



the flag

January

Bethany Community Services
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2022

Celebrating the holidays &
ringing in the New Year

2022



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Did you know? Bethany Communities offers assistance through our

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- Housekeeping
- Grocery Shopping
- Medication Reminders
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- 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!

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This is Jered

...and You've Got Mail

Here we go. Another year! They seem to pass more quickly these days, even in the midst of a worldwide pandemic and economic turmoil. Some days the future doesn't seem so bright anymore. It's easy to feel depressed, especially in the middle of winter when it gets dark at 4:00 PM. So, in the midst of the darkness, how can we remain optimistic? Is there hope for the future?

I certainly think that people of faith have hope for the future, and I think that's a wonderful thing. Most people want to belong to something, or believe in something, that is greater and bigger than themselves. The belief that there is a greater purpose gives us hope that maybe all of the suffering and pain will be worth it.

Having hope is a good thing because it is a motivator and an encouragement. It's the idea that things will be ok, and that good can result from bad situations. We know that things will never be perfect, life doesn't always turn out as we hoped or expected, but maybe there is more good ahead, just around the next corner. As the New Year begins, maybe our best resolution is to maintain hope in the face of fear. Shall we remain steadfast, strong, and act with courage.

It could be easy to convince ourselves that these times in which we live are the worst times in history. But I would imagine that anyone who's a little older has lived through times worse than this. If you consider the history of the past 160 years, you will recall that those who came before us endured a great deal, such as a Civil War, WWI, WWII, the Korean War, the Vietnam War, the Spanish Flu Pandemic of 1918, the Great Depression, slavery, discrimination, the fight for civil rights, the Great Inflation of the 1970's, gas rationing, and the Cold War with threats of nuclear annihilation. And that's just a short list. Every generation has lived through their fair share of difficulty, fear, and calamity. Why should we be so different?

As I ponder these thoughts, I'm struck by the idea that life is often about having the right perspective. Perspective is about choice. We can either decide that all hope is lost and give up, or we can move ahead with strength and determination, understanding that this is our time to persevere. We don't know what the future holds, and we only have this day, so let's make the most of it. If you're worried about tomorrow, just remember, we only have today. Take heart my friends, be strong, and remember to choose your perspective. I sincerely wish you all a Happy and Hopeful New Year!

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News & Views

BCS Wellness Staff Hours :

Jeanette Martinez, RN, Director of Wellness (978) 374-2170
Monday - Friday, 7am - 3pm | Merrivista

Denise Huminick, RN, Wellness Nurse (978) 519-2520
Monday, Wednesday, Thursday, 8.30am - 1.30pm | Mission Towers
Tuesday, 8.30am - 1.30pm | Phoenix Row
All residents are welcomed to visit Denise on Thursdays from 9am-12noon and have your blood pressure taken.

Linda Maxwell, Resident Service Coordinator (978) 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**

Maintenance Tool Box: Luke Malbon, Merrivista

Snow Removal

Bethany depends on its maintenance staff for our snow removal needs. They drive snowplows, operate snow blowers and shovel our walkways. On weekends, holidays and off-hours the staff responds when snow removal is necessary. There are a few ways you can help the staff as they deal with this additional work. During a snowstorm do not take your vehicle out unless absolutely necessary. Avoid walking in the parking and drive areas during snowstorms when visibility is limited and conditions slippery. Generally, we ask that you move your vehicle the first business day after the storm ends so we can scrape the entire lot clean. Mission Towers residents generally move cars by 11:00AM while Phoenix Row and Merrivista residents have their cars out of the lot by 1:00PM. Remember that it is your responsibility to remove the snow from your vehicle. Thank you for your help and be careful out there.



“Write it on your heart that every day is the best day in the year.” —Ralph Waldo Emerson

JANUARY PROGRAMS AND ACTIVITIES



Bethany Internet Café

All your technology questions answered by our friends from FHM!

Every Monday, 3:00pm at Merrivista.

Free to BCS residents. Transportation available.

Stretch & Breathe

Join instructor Mary Corsetto for gently guided and supported chair yoga.

Monday, 10:00am at Phoenix + Friday, 2:00pm at Mission Towers.

Free transportation available to BCS residents.

Tai Chi

Join Barbara Maffeo for relaxation and gentle movement.

Thursday, 10:00am at Phoenix, Tuesday, 10:00am at Mission Towers and

Tuesday, 11:00am at Merrivista. Free to BCS residents.

