

Anticipate More

An Asbury publication dedicated to redefining the expectations of aging

SUMMER 2018



- The Not-for-Profit Difference
- Senior Living FAQs
- Super Summer Salad

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Greetings

from the Executive Director -
Brian D. Grundusky

Joining a retirement community is one of the most significant decisions you will make in your life, with many considerations and moving parts.

Yet, an overwhelming majority of residents tell us that it was the best decision they've ever made.

I believe that the satisfaction they derive from their new home and opportunities is in no small part due to the Mission-focused people who work at Bethany Village. It is our associates' desire to make a difference for the residents they quickly come to call friends that makes this community so special.

Mission-driven associates is just one important aspect of the not-for-profit difference. As a not-for-profit, we answer to you, not to shareholders. We ensure that if you outlive your resources through no fault of your own, that our benevolent care program will be there to help. And even though our Methodist-based heritage has expanded to embrace people of all backgrounds and beliefs, we hold firmly to that faith's charge to leave the world better than it was before.

It's a philosophy that seems to be shared by many residents of Bethany Village, too, and each year, associates and residents work to make this happen.

Each year, residents and associates hold an annual Rock-a-Thon for Alzheimer's research. We recently hosted our second annual Race to End Distracted Driving honoring an associate who died after being hit by someone texting while driving. Two residents are preparing for their second medical mission to Africa – and others spend countless volunteer hours closer to home and on campus.

One thing is for certain: if you are someone who believes in the value of Mission and purpose-driven living, there are plenty of opportunities here.

I hope that this issue of our magazine will encourage you to think about how Bethany Village can make your retirement a time to do more, laugh more, learn more, and experience more.

I hope you will anticipate more!

A handwritten signature in blue ink that reads "Brian D. Grundusky".

OUR MISSION

Doing all the good we
can for those we serve

OUR VISION

Redefining the
expectations of aging

An Asbury community, Bethany Village is a Continuing Care Retirement Community located in Central Pennsylvania. With a strong commitment to building health and wellness for every resident, we offer a comprehensive continuum of care supported by an unparalleled social environment. Our living options include residential living, assisted living, skilled nursing care, and memory support. Moving to Bethany Village won't just be the easiest choice you'll ever make, it will also be the best one.

Bethany Village | 325 Wesley Drive | Mechanicsburg, PA 17055



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BethanyVillage.org

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To view a digital issue of this magazine, go to www.BethanyVillage.org, and click on the News & Events tab.

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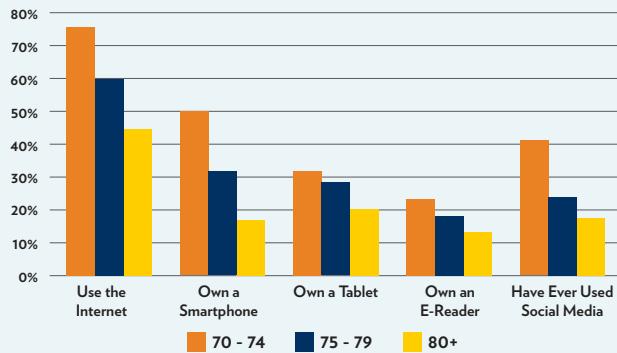
Technology Trends

Technology may not be your first language, but that doesn't mean you're not embracing it.

The latest Pew Research study shows older adults' use of all types of technology continues to grow.

Do you fit the trend?

Technology Use Among Older Adults



Furry Friends

Pets, especially dogs and cats, have numerous health benefits. Here's how U.S. pet ownership breaks down.



46 million homes
78 million dogs



40 million homes
86 million cats



6 million homes
16 million birds



12 million homes
12 fish average



The Call of the Wild

"In every walk with nature, one receives far more than he seeks," said John Muir, father of America's national parks. Boy, was he right.

A walk in the woods, park, or other peaceful, natural setting has significant health benefits, according to studies – benefits not found in urban areas.

They include:

- Decreased activity in regions of the brain associated with depression
 - Decreased rumination, anxiety and negative feelings
 - Lower blood pressure and cortisol (stress hormone) levels
- Hearken to the call of the wild. Your health will thank you.

