



# *The Flag*

April  
2021

**Bethany Community Services**  
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## *This is Jered...and You've Got Mail!*



I don't like asking for help. I'm not sure why this is, but there are many times I'd rather try to do something myself than to ask someone else for help to do it. I think part of this is because I don't want to impose, or seem needy, or ask someone else to sacrifice their time or resources to help me. I don't want to be the guy who's always asking for something, so instead, I never ask.

However, last week I broke down and asked a friend to borrow a tool for a job that I knew would make my life easier. It took me some time to make the ask, but I did it. I'm not the handiest person I know, and I had never used a pneumatic air gun before. But thanks to YouTube and a healthy dose of fear, I figured it out. And it made my life a lot easier. Pfft, Pfft, Pfft...and those nails were driven in nice and easy. If I had driven those nails the old-fashioned way, with a hammer and nail, it would have taken 10 times longer (at least) and probably would have involved a few pounded thumbs and perhaps a few choice words spoken in frustration. As I was finishing up the job, I was reminded that having the right tool for the job makes all the difference.

Do you ever wonder about having the right tools for the less obvious jobs in life? It's pretty simple to understand that a snowblower is better than a shovel, what about the tools needed to have a conversation with a family member about your will, your recent medical diagnosis, or perhaps making a move to a new apartment from the home you've lived in for years? These tasks require tools as well, but do we have those tools and do we know how to use them? If you don't, you are not alone.

It's not always easy to know what tools we need, but at the end of the day, I think my asking for help made me realize that it is okay to ask for help when you need it. Sometimes we don't have the right tool for the job in our toolbox. Sometimes we don't even know what tool we might need. Perhaps it is time to set aside our pride, or the feeling that we are bothering someone else, and ask for help. Being vulnerable isn't easy. It's hard to admit what we don't know. But it makes us more real when we do, and I think people appreciate when others are genuine. Oftentimes people are happy to help, and this gives them an opportunity to do something nice for someone else. The right tools sure do make life easier, just don't wait too long to ask for help.

***"If all you have is a hammer, everything looks like a nail."***  
***Abraham Kaplan***

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- Medication Reminders
- 1-3 Meals per Day
- Personal Assistance

If you need a little extra help,  
call our Wellness Department at 978.374.2170,  
or your RSC - Amy Hanson at 978.374.2178;  
Linda Maxwell at 978.374.2164  
– and learn more about our Supportive Services!



Merrivista • Phoenix • Mission Towers • Haverhill, MA

[bethanycommunities.org](http://bethanycommunities.org)



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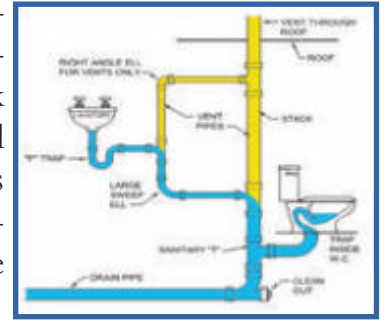


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## Maintenance Tool Box: Luke Malbon, Merrivista

### *Wastewater, What a Wild Ride!*

It's 9:00 AM, you live on the 5th floor of Merrivista and you have just flushed your toilet. Out of sight out of mind? Never! Come along as your daily deposit takes a harrowing 5 story drop down one of Merrivista's main waste stacks. An exhilarating swoosh at the bottom and our waste is meandering down the building's main drain under the first floor hall. It's 9:07 AM and the package has just cleared the manhole at the East end of the building and is headed for Bethany Street. A quick slide down Bethany Street's new 15" sewer line and, splash, we are dumped into a huge 54" main sewer line that flows under Water Street. It's 9:15 AM and our deposit is now swept along with that of thousands of other Haverhill residents, past Mission Towers, past Linwood Cemetery and headed to the pumping station just past Buttonwoods. 9:30AM, hold on tight as we are pumped under the Merrimack River to the wastewater treatment plant on the Bradford side. Haverhill Wastewater Treatment Plant will receive approximately 10 million gallons of wastewater today. Our deposit will rest here a while, receiving treatments and eventually what is good will be returned to the river and the sea. Wow...what a wild ride. Take a rest, your waste has had a busy day!



