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Brethren Village

WINTER 2017

A Senior Living Newsletter

# SeniorSource

Retirement Living Options | Community Safeguards | Health Tips

Safe &  
Secure  
Peace of Mind,  
Day and Night

Cold Weather  
Comforts!

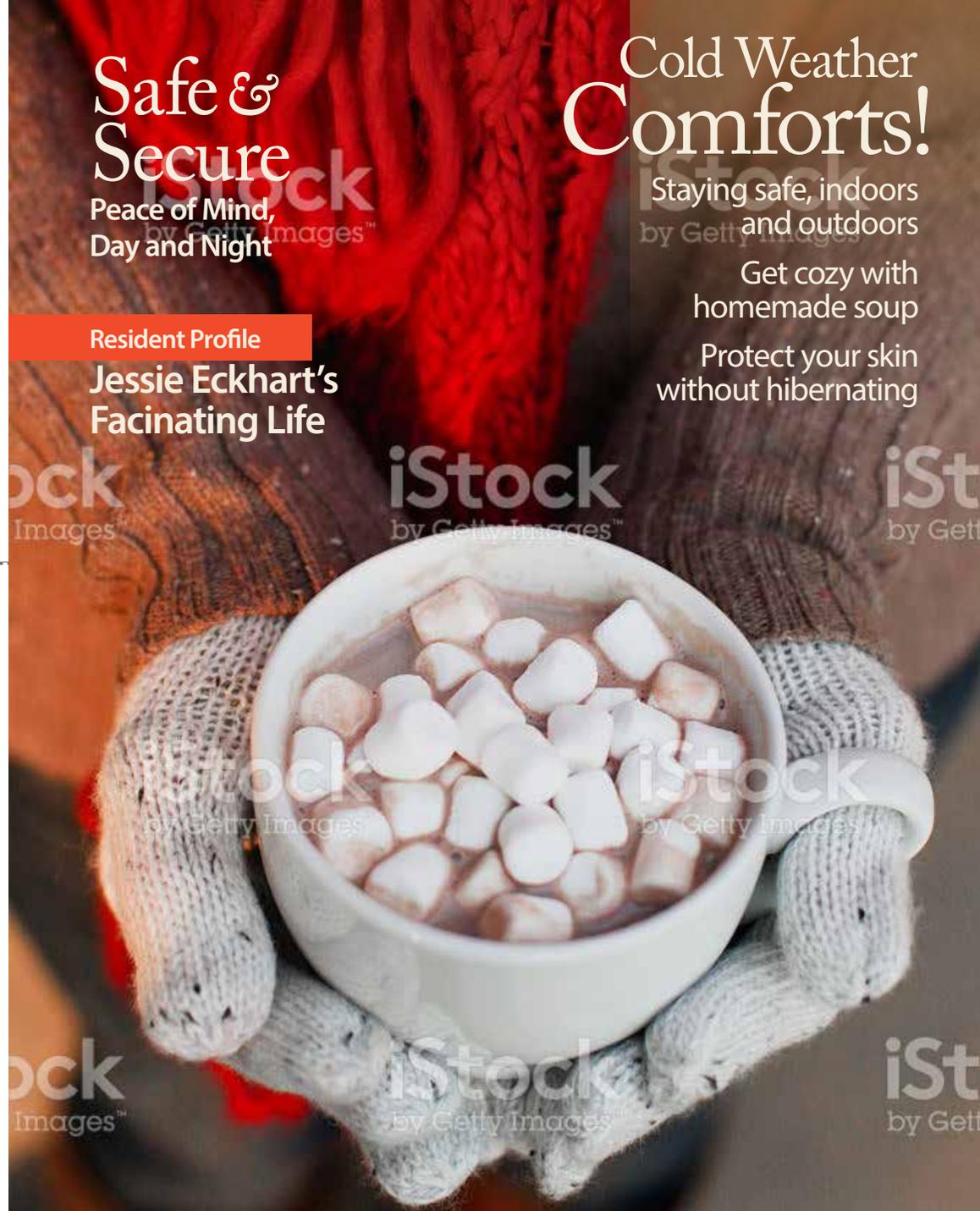
Staying safe, indoors  
and outdoors

Get cozy with  
homemade soup

Protect your skin  
without hibernating

Resident Profile

Jessie Eckhart's  
Facinating Life



## A Word from Our President

Given today's volatile world, safety and security is a common reason that many seniors and their families consider retirement community living. Here at Brethren Village, we take several comprehensive measures to reduce risks both indoors and outdoors. Our goal is to be a safe and protective community while guarding our Residents' privacy.

