



the **flag**

June

Bethany Community Services
www.bethanycommunities.org

2022



Join us

The Haverhill Art Walk

Saturday, June 11 | 3:00 - 5:00 PM

Stop by Bethany's *Artist Café* at
10 Phoenix Row for a resident
art exhibition and refreshments.

See inside for details.



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Did you know? Bethany Communities offers assistance through our **SUPPORTIVE SERVICES**

- Housekeeping
- Grocery Shopping
- 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; Laura Murray at 978.374.2164 – and learn more about our Supportive Services!

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BETHANY COMMUNITIES

Merrivista • Phoenix • Mission Towers • Haverhill, MA

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Contact Lisa Templeton to place an ad today!
ltempleton@lpicomunities.com
or (800) 477-4574 x6377



This is Jered

...and You've Got Mail

“This...is... Jeopardy!” That famous phrase has been spoken nearly every weeknight for 38 seasons. If you're familiar with this game show you know that it is unique in that the answer is given first, and the correct response must be in the form of a question. Wouldn't it be nice in life if someone gave us the answers first!

Lately I've been going to the gym more often. I decided a few weeks ago that I should simply go every day and make it a habit like taking a shower or brushing my teeth. I figured that if I just made it a regular habit, or part of my daily routine, then good things would happen. We all know that there are physical benefits to exercising regularly, but there are also some good psychological benefits as well. I'm hoping to lose a few pounds and feel better about myself in the process. Accomplishing something that is difficult and requires hard work is satisfying.

The same is also true with nutrition. How many times have we said, “I need to eat better,” only to then find ourselves at a drive-thru window or sitting on the couch with a bag of potato chips. How many times have we thought about losing a “few pounds” only to start a diet and then flame out in 2 weeks (or less)? It's not easy making those changes. We all have habits, for better or for worse, and we know that disciplining one's self is not easy.

As I think about Jeopardy, habits, health and nutrition, I think the common theme is that we actually do have some of the answers to life's questions ahead of time. We know that if we want to lose weight, we need to make changes to our diet. We know that if we want to get in shape, we need to exercise. We know that if we want to pass that test, we need to study. Even though we might know some of the answers, we are afraid that it might just be too hard. But don't fear, that's where good habits come to the rescue.

Someone once said that doing the same thing over and over and expecting different results is the definition of insanity. So, if you want different results in your life, find out what habits you need to form, and then get going. Take that first step. Change for one hour, or one day. Then a week, then a month. Take it slow, but don't wait to start. Now I have to run...literally...back to the gym.

“Habits (...) shape our lives far more than we realize—they are so strong, in fact, that they cause our brains to cling to them at the exclusion of all else, including common sense.”

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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.

[Laura Murray](#), Resident Service Coordinator (978) 519-2525
Monday - Friday, 8:00am - 12:00pm | Phoenix Row
Monday - Friday, 1:00 pm to 4:00pm | 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

5 Maintenance No-No's

No-no #1: removing or damaging your smoke detector because it's making noise. Smoke detectors make noise for a few very good reasons; to warn you of fire danger, to tell you it needs a new battery or that it needs to be replaced.

No-no #2: storing flammable items on your stovetop, or in your oven. I have seen rolls of paper towels, books, and newspapers stored on or in the oven. This is a fire waiting to happen. I give this one 3 no's, No-No-No!

No-no #3: taking a nap while you wait for your kitchen sink to fill. Many units have been flooded because someone sat down and dozed off while waiting for the sink to fill.

No-no #4: throwing glass, sharps or cat litter down the trash chute. Glass and sharps are a real danger to the worker handling the trash, and cat litter makes a big mess when it hits the bottom of the chute.

No-no #5: stopping a maintenance worker in the hall to give them your work order. Work orders should always start with your Property Manager. They will record your needs and arrange for the maintenance staff to make repairs.

My parents used to tell me that they said "no" so often because they cared for me so much ... Maybe they were right after all.

JUNE PROGRAMS AND ACTIVITIES

Bethany Internet Café

All your technology questions answered by our friends from FHM!

2nd & 4th Monday, 3:00pm at Merrivista. Free transportation. **Registration Required.

Laptops for Leisure

Enjoy games, videos and more!

3rd Monday, 2:00pm at 10 Phoenix Row. Free transportation. **Registration Required.

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

Tai Chi

Join Barbara Maffeo for relaxation and gentle movement.

Thursday, 10:00am at Phoenix, Tuesday, 10:00am at Mission Towers. Free transportation.

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:

**T-Bones Great American Eatery - June 13th | Starboard Galley - June 28th
EZ Van pick up at 11:30am. \$4.00 for bus + cost of lunch. **Registration Required.**

New Hampshire Shopping Trips

Salem, NH - June 10th | Plaistow, NH—June 24th

.Fridays at 9:00am. \$6.00 for Salem & \$4 for Plaistow. **Registration Required.

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.

The Men's Group

Get together with the guys for men's topics, games, featured speakers, road trips and more!

Friday, June 3rd, 10:00am, Phoenix Dining Room. Free Transportation.

Bethany Bowlers

Join Bethany's long standing bowling league. For information contact Ron Merten at (978) 204-6578.

