

The Flag

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

Bethany Community Services				May 2016				978-374-2165			

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

"The greatest problems of our time are not technological, for these we handle fairly well. They are not even political or economic, because of the difficulties in these areas, glaring as they may be, are largely derivative. The greatest problems are moral and spiritual, and unless we can make some progress in these realms, we may not even survive. This is how advanced cultures have declined in the past." - D. Elton Trueblood, American Quaker Author and Theologian (1978)

Wow, powerful words that seem to hit home in an era of political madness and divisiveness. It seems not much has changed since these words were written in 1978. It's difficult to truly know if these times are worse than times in the past. It's certainly easy to think that may be the case, but we often don't remember the past as clearly as we think. It's easy for the "good old days" to seem better than they were, because anything must be better than the present.

I'll admit that I find the current political discourse to be discouraging. Regardless of your side of the aisle, corruption and issues abound for all parties.

Recently I heard on the radio a discussion about leadership and what qualities make a good leader. The following three essential qualities were discussed; humility, radiating positive energy, and leading by example. Leading by example is one of the most basic principles of leadership that is often taught and learned at a young age. Radiating positive energy is certainly a great quality as well, but the one trait that I propose may be the most important is humility. When you think of great leaders do you think of someone who is humble? Maybe this isn't something that immediately comes to mind. However, if you think of a humble leader, perhaps a teacher, coach, or pastor, I believe you'll think of someone you respect. Individuals that are genuinely humble are people that I find easier to trust. They are realistic, they don't puff themselves up, they seemed grounded, and most importantly, they often put others before themselves.

I'm not sure what will happen at the next election or who the next President will be, but I hope that whoever is elected may lead by example and demonstrate humility. Would it be possible for them to also be of strong morals and a healthy spirit? Maybe this is too much to ask, so instead, I will consider being more like this myself, and maybe you can consider that as well. It might do us all good to examine our humility and to look for ways to be servant leaders in our communities. And please don't forget about the key ingredients to a healthy culture, strong morals and a healthy spiritual foundation. Without these, will our culture survive?

Jered

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 1st and 2nd floors, this includes all units except the 1 bedroom units located on the 1st and 2nd 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 3rd thru the 6th 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) 374-2160.

Our Staff hours are as follows:

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

Kathy Pothier, RN, BSN, Wellness Nurse: Monday 8:00AM to 12noon, Wednesday 8:00AM to 4:00PM and Thursday 8:00AM to 4:00PM at Merrivista – Mon 1-4pm, Tuesday 8-4, Friday 8-4 at Phoenix Row

Denise Huminick, RN, Wellness Nurse: Tuesday and Wednesday 9:00AM to 1:30 PM at Merrivista, Monday and Thursday 9am to 1:00 PM Mission Towers

Linda Maxwell, Resident Service Coordinator: Monday thru Friday 8-12 Phoenix & 1-4 at Mission Towers

All residents are welcomed to come visit Denise on Tuesday's from 9am to 12noon, and have your blood pressure taken.

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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?


Residents from Phoenix Row have approached me and asked to resume a Compassionate Friends group in the Phoenix Building. I have received no other requests from our other buildings to continue. In order to accommodate this interest, there will be a meeting held **Monday, May 23rd at 10:00 in the Resident Service's office at 22 Phoenix Row.**

If anyone from Mission Towers or Merrivista is interested in this group please contact Linda Maxwell, Resident Service Coordinator at (978) 374-2164. This is open to all Bethany sites.

HEALTHY MINDS MONTHLY SEMINARS FOR MAY

Presented by Linda Maxwell, LMHC, ATR-BC, LADC1

Tuesday May 17th

DEALING WITH DIFFERENT TYPES OF DEPRESSION 	Dealing with feelings of hopelessness, anhedonia, or unease.	PHOENIX MERRIVISTA MISSION TOWERS	11:00 – 12:00 1:30 – 2:30 3:00 – 4:00	DINING ROOM LIBRARY 7TH FLOOR

Older Americans Month

May is a month of fresh beginnings. Perennials bloom once again, blazing a trail of bright color. May is also when we celebrate Older American's Month (OAM), acknowledging the perennial contributions of older adults to our nation.

President Kennedy first celebrated older Americans by designating May 1963 as Senior Citizens Month. After a meeting with the National Council of Senior Citizens, Kennedy encouraged all Americans to pay tribute to older people across the country. Every President since has issued a formal proclamation during or before the month of May in support of older Americans. In 1980, President Jimmy Carter's proclamation changed the name to Older Americans Month. This month continues to be a time to celebrate those 65 and older through ceremonies, events and public recognition.