## BCS Wellness Staff Hours Are As Follows:

Jeanette Martinez, RN, Director of Wellness (978) 374-2170

Monday - Friday, 7am - 3pm | Merrivista

Natalie Mourika, RN, Wellness Nurse (978) 374-2170 (ext 51)

Monday - Friday, 7am - 3pm. | Merrivista

*(Phoenix Row schedule TBD)*

Denise Huminick, RN, Wellness Nurse (978) 519-2520

Monday - Thursday, 8.30am - 1.30pm | Mission Towers

*All residents are welcomed to visit Denise on Thursdays from 9am-12noon and have your blood pressure taken.*

Linda Maxwell, Resident Service Coordinator (978) 374-519-2525

Monday - Friday, 7:30am - 11:30am | Phoenix Row

Monday - Friday, 12:30pm to 3:30pm | Mission Towers

Amy Hanson, Resident Service Coordinator (978) 519-2532

Monday - Friday, 8am - 4pm | Merrivista

**FOR MEDICAL EMERGENCIES PLEASE DIAL 911**







### Nancy Leefe, Property Manager ~ Phoenix Row

Happy Easter everyone! This year Easter falls on Sunday, April 4. Also, Monday, April 19th is the Patriots Day holiday, and the offices will be closed. Spring and warmer weather are increasing so I encourage you all to get out on those good days!

With spring underway, this is a good time to clean out any clutter in your apartment and make clear your emergency door areas. A reminder as we open up some activities, it is still required of everyone that we wear masks and keep a 6 foot distance in any of the common areas whether we have been fully vaccinated or not.

Thank you, Denise Huminick for helping out while we get a new nurse for our building. By the time this is published, we will have a new nurse named Natalie! Be sure to stop by to introduce yourself during the posted hours.

*My quote of the month to all of us is: "The kindest thing you can do for someone else is listen without forming an opinion." Lori Deschene*

### Deanna Ruth, Property Manager ~ Mission Towers



Spring has sprung and we made it through this long and often lonely winter. We are so proud of all of you for following the rules that were put in place due to Covid. Things have loosened up some and we are happy for that. Please remember to continue to follow what the CDC are asking of us by wearing your mask and social distancing.

As many of you noticed we lowered the American flag to half mast on February 22<sup>nd</sup> and continued to do so for 5 days. President Biden asked this be done at all federal buildings to honor the memory of the more than 500,000 lives lost due to Covid. Although we are not a federal building we decided to do it here at Mission Towers to honor the memory of Joe Mazza.

I have noticed out my office window, that many people go much to fast driving through the tunnel. Please be mindful of this and remind your visitors to go very slow when driving through the tunnel.

*Wishing you all a blessed Easter!*

### Michelle Burchell, Property Mgr. & Linda Call, Asst Property Mgr. ~ Merrivista

*Happy Easter Everyone!*

Spring has sprung! Slowly our buildings are starting to become nice, warm and inviting again for our residents. Furniture is being placed in our lobby and we have begun to serve our residents meals in the comfort of our dining room. Soon the weather will be warm enough to enjoy sitting out on our front deck. We are very thankful that there seems to be a light at the end of this year long experience that we have all endured, but we still need to follow directions, wear our masks and maintain social distance.

Just a reminder that when you cross over from the front steps to our gazebo, please be cautious and look both ways for cars. Also, please do not hang anything on your apartment door that will hide your apartment number. This is important for Fire and EMS to find your apartment! We also ask that you do not put any area rugs in front of your door as they can become a tripping problem.



*Michelle and Linda*



## Jeanette Martinez, RN ~ Director of Wellness



April marks the annual Stress Awareness Month. Finding the energy and courage to speak out during a stressful period can feel impossible but ignoring stress can lead to a whole host of health problems. So let's talk about the "S" word.

### **Stress can affect your Heart**

The American Heart Association says that more research is needed to determine the part that stress plays in your heart health. However, experts agree that periods of stress can lead to behaviors that increase the risk of developing heart disease.

### **Stress and Your Digestion**

Do you know that your gut is lined with more than 100 million neurons? According to Harvard Health, psychological stress can cause ongoing digestive problems, such as constipation or (at the other end of the scale) diarrhea. Consult a doctor if you are experiencing symptoms for no obvious reason...it may be stress related.

### **Stress and Your Weight**

Everyday stressors can cause your body to metabolize substances slower. Simply being overweight has been linked to a myriad of health concerns, including type 2 diabetes, coronary heart disease, cancers, and strokes. Look for the signs of stress and start taking the steps to control it.

