

Summer 2011 Catalog
July 11 to September 23, 2011
BV & HealthAbility



health
ability™

Wellness with a Purpose:
Independence, Vitality & Joy



Welcome to HealthAbility

What is HealthAbility?

HealthAbility is the name of our wellness program. It's a comprehensive and far reaching campaign that is the result of collaboration of many different departments on campus. The collaboration is an outward sign of the high value we place on wellness here at Bethany and its place in the overall vision and mission of our campus. Every day, we strive to create a culture of wellness that enriches life. Every day, we promote relationships that celebrate a balanced and fulfilling life.

Some people mistakenly think that wellness is only about PHYSICAL wellness or fitness. Nothing could be further from the truth. While physical wellness is very important because it gives us greater ability to pursue the other five areas of wellness, it is still just one of the SIX dimensions of WHOLE PERSON wellness. We hope you won't let physical limitations lead you to believe that HealthAbility isn't for you. HealthAbility is for everyone! It is designed to provide you with personal awareness and support around ALL SIX dimensions of wellness.

PHYSICAL



SPIRITUAL



INTELLECTUAL



SOCIAL



EMOTIONAL



VOCATIONAL



What are the components of the HealthAbility Program?

With HealthAbility, you can assess your current state of wellness, set goals for the future, attend programs that improve your personal wellness and help you achieve your goals, while receiving support and encouragement along the way. We hope you join us!

HealthAbility includes:

1. **The “Change the Way You Age” Seminar and Goal Setting Workshop.** Attending this seminar is your first step in HealthAbility. It will introduce you to the program, show you just how much you can improve your wellness no matter what your age, and help you set personal goals
2. **The Wellness Profile / Senior Fitness Evaluation.** Attending this session is step two. We’ll assess where you are now and what kind and amount of physical exercise is best for you.
3. **The “Know your Numbers” Result and Action Plan Session.** You’ll receive the results of your fitness evaluation and receive help in your wellness goals,
4. **A Personal HealthAbility Lifestyle Contact.** You will be assigned an individual who will support you in setting and achieving your wellness goals. Your Lifestyle contact will check in with you as often or as seldom as you’d like via phone, in person or e-mail.
5. **Wellness Enriching Program** This catalog is your guide to the many programs on campus that enrich each component of wellness. We hope you attend many of them.
6. **Success Mapping:** When you attend *any of the events in this catalog, your attendance will be logged into the HealthAbility system* for many of them. A summary of your wellness efforts can be reported back to you, providing an accurate snapshot of how you are doing in each of the six dimensions of wellness.
7. **Re-assessment.** You’re invited to complete another Wellness Profile/ Senior Fitness test 3 months after your enrollment and again at the 12 month point to evaluate your success!

How to get started with HealthAbility:

Getting started with HealthAbility couldn't be easier and you can do it anytime. Please join us and tell a friend to join

To enroll, it's as easy as 1-2-3

1. Contact one of the four HealthAbility Team Leaders

Sandy Reid, Director of Wellness

717-591-8022 sreid@asbury.org

Justin Margut, Wellness Specialist

717-591-8368 jmargut@asbury.org

Sarah Abbe, Wellness Professional

717-591-8408 sabbe@asbury.org

Maureen Hooper, Resident Life Coordinator

717-591-8021 mhooper@asbury.org

2. Attend all three of the following:

- “Change the Way You Age” Seminar
- Wellness Profile/ Senior Fitness Evaluation
- “Know Your Numbers” Results and Action Plan

Contact the Wellness Department for scheduling.

3. Start participating in the Wellness enriching programs and events outlined in this catalog.

We invite you to page through this booklet and find the campus programs and events that will help you reach your wellness goals and lead an improved life. Programs are grouped together according to the dimension of wellness that they enrich.

Physical

Taking care of your body to maintain and improve strength, flexibility and function. Making positive choices to nourish your body so that it can be as healthy as possible while you enjoy social, intellectual and emotional experiences that are related to food and nutrition.

The Monthly Classes and Activities

Fitness / Pool Class Schedule may vary slightly from month to month. Please refer to your monthly Fitness and Pool Calendars to double check schedules or check with the Wellness Center at 591-8022.

Supervised Fitness: (by appointment)

Monday, Wednesday, Friday 1pm to 3pm

Tuesday and Thursday 10am to 11am

These are scheduled times that a Wellness Associate will be in the room to help you set the machines and to monitor that you are doing the exercises correctly.

