



Bethany Village named to Central Pennsylvania Magazine's "Hot List" for best Retirement Community for the 2nd straight year!



The votes are in and Bethany is "Simply the Best" again! Look for our ad in the August issue of Harrisburg Magazine.



Three years straight Bethany sweeps Carlisle Sentinel's "Best of the West Shore" competition for all three categories: Retirement Village, Assisted Living & Nursing.

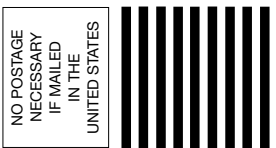


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Look at What's Happening  
at Bethany Village!



## THE FUN COMMUNITY!



See *Commitment to Wellness* story on page 2



How many of the following activities would you consider a "Wellness" activity?

- Exercising in the Fitness Room
- Creating in the Woodshop
- Beating other teams in Water Volleyball
- Learning in Clickers Club (computer club)
- Playing Disc Golf
- Attending Coffee & Conversation
- Going on Nature Walks
- Sitting in on a Nutrition Lecture
- Reading in Bible Study
- Joining a Book Review
- Travelling to the Dutch Apple Dinner Theatre
- Tubing in the Yellow Breeches
- Singing in Vesper Service
- Participating in Bereavement Support Group
- Working out in Aquacise
- Listening to the Greater Harrisburg Band Concert
- Posing in Yoga Class
- Enrolling in Senior Historians Class
- Enjoying Massage Therapy
- Winning in Bridge

(Continued inside)

corresponds. The event runs for an entire week in June and medals are given out at an awards ceremony at the end of the week. Later that evening, the closing ceremony for the games is held. As each team enters the ceremony, they carry their country's flag as the national anthem is played by a local band.



This year, Ed Stetler, representing England, dominated with 8 medals, 3 of which were gold! Another teammate, Bob Buxton, was close behind earning 7 medals, 4 of which were gold. Although having two dominating representatives, England placed 3rd in the overall medal count with 17. The USA was on top with 19 medals, closely followed by Germany with 18.

"The games are great!" Ed Stetler comments. "I've been interested in competition all my life and the games add to that and keep me active." He also says he "isn't interested in winning medals," he participates just to have "lots of fun." Many residents like Ed participated in multiple events throughout the week, but some just attended to cheer on fellow residents. At Bethany it's all about choosing what you want to do and living the lifestyle you want!

**Games Included:**

- Croquet
- Shuffle Board
- Softball Toss
- Football Toss
- Soccer Ball Kick
- Basketball Free Throws
- Walking
- Bocce
- Billiards
- Ping Pong
- Cycling
- Badminton
- Horseshoes
- Swimming
- Water Volleyball
- Disc Golf Distance
- Disc Golf Score

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(Continued from front cover)



The answer is all of them! Yes—these activities are just a sampling of wellness opportunities Bethany Village offers residents.

The wellness program at Bethany is called HealthAbility. It is a program that defines wellness as an intentional choice of a lifestyle characterized by personal responsibility, moderation, exploring potential and enhancement of the six components of wellness: physical, emotional, spiritual, social, intellectual and vocational. True wellness is determined by the choices made on how to live life on a daily basis. It is the holistic integration of six interactive dimensions that continually influence each other. At Bethany, our goal is to ensure that we are offering programs and activities that meet resident's needs so they can live their best life.

The Wellness journey at Bethany begins by attending the presentation "Change the Way You Age." This seminar is an introduction to the program and will show ways to improve wellness. The next step involves a Wellness Profile, which is a series of physical assessments that are completed. These assessments will show the current level of a resident's wellness and what exercise is appropriate for the future. After the Wellness Profiles, a "Know Your Numbers" appointment is made to evaluate the results of the assessments with a Wellness Professional. In that meeting, goals are set, options are explained and program recommendations are made in any area of wellness where changes want to be made. That's how simple it is to enroll in the HealthAbility program at Bethany!

Everyone looks at Wellness differently, and it is a choice of what to do and how to do it. Bethany Village strives to support resident's goals and provide what they need to live their life to the fullest.



RESIDENT SPOTLIGHT

## Living healthy, active and involved



Mary Loring and her husband Frederick have lived in many places, moving frequently to accommodate Frederick's job as a natural gas engineer. So in choosing a place to retire, they gave the decision a lot of thought. After considering nine different retirement communities in the Mid-Atlantic region, their choice was clear.

"Bethany Village stood out to us for many reasons," Mary recalls. "The surrounding area has a wonderful blend of big city culture, small town attractions and beautiful countryside. And the community offers everything we need to support the active lifestyle we want."

The Loring's like the lovely grounds, spacious homes, range of services and "not having to worry about maintenance, lawn mowing and snow removal!" They also like the friendly nature of those who live here and the relaxed yet vibrant environment.

"There's a lot to pique many interests, but there's no pressure to participate," explains Mary. "You can be involved in as much or as little as you wish."

An East Cottage resident for the past eight years, Mary is among the many residents who do get involved. From tubing down a lazy river to flying down a mountain on a snow tube, competing in volleyball to meditating in yoga, learning new skills to enjoying musical and social events, Mary readily joins fellow residents in a wide variety of experiences.

A retired social worker specializing in mental health, Mary spent several years of her career running a day treatment program for Guthrie Healthcare. Today, she continues to serve others, volunteering for the Resident Council, the program committee and as a transport assistant helping residents in wheelchairs participate in campus events.

Frederick is also generous with his time and skills, playing piano for on-campus events and sharing the delicious bounty of his exceptional gardening talents. "Frederick and I enjoy staying active by doing a variety of things," adds Mary. "It's such a pleasure to live among others who feel the same."