April in Paris on a Dime

Okay, maybe not a dime, but using the following travel sites can turn up some great bargains, especially if you're flexible.



Kayak helps you book airfare, hotel, and rental cars together, which usually reduces rates for all three. Its greatest benefit comes for people who don't have a specific destination in mind. Use the Explore tool to find cheap fares around the world.

Travelocity, like Kayak, allows you to package your travel reservations. And, if you have a destination in mind, Travelocity's Farewatcher service will send notifications when prices drop.

Google Flights has access to a lot of data and uses that to allow you to set numerous parameters before searching. This helps weed out flights you'd never consider taking and flag hidden costs. Best of all, you can search within a timeframe rather than individual days to find the cheapest flights for, say, April in Paris.

Living Our Mission



As a not-for-profit organization, Asbury is Mission driven.

With a heritage rooted in the Methodist faith, we have continued to honor John Wesley's dictate to live in service to others even as our communities have evolved to welcome people of all faiths, beliefs, and backgrounds.

Benevolent Care for those who have outlived their resources is just one important piece of our Mission-driven, not-for-profit promise. First and foremost, our communities serve residents, not shareholders. Our board members are professionals who believe in our Mission and volunteer their time to ensure its stability and growth. We are not commercial real estate developers seeking to attract a new market; we are in the business of redefining the expectations of aging.

In short, we strive to make a difference in people's lives and in the community at large.

This focus is apparent not only in the way our communities function, but in the people who are drawn

to them. Maybe it's in the water, maybe it's some shared genetic coding that attracts givers to Asbury. Either way, residents' desire to help others provides countless benefits for people living inside – and outside – our communities.

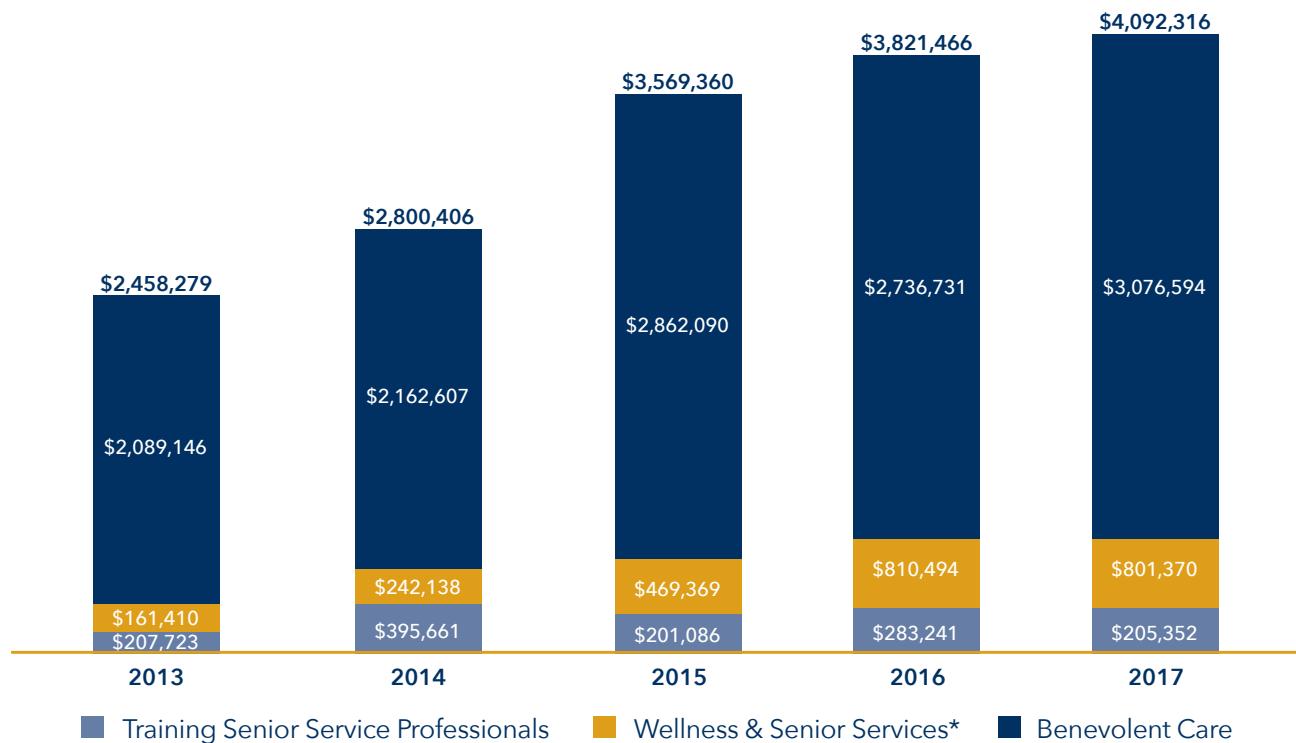
And it's not just residents who are driven to serve.

