

Anticipate More

SPRING 2015

An Asbury publication dedicated to redefining the expectations of aging

- 
- Altruism: It's Good for You, Too!
 - 3 Keys to Elective Surgery Success
 - Tips for Rightsizing Your Life

OPEN TO PAGE 9 FOR *Vibrant Views*

ASBURY
BETHANY
VILLAGE
Anticipate More





Greetings

from the Executive Director -
Melissa Hadley

Welcome to *Anticipate More*. This publication provides insights into life at Bethany Village along with articles highlighting the mission, vision and financial strength of the Asbury system of which this community is proud to be a part. The Asbury brand of “Anticipate More” stands for a commitment to thinking ahead and to creating a new chapter in life full of new opportunities, people and purpose.

On page 4, meet Phyllis Schweizer, whose love of people and action have helped lead Bethany Village in so many exciting and meaningful directions. Phyllis is one of dozens of people here who have enriched this community by applying their skills and life’s experience to the creation of new programs or to revitalizing existing programs that benefit residents emotionally, physically and spiritually.

The featured article on the health benefits of altruism introduces you to Phyllis and other residents across Asbury who, like her, are putting their desire to serve others to good use both within their home and in the surrounding area.

Turn to the Bethany Village Section on page 9 to meet Bethany Village resident Ann Chance, who is one of a growing number of people joining siblings or parents at our community. Ann and her husband moved into Bethany Village’s East Cottage neighborhood last year where Ann’s sister, Missy, also lives. We feel this speaks volumes about the services, caring associates, and lively spirit you find at Bethany Village.

Our hope is that as you turn these pages, you will be inspired to consider Bethany Village for the retirement life of your dreams. It is my privilege to come to work here each day and be inspired in turn by the people who have made Bethany Village their new home.

Whether you attend an event or decide on a personal tour, now is the time to explore Bethany Village in person. I look forward to meeting you!



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BethanyVillage.org

Anticipate More is published semi-annually by Asbury for those interested in Asbury’s services and for Asbury residents, associates and partners.

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



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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Earth Day Gets a Face Lift by Sue Hu

Sustainability and preservation of the earth's resources are recurring issues in the news. An increasing and uneven distribution of the world's population challenges reasonable solutions. Most of us acknowledge the issue, but how do we give them meaning in a retirement community?

When my husband Dick and I moved to Asbury Solomons in 2009, this community had a small but active Go Green Committee dedicated to enhancing residents' understanding of environmental issues. As a former science teacher, my skills included extensive experience in planning and leading environmental programs for all age levels, so it was natural for me to become a member. For three years, I helped organize Go Green sponsored Earth Day programs.

While our programs were good, the "teacher" in me said we could do better. We were scheduling too many activities into a single day and too many residents who had conflicts on that day missed out.

In 2013, I suggested a different approach. To better meet our goal, the Go Green Committee initiated Earth Stewardship Month to give us flexibility and depth of programs. Throughout the month of April, we offered a wide range of both daytime and evening activities on a variety of topics designed to encourage residents' participation. That first year told us we had a winning formula.

Offerings for 2015 include a Thursday evening speaker series on a variety of local and national environmental initiatives and issues, an Oyster Garden Benefit Dinner to raise funds for our Oyster Garden Project and three daytime activities (an Asbury beach cleanup, an oyster garden information presentation and a session on using energy resources more efficiently). Last year, close to 40 percent of residents attended our oyster benefit dinner and we've had consistently strong attendance at our Thursday evening programs.



Sue Hu, right, stands on Asbury Solomons' dock.

For my husband and I, helping to grow Asbury Solomons' environmental awareness and efforts has been and continues to be a gratifying and meaningful part of our lives here.

Sue's experience at Asbury Solomons is common across the Asbury system of continuing care retirement communities. Though sustainability efforts vary based on geographic features and residents' backgrounds and interests, Green Councils and projects can be found on each campus. They include:

- Asbury Methodist Village – Wildlife Habitat Council certification, LED outdoor lighting
- Bethany Village – earth-friendly cleaning chemicals, campus-wide recycling
- Inverness Village – voted Tulsa's leading business recycler in 2011
- Springhill – added butterfly garden on campus, Project Bud Burst participant



Is Altruism Good for You?

Studies Suggest Answer Is a Resounding “Yes!”

Anyone who spends more than a few minutes at an Asbury community might start to wonder if the “A” in Asbury actually stands for altruism. Maybe it’s in the water, maybe it’s some shared genetic coding that draws givers to Asbury. Either way, their desire to help others provides countless benefits for people living inside – and outside – the community.

But 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 is extremely powerful, to the point that suggests healthcare professionals should consider recommending such activities to patients,” said Stephen Post, in an interview with United Press International.

Post’s findings mimicked those of a 2003 study of 2,000 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.

“

A 2012 study found that those who were sincerely altruistic were happier, healthier and in some cases, even had longer life spans.