Bethany Craft Corner

Join our group and explore your creativity through crafty creations!

Wednesday, 2:00pm at the Phoenix Row Activity Room. Free Transportation.

Weekday Lunch Rides

Enjoy an afternoon lunch trip with friends. This month's destinations include:

Longhorn Steak House - January 11th

Giuseppe's Italian Restaurant - January 24th

EZ Van pick up at 11:30am. \$4.00 for bus + cost of lunch.

Let's Get Breakfast!

The Poet's Inn

January 13th, 8:30am. Free transportation + cost of breakfast.

Wellness Workshop

Learn the benefits of Physical Therapy with Pro Physical Therapy

Friday, January 21st, 2:00-3:00pm, Merrivista. Free Transportation.

New Hampshire Shopping Trips

Enjoy tax free shopping in New Hampshire.

Salem, NH - January 14th | Seabrook, NH - January 21st | Plaistow, NH—January 28th

.Fridays at 9:00am. \$6.00 for Salem & Seabrook, \$4 for Plaistow

Move & Groove with Tippy

Enjoy moving and grooving from the comfort of your chair.

Tuesday, 2:00pm at Phoenix + Thursday, 11:00am at Merrivista. Free Transportation.

Michelle Burchell, Property Mgr. & Linda Call, Asst Property Mgr. - Merrivista

Well, here we are in a brand-new year, and we hope that it will be a much better year than we have had in the past.

Please remember that we clear the parking lot the day after a snowstorm. We will post a sign with a plow truck in the lobby window to remind you. As the construction in our building is progressing in the right direction, we want to thank everyone for their patience and understanding. Our building and apartments will be very attractive and comfortable to live in when they are all finished. We recommend that you continue to keep a mask with you to wear when you attend any gatherings around our building. It's nice to be safe and not come down sick with the virus. Our building has been very good with no bed bug sightings so please don't hesitate to report to us if you do find a bug. It's better to tell us immediately than to try and get rid of them yourselves.

We wish you all a Healthy and Happy New Year!

Deanna Ruth, Property Manager - Mission Towers

Happy New Year & welcome to 2022, here's hoping this coming year we will see things getting back to normal. There have been a few issues in the laundry room lately so we would like to remind you of some of the rules Laundry facilities are for resident use only. Family members and friends are prohibited from using the facilities for their laundry. Only one machine may be used at one time. Bethany is not responsible for any damage caused by washers or dryers. Heavily soiled clothing or garments (i.e. grease, oil, blood stains, etc.) may not be laundered on-site. Residents who are waiting are permitted to remove finished loads and to place clothing in a bin or hamper caret. Residents should not leave their belongings unattended. After use of machines, residents should wipe, clean and/or empty the lint screen for the next person to use.

Thanks to all of you who took the time to decorate on your floor for Christmas, All the floors and the trees were beautiful. Thanks also to Rosemary Jesionowski who donated the beautiful new tree in the 1st floor lobby. Lastly I would like to Thank Dot LaPlante, Lorna Lupi and Donna Lecuyer who do many things behind the scenes here at Mission Towers helping out.

Jen Cantwell—Director of Operations - Phoenix

Last month, we held a Phoenix Resident meeting. Jered shared updates on the building and reminded us all that being neighborly and spreading good will should be all of our top priority. With a new year comes new beginnings: Let's start this new year with an open mind and heart, let's treat each other with kindness and care. As the snow falls, we will ask residents to be mindful of snow removal procedures. On the day of a snowstorm, a snowflake will be placed on the front door. This is to notify residents to move their cars by 1:00 pm on that day so our maintenance team can clear out the parking lot. Maintenance is happy to help with work orders and other maintenance issues. Please submit your work orders in writing and hand them to a staff member or deposit them in the Property Manager's mail slot. This will help us to stay on top of what needs to be done and to respond appropriately. Let's continue to support one another. Phoenix Row Apartments is a great place to live, please enjoy it with your fellow neighbors.

Linda Maxwell - Resident Service Coordinator

Living on a budget can make gift giving season a real struggle for some. The beautiful boxes, the pretty ribbons, the cards can all cost so much these days – not to mention the gifts themselves. These gifts, although appreciated, are temporary sources of joy. I never met Oren Arnold, don't know if he is still living, but I cherish the words he shared and wanted to share them with you again!

“Christmas gift suggestions:

To your enemy... give forgiveness.