RESIDENT SPOTLIGHT

## Sharing the key to continued health & wellbeing



What's the most important factor in nurturing health and longevity? According to Wes Leidig, it's being around others who share your interests and a zest for life. This Bethany Village resident believes a healthy dose of lively companionship is essential to a healthy lifestyle.

"People need people," Wes suggests. "Staying mentally sharp and physically fit is easier when you have company. At Bethany Village, you can always find others to encourage, challenge or join you, whatever your favorite activities are."

That's one of the many reasons Wes and his wife Carol chose to live here. In this friendly community, residents, as well as staff, explore a wide variety of interests among stimulating and amiable company.

"There's something for everyone here," declares Wes, noting he particularly likes the many opportunities for fitness. He works out in the Wellness Center, frequently power walks the campus trail with Carol, and engages in his longtime passions – racquetball and golf. He can be found serving lobs and hitting kill shots twice a week on local courts and tees off weekly on several area courses. He has no problem finding partners.

"The staff members here know everyone so well, they connect you with people who have the same interests and sometimes even join in themselves," Wes remarks.

Wes and Carol also participate in Bethany Village's HealthAbility program. "The wellness approach here is excellent," claims Wes. "The program helps you determine your personal goals and the staff helps you achieve them. Their encouragement and support really motivate you to stay on track."

Coming from a career in senior living services, Wes understands the importance of maintaining health throughout the aging process. After serving as executive director for three different retirement communities, Wes knew exactly what to look for when he and Carol decided to make their move.

Well-designed floor plans, spacious grounds, exceptional amenities and services to suit diverse needs are some of the many aspects they like about Bethany Village. They also like the freedom to "age in place, travel whenever we want, and live how we choose." As Wes observes, "It wasn't until after we became residents that we fully realized how carefree living here truly is."

Since settling into their West cottage in October 2009, the Leidig's have concluded, "You're never too young to move to a retirement community." And Wes happily adds, "Moving to Bethany Village is the best decision Carol and I ever made."

# Commitment to WELLNESS

After the hiring of the first Wellness Director in 2004, Bethany Village Residents Council formed a Wellness Committee of five residents and the director. As Bethany Village has expanded, the committee has also, and now includes seven residents representing all areas of living, one Auxiliary member, who is also a resident, and five associates. The committee meets monthly and reviews past and present HealthAbility activities as well as discussing new activities to be added to the schedule. The committee has created a HealthAbility Brochure that highlights activities at Bethany Village. A "wish" list was also created to capture projects that would enrich resident's lives. Projects on the wish list are defined and funding is secured through the Wellness Activity Fund.



Highlighted projects include: The addition of a nine basket Disc Golf course, Horseshoe courts, Bocce courts, raised garden beds for the Assisted Living and Skilled Nursing areas, Wii console and games, benches at various locations on campus, lights for an existing Shuffleboard court and also a new Shuffleboard court.

Items still remain on the list that the committee is working towards completing. However, they are always looking for more ways to benefit the community and their fellow residents to get closer to the ultimate goal of total wellness.

### Resident's Council

Resident's Council is an organization comprised of elected resident representatives from all areas of living. The organization's purpose is to work with the Bethany Village Administrative staff to provide for the social, physical, mental and spiritual welfare of the Residents.

### Wellness Activity Fund

The Wellness Activity Fund was established in 2008, with the help of the Asbury Foundation, after a Bethany resident made a generous donation specifically to fund wellness activities. Many more residents and even some associates are now regular donors. To date, the fund has raised over \$13,000 that has been used towards projects at Bethany.

### Bethany Village Auxiliary

The Auxiliary is made up entirely of residents & community volunteers dedicated to serving others. All the proceeds from the gift shop, dues, and other events the Auxiliary holds during the year contribute to providing services and equipment for the residents of Bethany Village.

THE BETHANY VILLAGE

## Priority Club

A program specifically designed for those on the Waiting List.

The Bethany Village Priority Club program gives you the opportunity to start enjoying many of the benefits available to Bethany Village residents while experiencing the community at your own pace. With the focus being on overall wellness, some of the benefits you will enjoy are:

- Access to our pool and aquatic classes
- Access to our wellness classes
- A voucher for a heart healthy meal at our Collegiate Café
- Periodic seminars/lectures designed specifically for and limited to Priority Club members
- Use of the Bethany Village Library & so much more...

For more information on the Bethany Village Priority Club please contact us at (717) 591 - 8411.

## I'd like to learn more about Bethany Village.

PLEASE CALL ME – I am interested in a tour of Bethany Village!

SEND me more information about the wonderful lifestyle at Bethany Village.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

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## Six Components of Wellness

- Emotional** Remaining positive about oneself and life
- Intellectual** Engaging in creative, stimulating activities
- Physical** Engaging in activity that encourages flexibility, strength and fitness



## Definitions & Symbolism

- Spiritual** Seeking meaning and purpose in human existence
- Vocational** Finding enrichment in meaningful activity
- Social** Contributing to the common welfare of one's community

Wellness is something more than exercising and feeling healthy. Achieving and maintaining a state of well-being, healthy living, and quality of life requires an individual to holistically embrace the value of each dimension of wellness.

The Wellness logo represents our approach to healthy living. The circles located underneath each point and the white spaces next to them represent the heads and shoulders of those who are coming together in the common pursuit of wellness. As with a tree, the shaded rings represent the maturation of our resident population. When one achieves their goal within each dimension of wellness, they will have blossomed to their full potential. This is signified by the petals of the flower blooming at their fullest sharing a gold ring that represents purity of being.