Channel 78 Exercises

Exercise at home with a variety of video exercises played right after morning announcements/devotions. (Approx. 9:15am)

Stretch Class

Tuesday & Thursday 8am – Multi Purpose Room

A short warm-up followed by stretching and strengthening to increase flexibility and help keep your joints mobile.

Flex & Balance

Tuesday & Thursday 9am - Community Room

Similar to stretch class, this class adds exercises to help improve your balance. Many exercises can be done while seated.

Circuit Class

Tuesdays and Thursdays at 9:00am – Fitness room

Back by popular demand – this 45 minute class uses a mixture of cardio and strength equipment in the fitness room. Call the Wellness Center office to sign up or for more information.

Physical

Mat Class

Thursday 8:45am – Multi Purpose Room

Working your core (abs/back) on provided mats using Pilates/Yoga style exercises to improve strength and flexibility.

Tai Chi

Wednesday 1pm – Multi Purpose Room

Funded by Residents' Council, this class is taught by a contracted instructor. Standing or seated, slow controlled movements are used to improve balance, stamina, coordination and posture.

Yoga

Monday 2pm & Wednesday 2:30pm - Multi - Purpose Room

One class a week is funded by Residents' Council, and one is being funded by the Life Enrichment fund. You may sign up in class or at the Wellness Office. Concentration is on breathing, postural alignment, balance and mental focus.

Balance Class

Multiple sessions are offered. If Interested please contact the Wellness Office @ 591-8368

Skittles

See Calendar for organized games. It is located in the East Breezeway by the mailboxes and in the West Billiards Room

Ping Pong

Thursday 7pm – Multi Purpose Room

Weekly fun pick-up games.

Wii Games

Located between Clinic and Pharmacy. Sign out at West Front Desk.

Wii is a game that puts players in a simulated world on TV.

Physical

MASSAGE

Massages are available at Bethany Village by Certified Massage Therapist Mary Ann Pricer. Appointments are available on Tuesdays and Wednesday **Starting again August 23rd** – please call the Wellness Center Office to schedule. Gift Certificates are also available!

Outdoor Games: (When weather permits)

Disc Golf: Thursdays at 10:00am. Disc Golf is located beside the maintenance building.

Shuffleboard: Wednesdays at 6:30pm. Shuffleboard is played on the new sport court located in the courtyard by the café.

Mini Golf : is located by the gazebo behind the pool. Key is at west front desk. Possible League coming soon.

Aquatics

Wavemakers:

Monday, Wednesday & Friday 8am

A challenging class that strengthens and conditions the body. There are faster movements along with running and jumping in the water.

Aquamotion:

Monday, Wednesday & Friday 9am

A gentle moving class that combines range of motion, flexibility and strengthening exercises with a brief cardiovascular segment.

Aqua Aerobics

Monday, Wednesday & Friday 10 am

A large cardio-vascular component that also incorporates strengthening and stretching exercises.

Physical

Water Walking

Monday, Wednesday & Friday - 1pm

Tuesday & Thursday 11 am, 1pm & 5:30pm

Self-directed exercises, walking and/or swimming laps

Water Volley Ball

Tuesday & Thursday 4 pm

Join us for fun games and occasional competition.

Tuesday, August 2

Bethany Village vs Mennohaven at 2:00pm

Learn To Swim – All abilities are welcome. Classes will offer opportunities to all ability levels. Talk to Justin if you are interested.

Specialty Aquatics (Class Fee- Contact Wellness Dept)

Ai Chi

Tuesday & Thursday 9am

Flowing motion in the water to help reduce stress, improve posture balance and strength.

Water Gait -Arthritis and Joint

Tuesday and Thursday 10am and noon

With full range of motion exercises for upper & lower extremities, we will soothe aching muscles and joints

Weekend Warrior

Saturdays at 8:00am

Special Monthly Events

Tuesday July 19 Nature Walk- Cowan's Gap in Fort Loudon PA

Shuttle Pick-up: Leave East at 8:20am, West 8:30 am Approximate return at 2:30

Cowan's Gap State Park is a 1,085-acre park in the beautiful Allens Valley of Fulton County. A 42-acre lake, large campground, rustic

cabins and many hiking trails are prime attractions. State forest land surrounds the park, providing additional land for recreation and natural beauty in all seasons. There are 11 miles of hiking trails that vary in difficulty from flat to very steep. We will be stopping for lunch on your own on the way home.