Much of our ongoing emergency preparedness is behind the scenes with maintenance and inspection of safety equipment, such as fire alarm, smoke detector, and sprinkler system testing.

Safety compliance is constantly changing due to various disasters around the world, and we are always learning how to be better prepared. Todd English is our Facilities Plant Manager, and his job is to make sure we are meeting all safety requirements for licensing in residential, personal care, skilled nursing, and rehabilitation areas. Everything is covered – from elevator operation certifications to bed and outlet inspections.

We have also recently introduced an electronic key system at Northside Court, our newly constructed apartments on campus. This is a long-term solution that allows our staff to monitor and track who can go into which buildings and apartments. This gives us more control with who has access to our buildings and makes them safer for Residents. This system also eliminates the need for keys and changing locks.

At Brethren Village, we always have our Residents' well-being in mind and place a high priority on protective measures. Safety and security is just one of the many factors that we continually address to ensure quality of life for our Residents.



John Snader, FACHE  
President and CEO, Brethren Village



## Our residents' safety + security:

### Our priority, all day every day

One of Brethren Village's many benefits is living within a safe community, giving you peace of mind that care and protection are available at any time of the day or night.

That means everything from a campus-wide smoke detection system to our security staff patrolling our buildings to emergency pull-cord stations in every apartment and cottage. Senior living communities like ours place a high priority on preventive measures to safeguard Residents both indoors and outdoors.

*Whether it's burnt toast or a true fire emergency, our staff is ready to respond quickly.*

Brethren Village has detailed plans in place to prepare for a wide array of emergency situations, which include exactly what to do when interruptions in power occur, what supplies are needed in an emergency, and how to quickly and safely relocate Residents if needed. We also work hand-in-hand with local municipalities and government to create emergency plans with their teams in mind as well.

In addition, we have many preventative systems, such as a hardwired smoke detection system. If a smoke detector goes off anywhere on campus, our 24-hour security staff is alerted of the exact location on a wearable pager that is with them at all times. Whether it's burnt toast or a true fire emergency, our staff is ready to respond quickly.

Another growing concern in our society is how to identify suspicious activity and protect ourselves from intruders. Brethren Village has a campus-wide building control system that enables our staff to control door access. In addition, we have many security cameras stationed at strategic places throughout the campus.

Many seniors and their families consider retirement community living because of concerns related to safety. Here at Brethren Village, we take these issues seriously and know that feeling safe and protected in your home is an important part of living a full and happy life.



## Jessie Eckhart: Taking flight and aiming high at BV

Jessie Eckhart wants everyone to know she lives “in the best apartment at Brethren Village—it’s convenient, my car is parked right outside, and everyone is so nice.” Plus, she adds, “We have great restaurants here!” She couldn’t be happier with the retirement living options available to her at the Village since she moved here in January 2017.

Jessie radiates a positive attitude and energy as she tells of her fascinating life. In the 1930s, she was the middle child in a remarkable Lancaster family. Her parents raised her and her sisters to participate in activities generally reserved for young men at the time, namely piloting airplanes and hunting.

What’s even more surprising, though, is that Jessie continues to enjoy those two activities at age 93. She gives the impression that she doesn’t find her story so unusual. After all, it’s the only life she has known.

Her father, Jesse Jones, was an aviator, flight instructor and manager of the Lancaster Municipal Airport, who insisted that his three daughters—Helen, Jessie and Carolyn—learn to fly, too. In fact, Jessie recalls, “We had to fly solo before we could get our driver’s license.”

“Mother (Reba) was the ground coordinator,” she remembers, saying her mother didn’t like to fly much, so she helped manage the airport as she raised her daughters. Jessie smiles, saying, “Dad was a wonderful pilot, but Mother was a better driver.”

Though Jessie started college at Penn State, she returned home during her freshman year when World War II broke out. She began flying independently and soon was teaching Navy cadets how to fly and ferrying planes around the country. She never returned to school, saying, “I decided I would rather be a pilot than an art teacher.” By the time she was 23, Jessie was newly wed to Howard Eckhart, a World War II veteran, student at Franklin and Marshall College, and future oral surgeon in Lancaster.