Here's a chuckle:

An elderly woman had just returned to her home from an evening at church service when she was startled by an intruder. As she caught the man in the act of robbing her home of its valuables, she yelled, "STOP! ACTS 2:38!" (Repent and be baptized, in the name of the Lord, so that your sins may be forgiven.)

The burglar stopped in his tracks. The woman calmly called the police and explained what she had done. As the officer cuffed the man to take him in, he asked the burglar, "Why did you just stand there? All the old lady did was yell scripture at you."

"SCRIPTURE?!" replied the burglar, "She said she had an AXE and TWO 38's!"

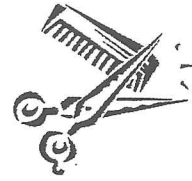
Bethany Communities Resident Art Exhibit



The first meeting for this event will be Wednesday, May 25th at 9:30 AM in the Phoenix Dining Room @ 22 Phoenix Row. Transportation will be available for Merrivista and Mission Towers. We will be discussing specifics about this exhibit. All who have signed up and anyone else interested in participating in our discussion is welcome to come.



Hair Salons at Bethany



Each of our Buildings has a fully equipped Hair Salon.

Make an appointment directly with the Beautician.

At Merrivista the Salon is open at 9am on Tuesday and at 8am on Thursdays.

At Mission Towers the Salon is open at 8am Tuesdays & Fridays.

At Phoenix Row the Salon is open at 10 am on Mondays & 9 am on Fridays.

Pricing:

Shampoo \$3

Hair Treatment \$10

Haircut \$15

Shampoo & Cut \$16

Shampoo, Set & Treatment \$ 23

Shampoo, Set & Color \$30

Perm \$45 & up

Eyebrows \$ 2

Rinse \$3

Clipper Cut \$ 10

Hair Color \$17

Shampoo & Style \$17

Shampoo, Set & Cut \$25

Frosting & Highlights \$35 & up

Manicure with Polish \$15

Polish Only \$8

What a great gift from family & friends a Gift Certificate for the Salon would be!

Perhaps you could suggest just that when asked "What do you want for your Birthday? ".

EZ VAN TRANSPORTATION**Robert Hills, Bus Driver****Mimmo Chiachio, Bus Driver**

The Bethany E-Z Van for can transport you on Thursday to medical appointments or The Senior Center in Haverhill. Thursday offerings at the Senior Center include 9am Tai Chi, 9:30 am ZumbaGold, 10:30 am Dominos-Mexican Train. The E-Z Van can get you to the Center between 9am and noon, but if you were to decide to stay to play Bingo at 1pm, you would need to secure a ride back from another Bethany Resident as the bus ends its run at noon.

You must make a reservation at least 48 hours in advance, 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 Thursdays between 9am-noon but please call 48 hours in advance to make your reservation.

Round trip is only

\$10 for appointments - \$5 to Senior Center

Call 48 hours in advance to reserve a seat - 978-302-6443.

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

Kathie Cox

Activities Coordinator – 978-374-2165

I want to thank each of you that attended the Meet & Greets in the Buildings, as well as those that have given me suggestions or feedback in various ways. I always appreciate the opportunity to converse with you all!

Some items on the horizon – **PLEASE be sure to check bulletin boards for more activities throughout the month!**

5/2 – Bus trip & Guided Tour to Museum of Fine Arts – Council on Aging Trip Call Kathy or Rita at 978-374-2390 for details.

5/11 – Hat's Off to America at 11am in Phoenix Dining room – All are welcome! No charge – Light refreshments served

5/18 – The Sound of Music playing free at Chunky's.

5/19 – Bus trip to Golf Country in Middletown MA. Golf Driving Range, Mini Golf and Ice Cream all at the same location. Bus cost \$5.00- Buckets of balls can be purchased on site & Clubs are available for no additional charge!

5/24 – AARP Smart Driving Course being held at Nichols Village in Groveland. Please sign up before 5/18 if you'd like to attend.

Looking ahead – watch for further details....

6/2 – “Baby Shower” for Linda Maxwell benefitting the Pregnancy Care Center

6/3 – Kathie Lee Gifford & Hoda Kotb at Lowell Memorial Auditorium- call me if interested!