August 10, 2011 All Day Picnic at Little Buffalo State Park

We'll travel to beautiful Perry County for this year's all day picnic. There are several trails to walk, paddle boats to rent, swim at the pool, or just relax by the lake. We'll leave around 9:00am, eat lunch around 12noon, leave to travel back to BV around 2pm. Look for details on the times and picnic lunch in August's sign-up sheet.

August 25, 2011 Nature Walk- Memorial Lake State Park

Shuttle Pick-up: East @ 9:00 am & West @ 9:10 am

Memorial Lake State Park's 230 acres is near the base of Blue Mountain in East Hanover Township, Lebanon County. The park is surrounded by Fort Indiantown Gap, the headquarters for the Pennsylvania Army and Air National Guard. The open nature of the park allows visitors to take casual walks through most of the park. Scenic views of the lake provide a tranquil setting. Join us for a walk, then we'll have a picnic lunch at the park that you have pre-purchased for the trip.

August 31, 2011 Alzheimer's Walk at Bethany Village

Look for more information on how you can participate in or donate to this fund raising activity.

Saturday, September 10 Alzheimer's Walk at City Island

Join Team Bethany for the walk and the many other activities happening on the beautiful City Island. More details to follow.

September 12, 2011 Nature Walk- This month's walk is close by at Pinchot Park. Join us to walk one of the many trails or just relax by the lake. We'll take advantage of September's weather and have a

relaxing picnic lunch at the park. More details and the lunch menu will be available for sign up day.

P.O.W.E.R. Games 2011 here at Bethany Village!

Friday, September 23rd, Register by September 12th

Come help us create Team Bethany to take have at the games! You don't want to miss all the excitement and fun we'll have joining other groups from the community for the Games! There will be numerous activities to participate in, similar to our Bethany Games, such as- miniature golf, horse shoes, bocce, water volleyball, and more! Come ask for the information packet at the Wellness Center!
Cost: \$8 for games- includes lunch

September 26 through September 30 is

ACTIVE AGING WEEK

This is the week to celebrate all that you do or to branch out and try something different. Look for more details about events for the week.

Spiritual

Enjoying a continued sense of well-being, providing meaning and purpose that enriches your life and nourishes your soul

Morning Devotions

Monday through Friday – Broadcast on Channel 78 at 9am

Vesper Services

Sunday 4pm Bethany Towers & 7pm Community Room

Catholic Mass

Please refer to the Program Calendar for dates

Bible Study

Tuesday 2:30pm Bethany Towers

Little Rock Bible Study

Study of the Gospel of St. John, Wednesdays 10:30am, beginning September 14th.

West Residence Common Room; sponsored by St. Joseph Church

Pastoral Visitation & Home Communion

Spiritual support for residents and families in home and hospital

Grief Support

Personal, one-to-one, pastoral support for residents, their families, and staff members during times of loss and bereavement.

Spiritual Direction

Support and guiding accompaniment for those seeking to deepen their spiritual pilgrimage. Contact Chaplain Brand Eaton at 591-8011

New Home Blessing

Consecration Service of your home at Bethany Village – contact Chaplain Brand Eaton at 591-8011 to arrange

Intellectual

Exercising and strengthening your brain and stretching your creative and mental abilities through life-long learning

Coffee & Conversation

2nd Tuesday (Multi Purpose Room) & 4th Tuesday (Community Room) 9:15am. First meeting is September 21st.

Guest speakers present a variety of current topics in an informal setting. (See Program Notes for monthly topics)

Resident Council

1st Tuesday of the Month 9am Corporate Conference Room

Investment Club

3rd Wednesday of the Month 10am Resident Council Office

Book review

3rd Friday of the Month 10am Solarium

Low Vision Group

4th Tuesday 2 pm Corporate Conference Room

Guest Speakers present topics in regards to low vision

Railroad Club

1st Thursday 2pm Multi Purpose Room

Clickers Club – computer

See Bulletin board for classes and meetings

Dakim – Brain Fitness (M-power)

A cognitive learning system and specialized computer games to stimulate the mind. Located on East & West Campuses.

See Front Desk for information to sign up.

Venture Series - Education Series in March and October every

Thursday at 7pm in the Community Room – Guest Speakers –

Additional information on speakers and topics will be provided in February.