Asbury pledges to be a force for good in the regions where we operate, and we encourage and support our associates' time and efforts toward this goal.

Through partnering with local vocational schools and colleges to train new aging services professionals, and supporting senior wellness through Meals on Wheels deliveries, fitness classes at senior centers, and organizing annual fundraisers for Alzheimer's disease, our associates – often in collaboration with residents – are making a difference.

In 2017, working together, Asbury staff members exceeded our social accountability goals by 235 percent. (See chart on next page.)

OUR SOCIAL ACCOUNTABILITY BY THE NUMBERS



**Prior to 2014, represents total Senior Services and other Community Benefits*

The caring that makes these accomplishments possible are in evidence at every Asbury community. Time and time again, residents comment on how quickly associates come to feel like family members. And they, in turn, put residents at the top of their list when asked what inspires them to do their best each day.

If you are still in the research stages in your retirement living journey or are actively comparing communities, we encourage you to learn more about the Mission of each and how actively it is demonstrated internally and externally.

Pay close attention to the interactions you see between residents and associates, and to how associates interact with you.

We are confident that you will see our Mission to do all the good we can on display all around.

The Health Benefits of Giving Back



Did you know that helping others has been scientifically proven to help you, too? In 2012, a researcher at Stony Brook University School of Medicine reviewed more than 50 studies involving the effects of helping others and found that those who were sincerely altruistic were happier, healthier and in some cases, even had longer life spans. "...The benefits of giving are extremely powerful, to the point that suggests healthcare professionals should consider recommending such activities to patients," said researcher Stephen Post.

Post's findings corroborated those of a 2003 study of churchgoers that showed people who provided support to others had better mental health than those who only received such help, as long as they didn't overextend themselves.

Senior Living FAQs

If you're considering moving to a continuing care retirement community, here's a helpful guide to commonly asked questions and important factors to consider when touring.

Questions? We're happy to help! Contact our marketing team and ask to speak to a retirement counselor.

Q: I keep hearing the term LifePlan community. Is that the same thing as a LifeCare community?

A: LifePlan is simply a more up-to-date term for continuing care retirement communities, which began appearing in the 1980s. Several years ago, a task force of senior living professionals conducted focus groups to see which terms older adults felt best described the benefits and goals of a CCRC. LifePlan was the preferred choice, emphasizing the peace of mind that comes with planning and the focus on living well in your later years.

Q: What is a LifeCare community?

A: LifeCare speaks to the health care services that are guaranteed to residents. CCRCs have three primary contract types – all revolving around health care services.

- Typically, LifeCare communities have higher monthly fees and entrance fees than non LifeCare. In exchange, residents' monthly living expenses do not increase if they require assisted living or skilled nursing care – or if their spouse requires health care.
- At Type C communities, residents pay for any necessary health care on a fee-for-service basis. This means that monthly expenses will rise if assisted living or skilled nursing care is needed. However, this is typically the most affordable option, requiring a lower entrance fee that can often be funded by the sale of a home or through savings.
- Type B communities offer a modified fee-for-service contract regarding health care costs. Residents may

receive discounted or covered care for a period of time that can range from 30 to 90 days, typically.

- 55+ communities typically provide none of the wellness, dining, and health care services or staffing provided by a CCRC, or LifePlan, community. They are simply age-restricted communities where houses are built to more easily accommodate aging.