To an opponent... give tolerance.

To a friend... give your heart.

To a customer... give service.

To all... give charity.

To every child... give a good example.

To yourself... give respect.”

As we head towards 2022 this is a great opportunity to start thinking about our future goals.

1. What was your greatest disappointment in 2021?
2. What was your greatest accomplishment?
3. What prevented you from reaching your best life this year?
4. What or who assisted you in getting closer to your dreams?
5. List 10 goals you would like to accomplish in 2022. Make sure to make some of your goals easy to accomplish, some more difficult and challenging and some long term so that you always have something to be working towards.

Jeanette Martinez, RN - Director of Wellness

NEW YEAR'S RESOLUTIONS

This past year we have continued to live within the “new normal” of COVID and have witnessed together how this has impacted the lives of family, friends, and the world. As 2021 comes to a close, we can choose to look forward to all that the new year has to bring. As we embrace the changes that are to come, let us continue to still hold dear to those special moments that filled us with gratitude and hope. Even in the midst of difficult moments, there is always something to be grateful for. As we begin to plan for the new year ahead, be grateful for the year passed, be thoughtful towards the year upcoming as you have the opportunity to start anew...Happy New Year 2022!!! Below is a list of ideas to try this year:

1. **Try technology:** Stay in touch with friends and family through phone calls, zoom, and/or facetime. It is highly beneficial to maintain regular contact with family/friends while using your best judgement to stay safe.
2. **Keep laughing:** Laughter is the best medicine, so revisit old movies, television classics, and friends who always made you laugh.
3. **Give your brain a workout:** try sudoku, crossword and jigsaw puzzles, arts & crafts, word searches, reading, or learn a new hobby.
4. **De-clutter your life:** Many of us accumulate a lot of stuff over the years. Some items may hold special memories and improve our quality of life, and others are just “stuff” taking up space in our home and mind. Get rid of the items that do not add to your life.

Friendly Reminder: Remember to wash your hands often, practice proper cough etiquette.

January 2022 BETHANY KITCHEN MENU

Sunday	Monday	Tuesday	Wednesday
PLEASE LEAVE DISHES FROM THE MV KITCHEN READY FOR PICK UP BY STAFF ON NEXT SHIFT. THANK YOU!	Ask Amy Hanson or Linda Maxwell about Free or Reduced Priced Meals!	Call Courtney and Kitchen staff for Alternate Meals 978-374-2169	
2 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts DINNER: Apricot Glazed Pork, Mashed Potato, Peas, Oreo Crumb Pudding	3 LUNCH: Minestrone, Turkey w/ Lettuce & Tomato on Pita, Peaches DINNER: Baked Chicken Breast, White Rice, Broccoli, Chocolate Pudding	4 LUNCH: 2 Taco Tuesday, Spanish Rice, Cookie DINNER: Apple Stuffed Pork Chops, Mashed Potatoes, Carrots, Brownie	5 LUNCH: Butter Soup, Hamburgers DINNER: Chicken Bleu, Red Potatoes, Veggies, Ice cream
9 LUNCH: Sandwiches, Chips, Assorted Desserts DINNER: Corn Beef & Cabbage, Potatoes, Carrots, Oreo Crumb Pudding	10 LUNCH: Chicken Tenders, Fries, Cookie DINNER: Chicken Turnovers, Roasted Brussel Sprouts, Jello	11 LUNCH: Turkey Club, Chips, Pudding DINNER: Shepards Pie, Green Beans, Dessert Waffle	12 LUNCH: Veggie Ham Salad, Fruit DINNER: Chicken Spaghetti, Broccoli Cake
16 LUNCH: Sandwiches, Chips, Assorted Desserts DINNER: Apricot Pork, Mashed Potato, Green Beans, Ice Cream	17 LUNCH: Chicken Noodle Soup, Hot Meatloaf Sandwich, Fresh Fruit DINNER: Baked Ham, Roasted Potato, Green Beans, Ice Cream	18 LUNCH: Split Pea Soup, Roast Beef, Cookie DINNER: Eggplant Parmesan over Ziti, Tossed Salad, Pumpkin Pie	19 LUNCH: Open Key w/ Stuffing, Sauce, Fresh Fruit DINNER: Salisbury by Red Potato, Blue Cheesecake
23 LUNCH: Sandwiches, Chips, Desserts DINNER: Turkey, Stuffing, Mashed Potatoes, Carrots, Pumpkin Pie	24 LUNCH: Pizza, Curly Fries, Cookie DINNER: Spaghetti and Meatballs, Broccoli, Breadstick, Sherbet	25 LUNCH: Italian Soup, BLT, peaches DINNER: 2 Stuffed Cabbage, Honey Carrots, Banana Pudding	26 LUNCH: Lentils and Cheese, Pineapple DINNER: Tortellini with Ham and Potato late Bomb
30 LUNCH: Sandwiches, Chips, Desserts DINNER: Pot Roast w/ Gravy, Mashed Potatoes, Carrots and Roll, Yellow Cake	31 LUNCH: Baked Mac' n Cheese, Stewed Tomato, Sliced Peaches DINNER: Broccoli Stuffed Meatloaf, Mashed Potatoes Dinner Roll, Tapioca		