Emotional

Facing Life with a positive attitude and enthusiasm, even in difficult times because of how you see yourself, your goals and your role in life and in the lives of others

Dementia Support Group

4th Tuesday at 3:30pm West Education Room

Led by John Bowen and Kathleen Bolden in conjunction with the Alzheimer's Association

Low Vision Support Group

4th Tuesday at 2:15pm Corporate Conference Room

Guest Speakers present topics associated with Low Vision

Parkinson's Support Group

2nd Wednesday 1:30pm West Residence Common Room

Diabetic Support Group

1st Wednesday of the month – East Solarium

Facilitator: John Bowen

Caring and Sharing Support Group

2nd Tuesday; 2pm West Education Room

Facilitator Stacy Beck – support group focused on loss and changes

Yoga (One class is funded by Residents Council))

Monday 2pm / Wednesday 2:30pm Multi Purpose Room

Tai Chi (sponsored by Residents Council)

Wednesday 1pm Multi Purpose Room

Massage Therapy (Fee for Service)

Tuesdays & Wednesdays

Call the Wellness Office for appointments

Social

*Connecting and interacting with your environment and community
through family and friends*

Bingo

1st & 3rd Tuesday of Month Community Room

Enjoy a friendly game of Bingo and light refreshments

**Nights will vary in May / June –please see calendar

Game Night – Bunco

2nd & 4th Tuesday Collegiate Cafe

Lively Dice game where you move from table to table.

**Nights will vary in July/September – Please see calendar

Dominos

3rd Thursday 7pm Springfield's Private Dining Room

Enjoy Mexican Train Dominos

Drum Circle

See Calendar for dates and times

Come and join us for a time of “play and discovery” of the rhythm you have within yourself. Drums and percussion are provided.

Men's Chorus

Thursday 4pm, Solarium Begins September 8th

Led by Eric Dundore - New members welcome

Women's Chorus

Fridays 1:15pm Community Room Begins September 9th

Led by Jean Thurston – New members welcome

Instrumental Ensemble

Friday 10 am Chapel Please see calendar for dates

Led by Bob Lamb

Bridge

Monday 7pm East Card Room; Thursday 1:30pm West Residence

Common Room; Friday 7pm East Card Room

Social

Pinochle

Wednesday 7pm West Residence Common Room; Friday 6:30 pm
Community Room

Re-Run Theatre

Classic movies shown at 7pm Multi Purpose Room
See calendar for dates and Channel 78 movie selected

Saturday Cinema

Movies shown at 7pm Community Room
See calendar for date and Channel 78 for movie selected

Special Entertainment Programs at BV

Greater Harrisburg Concert Band

Friday, July 8 7 pm Community Room

Red Cross Therapy Dog Salute to our Veterans

Saturday, July 9 at 2pm Community Room
Red Cross dogs say “Thank You” to all that served

Mechanicsburg Garden Tour

Saturday, July 16 10am Martha’s Garden
This year’s tour features our Garden Railroad as their first stop

Randy Riggle Nostalgia Comedy Show

Wednesday, July 27 7 pm Community Room
Looking back at our history through funny glasses

Bethany Village Carnival

Thursday, August 18 1-3 pm Oak Terrace
Carnival fun and food for all

Mendelssohn Piano Trio

Friday, August 19 Community Room
A perennial favorite!

Resident Council Pancake Breakfast

Wednesday, September 7 8 am Community Room
Check monthly calendars for additional entertainment programs

Social

Events – All events listed below require registering with the Resident Life Office and paying a fee.

Please refer to Resident Life calendar for events / programs that may be added.