Q: How do I know if this is a smart move financially?

A: Each community's marketing team has detailed information on the costs of living at their community and worksheets that help you compare your expenses, as well as a financial qualification process. Contacting a financial advisor or CPA is a good idea. The fee for their services will be well worth a detailed analysis. People are often surprised to learn how much they still spend even though they own their house.

An important benefit of non-profit CCRCs is benevolent care, which provides financial support for residents who have outlived their resources through no fault of their own. In 2017, Asbury contributed more than \$4 million in benevolent care across its eight communities.

Q: How do I know when I've found the right community?

A: Many new residents say they "had a feeling when they walked in," but there's plenty you can do to back up a hunch. For starters, visit Asbury.org/TopTips for a touring checklist. Set up a few meals with community residents. Is the vibe too relaxed? Too formal? Stay over in a guest suite for a few nights. Come to resident events or clubs and community programs.

How are the associates? Do they greet you – and seem to know and enjoy current residents?

Ask about community awards and accreditations. Both speak to leadership, engagement, and stability.

And be sure to tour each campus's assisted living and skilled nursing neighborhoods. Ask to see their rates and what is included in the daily fees, and find out their U.S. Centers for Medicare & Medicaid star rating.

Vibrant Views

RESIDENT PROFILE

Support, Purpose and New Friends Ease a Challenging Time

MWhen Tony Wright and his wife moved to Bethany Village in the fall of 2016, they were seeking a simpler and more supportive lifestyle.

Tony's wife Emily was facing health challenges, and they became concerned that she might need assisted living services.

"We toured several places a few years earlier, but Bethany Village took the issue off the back burner for us," Tony says. "When we visited, we really liked what we saw. When we found out they were offering an incentive on an apartment we liked, that added some extra motivation."

The couple moved to Bethany Village in November and found that its on-campus medical clinic and pharmacy provided a measure of relief.

Understanding in the face of grief

"We felt comfortable here right away," Tony says. "We weren't here a month before our neighbors got together and threw a reception for us. My wife was happy here, but we didn't do a lot in the community because of her health issues." Sadly, Tony's wife continued to decline and passed away the following summer.

It was at this point that the full benefit of their decision really began to be felt, Tony believes.

"If I had stayed home, I would have had very little to do," he says. "I had a woodshop, but that's it. I would have volunteered at my church a couple of times a month and watched a lot of TV and read books."

Rather than living alone in an empty house, he found himself embraced by a community of people eager to offer support, many of whom had also lost a spouse. With their encouragement he began to participate in community events and to begin volunteering on campus.

Helping each other out

"There are a lot of single people here, and we all get together and help each other. My daughter and son both work and they can't check in on me every day. If something were to happen, people would say, 'Hey, have you seen Tony today? Let's go check on him.'"

That's because Tony is now a regular presence around campus, volunteering at the Gallery Goodies Snack Shop, Vespers, serving on the Bethany Village Auxiliary, and heading out to plays and other destinations.

'Involved in so many things'

"If I didn't show up to an event or a volunteer shift, I know someone would notice," he says. "I'm involved



in so many things I never would have been doing if we had not moved here."

Those "things" include Bethany Village's Wellness programs where Tony takes part in stretch, yoga, line dancing, mat classes and Silver Sneakers. And although he still likes to cook for himself, he appreciates that a meal with Bethany friends is just downstairs.

Despite his full calendar on campus, Tony maintains social contact outside Bethany to dine and play cards with his and his wife's friends and also gets together with church friends.

"Losing your partner is so difficult, and it keeps hitting you at unexpected times long after you have lost them," Tony says. "I am grateful that I have the support of people who understand loss, people who are ready to listen and to talk. I feel lucky that I am surrounded by people who really care about each other."

New Town Center East Plans Finalized

Residents and associates of Bethany Village in Mechanicsburg, Pa., are anxiously awaiting the day when the new café/bistro opens on the East Campus. It will bring new opportunities for dining, activities and fellowship.

Finalizing the details for the new Town Center was a collaborative effort. All of Bethany's partners contributed to the process: THW Design (architecture and design), Wagman Construction (general contractor), and Sodexo (Asbury's dining and facilities partner), with oversight from Asbury Leadership.

