uno
15 Hungry Traveler	16 Whist Bingo	17 <u>St. Patrick's</u> <u>Day</u> Hairdresser Exercise Coffee Hour with Darlene Phase 10 St. Patrick's Day Party Geronamo	18 Grocery Shopping	19 Clinic Bible Study Bingo	20 <u>First Day of</u> <u>Spring</u> Hairdresser Cheesecake Factory Pokeno	21 Uno
22 Century House	23 Whist Bingo	24 Hairdresser Exercise Coffee Hour with Darlene Wal-Mart Phase 10 Geronamo	25 Grocery Shopping Resident Birthday Party	26 Brown Bag Delivery Clinic Bible Study Bingo	27 Hairdresser Warren's Pokeno	28 Uno
29 <u>Palm</u> <u>Sunday</u> Sylvan Street Grille	30 Whist Bingo	31 Hairdresser Exercise Coffee Hour with Darlene Chair Massage Therapy Phase 10 Geronamo				

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

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

SPECIAL MARCH EVENTS

- ❖ **ST. PATRICK'S DAY PARTY** will be held Tuesday, March 17th at 5p in the dining room. The menu includes corned beef & cabbage with the fixin's, the sign up will be in the lobby, the cost will posted later date.
- BIRTHDAY PARTY**
- ❖ The resident birthday party is on Wednesday, March 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, a special surprise drawing & dessert.

BIBLE STUDY

This is a Bible Study & Discussion for spiritual growth. They meet on the 7th floor common area, 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.

BROWN BAG

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

CHAIR MASSAGE THERAPY

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

CLINIC

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

COMMUNION

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

EXERCISE

A professional instructor from the YMCA conducts a 30 minute class every Tuesday at 9a on the 7th 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.

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 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 MEETING

The next resident council meeting is on March 11th 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 this showcase.

UNO

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

WHIST

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

MARCH

MERRIVISTA TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Galley Hatch Bingo 50/50 Raffle	2 Bingo 50/50 Raffle Resident Council Meeting	3 Hairdresser Clinic Nurses Trip Chair Massage Therapy Pokeno Women's Group	4 Grocery Shopping Open Door Group Geronamo	5 Hairdresser Exercise Bingo 50/50 Raffle	6 Shun Ju Communion Pokeno	7
8 <u>Daylight</u> <u>Savings</u> <u>Time</u> Coach Stop Bingo 50/50 Raffle	9 Bingo 50/50 Raffle	10 Hairdresser Clinic Pokeno	11 Grocery Shopping Geronamo	12 Hairdresser Exercise Bingo 50/50 Raffle Entertainment	13 Carriage Town Pokeno	14
15 Hungry Traveler Bingo 50/50 Raffle	16 Bingo 50/50 Raffle	17 <u>St. Patrick's</u> <u>Day</u> Hairdresser Clinic Pokeno	18 Grocery Shopping Open Door Group Geronamo	19 Hairdresser Exercise Reminisce Ladies Group Bingo 50/50 Raffle	20 <u>1st Day of</u> <u>Spring</u> Cheesecake Factory Pokeno	21
22 Century House Bingo 50/50 Raffle	23 Bingo 50/50 Raffle	24 Hairdresser Clinic Wal-Mart Pokeno	25 Grocery Shopping File of Life Geronamo	26 Hairdresser Brown Bag Delivery Exercise Bingo 50/50 Raffle	27 Warren's Pokeno	28
29 <u>Palm</u> <u>Sunday</u> Sylvan Street Grille Bingo 50/50 Raffle	30 Bingo 50/50 Raffle	31 Hairdresser Clinic Pokeno				

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

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

SPECIAL MARCH EVENTS

- ❖ On Sunday, March 1st at 6p the **THE SENCOND CONGRIGATIONAL CHURCH** will hold a Lenten Service in the dining room. Everyone is encouraged to attend, light refreshments will be served.
- ❖ On Thursday, March 12th from 6-7p **ENTERTAINER MARLENA PHILLIPS** will be in the dining room, light refreshments will be served, free to all residents.
- ❖ On Wednesday, March 25th at 10a in the dining room will be a short program to hand out **FILE OF LIFE** packets, this is every important for all residents so please plan to attend.

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.

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 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

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 Anges Leonard meets the third Thursday of the month at 2p in the library. Everyone is and welcome refreshments are served, this is free.