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Residents literally spend thousands of hours each year volunteering both within their community and in area organizations. While they are typically quick to deflect attention from their good works, ask the executive director of any community in this system about their impact and they will tell you that it is incalculable.

Bethany Village: Part of the Fabric

Phyllis Schweizer was honored in March for the incredible impact she has made during her 18 years as a resident. In a short time, Phyllis's can-do spirit made her part of the community's fabric.

"I don't know if Phyllis sleeps that much because I always see her out and about!" says Brian Grundusky, Bethany Village's administrator of health services. "She puts significant effort into making Bethany Village a great place to be. She's there for everyone!"

Just four months after she moved in, Phyllis was asked to run for a seat on the Residents' Council because she had gotten to know people so quickly. A former real estate agent, Phyllis is a self-acknowledged people person. But she attributes her rapid integration into the Bethany Village culture primarily to her volunteer work, and she continues to encourage others to volunteer. "Sharing yourself makes you feel you are part of the community, and you get acquainted so much better! It can be something little; people always need help."

Each year, Phyllis logs 300 volunteer hours at Bethany Village's MapleWood Assisted Living, The Oaks Skilled Nursing and through various other ways on campus. She also helped establish the community's annual carnival,

which she still gathers volunteers for, served on Boards for Bethany and the Asbury Foundation, and co-chaired the community's Memory Support Neighborhood, Care Assurance Endowment and West Campus fundraising campaigns.

Springhill: Reading & Writing

Marjorie Podolsky has put her career as an English professor to work both within and outside Springhill. She works with the Erie Neighborhood Art House weekly, volunteering with an after-school tutoring program for children living in poverty.

"Please don't make me sound like a saint," she says when talking about her work. "You never know what the results of your work are going to be, but I feel I get a great deal more than I give."

Several years ago, Marjorie started a Writer's Workshop group at Springhill. That, in particular, has been a pleasant surprise, she says, and has led to some interesting friendships. All told, Marjorie estimates that she spends about eight hours a week volunteering and likes the sense of purpose it brings to her days. "It's good for you physically when you have to get up and out," she explains.

Inverness Village: Spreading Sunshine

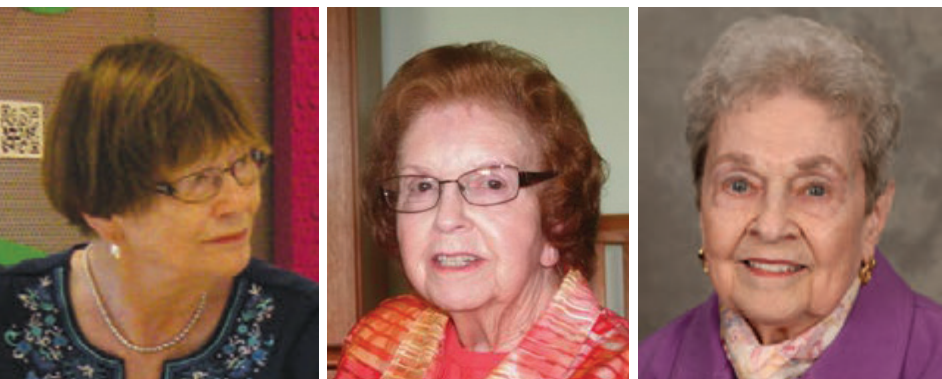
Dottie Smith agrees with that sentiment 110 percent: "We've got so many who volunteer in so many areas." A daily presence in the community's healthcare center, she says if she weren't doing that, "I'd probably stay in the apartment more and just dry up. This keeps me going."

She was inspired to begin volunteering there after she herself became a health care resident for several months. "I told them if they would get me well, I would be their volunteer," she jokes. As she began to recover, her energy returned and, "One day I asked the activities director if she needed anything done and she said, 'If you feel like doing it, I'm happy to have you.'"

These days, Dottie is a constant presence, spending a few mornings each week with memory support residents,

rubbing their hands with lotion, playing games and walking with them. She also spends about an hour each day taking around a food cart to residents' rooms. "I've found my spot here," she says.

The residents seem to agree, dubbing her Miss Sunshine. "They'll say, 'Here comes Miss Sunshine. What have you got today?'"



Shown left to right: Marjorie Podolsky, Dottie Smith, Phyllis Schweizer

Is the Key to Your House the Key to Your Future?



By providing ways to convert assets like real estate, stocks, bonds or cash into revenue streams, the Asbury Foundation can help make your move to an Asbury community a reality. The Asbury Foundation retains the assets and liability, and you get the liquidity that lets you plan for your future.

Whether your goal is funding your entrance fee, maintaining a steady stream of monthly income or leaving a legacy for your children, the Foundation offers a variety of solutions.