Festival Concert,

Thursday, July 7, 6:10 pm

H. Ric Luhr's Center, Shippensburg

Country Ride

Friday, July 8, September 22, 1:10 pm

Touring the countryside with an ice cream stop at the end

Lunch at Shady Maple Smorgasbord

Monday, July 11 11:30 am

Popular restaurant and Farmer's Market in Lancaster County

Herbal Bonsai

Tuesday, July 12 2 pm Oak Terrace

Create your own culinary bonsai

Annual Root Beer Float

Wednesday, July 13 12:30 pm

Tubing down the Yellow Breeches to Simpson Park

Ice Cream Social

Monday, July 25, Wednesday August 24, Tuesday, September 13

1 pm and 2 pm Community Room

Old Fashioned Ice Cream Sundaes

Senator's Baseball

Thursday, July 14 5:30 pm

Harrisburg Senators on City Island

Hollywood Casino

Monday, July 18, Tuesday, August 16 9:20 am

Bus to casino in Grantville

Social

Nature Walk

Tuesday, July 19, 8:20 am
Cowan's Gap State Park

Dinner at Log Cabin Restaurant

Wednesday, July 20 4 pm
Historic restaurant in Leola PA

Concert for Care Assurance

Thursday, July 21 6:30 pm
Fourth Annual Concert with the Hershey Symphony

Ice Cream Social

Monday, July 25, Wednesday, August 24, Tuesday, September 13
1 pm and 2 pm Community Room
Old Fashioned Ice Cream Sundaes

“Wizard of Oz” – Dutch Apple Dinner Theater

Thursday, July 28, 10:05 am
Buffet lunch and Musical

Pride of Susquehanna River School

Monday, August 1, 2:05 pm
Learn about the history of the Harrisburg area while on the cruise

Cherish the Ladies – Mt Gretna

Thursday, August 4 6:20 pm
Celtic music legends

“Bye Bye Birdie” – Fishing Creek Playhouse

Friday, August 5
Musical

Blue Moon Big Band

Saturday, August 6, 4:45 pm
Nissley Winery, Bainbridge

A Columbia Experience - Columbia

Tuesday, August 9, 9:05 am
Tour of Turkey Hill Experience and Watch & Clock Museum

SOCIAL

Black Eagle Jazz Band – Mt Gretna

Saturday, August 13, 6:20 pm

Jazz favorites return to Mt Gretna

Evening Under the Stars

Wednesday, August 17, 7 pm

Wine Social with entertainment by Tom Edmondson

New Christy Minstrels – Mt. Gretna

Thursday, August 25 6:20 pm

Folk Music legends

“Show Biz Tonight” – Timbers at Mt. Gretna

Wednesday, August 31, 10:05 am

Musical and buffet lunch

Schubert’s Trout Quintet – Mt. Gretna

Sunday, September 4, 6:15 pm

Audubon Quartet members close out the season at Gretna

Bethany Village Annual Corn Roast

Wednesday, September 7, 5 pm

End of summer buffet outside Maplewood

“I Love a Piano” – Dutch Apple Dinner Theater

Thursday, September, 15 10:05 am

Lunch buffet and Musical

York County Sunset Ride

Tuesday, September 20, 3:20 pm

Heritage Rail Trail, New Freedom

Vocational

*Reaching out to help others by providing support sharing
your experiences, talents and abilities*

Volunteer Opportunities

A wide range of volunteer opportunities are available:

Assist in Oaks Skilled Nursing, Maplewood Assisted Living, Audio Visual, Front Desk, Library, Gift Shop, Gallery Goodies, and many more. Please contact the Volunteer Office located at Bethany Village East in the Resident Life Office or call Kristin Bottini at 717-591-8083.

Needlecraft:

Mondays at 10am Craft Room

Decorative Arts

Mondays at 1pm Craft Room

Ceramics

Tuesday s at 1pm Craft Room

Crafts

Wednesday at 10am Craft room

Artworks

Thursday at 1pm Craft Room

Resident Council

1st Tuesday of month East Conference Room

Bethany Auxiliary

1st Wednesday at 10am East Conference Room

The HealthAbility Lifestyle Contact Team

Director of Wellness
Sandy Reid – 717-591-8022

Wellness Specialist
Justin Margut – 717-591-8368

Wellness Professional
Sarah Abbe – 717-591-8408

Resident Life Coordinator
Maureen Hooper – 717-591-8021

Executive Director
Melissa Hadley – 717-591-8027

Director of Spiritual Wellness
Rev. Dr. Brand Eaton – 717-591-8011

Director of Social Services
John Bowen – 717-591-8081

Volunteer Coordinator
Kristin Bottini - 717-591-8383

Asst. Administrator of Maplewood
Kim Valvo 717-591-8478

The HealthAbility Lifestyle Team is here to support and assist you in your wellness journey. Please call Sandy, Justin or Sarah to join the program. Once you are enrolled, a member of the Lifestyle team will contact you to help reach your wellness goals. We look forward to working with you!





Living, Learning, Playing and Aging Well.

To become part of HealthAbility
Contact: Wellness Department
717-591-8022