As a self-described “stay-at-home, chase-the-boys mother,” Jessie continued to fly as a hobby, fitting it into her busy family life as



*Today, Jessie has been flying for 77 years, though she now flies with son Howard as her companion.*

best she could. Howard was also a pilot, and together they flew through most of the continental United States. With more free time once her sons were grown, Jessie especially enjoyed serving as her dad’s flying companion in his later years. Today, Jessie has been flying for 77 years, though she now flies with son Howard as her companion. Following family tradition, her three sons all learned to fly, too.

Another lifelong skill that she learned from her dad is hunting.

Jessie has hunted from the time she was a teenager—first, small game with a shotgun, and later, deer with a crossbow. Her love of hunting is obvious, as she describes a recent bow hunting trip to Michigan with her twin sons, David and Michael. Why Michigan? Jessie explains that the deer there are “special deer—they’re bigger.” Of the two deer she has bagged, she got one with her crossbow after age 90.

There’s more. This grandmother of six is also an accomplished oil painter, whose artwork is visible throughout her lovely apartment in Fieldcrest. Several of her paintings feature airplanes—no surprise there.

A bonus for Jessie has been her sister Carolyn’s moving into Fieldcrest just two months after Jessie’s arrival here. Carolyn, a grandmother and retired bank employee, lived in Florida for much of her adult life, but Jessie is glad she returned to Pennsylvania for her retirement.

Most of the time, Jessie is content to keep her feet on solid ground at Brethren Village, often visiting with Carolyn. In Jessie’s mind, however, she might be out in the woods in search of game or soaring above the clouds to her heart’s content.



*“I decided I would rather be a pilot than an art teacher.”*

## Enjoy winter more by protecting your skin

Despite the beauty of a snowy Pennsylvania winter, many of us have a love-hate relationship with the season for good reasons—holidays and snowy vistas, but also bitter cold, wind and ice. But even if we hibernate indoors from January through March, we may not be able to escape the wintertime scourge of dry skin.

That's because, no matter how we heat our homes, our skin loses moisture when exposed to warm, dry air. Our hands, feet and faces are particularly susceptible, though arms and legs may be affected as well. Dry skin may be itchy, uncomfortable or painful, and can flake or even crack. You can spare yourself that agony, however, by taking a few precautions:

- ▶ **Moisturize.** Use an oil-based (not water-based) moisturizer in ointment form to protect your skin and hold in moisture. A pharmacist may be able to recommend a good one.
- ▶ **Protect your hands and feet.** The skin on your hands is thin, with fewer oil glands, so shield them with moisturizer and, when going outside, gloves. Also, moisturizer will better penetrate the skin on your feet if you exfoliate any dead skin as needed.
- ▶ **Avoid hot baths and showers.** If too hot, they can cause your skin to lose moisture. Use warm water and limit your time to about 5 minutes.
- ▶ **Use a humidifier.** Add some moisture to the otherwise dry air with a humidifier or two, depending on your living space.
- ▶ **See a skin specialist.** If you can't improve the condition of your dry skin on your own, see a dermatologist. He or she can look at your skin, review your skin care regimen and suggest alternative products or treatments to improve your condition.

While you may not be able to stop winter's blasts of cold air outside, you can stop your skin from drying out amid the warm air inside. And if you do, you'll enjoy the cold winter months more in comfort and ease.

## health tips



from our Home Care Director, Diane Gergal



**Recipe** : American poet and humorist A. D. Posey said simply, "Soup is cozy." We would have to agree. What is cozier on a cold winter day or night than a hot bowl of soup to soothe the palate and calm the soul? If you're a soup lover, then, we suggest that you warm up by giving this recipe a try.

Prepare: 20 min.  
Cook: 1 hr. 15 min.

### Split pea soup with rosemary

- 6 slices bacon, cut into 1 inch pieces
- 1 small onion, chopped
- 1 leek, thinly sliced
- 1 large carrot, chopped
- 2 cloves garlic, minced
- 4 (10.5 ounce) cans chicken broth
- 1 1/2 cups green split peas
- 2 bay leaves
- 1 teaspoon chopped fresh rosemary



Place bacon in a large pot, and cook over medium heat until crisp. Stir in onion, leek, carrot and garlic; cook until the vegetables are soft, about 8 minutes. Pour in chicken broth. Stir in split peas, bay leaves and rosemary. Bring to a boil. Reduce heat to low, cover and simmer until peas are cooked, about 1 hour, stirring occasionally.

## Events

Brethren Village event information is available at [www.bv.org](http://www.bv.org).  
For wellness activities for the general public, visit [www.bvvirtualvillage.org](http://www.bvvirtualvillage.org)



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