RESIDENT COUNCIL MEETING

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

SHOWCASE

The showcase is located in the lobby across from the 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 Shelia Babolian or Barbara Jameson. Linda Call may also 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.

MARCH

PHOENIX TRAVEL & EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Coffee Galley Hatch	2 Coffee Nurse Is In Cards	3 Coffee Nurse Is In Exercise Nurses Trip Women's Corner	4 Coffee Grocery Shopping Pokeno Cards Skip-Bo	5 Coffee Exercise	6 Coffee & Donuts Nurse Is In- Clinic Hairdresser Shun Ju Communion Rosary Bingo	7 Coffee Cards
8 <u>Daylight</u> <u>Savings</u> <u>Begins</u> Coffee Coach Stop	9 Coffee Nurse Is In Cards	10 Coffee Nurse Is In Exercise Women's Corner	11 Coffee Grocery Shopping Pokeno Cards Skip-Bo	12 Coffee Exercise Resident Meeting	13 Coffee Nurse Is In- Clinic Hairdresser Carriage Town Rosary Bingo	14 Coffee Cards
15 Coffee Hungry Traveler	16 Coffee Nurse Is In Cards	17 <u>St Patrick's</u> <u>Day</u> Coffee Nurse Is In Exercise Women's Corner St. Patrick's Party	18 Coffee Grocery Shopping Pokeno Cards Skip-Bo	19 Coffee Exercise	20 <u>1st Day of</u> <u>Spring</u> Coffee Nurse Is In- Clinic Hairdresser Cheesecake Factory Rosary Bingo	21 Coffee Cards
22 Coffee Century House	23 Coffee Nurse Is In Cards	24 Coffee Nurse Is In Exercise Wal-Mart Women's Corner	25 Coffee Grocery Shopping Pokeno Cards Skip-Bo	26 Coffee Exercise Brown Bag Delivery	27 Coffee Nurse Is In- Clinic Hairdresser Warren's Rosary Bingo	28 Coffee Cards
29 <u>Palm</u> <u>Sunday</u> Sylvan Street Grille Resident Birthday Party	30 Coffee Nurse Is In Cards Music Masters	31 Coffee Nurse Is In Exercise Women's Corner				

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

Weekly Activities are in the dining room located across from the elevators. If the activity is in a different space it will be indicated. 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 and it will be indicated if there is a fee.

SPECIAL MARCH EVENTS

- ❖ **ROSARY** will be held with Joe every Friday at 2:30p in the dining room during Lenten season.
- ❖ **ST. PATRICK'S DAY PARTY** will be held Tuesday, March 17th at 5p in the dining room. The menu includes corned beef & cabbage with the fixin's, the sign up will be in the lobby, the cost is \$3.
- ❖ **MUSIC MASTERS** will entertain us on Monday, March 30th from 6:30-7:30p in the dining room, free to all residents. We will be planning a dinner at 5:30, watch the board for details.

BINGO

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

BIRTHDAY PARTY

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

BROWN BAG

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

CARDS

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

CHAIR MASSAGE THERAPY

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

CLINIC

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

COFFEE HOUR

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

COMMUNION

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

EXERCISE

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

GROCERY SHOPPING

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

POKENO

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

RESIDENT MEETING

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

SHOWCASE

The showcase is located in the lobby across from 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.

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

of so many of their young, and welcome the arrival of Narcan, a drug that reverses the effects of heroin.

Courageous families, in interviews and obituaries are disclosing publicly the deaths of their children from this scourge, breaking the bond of shame that serves to keep much of this affliction hidden.

These same families joined by organizations such as the Salvation Army and police are mobilizing to engage the greater community in their fight to save lives through preventive intervention.

On the World stage we've seen the Pope in Turkey mobilize the hierarchy of that country's Islamic clerics in the fight against Terrorism. Our diplomats continue to reach out to Iran to find ways to dissuade them from any plans to build a nuclear arsenal, as media reports indicate Iran has troops in Syria combating ISIS. Our diplomacy also seeks renewal of peace talks between Israel and the Palestinians.

So as we approach a New Year during the celebration of the Prince of Peace let's hope the turn of the calendar heralds that season of renewal and growth, that life force, that Spring the poet had in mind.

Good Luck!