After a successful quiet-phase campaign of small-group briefings and several matching gift challenges, Bethany Village has raised more than \$2 million for the capital campaign, which is approximately 65 percent of the \$3,080,000 goal.

With new color renderings of the Town Center and additional small-group briefings on deck, 2018 will bring an opportunity for all to take a fresh look at the



project. Add to that the generosity of an anonymous donor who is offering an additional \$300,000 in matching gift dollars, and those awaiting the opening of the new Town Center may not have to wait too much longer!

For more information on Phase II of the Building Our Community campaign, please contact Natalie Bianco at 717-591-8019.



CONTACT US

Meet the Bethany Village Marketing Team

Call 717-766-0279 for information on Bethany Village or for a personal tour. We would love to show you around! Or visit BethanyVillage.org to see our upcoming events and learn more about the freedom you gain from joining our community. Anticipate More out of life!



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Convenience and Space Are Yours in an East Cottage

Set along streets lined with mature trees, East Cottage ranch homes are one of the most affordable ways to enjoy our fun, worry-free and maintenance-free lifestyle. Available in a variety of styles and sizes ranging from 920 to 1,316 square feet, each two-bedroom Cottage has an attached garage, and some offer the choice of a powder room, fireplace, patio, sunroom and/or basement.



Other amenities include:

- Full kitchen with microwave and dishwasher
- Individually controlled heating and air conditioning
- Washer and dryer and ample storage space
- Easy access to all campus amenities
- Emergency call system

Offered at an entrance fee* starting at \$172,400 and \$1,364 monthly service package** (not including utilities). To learn more, please call 717-766-0279 today!

*Based on 2018 pricing.

**Monthly fees are based on one or two persons.

On the Menu at Bethany Village... *Your Questions!*

Enjoy Lunch with a Resident Ambassador and Take Home the Facts

Do you have questions about what life is really like at Bethany Village?

Now through the August, we're offering lunch in our beautiful SpringField's at Bethany Restaurant with one of our resident Ambassadors. Ask them whatever you like. They'll give you the inside scoop on all your questions and send you off with a thank you gift courtesy of Bethany Village!

Call us at 717-766-0279 to set up your lunch before August 31.

Bethany Village Brings Home the Gold!

First Senior Living Community to Earn Planetree International Gold

We are extremely proud to share that Bethany Village was awarded Gold Certification for Excellence in Person-Centered Care by Planetree International in May – the highest level possible.

The certification recognizes Bethany Village's achievement in the delivery of person-centered care, a designation held by just 85 healthcare organizations worldwide. Further, Bethany Village is the first such continuing care retirement community (CCRC) designated in the United States.

Person-centered care prioritizes the active participation of residents and their families throughout the health care process with an emphasis on partnership, compassion, transparency, inclusion, and quality.

7-year journey

Bethany Village began its Planetree journey in 2011 when the Asbury system partnered with Planetree at all of its communities. In 2014, Bethany Village earned Silver Certification, and immediately embarked on the quest for gold.

As part of the certification process — which included a site visit by representatives from Planetree —Bethany Village residents, families and staff validated that specific policies are in place, including non-restrictive visiting hours and a shared medical record policy; that staff members at all levels are involved in the implementation of person-centered care; and that the physical environment supports resident and family engagement in their care. The process also included a review of the organization's performance on resident experience and quality of care measures, and how measurement of these indicators improves organizational outcomes.



This designation signals that Bethany Village is an organization where staff partner with residents and families.” Susan Frampton, Planetree International

Empowering stakeholders

Importantly, the criteria also focuses on opportunities that staff, residents, and families have in voicing how care will be delivered and how Bethany Village is reaching beyond its walls to care for its community.

“This Gold Certification signals that Bethany Village is an organization where staff partner with residents and families, and where resident and family comfort, dignity, empowerment and well-being are prioritized as key elements of providing top-quality clinical care,” said Susan Frampton, President of Planetree International, which has been at the forefront of the movement to make health care more person-centered for 40 years.