6/13 – Peaceful Community presentation 10am – 2pm

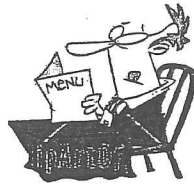
6/15- Boston Pops at Symphony Hall with Groups Inc.

7/15 – Neil Sedaka performs at Lynn Auditorium- Call me if you'd be interested in going so tickets can be purchased well in advance!

10/23 – The Price is Right Live at Lowell Memorial Auditorium – Call me so tickets can be ordered

CALLING ALL BOWLERS!

If you'd be interested in going bowling on Tuesdays at 9:30 am at All Saints Bowling Alley – noncompetitive League meets weekly. 3 strings & shoes for \$4.50 – Call Kathie for details!



May Dutch Treat Lunch Rides

Pick-ups will begin at 11:00 am - Please keep in mind that the driver has multiple stops to make & some folks take a bit longer to board the bus.

Friday Rides

May 6 – Olive Garden – Manchester NH

May 13 – Poet's Inn – Haverhill

May 20 – Giuseppe's – Newburyport MA

May 27-- Cracker Barrel– Londonderry NH

Sunday Rides

May 1- Spud's - Rowley MA

May 8 – Mothers Day – No Lunch Ride

May 15 – Fireside, Methuen MA

May 22- The Beach Plum – Epping NH

May 29 – Newicks – Dover NH

****Nurses Ride – Tuesday May 24 – 11-2pm Hampton Beach**

Please be sure to call Kathie at 978-374-2165 to reserve your seat on the bus.

All rides are \$6 round trip.

Bethany reserves the right to cancel any activity/daytrip if there are less than 5 residents signed up. *Please remember to call 978-374-2165 to sign up. Thank you.

Mission Towers

Deanna Ruth, Property Manager

As many of you know Mission Towers recently experienced a fire, we are so grateful that there were no injuries and that most of the damage was contained to one unit. Thank you so much for those of you who helped the resident that was displaced, your generosity and caring spirit is a reminder of the wonderful place Mission Towers is to live.

We thought it would be a good time to remind all of you of what to do in case of a fire.

1. All Bethany sites are directly connected to the Haverhill Fire Department to assure a prompt response to an emergency. Buildings are safely constructed with fire detecting devices in every apartment and common space. In case of fire call 911 and pull a manual pull station immediately.
2. Use caution with the disposition of any flammable materials. Please contact the Property Manager for assistance.
3. In case of a fire alarm, hallway doors will close automatically. Please leave them closed and do not prop them open. Please wait for a staff member to open them.
4. **We have been advised by the fire department that you should remain in your unit if you hear the fire alarm. Please evacuate when advised to do so by emergency personnel or staff. If the fire or smoke is in your unit please evacuate immediately and be sure to close the door behind you.**

In the past few weeks we have had some serious backups with the plumbing and after some investigating it was determined that this was caused by baby wipes being flushed down a toilet. Please DO NOT flush anything down the toilet other than toilet tissue, if you use any of the wipes products some may advertise that they are flushable but they are not. Thanks so much for your cooperation regarding this.

As many of you know David Poirier is recuperating at home after having shoulder surgery, his address is posted on the bulletin board in the lobby if you would like to send him a card.

We would like to wish all of the very special woman here at Mission Towers a wonderful Mother's Day!!

**Phoenix Building
Nancy Leefe, Property Manager**

Happy May Day!

Spring is in full swing! Thank you Mary and other residents for your hard work and contributions to make our courtyard so beautiful out there! I am always so proud to show off that part of our property when giving tours! You and others make that happen for all of us to enjoy! We have purchased new patio chairs for the courtyard (and more on the way!) Another kind of sprucing up happening at Phoenix will be some other new furnishings arriving this month! Keep your eyes out for them!

Being it is May, there is a lot of pollen in the air. Please refrain from opening any windows in the hallways until the pollen count is down. It is better for everyone's health! I will post in the elevators when it is clear to open the windows.

Please note that starting May 23rd, the week before Memorial Day weekend, the staff will be changing to summer hours. They will be posted in the elevators and bulletin boards.

The month of May is also a time to celebrate and give thanks for mothers! Happy Mother's Day to all the women at Phoenix! Have a wonderful month everyone!

Merrivista

Michelle Burchell, Property Manager

Linda Call, Asst. Property Manager

SPRING IS HERE!