✓ Fund Your Entrance Fee

Ease your entry into an Asbury community by donating an asset to fund your entrance fee. Transfer the deed to your home to the Asbury Foundation, and we will manage the sale of your real estate, cover the costs and

potentially use the proceeds toward your standard Asbury entrance fee. Proceeds from the sale, above the amount dedicated to the entry fee, become a tax deductible gift to the Asbury Foundation. This option is ideal for those who know they want to enjoy the Asbury lifestyle, but don't want the hassle of selling their home – or farmland or commercial property – in an unpredictable market.

✓ Create a Steady Stream of Future Income

Planning how much money you'll need 10 or 20 years down the road is tricky. With a charitable gift annuity, you can exchange stocks, bonds, cash or the money earned on the sale of your home or appreciated property for a guaranteed fixed income each year for the rest of your life. It's a great way to fund your monthly fees when you move to an Asbury community.

WHETHER YOUR GOAL IS FUNDING YOUR ENTRANCE FEE, MAINTAINING A STEADY STREAM OF MONTHLY INCOME OR LEAVING A LEGACY FOR YOUR CHILDREN, THE FOUNDATION OFFERS A VARIETY OF SOLUTIONS.

HERE'S HOW IT WORKS:

- You transfer property to the Asbury Foundation.
- In exchange, we pay you a fixed income for life.
- The fixed income varies depending on age.
- A portion of your yearly income may even be tax-free.
- You may receive a charitable tax deduction.

If you are interested in learning more, please contact our Marketing Department. We look forward to sharing more details.

For information about Asbury Foundation, its financial integrity and staff, please visit TheAsburyFoundation.org.



The Asbury Foundation is a not-for-profit affiliate of Asbury which secures funds for benevolent care and new programs and services. Benevolent care provides assistance to residents who have outlived their financial resources through no fault of their own and is a cornerstone of Asbury Communities' mission to do all the good we can for those we serve.

In our more-than-80-year history, no Asbury resident has ever been asked to leave their home because they can no longer afford to pay for their care. For information about the Foundation, visit TheAsburyFoundation.org.

Asbury Foundation – Supporting a Mission to “Do All the Good We Can”

Benevolent Care Provided in Residential and Assisted Living in 2014

Asbury Methodist Village	\$1,050,758
Asbury Solomons	\$93,531
Bethany Village	\$954,049
Inverness Village	\$151,154
Springhill	\$33,100
Total	\$2,282,592

Unreimbursed Services Provided in Skilled Nursing: 3-Year Averages

Asbury Methodist Village	\$1,512,594
Asbury Solomons	\$410,886
Bethany Village	\$403,485
Springhill	\$415,157

Tomato, Onion, and Roasted Lemon Salad

*Chef Rafael Thomas,
Inverness Village*



Add some zing to your dinner this evening with this recipe from Raphael Thomas, Executive Chef of dining services for Inverness Village. "Colorful salad with great taste," says Raphael.

INGREDIENTS:

- 1 lemon, halved lengthwise, thinly sliced, seeds removed
- 1 tablespoon thinly sliced fresh sage leaves
- ½ teaspoon sugar
- 2 tablespoons olive oil, divided
- 1 tablespoon pomegranate molasses*
- ½ teaspoon ground allspice
- 1 ½ pounds mixed, small tomatoes, such as Sun Gold, Cherry, or heirloom, halved
- ½ small red onion, thinly sliced
- ¼ cup fresh flat-leaf parsley leaves with tender stems
- ¼ cup fresh mint leaves, torn if large
- ¼ cup purple sprouts or micro greens (optional)

Serves:
4-6

PREPARATION:

Preheat oven to 325°. Cook lemon slices in a medium saucepan of boiling water 2 minutes to remove bitterness. Drain and pat dry.

Gently toss lemon slices with sage, sugar, and 1 tablespoon oil in a medium bowl. Spread out on a parchment-lined baking sheet and bake until lemons are no longer wet and only slightly colored, 15-20 minutes. Let cool.

Whisk pomegranate molasses, allspice, and remaining 1 tablespoon oil in a large bowl; season with salt and pepper. Add lemons, tomatoes, onion, parsley, mint, and sprouts, if using, and toss gently; season with salt and pepper.

**Ask your local grocer. Can be found at Whole Foods, Harris Teeter, Wegmans and online.*

Vibrant Views



FEATURE

A Plan for the Future

When Ann Chance and her husband, Joe Kearney, decided to move to Bethany Village they were leaving behind a light-filled home they had built for their retirement situated on a wooded lot in a West Virginia golf community.

"It was a beautiful community full of wonderful people, but it took an hour to get anywhere," Ann says. "We wanted to be near a town, restaurants and stores. We knew our needs were going to be changing, and we wanted an environment that would meet that."

Though the universal reaction among their friends was shock, "a few of our closest friends said they admired the fact that we were putting a plan in place for aging," Ann says. "I think it's important to be in control of your future. It's more empowering that way."