**Suggestions on how to deal with stress:** Perfect Your Personal Coping Mechanisms, seek advice from your doctor, reach out to your social circle, laugh a little more.

*"There cannot be a stressful crisis next week. My schedule is already full."*

*- Henry Kissinger -*

## Linda Maxwell, RSC ~ Resident Service Coordinator



### ***Nobody hears me!!!***

Two young boys were spending the night at their grandparents. At bedtime, the two boys knelt beside their beds to say their prayers, when the youngest one began praying at the top of his lungs, "I PRAY FOR A NEW BICYCLE. I PRAY FOR A NEW NINTENDO. I PRAY FOR A NEW VCR..."

His older brother leaned over, nudged the younger brother and said, "Why are you shouting your prayers? God isn't deaf." To which the little brother replied, "No, but Grandma is!"

Are you feeling like you need to raise your voice to get heard? Feeling like no one hears you can be very frustrating. Worse yet – feeling like people hear you and just don't care is hard to bear. Please know that your Resident Service Coordinators are, we are listening to you and we care, as does all of the Bethany staff. Our job is to be here for you. Stop by any time and let us know what you would like. Know that we will convey your wishes to the proper ears and with patience and reasoning you never know – you might get what you're asking for!



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# Bethany Community Paparazzi!



Residents at Merrivista enjoy some relaxing time at Craft Corner with high school volunteer, Ashley Cook, as we slowly reintroduce some activities.



An aerial shot of our Merrivista building taken by local amateur drone photographer, Torin Cattnach. Torin is a 7th grade student at Hunking School.



Volunteers from Haverhill Senior Centre drop off 100's of bears to Bethany as part of their Hug A Bear program through the Telephone Pioneers of America volunteer organization. The ladies pictured from left to right are; Johanna, Francine, Lucille and Patricia

St Patrick's Day Cheer at Mission Towers!



Congratulations to Denise Ouellette of Phoenix Row, who won the wordsearch competition and this wonderful basket of goodies!



## ~Bethany's Monthly Museum Pass~

Through the generosity of the **Saab Family Foundation**, we are able to provide wonderful trips to local and regional museums, landmarks, educational institutions and places of historical interest all FREE to you!

**Most trips are on hold for the moment but the Bethany Community Life Department looks forward to making many more new memories with you as soon as possible. We are carefully reintroducing a few activities so please check out your building calendar and page 7 for more details.**



## APRIL PROGRAMS AND ACTIVITIES

PLEASE NOTE THAT ALL IN-PERSON ACTIVITY & EVENT SCHEDULES ARE SLOWY AND CAREFULLY BEING REINTRODUCED HOWEVER, ALL SAFETY PROTOCOL REMAIN IN PLACE AND ATTENDANCE MUST ALWAYS BE BOOKED IN ADVANCE!

### ~ The Bethany Internet Café ~

Coming soon...all your technology questions answered!

**Every Monday at 3pm on rotation for each building - See notice boards and calendars for more details. Free to BCS residents.**

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### ~ Stretch & Breathe ~

Enjoy this calming and therapeutic chair exercise practice accompanied by the soothing guidance of instructor, Suzanne Borgioli .

**Wed, 10.00am + Fri 10.00am at Phoenix AND Thurs, 11.00am + Wed 11.15am at Mission Towers. Free to BCS residents.**

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### ~ Tai Chi ~

Join Barbara Maffeo for the ultimate in relaxation and gentle therapeutic movement. Like millions of seniors around the world, take care of yourself with this easy exercise.

**Thursdays, 10.00am at Phoenix, Tue. 10.00am at Mission Towers and Tues, 11.00am at Merrivista. Free to BCS residents.**

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### ~ Bethany Craft Corner ~

Join Community Life Coordinator, Lynoa Cattnach for crafts, and a catch-up!

**Mondays, 11.00am at Mission Towers (3rd floor), Wednesdays, 2.00pm at Merrivista (dining room) and 3.30pm at Phoenix (activity room).**

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### ~ Sunday Lunch Rides ~

Enjoy an open-air, safe Sunday lunch - hopefully back in May!

**Sundays, midday. \$4.00 for bus + cost of lunch. See your building calendar and notice boards for details.**

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### ~ Poetry Reading ~

Poems to relax the mind and sooth the soul read by Community Life Coordinator, Lynoa Cattnach. A poem for every season, mood and malady.