“I’m incredibly proud of our team here at Bethany Village for achieving this distinction, and even more proud to know that those who call Bethany Village home are being provided not just high quality care, but a level of care that meets their individual needs and preferences,” said Brian Grundusky, Executive Director of Bethany Village.



Top Exercises

If You Have Arthritis

By Justin Margut

Motivating yourself to exercise can be challenging, especially for those with arthritis. But exercise is just as critical for arthritis sufferers, if not more so. This is because inactivity makes your joints stiffer and lessens their flexibility. In the long run, not exercising because you have arthritis pain may be worsening your condition.

An indoor, heated pool is the best place to exercise if you have arthritis. The water's buoyancy relieves pressure on the joints, while the water warms and loosens them. However, these work equally well on land. As with all exercises, take it slow at first and stop if you feel pain. If you belong to a gym, two pieces of exercise equipment that work well for people with severe arthritis are recumbent bikes and NuStep machines. And don't forget good-old-fashioned

walking. Depending on how severe your arthritis is, you may have to break up a 30-minute walk into three increments of 10 minutes throughout the day.

Many residents at Bethany Village who have arthritis routinely take part in the following exercises to maintain joint flexibility and improve their range of motion. However, please consult with your physician before starting.

Getting Started

Work up to three sets of 10 repetitions each, unless you are able to start at that level easily. If a beginner, start with one set of 10 repetitions.

Lower Body



Hamstring stretch

Keeping your back straight and holding onto a stable surface, lift your leg straight in front of you (or use a step or the wall) until you feel a stretch in the back of your thigh. Hold that stretch for 30 seconds. Do this three to five times per leg. This helps all lower body joints.

Hip flexor

Stand in place and kick up in front of you. Do the same to your side, to the back and to your opposite side. Do 10 repetitions in each direction on each leg.

Leg extensions from chair

While seated lift your knee and in a controlled motion extend your leg out in front of you. This strengthens your thigh muscles, or quadriceps, which takes pressure off of the knee.

Chair squats

Use a chair without arms if possible and sit towards the front of the chair with your feet shoulder-width apart. Counting to three, come to a full standing position. Counting to three, sit. Keep the movement controlled; don't flop into the chair.

Heel lifts

Holding onto a firm surface, lift your heel back toward your buttocks. This moves the knee joint, stretches the quadriceps, and works the hamstring, knee muscles and gluts. Hold for 10 seconds to start.

Hands



1. Touch your thumb to each fingertip, one at a time. Come as close to the fingertip as possible without pain.
2. Take each finger and touch it to the palm of your hand.
3. Make a fist and spread your fingers as far as possible. If you have pain, don't make as tight a fist and don't spread your fingers.

Shoulders



Front raise

Holding your hand in handshake position (thumb up), slowly raise your arm straight out in front and move up to your shoulder. Do both together if balance allows.

Lateral raise

This is the same exercise as above, but with your arms out to your side. Positioning your thumb facing the ceiling is typically more pain-free.

Stretches

Cup your elbow with your other hand and pull to across your chest and hold for 30 seconds. Release. Slowly roll your shoulders backwards for 10 repetitions. Do one shoulder at a time or together.

Whatever you do, remember to move!

ABOUT THE AUTHOR

Justin Margut is the Director of Wellness for Bethany Village, in Mechanicsburg, Pa., and has 14 years of experience helping seniors outline and achieve their wellness goals.

Home Sale Prep

The Big Three



With the housing market at pre-crash highs and inventory low in many regions across the nation, it's a great time to sell your house.

And even if a move is not in the immediate future, now is the time to prepare for next spring's selling season.

Sellers willing to put some time and a few thousand dollars into preparing their house for the market will absolutely see a return on that investment, say real estate and relocation experts.

Even if you are unable to address large-ticket items such as delayed exterior maintenance or outdated bathrooms, the following home sale strategies will help potential buyers picture your house in a new light and, hopefully, as their next home.

Help Prospective Buyers...

- ✓ See a home that's move-in ready with room to grow
- ✓ Learn about your house, not your personality
- ✓ Feel comfortable and at ease

1

Declutter and depersonalize

When a prospective buyer walks into your living room, show them a bright, open, and above all, spacious, room they can grow into.