The birds are singing and flying in and out of our birdhouse that Frank Call made which is right outside our windows in the office. This is a sure sign of Spring don't you think?

Soon you will be seeing our maintenance men working hard outside getting our grounds pretty. Planting flowers and mowing our lawn. Not to mention the turning on of our water fountain by the Gazebo.

We also have a brand new showcase in our lobby which looks very nice and if you have any donations for it you may contact Sheila or Rose in our building.

Have you noticed the pretty new carpet and brand new paint on the walls up on the 5th floor. We think it really spruces up the halls .

This is just a reminder that when you pay your rent please put it in an envelope and drop it in the slot in Linda's door if we are not in the office. Also, please do not hand any checks to us if we are outside the office because they could get misplaced.

Another reminder: Please be advised that the library will be in use by staff from 12:00PM to 1:00PM Monday through Friday. We apologize for any inconvenience. Please contact the Merrivista Main Office if you have any questions or concerns.

Just for Laughs

Marvin was in the hospital on his death bed and his family called Marvin's Preacher to be with him in his final moments. As the Preacher stood by the bed, Marvin's condition deteriorated and Marvin motioned for someone to quickly pass him a pen and paper. Marvin wrote a note and handed it to the Preacher and then Marvin passed away so the preacher put the note in his pocket not reading it at the time. At the funeral the Preacher remembered the note in his pocket and knowing Martin must have wrote something inspiring the Preacher took it out to read to the visitors. It said, "Hey, you are standing on my Oxygen!!"

Please enjoy the sunny days they can put a smile upon your face

THE KITCHEN AT BETHANY

Maria Regan, Chef

Drew Ryan, Chef

978-374-2169

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.

Please *do not give cash* to the staff when you are ordering or when your meal is delivered. We have a billing system in place and you will be billed at the end of the month for all meals ordered in the previous 30 days.

Maintenance Tool Box

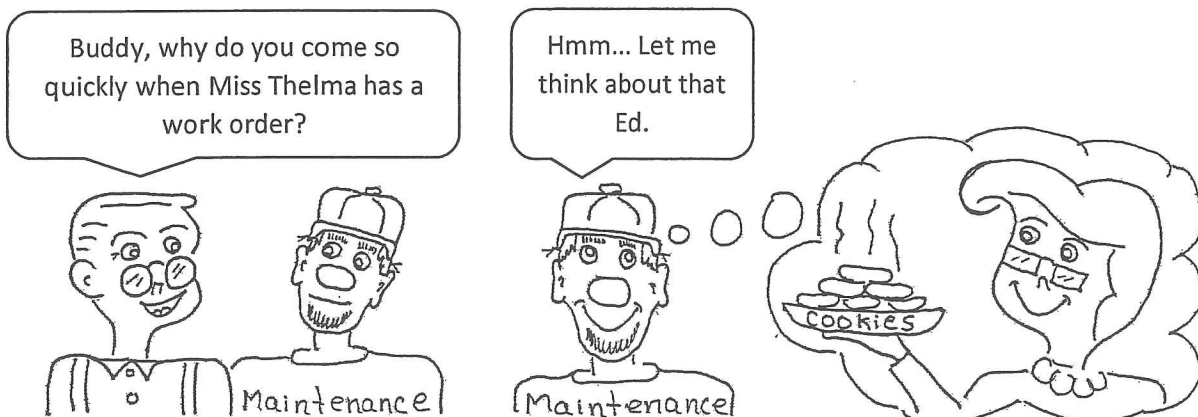
What do you mean there's no charge? I had come out on the weekend to repair the toilet of a newer Bethany resident. When the toilet was back in working order, I told him that he was all set and have a good day. "Wait, how much do I owe you" he asked, and of course I responded that we do not charge for service calls on the weekend or otherwise at Bethany. When the shock wore off he offered me a few dollars tip, and again I responded that we do not accept tips. I walked away feeling good that I had provided a necessary service without having to charge.

This event made me interested to find out how much folks that do have to hire people to do the work in their homes have to pay. I turned to a trusted internet site that recommends reputable contractors called Angie's List. Here's what I found. The average cost to have an electrician come do a small job like changing an outlet or a switch is \$100.00 to \$150.00. Having that toilet fixed would cost you \$100.00 to \$200.00 unless it's the weekend then you're looking at \$300.00. The average cost homeowners pay to clear a tub, kitchen or bathroom drain runs \$109.00 to \$214.00. Even hiring a handyman to fix a window or squeaky door costs on average \$83.00.00 dollars an hour, wow. So, the next time your maintenance man fixes a drip or cleans a drain give him an atta-boy, he just saved you some serious cash.