**Mondays, 10.00am, by voice message Call 978-374-2165 to request yours!**



# April 2021 BETHANY KITCHEN MENU

Sunday	Monday	Tuesday	Wednesday
	<b>Ask Amy Hanson or Linda Maxwell about free or reduced priced meals!</b>	<b>Call Courtney and Kitchen staff for alternate meals 978-374-2169</b>	<b>IF YOU ARE OFF FROM THE KITCHEN, PLEASE AS TO LEAVE BOWLS AND CUPS PICK UP. DEPT WILL COLLECT NEXT SHIFT. 1</b>
<b>HAPPY EASTER</b> <b>4 LUNCH:</b> Assorted Sandwiches, Chips, Assorted Desserts <b>DINNER:</b> Baked Ham, Roasted Potatoes, Squash, Green Beans, Cupcake	<b>5 LUNCH:</b> Chicken Tenders, Fries, Cookie <b>DINNER:</b> Chicken Turnovers, Roasted Brussel Sprouts, Jello	<b>6 LUNCH:</b> Turkey Club, Chips, Banana Pudding <b>DINNER:</b> Shepard's Pie, Green Beans, French Bread, Dessert Waffle	<b>7 LUNCH:</b> Vegetable Salad Sandwich, <b>DINNER:</b> Chicken Gaghetti, Broccoli,
<b>11 LUNCH:</b> Assorted Sandwiches, Chips, Assorted Desserts <b>DINNER:</b> Beef Tenderloin with Gravy, Mashed Potato, Green Beans, Ice cream	<b>12 LUNCH:</b> Chicken Noodle Soup, Hot Meatloaf Sandwich, Fresh Fruit <b>DINNER:</b> Baked Ham, Roasted Potato, Green Beans, Butterscotch Pudding	<b>13 LUNCH:</b> Vegetable Soup, Roast Beef, Cookies <b>DINNER:</b> Eggplant Parmesan, Ziti, Tossed Salad, Pumpkin Pie	<b>14 LUNCH:</b> Beef Salad Sandwich, <b>DINNER:</b> Salisbury Red Potato, Broccoli
<b>18 LUNCH:</b> Assorted Sandwiches, Chips, Assorted Desserts <b>DINNER:</b> Corn Beef and Cabbage, Potatoes, Carrots, Marble Cake	<b>19 LUNCH:</b> Pizza, Curly Fries, Cookie <b>DINNER:</b> Spaghetti, Meatballs, Broccoli, Garlic Bread	<b>20 LUNCH:</b> Italian Soup, BLT, peaches <b>DINNER:</b> 2 Stuffed Cabbage, Honey Carrots, Banana Pudding	<b>21 LUNCH:</b> Lentil and Cheese, Pineapple <b>DINNER:</b> Tortellini Ham and Peas, C
<b>25 LUNCH:</b> Assorted Sandwiches, Chips, Assorted Desserts <b>DINNER:</b> Pot Roast w/ Gravy, Mashed Potatoes, Carrots and Dinner Roll Yellow Cake	<b>26 LUNCH:</b> Baked Mac' n Cheese, Stewed Tomato Sliced Peaches <b>DINNER:</b> Broccoli Stuffed Meatloaf, Mashed Potatoes Dinner Roll, Tapioca	<b>27 LUNCH:</b> Warm Ruben, Chips, Oranges <b>DINNER:</b> Cheese Ravioli, Garden Salad, Garlic Bread, Butterscotch Pudding	<b>28 LUNCH:</b> Stuffed Grilled Cheese, B <b>DINNER:</b> Smooth Rice Pilaf, Green late Cake