They came to Bethany Village in the fall of 2013, joining Ann's sister Missy, who lives in a nearby East Cottage. (See sidebar.)

After putting their name on the Wait List, they assumed it would be about five years before they were ready to move. But during a visit with Missy, they saw an available Cottage. When they discovered they could add a sunroom and deck and make some other changes, they were sold.

"We sat down and considered the spaces in our house that we actually used," Ann says. "We considered our lifestyle changes. Our house was a party house, built for entertaining. But we realized we didn't want to entertain as much. We knew we didn't need all that space."



Ann Chance, left, and sister Missy George, both live in Bethany's East Cottage neighborhood.

Since the move, Ann has met neighbors while walking her dog and just finished a training program to begin volunteering at Bethany. She also began attending bridge classes and joined two bridge clubs in Harrisburg and is taking watercolor classes through the Mechanicsburg Art Center.

Ann and her husband both enjoy not having to worry about how their roof, pipes or driveway are faring when they spend time during the winter on Alabama's Gulf Coast.

"Joe and I are very open to changes in our lives," Ann says. "By moving now, we were able to create the home for our future. I think that the longer you wait, the harder it is to make a move and to adjust to one."

A FAMILY EXPERIENCE

Ann Chance and Missy George are just one example of many families who have multiple members or generations living at Bethany Village. At least 13 residents have joined one or both parents at the community in the 50 years since it was established. Missy and Ann join close to 10 groups of siblings or sibling in-laws living here. Read about the experience of Tom and Penny Cognato, who joined Penny's mother at Bethany Village in 2013, by visiting [BethanyVillage.org/Lifestyle/Resident Profiles](http://BethanyVillage.org/Lifestyle/ResidentProfiles).

Smooth Move

Move-In Coordination Heads Off Hassles

Even if the prospect of a new home, new adventures and new friendships is exciting, the actual moving process is not. But moving to Bethany Village is not something you go through alone. If you keep your end goal in sight, moving just comes down to the basics and can be mentally liberating,” says Move-In Coordinator Jennifer Black. “You’re starting a whole new chapter of your life. What do you want to bring to your new chapter?”

Bethany’s Move-In Coordination services may not make moving painless, but they do eliminate a great deal of the hassle.

- ◆ Move-In Coordinator, Jennifer Black will provide a list of Moving Resources that includes moving companies, storage facilities, interior decorators, realtors, and downsizing specialists who will manage your move from soup to nuts if you desire.
- ◆ After the initial contract signing Jennifer is the go-to person for all questions that might arise— including questions about Apartments or Cottage renovations and upgrades, switching over cable and phone service or community clubs and events. She will explain the process and keep in touch throughout the time it takes from when a resident signs a contract and goes to settlement on their new Apartment or Cottage.
- ◆ Jennifer will visit your new apartment or Cottage with you and help measure spaces. Floor plans with furniture cut-outs designed to scale assist you in visualizing how your own furniture will fit in your new home. Then, she works with you to prioritize “must-have” pieces and begin the visualization process from that point.
- ◆ Newcomers also benefit from Bethany Village’s Ambassador program. “The Ambassador program has been a great success,” Jennifer says. “It gives new residents an opportunity to spend one-on-one time with a current resident and learn the ins and outs of Bethany Village from

an insider’s perspective. This really helps them feel at home.”

In addition, The Resident Hospitality Committee, run by the Residents Council, reaches out to you soon after move in. A New Resident Social provides more information about daily life and programs at Bethany Village.

“Every day I am grateful to have this job,” Jennifer says. “My goal is to make sure there is always someone on the other end of the phone to provide support and answer questions throughout this process. To see residents’ reactions when the move is complete and their new home is ‘unveiled’ is a wonderful feeling.”



➔ NEW POLICY

Bethany Village Introduces Tobacco-Free Policy

Residents Moving Prior to July 1, 2015 Exempt

Effective July 1st 2015, new residents, associates and visitors to Bethany Village will be prohibited from using tobacco, tobacco products or electronic cigarettes on campus property and neighboring Bethany Towers property. Any resident who moves into Bethany Village prior to July 1st will be exempt from the policy and will be permitted

to use tobacco and tobacco products in designated areas.

This amendment has been made to promote and maintain a safe and healthy environment for all residents and associates. Signs posted throughout the community will alert all to the policy change. If you have questions or want to learn more about the policy, please call us at 717-766-0279.

BENEFITS OF A TOBACCO-FREE COMMUNITY

- Improved overall health of residents and associates
- Lower absenteeism rate among associates
- Lower cleaning and maintenance costs
- More productive associates
- Less risk of accidental fires
- Lower health, life, and property insurance costs

➔ RETIREMENT LIVING

Beautiful, Affordable Retirement Living

Set along streets lined with mature trees, East Cottage ranch homes are one of the most affordable ways to enjoy the Bethany Village 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 a powder room, fireplace, patio, sunroom and/or basement.