NU CALL TO ORDER @ 978-374-2169

Wednesday	Thursday	Friday	Saturday
			<p>1 LUNCH: Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Chinese Feast with fortune cookies</p>
<p>nut Squash er, Fresh Fruit</p> <p>n Cordon o, Mixed eam</p>	<p>6 LUNCH: Italian Wedding Soup, Sliced Chicken Sandwich</p> <p>DINNER: Meat Lovers Lasagna, Tossed Salad, Jello</p>	<p>7 LUNCH: Corn Chowder, Ham and Cheese, Fruit</p> <p>DINNER: Baked Haddock, Baked Potato, Asparagus, Boston Cream Pie</p>	<p>8 LUNCH: Tomato Soup, Turkey Melt, Cookie</p> <p>DINNER: Baked Ham, Mashed Potatoes, Peas, Brownie</p>
<p>ie Soup, t</p> <p>n Parmesan, coli, Carrot</p>	<p>13 LUNCH: Tomato Soup, Seafood Salad, Cookie</p> <p>DINNER: Pork Chops, Scallop Potato, Carrots, Ice Cream</p>	<p>14 LUNCH: Tortellini Soup, Fish Patty, Tapioca</p> <p>DINNER: Baked Salmon, Baked Potato, Honey Carrots, Banana cream Pie</p>	<p>15 LUNCH: BBQ Pulled pork, Onion Rings, Fruit</p> <p>DINNER: Roasted Veggie Calzone, Side Salad</p>
<p>n Faced Tur- Cranberry it</p> <p>y Steak, Ba- Broccoli,</p>	<p>20 LUNCH: Corn Chowder, Ham Salad, Sliced Apples</p> <p>DINNER: Pork Chops, Scallop Potato, Peas and Carrots, Marble Cake</p>	<p>21 LUNCH: Stuffed Manicotti, Tossed Salad, Garlic Bread, Cookie</p> <p>DINNER: Baked Haddock, Rice Pilaf, Asparagus, Vanilla Pudding</p>	<p>22 LUNCH: Turkey Rice Soup, Tuna Melt, Pears</p> <p>DINNER: Franks and Beans, Coleslaw, Ice Cream</p>
<p>Soup, Ham eapple</p> <p>i Alfredo eas, Choco-</p>	<p>27 LUNCH: Beef Noodle, Egg Salad on a Finger Roll</p> <p>DINNER : Baked Chicken Legs, Roasted Potato, Peas, Crumb Cake</p>	<p>28 LUNCH: Broccoli Cheddar Soup, Hot Pastрами and Swiss</p> <p>DINNER: Baked Haddock, Garlic Potatoes, Spinach, Lemon Bar</p>	<p>29 LUNCH: Chicken Noodle, Ham Salad, Butter-scotch Pudding</p> <p>DINNER: Shepards Pie, Green Beans, French bread</p>

Bethany's Community Life & Transport Department

New Programing



The Men's Group organized by Alan Jenne and Bill Cantwell

Get together with the guys for men's topics, games, featured speakers, road trips and more! Call Alan at (978) 519-2567 to register.

Date: January 7, 2022

Time: 10:00 AM

Location: Phoenix Dining Room

FREE Transportation



Bible Study

Join us for a group conversation and meaningful review of the Bible. Call Alan at (978) 519-2567 to register.

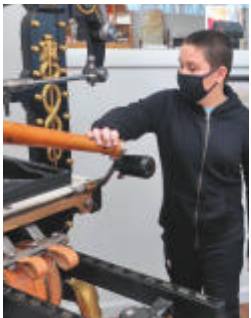
Date: January 13—February 17, 2022

Time: 2:00 PM

Location: Merrivista Library

FREE Transportation

DON'T MISS TRIP!