Wednesday	Thursday	Friday	Saturday
<p><b>ORDERING MEALS MERRIVISTA PLEASE BE SO KIND YOUR PLATES, UPS READY FOR DELIVERY STAFF THEM UP ON THANK YOU!!</b></p>	<p>1 <b>LUNCH:</b> Italian Wedding Soup, Chicken Salad, Cookie</p> <p><b>DINNER:</b> Meat lovers Lasagna, Tossed Salad, Jello</p>	<p>2 <b>LUNCH:</b> Corn Chowder, Fish Patty, Fruit</p> <p><b>DINNER:</b> Baked Haddock, Baked Potato, Asparagus, Boston Cream Pie</p>	<p>3 <b>LUNCH:</b> Tomato Soup, Turkey Melt, Cookie</p> <p><b>DINNER:</b> Chunky Chicken Stew, Biscuit, Brownies</p>
<p>Vegetable Soup, Ham and Fruit</p> <p>Chicken Parm, Spaghetti, Carrot Cake</p>	<p>8 <b>LUNCH:</b> Sweet and Sour Tomato Soup, Seafood Salad Sandwich, Cookie</p> <p><b>DINNER:</b> Pork Chops, Scallop Potato, Carrots, Ice Cream</p>	<p>9 <b>LUNCH:</b> Tortellini Soup, Fish Patty, Fruit</p> <p><b>DINNER:</b> Baked Salmon, Baked Potato, Honey Carrots, Banana Cream Pie</p>	<p>10 <b>LUNCH:</b> BBQ Pulled Pork Sandwich, Onion Rings, Tapioca</p> <p><b>DINNER:</b> Franks and Beans, Coleslaw, Marble Cake</p>
<p>Chick of Barley, Ham and Peaches</p> <p>Beef Stew, Baby Cabbage, Cheesecake</p>	<p>15 <b>LUNCH:</b> Hot Open-Faced Turkey Sandwich, Gingerbread</p> <p><b>DINNER:</b> Boneless Pork Chops, Scallops Potato, Peas and Carrots, Ice Cream</p>	<p>16 <b>LUNCH:</b> Stuffed Manicotti, Tossed Salad, Garlic Bread, Cookie</p> <p><b>DINNER:</b> Lemon Baked Haddock, Rice Pilaf, Asparagus, Vanilla Pudding</p>	<p>17 <b>LUNCH:</b> Turkey Rice Soup Tuna Melt</p> <p><b>DINNER:</b> Liver and Onions, Masked Potato, Peas</p>
<p>Chicken Noodle Soup, Ham and Apple</p> <p>Tortellini Alfredo with Chocolate Bomb</p>	<p>22 <b>LUNCH:</b> Beef Noodle, Egg Salad on a Finger Roll</p> <p><b>DINNER :</b> Baked Chicken Legs, Roasted Potato, Peas, Crumb Cake</p>	<p>23 <b>LUNCH:</b> Broccoli Cheddar Soup, Hot Pastrami and Swiss</p> <p><b>DINNER:</b> Baked Haddock, Garlic Potatoes, Spinach, Lemon Bar</p>	<p>24 <b>LUNCH:</b> Chicken Noodle Soup, Tuna Salad Sandwich Butterscotch Pudding</p> <p><b>DINNER:</b> Franks on a Toasted Roll, Beans, Cucumber Spears Chocolate Pudding</p>
<p>Spiced Pepper Soup, Brownie</p> <p>Shredded Chicken, Beans, Choco-</p>	<p>29 <b>LUNCH:</b> Turkey Rice Soup, Turkey Stuffing Cran Wrap, Cookie</p> <p><b>DINNER :</b> American Chop Suey, Broccoli, Dinner Roll, Apple Pie</p>	<p>30 <b>LUNCH:</b> Vegetable Soup, Chicken Salad Sandwich, Fruit</p> <p><b>DINNER:</b> Baked Salmon, Baked Potatoes, Honey Carrots, Banana Pudding</p>	

# Bethany's Community Life & Transport Department

## Lynoa Cattanach – Community Life Coordinator

### New Activity Launching April 1st - Tie Rake!

That's right, you heard it here first...our newest activity here at Bethany is an exercise and meditation activity called Tie Rake. Inspired by Tai Chi, it involves raking the garden whilst wearing, you guessed it....a tie! It combines the best of everything...gardening, outdoors, exercise AND meditation, all whilst looking extremely dapper and smart in your best tie. But don't worry, it can also be done sitting down. The maintenance team at Merrivista have been practicing this new exercise craze for some time and encourage you to join them for some Tie Rake Time! Call Lynoa for more details on APRIL 1ST!