Ask The Maintenance Man

Question: Mr. Maintenance man, what kind of experience do our maintenance staff have?

Answer: That's a great question, we have a great team with tons of experience and expertise. We have a professional landscaper, a licensed electrician, construction skills, woodworkers, a plumber, and career maintenance professionals. Wow, I'd say we have it covered. Thanks for asking.





PLEASE WELCOME

HOLLY ST. CYR

To the benefit of all our residents, Bethany Communities is offering Holly an on-site work experience that relates to an educational path or possible career interest. She will be with us from May through September. Holly will use this opportunity to explore a career path as an artist, educator and/or art therapist. Her experience here will provide job experience. Holly will be supervised by Linda Maxwell, a master's level clinician who is a board certified art therapist. Interns are not therapists and are not expected to have the clinical skills to do art therapy.

BETHANY'S SUMMER ART
THERAPY INTERN

CURRENTLY ENROLLED AT
EMMANUEL COLLEGE –
BOSTON, MA

KAPPA PI HONORARY
SOCIETY MEMBER

Start Date Tuesday
May 17th through
September – Tues, Weds &
Thurs

This internship is specially
designed for college level
students interested in
pursuing either a path as an
art therapist or a fine art
educator



FLAG SPOTLIGHT OF THIS MONTH

How long have you lived at Bethany? 10 years. When I arrived at Mission Towers I had many mixed emotions as I had lived in my own home for over 50 yrs. After my husband died my finances were depleting. I had to make a decision and after meeting with Deanna who showed me some lovely apartments with the lovely views of the Merrimack

VIVIAN RANDALL
MISSION TOWERS



River – it all reminded me of my life growing up in Merrimacport.

What did you do before coming here (work, school, etc.)? I retired from

Western Electric. I stopped working when I had my family. I was married for forty five years. I met my husband at church. We were both active in the choir. We had four children together

What do you like most about living at Bethany? Everyone is very congenial. I was alone for five years after my husband died. Being here I don't worry about anything. I enjoy the Bible studies we have here too.



What else would you like to tell us? I feel as though I am more relaxed here – I enjoy my life and what friends remain. I have been very happy here and I especially enjoy the sunsets.

Editor's note: Many residents get to enjoy Vivian's organ playing on the 8th floor. Vivian is one of the many positive, uplifting people at Mission Towers.

Wintergarden

Brian M. Dacey, LICSW

Mental Health Consultant

Time does not bring relief; you all have lied

Who told me time would ease me of my pain!

I miss him in the weeping of the rain;

I want him in the shrinking of the tide.

Edna St. Vincent Millay-1892-1950

A man's dying is more the survivor's affair than his own.

Thomas Mann- 1875-1955

The heroin overdose epidemic, combined with the war on terror leaves our country in a chronic, repetitive state of grief.

Commemorative events and remembrance services allow victims and survivors, collective and individual opportunities to express their shock, anger and grief.

One authority has described five different styles of grieving.

Called Five Ways We Grieve, see if your particular style is found amongst them.

Nomads- Have no anchor and are characterized by a range of emotions, including denial, anger and confusion about what to do with their lives. In the acute stages of grief, most survivors are Nomads. However, those who remain Nomads have not found a meaning from their loss and a sense of purpose for their changed lives. No matter when the loss occurred they remain adrift, confused, lacking an internal compass, making inappropriate choices. Their challenge is to find a new identity that will help them heal. Most could benefit from professional attention.

Memorialists- seek to preserve the memory of their loved one by creating concrete memorials and rituals to honor them. They have the strongest need to honor their loved ones. There are now many websites like 'Caring Bridge' where families can keep their loved one's memory alive.

Normalizers- are those who accept that life is finite and work hard to create the kind of life they either lost or wished they had. They place great value on their family, friends and community and are committed to fulfilling the life they had before the loss.

Activists- these are survivors who have an increased awareness of the time-limited nature of life, along with a desire to make a difference. Oriented primarily toward the future, they strive for meaning through the positive impact they can make on people and the world. They participate in programs and activities often related to the cause of their loved one's death.

Seekers- are motivated by their loss to explore the meaning of life and choose spiritual ways of coping with their loss. In this way they find a meaning in their own life, connect to others, the natural world and the Divine (however they define it.).