Other amenities include:

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



(East Cottage floor plan)

Offered at an entrance fee starting at \$157,000* and \$1,234* Monthly Service Package. To learn more about these cottages, please call 717-766-0279 today!

**Based on 2015 pricing. Monthly fees based on one or two persons.*

Let the Digging Begin!



Conceptual drawing of Community Room

Bethany Village residents and associates are excited to be one step closer to the reality of a new Community Room on the East campus as part of the Building Our Community three-phase Campaign. In March of 2013, fundraising of the \$3.45 million needed for Phase I began and after a year and a half of fundraising the final gift was received the day of

Bethany Village's 50th Anniversary Celebration on October 1, 2014.

Campaign leadership team co-chair Rev. Dr. Marlin Snider noted, "A wonderful aspect of Bethany Village's Building Our Community campaign has been the immense spirit of giving by residents – from the initial lead gift by one resident, to a current 66 percent resident participation rate. "The joyful spirit of giving has expanded through

the benevolence of 25 percent of associates and 90 percent of board members. We celebrate those who have shared their resources from a personal depth of generosity and with a vision of enhanced community life."

Groundbreaking is scheduled for spring 2015 and it is estimated that construction will take 12 months to complete.

→ CONTACT US

Meet the Bethany Village Marketing Team

Call or e-mail us for information on Bethany Village or for a personal tour. We would love to show you around! Or visit www.BethanyVillage.org and click on Request Brochure on the home page. Anticipate More out of life!



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Visit us on Facebook at
www.Facebook.com/BethanyVillage

3 Steps to Elective Surgery Success

by Laurie Dart, R.N.

As we age, so do our joints. If you are 70 years or older, odds are that you know someone who has had a knee, hip or shoulder replacement – or is at least preparing for that in the near future.

Did you know that the surgery's effectiveness and the rate at which you recover from it can be dramatically impacted by how you prepare for it?

As a nurse who has helped many people in their 70s and 80s through the elective surgical recovery process, I have had an opportunity to observe some common denominators to success. It is not uncommon for people to put off these surgeries due to uncertainty about how long and how well they will recover.

But, if you are having chronic pain in your hip, knee or shoulder, it is important to have it evaluated right away. Receiving insurance approval for surgery is not a short process. Too often, I see these surgeries taking place on an emergency basis because a fall has occurred. An elective surgery is always better than one that takes place under stress.

Once you have received approval, there are three critical factors to consider – diet, exercise and attitude.

Diet matters

Protein = healing for the post-operative patient. Eating well before and after is critical to recovery. Prior to surgery, it is important to be vigilant about following your surgeon's – and regular physicians' – dietary advice. A person can be 50 pounds overweight and still be malnourished in terms of nutrients and protein stores. A person weighing 150 pounds needs 68 grams of protein daily, or approximately 1 gram per kilogram. (One kilogram equals 2.2 pounds.)



Prior to surgery, you will undergo a full blood panel and other tests such as an EKG and possibly a stress test. If you have low protein stores, you will have plenty of time to build those up. A week or two of eating protein-rich foods will replenish those.

For people with Type II diabetes, making sure your blood sugar is at good levels is particularly important because high blood sugar impedes healing – and the stress of surgery naturally elevates those levels.

continued on page 14

Once you have received approval, there are three critical factors to consider – diet, exercise and attitude.

continued from page 13

The most successful elective surgery recoveries I have seen began with careful planning by the patient. Reduce your mental stress by making sure your house and affairs are in order prior to surgery. If you have hypertension, this is particularly important, since stress raises blood pressure levels. Make sure you are working with your doctor to monitor blood pressure and keep it in order. I have witnessed surgeries being canceled in the pre-operative phase due to elevated blood pressure.

Plan ahead to reduce stress

Make a list of the tasks that you do on a daily basis that will need to be taken care of by someone else – both while you are in surgery and during the post-operative recovery period.

Do you have a pet? Is your spouse in a frail state that requires monitoring and assistance? Make sure you have someone you trust taking care of those things. Surgery is stressful. The last thing you want to do is be in the hospital worrying about whether things are in good shape at home.

Pack your bag ahead of time and double check to make sure you're not forgetting items. Include books or magazines you want to read.

Have a plan for returning home

Be prepared for the challenges you will face when you return home. Have some meals prepared ahead of time and frozen. Talk to your surgeon about your home's layout prior to surgery, as well as to your post-operative care team. Is it multi-level? Is your shower in a bathtub?

PRE-HABILITATION: EXERCISE MATTERS!

- If you are overweight, surgery is a terrific reason to lose some, especially if you have osteoarthritis of the knee. A 2005 Wake Forest University study found that losing one pound took four pounds of compressive pressure off the knee joint. That equals 4,800 pounds of pressure per mile walked.
- Strengthening your upper body pre-surgery – if your surgeon recommends it – can help you maneuver better using crutches and assistive devices post-surgery.
- Flexibility and stretching exercises build up the muscles around your joints and improve your overall mobility.
- Lower-body strengthening exercises also increase mobility and help improve balance so you're less likely to fall.