### Musical Moments with Eunice



Join our very own TV star, Eunice, to enjoy some musical moments. Eunice is our intern and a wonderfully talented musician. You can join her to just sit and listen or accompany her and sing along. Eunice will only be with us until May so book your time with her while you can. Musical moments with Eunice will be held on the following times;

Phoenix Row – Dining Room, every Friday from April 2nd, 10-11am & 3-4pm

Mission Towers - Courtyard next to the tunnel, every Thursday from April 1st, 2-3pm

***Call Linda Maxwell on (978)519-2525 to book !your musical moment!***

## **...UPDATE...COMMUNITY LIFE UPDATE...COMM..**

Join Lynoa for a new bi-weekly catch up. We hope that our catch-ups will help us re-enter a new period of life dealing with the challenges and changes presented to us by the COVID-19 virus. Hopefully our catch-ups will offer a safe place to discuss how it has effected us, our hopes and fears for the future and give us an opportunity to reconnect with each other. To book, call Lynoa on (978)374-2165!

## ~ APRIL TRANSPORTATION ~

*Please cut out this page and stick it somewhere very noticeable for easy reference!*

### **IMPORTANT COMMUNITY LIFE** **TRANSPORT UPDATE**

**ALL TRANSPORTATION BOOKINGS MUST BE BOOKED ON  
THIS NUMBER: 978-519-2567**

**THIS NUMBER IS THE TRANSPORTATION BOOKING LINE  
AND IS FOR TRANSPORT ONLY, NOT ACTIVITIES.**

**DUE TO THE COVID-19 VIRUS, THERE ARE NO LONGER  
DESIGNATED MARKET BASKET OR PLAISTOW/SALEM  
SHOPPING TRIPS. ALL TRANSPORTATION MUST BE BOOKED  
ACCORDING TO INDIVIDUAL NEED AND IS AVAILABLE ON;**

**MONDAYS ~ 8:00AM - 3:00PM  
TUESDAYS ~ 8:00AM - 3:00PM  
WEDNESDAYS ~ 8:00AM - 3:00PM  
THURSDAYS ~ 8:00AM - 3:00PM  
FRIDAYS ~ 8:00AM - 3:00PM**

**TRANSPORTATION FOR THE  
FOLLOWING MONDAY MUST BE BOOKED BY 3PM ON THURSDAY.**

- ♦ RETURN RIDES WITHIN HAVERHILL COST \$2.00
- ♦ ALL RETURN RIDES OUTSIDE HAVERHILL (CAPPED AT 16 MILES ROUND TRIP) COST \$5.00.
- ♦ VALID TRAVEL VOUCHERS MAY ALSO BE USED

*Please observe social distancing and disinfecting best practices when using BCS transport: Stay 6 feet apart and use wipes provided by your driver to wash your hands and any parts of the bus you touch. Wash your hands and clothes when you return home. And PLEASE continue to self-monitor and stay home if you are not feeling well!*



# Merrivista Activity Calendar

**“To care for those who once cared for us is one of the highest honors.”**

*~ Tia Walker, author and international speaker*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 APRIL FOOLS DAY!	2	3 WORLD PARTY DAY
4 EASTER SUNDAY	5 12PM- POETRY	6 10AM - BROWN BAG 9AM -12PM - HAIRDRESSER	7 2PM - CRAFT CORNER	8	9 NATIONAL NAME YOURSELF DAY	10
11 NATIONAL PET DAY	12 12PM- POETRY	13 9AM -12PM - HAIRDRESSER 11AM - TAI CHI 1:30PM - CATCH -UP	14 2PM - CRAFT CORNER	15	16	17 NATIONAL CHEESEBALL DAY
18	19 12PM- POETRY PATRIOTS DAY - OFFICES CLOSED	20 9AM -12PM - HAIRDRESSER 11AM - TAI CHI	21 2PM - CRAFT CORNER	22 EARTH DAY	23	24
25	26 12PM- POETRY	27 9AM -12PM - HAIRDRESSER 11AM - TAI CHI 1:30PM - CATCH -UP	28 2PM - CRAFT CORNER	29	30 NATIONAL ARBOR DAY	