Museum of Printing

Located right here in Haverhill, The Museum of Printing preserves the rich history of graphic arts, typesetting technology, and printing craftsmanship with one of the world's largest collections. The journey starts in the foundry era, which reaches back 500 years and brings you to the evolution of office communication.

Date: Monday, January 10, 2022

Time: 10:00 AM

\$4 and FREE Transportation



The Benefits of Physical Therapy

Learn the benefits of physical therapy from the professionals at Pro Therapy.

Date: Friday, January 21, 2022

Time: 2:00 PM

Location: Merrivista

FREE Transportation

PLEASE NOTE: MASKS ARE NOT REQUIRED DURING STRETCH & BREATH, TAI CHI AND MOVE AND GROOVE FOR FULLY VACCINATED RESIDENTS.

TRANSPORTATION



**EFFECTIVE JANUARY 6, 2022, BETHANY EZ VAN
TRANSPORTATION COST WILL INCREASE**

Roundtrip in Haverhill \$4

Roundtrip outside Haverhill \$6
(18-mile maximum roundtrip)

**ALL TRANSPORTATION AND ACTIVITIES BOOKINGS MUST BE
BOOKED AT **978-519-2567****

3 THINGS TO REMEMBER

- 1. TRANSPORTATION FOR THE FOLLOWING DAY MUST BE
MADE BY 3:00 PM**
- 2. MONDAY APPOINTMENTS MUST BE BOOKED BY FRIDAY
BY 3:00 PM**
- 3. THE LATEST RETURN PICK UP TIME FROM AN EARLIER
DROP OFF IS 3:00 PM**



**ALL TRANSPORTATION MUST BE BOOKED
ACCORDING TO INDIVIDUAL NEED AND IS AVAILABLE ON;
MONDAYS - FRIDAY | 8:00AM - 3:00PM**

**VALID TRAVEL VOUCHERS MAY ALSO BE USED
EXPIRED VOUCHERS WILL NOT BE ACCEPTED—PLEASE CHECK THE DATE!**

*Please observe social distancing and disinfecting best practices when using BCS transport:
MASKS MUST BE WORN AT ALL TIMES WHILE ON THE BUS.
PLEASE continue to self-monitor and stay home if you are not feeling well!*

Merrivista Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 6PM-BINGO	4 9AM -12PM - HAIRDRESSER 11AM - TAI CHI 2PM-POKENO	5 2PM - CRAFT CORNER (PH)	6 MOVE & GROOVE— 11:00AM	7 10:00 AM THE MEN'S GROUP (PH)	8
9	10 10AM—MUSEUM OF PRINTING EXCURSION 3.00PM-INTERNET CAFÉ (MV) 6PM-BINGO	11 9AM -12PM - HAIRDRESSER 11:30AM— LONGHORN STEAK HOUSE 11AM - TAI CHI 2PM-POKENO	12 2PM - CRAFT CORNER (PH)	13 MOVE & GROOVE— 11:00AM 8:30—THE POET'S INN 2:00 PM BIBLE STUDY (MV LIBRARY)	14 9.00AM - NH SHOPPING TRIP— SALEM	15
16	17 6PM-BINGO	18 9AM -12PM - HAIRDRESSER 11AM - TAI CHI 2PM-POKENO	19 2PM - CRAFT CORNER (PH)	20 MOVE & GROOVE— 11:00AM 2:00 PM BIBLE STUDY (MV LIBRARY)	21 9.00AM - NH SHOPPING TRIP— SEABROOK 2:00 PM WELLNESS WORKSHOP (MV)	22
23/30	24/31 1/24/22 ONLY 11:30 AM LUNCH RIDE—GIUSEPPE'S 3.00PM-INTERNET CAFÉ (MV) 6PM-BINGO	25 9AM -12PM - HAIRDRESSER 11AM - TAI CHI 2PM-POKENO	26 2PM - CRAFT CORNER (PH)	27 MOVE & GROOVE— 11:00AM 2:00 PM BIBLE STUDY (MV LIBRARY)	28 9.00AM - NH SHOPPING TRIP— PLAISTOW	29