Visit Asbury.org/AsburyPerspective to read more useful articles and tips from our wellness experts!

Have grab bars or other assistive devices ready. Have a plan for how you will get around.

If an adult child volunteers to help, have them speak to your surgeon about the length of time and types of help that will be required – particularly if there are complications. Make sure you are both comfortable with that.

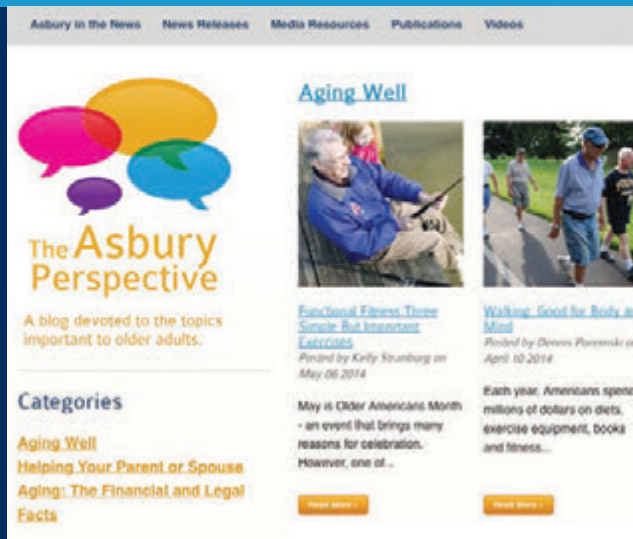
I always recommend setting up some visits from a home care agency prior to surgery. They can provide

GET A NEW PERSPECTIVE ON AGING

The Asbury Perspective

Practical advice, inspiring articles and resources written and compiled by some of the nation's top experts in aging – Asbury associates and residents.

Visit www.Asbury.org and tell us what you think.



A BLOG DEVOTED TO THE TOPICS IMPORTANT TO OLDER ADULTS

The Right Moves: Mary Stewart

Springhill resident Mary Stewart is not a sitter. A lover of the outdoors, Mary has hiked in state parks near the various cities she has called home and as far afield as England, Scotland and Spain.

But poor joint structure meant that by her 70s, she had already had two knee replacements and was facing a second hip replacement. Having recently moved back to Erie, Pa., to be near her siblings, Mary was faced with a challenging decision. Join her sister in a new house being built on the family's property or find a place that would provide the convenience and support to help her stay active and independent despite her mobility issues.

She chose Springhill and soon began working with Laurie Dart to prepare for her hip surgery. She began a series of pre-surgery exercises under the supervision of Springhill's physical therapy team.

"Mary is really the poster child for how to prepare for elective surgeries," Laurie says. "She had her bag packed for the hospital and for her rehab stay afterward. She had her Kindle loaded with books she wanted to read. And most importantly,



she focused on what the surgery would improve more than the challenges it would bring."

Though Mary says the pull to live with her sister was strong, she talked to her medical team prior to surgery about the reality of that – multiple levels, a large uneven yard, home maintenance. "They told me that wouldn't work well for me, and I had to acknowledge that they were right," Mary says.

The decision to move to an apartment at Springhill, where she enjoys a "lovely view" from her balcony and participates in yoga classes, also brought what she calls the most important step to preparing well for surgery – an experienced advocate such as Laurie Dart.

Having spent her career in hospitals, both on the clinical and administrative sides, Mary knew how important that was. "You need to have a plan in place for when you are discharged, but you also need to have an advocate who understands what your goals are and what it takes to get you there," she says. "You're really not in shape to advocate for yourself coming out of surgery."

transportation to follow-up medical appointments and help with bathing, cleaning the house or running errands. You can always cancel if you find you don't need them.

Pre-operative exercise is key

People who are facing elective surgery are also facing pain. But exercising is one of the most important aspects of self-care you can do. Sitting for long stretches increases joint stiffness. Even if it's just a few weeks before surgery, exercise will strengthen muscles and increase stamina and endurance. It is normal to receive pre-operative exercises for knee and hip replacements. Talk to your doctors before beginning any new exercises on your own.

It's all in the attitude

My superstar patients have one thing in common: they come prepared. They have a positive attitude about the surgery and its benefits, they have a plan in place for afterward, and they are ready to do the hard work that will come with recovering successfully. Rehabilitation isn't easy and there will be bumps in the road. Some days, the pain will be worse than others. Sometimes blood pressure elevates. The most successful patients take setbacks in stride and remind themselves that if they keep working hard it will get better.

Laurie Dart, R.N., is the Resident Care Manager at Springhill and Director of Admissions at Springhill's ForestView Health Care Center.