Collections or treasured curios from your travels are highly specific to personal taste, and along with family photos, distract potential buyers from assessing the room. That's not a barrier you want to create. Help them walk away knowing more about your house, not you personally.

Downsizing and sorting through possessions is most likely already on your to-do list, so this is a great opportunity to begin the process. Reach out to family

members with a deadline for claiming items and get some boxes.

A good rule of thumb is to remove one-third to one-half of a room's "stuff." Look at your walls critically and consider removing pictures. Bring in a large mirror for a wall to make a room appear more spacious and brighter.

And don't forget the kitchen! People will open your cabinets. Show them there is plenty of space by packing up or getting rid of items. Purchase inexpensive organizers for your pantry and shelves. And clear off those countertops.

2

Go contemporary

Above all, you want potential buyers to feel comfortable when they enter your home. Depending on the buyer profile in your market, rooms that are heavy in antiques and floral or formal patterns could make some feel uneasy.

Remove or at least pull back heavy, patterned curtains to let light in.

If your bathroom has outdated tile and tub colors, but a renovation is not possible, professional re-glazing may be an option. Likewise, there are some new products that can help update kitchen hot spots without a full renovation.

As you begin to declutter other rooms, you will probably find furniture, mirrors, and art that could be used to give your main living room a more up-to-date look. The sofa, especially, has a major impact on a room's feel. Not sure what today's buyers want? Take a walk through a local furniture store or Home Goods.

A relocation specialist or your realtor can provide resources for purchasing or even renting inexpensive pieces that could make a big difference.

3

Make it shine

Clean, clean, clean.

Giving main areas a fresh coat of neutral paint, including baseboards, may be your first step, depending on the last time you painted.

Wipe down walls, appliances and countertops, scrub tile and linoleum, and wash your windows inside and out. Polish hardwood floors. A product called Old English Scratch Cover can help mask nicks or water damage.

Most of us have mold in our bathrooms. Bleach may take care of stains, and if not, ask your realtor for handyman recommendations and re-caulk.

Make sure the front of your home looks as clean and bright as the inside. Powerwash siding and put a new coat of paint on your front door and windows. Take a careful look at your shrubs and flower beds, and hire a landscaper to trim and spruce up if necessary.

For local realtors, relocation specialists and other downsizing and moving resources, please turn to page 7 and contact the Marketing Team.

Help is out there!

► chef's corner

Vanilla Bean Berry Salad with Grilled Chicken

Brain- and body-boosting anti-oxidants in berries make this salad a simple, delicious and protein-packed meal, and comes to you courtesy of the chefs at Bethany Village in Mechanicsburg, Pa.

Toss and enjoy!

SALAD

1 oz spring mix
3 oz grilled chicken
1 Tbsp. toasted almonds
 $\frac{1}{4}$ cup Mandarin oranges (optional)
 $\frac{1}{4}$ cup strawberries
 $\frac{1}{4}$ cup blueberries
Goat or feta cheese to taste

VANILLA BEAN DRESSING

$\frac{1}{2}$ ounce walnut pieces
 $\frac{1}{2}$ can coconut milk
1 vanilla bean cut in half and scraped out
 $\frac{1}{2}$ cup rice wine vinegar
 $\frac{1}{2}$ cup sugar
1 tsp. pure vanilla extract
2 cups canola oil





Anticipate More

325 Wesley Dr
Mechanicsburg, PA 17055



Award-Winning SENIOR LIVING

Walk through the door of an Asbury community and feel the difference – residents and associates working together to create meaning, joy, and support.

And at the heart is this pledge – that at Asbury, you can anticipate more.

Our commitment to Mission-centered service has achieved the following recognition.

2018 EAGLE Innovation Award

2018 Planetree Gold Recognition

2017 LeadingAge Outstanding Mentor Award

2016 Maryland Outstanding Environmental and Community Leadership Award

2014 International Council for Active Aging Innovator Award

2014 LeadingAge Cultural Diversity Award



ASBURY IS PROUD TO HOLD CARF INTERNATIONAL AND UNITED METHODIST ASSOCIATION EAGLE ACCREDITATION.