Mission Towers Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 10AM - TAI CHI	5 2PM - CRAFT CORNER (PH)	6 2PM - BIBLE STUDY (MT LIBRARY)	7 10:00 AM THE MEN'S GROUP (PH) 2PM - STRETCH & BREATHE	8
9	10 10AM—MUSEUM OF PRINTING EXCURSION 3.00PM-INTERNET CAFÉ (MV)	11 10AM - TAI CHI 11:30AM—LONGHORN STEAK HOUSE	12 2PM - CRAFT CORNER (PH)	13 2PM - BIBLE STUDY (MT LIBRARY) 8:30—THE POET'S INN	14 9.00AM - NH SHOPPING TRIP—SALEM 2PM - STRETCH & BREATHE	15
16	17	18 10AM - TAI CHI	19 2PM - CRAFT CORNER (PH)	20	21 9.00AM - NH SHOPPING TRIP—SEABROOK 2:00 PM WELLNESS WORKSHOP (MV)	22
23/30	24/31 <u>1/24/22 ONLY</u> 11:30 AM LUNCH RIDE—GIUSEPPE'S 3.00PM-INTERNET CAFÉ (MV)	25 10AM - TAI CHI	26 2PM - CRAFT CORNER (PH)	27	28 9.00AM - NH SHOPPING TRIP—PLAISTOW	29

Phoenix Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
						1
2	3 6:30-8AM COFFEE 10AM - STRETCH & BREATHE	4 10AM - POUNDS AWAY 2PM—MOVE & GROOVE	5 2PM - CRAFT CORNER	6 10AM - TAI CHI 6PM-POKENO 2:00 PM BIBLE STUDY (MV LIBRARY)	7 6:30-8AM DONUT DAY 10:00 AM THE MEN'S GROUP (PH) 6PM-BINGO	8
9	10 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 10AM—MUSEUM OF PRINTING EXCURSION 3.00PM-INTERNET CAFÉ (MV)	11 10AM - POUNDS AWAY 11:30AM—LONGHORN STEAK HOUSE 2PM—MOVE & GROOVE	12 2PM - CRAFT CORNER	13 10AM - TAI CHI 6PM-POKENO 8:30—THE POET'S INN 2:00 PM BIBLE STUDY (MV LIBRARY)	14 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING TRIP—SALEM 6PM-BINGO	15 10—12PM GIRL SCOUT COOKIES SALE (LOBBY) 
16	17 6:30-8AM COFFEE 10AM - STRETCH & BREATHE	18 10AM - POUNDS AWAY 2PM—MOVE & GROOVE	19 2PM - CRAFT CORNER	20 10AM - TAI CHI 2:00 PM BIBLE STUDY (MV LIBRARY)	21 9.00AM - NH SHOPPING TRIP—SEABROOK 2:00 PM WELLNESS WORKSHOP (MV)	22
23/30 6PM—GERONIMO	24/31 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 1/24/22 ONLY 11:30 AM LUNCH RIDE—GIUSEPPE'S 3.00PM-INTERNET CAFÉ (MV)	25 10AM - POUNDS AWAY 2PM—MOVE & GROOVE	26 2PM - CRAFT CORNER	27 10AM - TAI CHI 2:00 PM BIBLE STUDY (MV LIBRARY)	28 9.00AM - NH SHOPPING TRIP—PLAISTOW	29

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GET TO KNOW A NEIGHBOR!



Ronald Mertens
Phoenix Row

How long have you lived at Bethany?

I've been here over a year and a half now.

What do you like most about being at Bethany?

I find that the staff and people are friendly and helpful. I like that I can remain independent. This facility is extremely safe and clean. I am happy here.

What else would you like us to know about you?

Originally, I came from Rochester NY and moved to Massachusetts in 2008. I lived in Groveland until I moved here. I was married for over 45 years. My wife passed away and that is when I moved to Massachusetts to be closer to my family. We had three children together. They now live in Baltimore, Amesbury & Wakefield. From them came Seven grandchildren ranging from age 12 to 27. My personal hobbies include being an avid book reader. I belong to three book clubs. Besides that, I bowl and love to watch all sports. Prior to retiring I spent 15 years in data processing as a programmer/systems analyst. I also worked in health care finance. I was a business manager for many years at the Methodist Home in Rochester, NY and then in other health care facilities.

Editor's Note:

If you spend just a few minutes chatting with Ron you immediately pick up on his sweet and kind spirit. He is A true gentleman. He greets people with a smile and offers kind words that make you walk away from him with a smile on your face and the desire to run into him again soon.

PRINT IS ALIVE!
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