RIGHTSIZING

Creating a Home That Works for You

As we age, it's not uncommon to find ourselves living in a home that was originally purchased for very different needs. An important step to enjoying a long and healthy retirement is creating an environment that works today and will continue to work in the future.

Downsizing – or as we like to call it, Rightsizing – is a way to begin turning a challenging task into a manageable one. It can be liberating to de-clutter and simplify your life, particularly if your destination is a community where the demands of home ownership have been swept away.

TRY THIS EXERCISE: assess how you live in your home. No matter how many rooms we have, we spend most of our time in three of them – the kitchen, living area and bedroom. And within those rooms, we often utilize only a few pieces, sitting in a favorite chair by the bookcase, for instance.

STARTING YOUR RIGHTSIZING JOURNEY: imagine that you have no possessions. Next, make a list of what you would require to accommodate your lifestyle today – and one with no home maintenance duties.

- How many sofas, chairs and beds do you need?
- How large a dining table do you need?
- Which kitchen utensils and how many sets of dishes do you routinely use?
- Do you need a large garage if you no longer need lawn mowers, leaf blowers and a full set of home improvement tools?

CATEGORIZE TO SIMPLIFY: When your list is complete, take a look around. What must go will be apparent. Then, use colored post-it notes or stickers to divide items into three piles:

- Keep
- Give away or donate
- Toss

This allows you to prioritize and really consider the next steps. If you've been keeping that corner cupboard, china set or piano for children, talk to them. Make sure they still have room for and want those pieces.

SPACE SELLS: Even if you are not planning a move in the near future, beginning the Rightsizing process is a good idea. Open, airy rooms with plenty of space for people to maneuver around in make a home more attractive to buyers.

Bring in an objective set of eyes to look at your furniture and accessories. What would make the house look attractive to a buyer? What items will a realtor be likely to tell you to put away or toss?

Take a proactive approach to Rightsizing – and see how good it feels!





Seal of Approval

The CARF-CCAC Accreditation Difference

One of the most important ways that Asbury shows its dedication to quality and financial accountability is through its long-time participation in the only national accreditation program for continuing care retirement communities – the Commission on Accreditation of Rehabilitation Facilities and Continuing Care Accreditation Commission, known as CARF-CCAC.

Nationally, just 13 percent of continuing care retirement communities have earned this designation, and doing so is no small feat.

To achieve CARF-CCAC accreditation, an independent survey team conducts an on-site visit lasting three days, interviewing associates and residents, and poring through the hundreds of documents required to show its compliance with more than 600 measures of quality, including financial indicators that relate to long-term viability.

Once a community has earned accreditation, it participates in a review of financial indicators each year and accommodates an on-site evaluation by a survey team every five years.

Asbury's decision to voluntarily participate in this process demonstrates our commitment to continually improving the quality of our services – and the CARF-CCAC evaluation process helps serve as a guidepost and checkpoint to achieving our objectives.

Natalie Correll, a Retirement Counselor for Bethany Village, an Asbury community located in Mechanicsburg,



communicate those standards to such community vendors as pharmacies, health services providers and dining – and to demonstrate that they are operating at those same standards.

After the site survey, the community receives an Accreditation Report outlining each CARF-CCAC standard and a “grade” of conformance, partial conformance or non-conformance with each standard, as well as industry benchmarking data for comparison purposes. For areas where the community received a partial or non-conformance score, it must submit an annual report to CARF-CCAC (Quality Improvement Plan) demonstrating the work being done to meet that standard.

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Pa., became certified as a CARF-CCAC surveyor after helping to lead her community's accreditation process.

“It takes the better portion of a year for a community to prepare well for the survey,” Natalie says. “It requires binders and binders of documentation to demonstrate that you are meeting the standards.”

In addition to holding the community accountable for meeting the organization's standards, CARF also requires it to

“This accreditation really shows that you are committed to continuous improvement in order to better serve the community's residents, families, associates and all other stakeholders,” Natalie says. “It is affirmation by a third party that you are setting and working to achieve goals in all of the different areas CARF-CCAC has designated as important markers of quality in this field.”

Reducing Caregiver Stress by Karen Bruner

Study after study has documented the heavy toll of caregiving. With it comes psychological and physical effects, and depending on the amount and level of care a person is providing, those effects can be quite severe.

My advice for reducing caregiver stress is short and simple. Following them often requires a complex, emotional struggle, but the stakes for doing so are high.

Ask for Help - and Don't Assume

Many of us have the feeling that we should be able to handle everything that comes our way. Often, that is coupled with a sense of duty and a concern that people will judge you if you don't take on this role. It takes a very strong person to look at the situation objectively and say, 'I need help.'

Many assume that even if you did ask no one would help because they're busy, too. You think you're imposing. But you have to keep in mind that you're not asking that person to take on the same level of responsibility you carry. It is also a mistake to assume that hiring a home care agency will be too expensive when it might be affordable to get assistance in some areas –particularly respite care.