Spring

# Mission Towers Calendar

**“The impossible missions are the only ones which succeed”**

*~ Jacques-Yves Cousteau, naval officer, explorer, conservationist, filmmaker, innovator, scientist, photographer, author and researcher*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8AM - HAIRDRESSER APRIL FOOLS DAY!	2	3 WORLD PARTY DAY
4 EASTER SUNDAY	5 12PM - POETRY 11AM - CRAFT CORNER	6 10AM - BROWN BAG 10AM - TAI CHI	7 11:15AM - STRETCH & BREATHE	8 8AM - HAIRDRESSER	9 NATIONAL NAME YOURSELF DAY	10
11 NATIONAL PET DAY	12 12PM - POETRY 11AM - CRAFT CORNER	13 10AM - TAI CHI 2:45PM - CATCH- UP	14 11:15AM - STRETCH & BREATHE	15 8AM - HAIRDRESSER 11AM - STRETCH & BREATHE	16	17 NATIONAL CHEESEBAL L DAY
18	19 12PM- POETRY PATRIOTS DAY - OFFICES CLOSED	20 10AM - TAI CHI	21 11:15AM - STRETCH & BREATHE	22 8AM - HAIRDRESSER 11AM - STRETCH & BREATHE	23	24
25	26 12PM- POETRY 11AM - CRAFT CORNER	27 10AM - TAI CHI 2:45PM - CATCH- UP	28 11:15AM - STRETCH & BREATHE	29 8AM - HAIRDRESSER 11AM - STRETCH & BREATHE	30 NATIONAL ARBOR DAY	

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# Phoenix Activity Calendar

**“Hope rises like a phoenix from the ashes of shattered dreams”**

*~S. A Sachs, activist and former judge*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				1 10AM - TAI CHI  APRIL FOOLS DAY!	2 10AM - STRETCH & BREATH 6PM-BINGO	3 WORLD PARTY DAY
4 EASTER SUNDAY	5 6:30-8AM COFFEE 12PM- POETRY	6 10AM - BROWN BAG 9AM-11AM - HAIRDRESSER	7 10AM - STRETCH & BREATH 3.30PM - CRAFT CORNER	8 10AM - TAI CHI	9 6:30-8AM DONUT DAY 10AM - STRETCH & BREATH 6PM-BINGO	10
11 NATIONAL PET DAY	12 6:30-8AM COFFEE 12PM- POETRY	13 9AM-11AM - HAIRDRESSER 10AM - CATCH-UP	14 10AM - STRETCH & BREATH 3.30PM - CRAFT CORNER	15 10AM - TAI CHI	16 6:30-8AM DONUT DAY 10AM - STRETCH & BREATH 6PM-BINGO	17 NATIONAL CHEESEBALL DAY
18	19 6:30-8AM COFFEE PATRIOTS DAY -OFFICES CLOSED	20 9AM-11AM - HAIRDRESSER	21 10AM - STRETCH & BREATH 3.30PM - CRAFT CORNER	22 10AM - TAI CHI  EARTH DAY	23 6:30-8AM DONUT DAY 10AM - STRETCH & BREATH 6PM-BINGO	24
25	26 12PM- POETRY 6:30-8AM COFFEE	27 9AM-11AM - HAIRDRESSER 10AM - CATCH-UP	28 10AM - STRETCH & BREATH 3.30PM - CRAFT CORNER	29 10AM - TAI CHI	30 6:30-8AM DONUT DAY 10AM - STRETCH & BREATH 6PM-BINGO	

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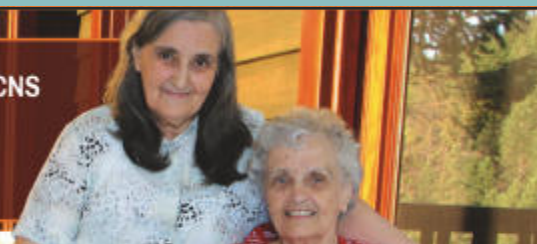
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# FLAG SPOTLIGHT OF THE MONTH!



**Shirley Kidder**  
**Mission Towers**

**Q: How long have you lived at Bethany?**

**A:** According to the records Shirley came to Bethany in October 2010. That would make it 11 years.

**Q: What do you like most about being at Bethany?**

**A:** I feel safe and I like the people, the people are nice. This is better than living in an apartment all alone – that's my opinion. I like having other people around.

**Q: Where did you grow up?**

**A:** I came from Hilldale Avenue in Haverhill. I spent a few months in Salem, NH with one of sisters but I missed Haverhill and came back.

**Q: What else would you like us to know about you?**

**A:** I graduated from LeBaron's beauty school. I got my 1500 hours and that meant I could practice in most states. I worked at Mr. Mike's on Water Street in Haverhill. I believe that was my first job as a beautician. Other than that, I have three children and they live local. I have two grandchildren. I am known for my cooking. I used to sew, and I enjoy most crafts.

**Editor's Note:** *Shirley is a lovely, kind and humble woman who always finds the good in any situation. She has a sweet demeanor and a lovely smile which this photo can attest to.*