Join a Support Group

This is a great first step in reducing the stress that comes with caring for others. You may say you don't have time, or can't get away but you can. It can become a real lifeline. A quick, online search will bring up support groups in your area for just about any condition.

Heal Thyself

When we try to do it all, there's always some aspect of our lives that has to give. With caregiving comes the possibility of social isolation. Exercise falls off which would otherwise be helping to reduce stress. Sleep deprivation and poor nutrition are common. Stress affects your heart and your brain, lowers immunity and can exacerbate chronic conditions such as diabetes and arthritis. Helping someone get up from a bed or move them onto a chair or commode raises the possibility of physical injury, too.

Memory Loss

When you're helping someone with memory loss, it's particularly challenging. You're dealing with a loss of communication skills plus the short-term memory loss and all that brings. That's even more challenging when the person is aware of the symptoms – as happens in the early stages of dementia. They become depressed, confused and

anxious. Sometimes people with dementia will hide items or forget where they put them and accuse you of taking them. That is very hard for a loved one.

Caregiver Resources

If you do not have the resources to bring in home care services, ask a friend, close neighbor or other family member to provide some respite time for you. Church members often are happy to do this. People want to help. Bringing in a friend or volunteer can be more difficult if someone is in the more advanced stages of dementia – typically that is where people begin looking at a home care agency or other living options. Yet churches and senior centers may have volunteers who have experience in less advanced stages.



Three Steps to Reducing Caregiver Stress

1. Acknowledge that no one can do it all.
2. Ask for help – and accept it.
3. Don't fall into the it's-my-way-or-the-highway trap.

Contact your local Office on Aging and let them know you're a caregiver and are looking for some resources for respite care. If the person is eligible for Veterans Administration benefits, depending on the need, they can be eligible for up to 30 days of free care. If they have long-term care insurance, check the policy because it may be covered. Medicare and Medicaid may cover some services. There is help out there.

Karen Bruner is the director of Bethany Village at Home, a licensed home care agency located in Mechanicsburg, Pa. Please visit BethanyVillageatHome.org for more information.

Asbury Home Services

AsburyHomeServices.org

Asbury Methodist Village at Home
serving Montgomery County, Md.

■ 301-216-4257 ■

Asbury Solomons at Home
serving Calvert County, Md.

■ 410-394-3073 ■

Bethany Village at Home
serving Cumberland County, Pa.

■ 717-591-8332 ■

Inverness Village at Home
serving Tulsa, Okla.

■ 918-388-3131 ■

Springhill at Home
serving Erie County, Pa.

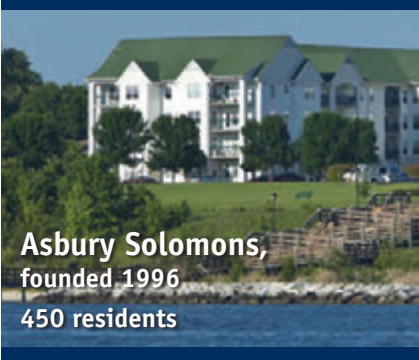
■ 814-860-7424 ■



Asbury Home Services
founded 2012



Asbury Methodist Village,
founded 1926
1,300 residents



Asbury Solomons,
founded 1996
450 residents



Bethany Village,
founded 1964
650 residents



Inverness Village,
founded 2003
400 residents



Springhill,
founded 1990
275 residents

ABOUT ASBURY

Asbury is an organization providing management services for a system of five continuing care retirement communities and home care services for older adults. For information, please visit, Asbury.org.

In 2012, Asbury launched Asbury Home Services, providing in-home care services for older adults living in the regions surrounding Asbury's retirement communities. For information, please visit, AsburyHomeServices.org.

Vision

As a nationally recognized leader in senior lifestyle opportunities, Asbury continually redefines the expectations of aging.

Mission

Our Mission is to do all the good we can by providing exceptional lifestyle opportunities to those we serve.

Core Values

- Commitment to residents, associates, volunteers and partners
- Stewardship and financial strength
- Quality and innovation
- Integrity

Asbury Communities, Inc.

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Suite 300
Germantown, MD 20874

301-250-2100
Asbury.org

325 Wesley Dr
Mechanicsburg, PA 17055



The support *you* need
to *blossom* at home.



Looking for some help around the house? Call Bethany Village at Home.

Now the same high-quality in-home services enjoyed by Bethany Village residents are available to anyone in Cumberland County. Whether you need someone to fix you a tasty meal, drive you to the doctor's office or help keep your medicines on track, a trusted personal attendant from Bethany Village can help. They'll work with you to provide just the services you want - and bring a little sunshine into your day. Give us a call at 717-591-8332 to find out about all the services that can be delivered right to your home!

Call 717-591-8332 today to find out how you can enjoy two free hours of service.

ASBURY
Bethany Village
at Home
Anticipate More