Date: Every Tuesday at 9:30 AM | Academy Lanes

Masks are now OPTIONAL for Activities. When unable to maintain safe social distancing, masks will be provided. Residents who choose to continue to wear a mask are encouraged to do so.

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

Welcome to June, this is the month for graduations, weddings, and outside barbeques. Please do not carry open beverages through our halls as we have new carpeting, and you wouldn't want to spill anything on them.

We are now into our summer hours, and we ask that you try to call in a work order first thing in the morning on a Friday if possible. Maintenance leaves at 11AM on that day and they would like to be able to get the work order done for you before they leave.

A big Thank You to Luke's wife Linda for volunteering at Merrivista and planting the pretty flowers and arranging the beautiful hanging plants. With all the construction going on she still manages to bring the beauty of Spring to our residents.

Remember, sometimes the smallest things take up the most room in your heart

Enjoy Your Summer!

Deanna Ruth, Property Manager - Mission Towers

Welcome to June and the start of summertime vibes. The first day of summer is June 21st, the summer solstice and the longest day of the year. The birth flower for June is the rose and speaking of roses thanks to Russell Tellier who has donated and planted some beautiful rose bushes around the grounds. Thanks also goes out to Dot Laplante who gave a donation for flowers to be planted this summer and to Ernie Lord who has done some raking around the building.

Have you noticed the new chairs that are outside? They are to your left as you come out the front door. These were purchased by the resident council with money that was donated in memory of Joe & Lilliane Nicolosi.

There are a couple of new displays on the first floor as you head to the laundry room. As you head down the hall on your right there is a display of historical pictures, some go back to the late 1800s. Thanks to Lorna Lupi and Jenny who worked on this. If you look to your left before the laundry room there is a Flag of Honor. It is actually an American flag and it contains the names of those killed in the terrorist attacks of September 11th. Now and forever it will represent their immortality. We shall never forget them.

Wishing all you guys out there a very Happy Father's day!!

Abe Soto, Property Manager - Phoenix

Summer is here!! Well almost here as it officially summer on June 21st. As the weather gets warmer and we bask in the sun and enjoy the beautiful rooftop deck, please be diligent in staying hydrated, wearing sunscreen, and limiting your exposure. With the warmer weather less clothing may be necessary, however too much exposure can be offensive to your fellow residents. I want to remind everyone that there is a House Rule requiring appropriate clothing outside your apartment.

Since we here at Phoenix Row enjoy having a clean community, here is a friendly reminder that you must keep the trash rooms in an orderly clean fashion, if you have a family member and/or aide disposing of trash for you, please, inform them to dispose of your trash properly! **Within the House Rules, residents who violate the proper disposal of garbage will be considered to have violated the lease.** Thank you in advance for your cooperation in keeping Phoenix a clean and peaceful community.

Another reminder that we are transitioning to our summer hours and the office will be closing by 11 am on Fridays, so plan accordingly.

The month of June is also a time to celebrate and give thanks for Father's! I am so blessed to be a father and have two great, loving kids. Happy Father's Day to all the gentlemen at Phoenix! Have a wonderful month everyone!

My quote for this month is: "*Dad: A son's first hero, a daughter's first love.*" —Unknown

Laura Murray - Resident Service Coordinator

MO is short for the Latin phrase “modus operandi” or method of operating. It’s **one’s usual way of doing something**. We tend to develop habits in our routines based on what has been working for us. However, as we continue to go through life, we may require a change. The good news is that we can adapt and develop new methods of performing life’s tasks!



Most of us like to live as independently as possible. But that doesn’t mean that we can’t accept help when a task becomes more challenging. We can actually remain independent by accepting external supports, and that really changes the narrative. For example, maybe you’ve always done your own laundry and cleaned your home but are currently dealing with a health condition that may make these tasks more difficult. Why not see your resident service coordinator for assistance in an area of your daily routine? You will be maintaining your independent style of living simply by being receptive to external support. You still retain the control and are the manager of your own life.

Life changes sometimes and throws challenges our way. That we can be sure of! When we can continue on our path of independence by accessing support, we are showing strength and adaptability. Services are a way of supporting that concept! Get connected with homemaking, meals, transportation, personal care, medication management, laundry, activities and more offered here at Bethany to improve the quality and level of independence in your life! See your resident service coordinator to learn about the services that can help you to stay resilient and live your best life!

Don’t be afraid to change your MO!

Jeanette Martinez, RN - Director of Wellness

Purple with Purpose

June is Alzheimer’s & Brain Awareness Month. Join the Alzheimer’s Assoc. as they wear purple to bring awareness to end Alzheimer’s. Below are **10 ways to love your brain this month**. Start now, it’s never too late or too early to incorporate healthy habits.

HIT THE BOOKS: Formal education can help reduce risk of cognitive decline and dementia. Take a class at a local college, community center, or online.

BREAK A SWEAT: Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.

STUMP YOURSELF: Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge or chess.

BUDDY UP: Staying socially engaged may support brain health. Find ways to be part of your local community and participate in shared activities such as craft corner or tai-chi offered at Bethany.

TAKE CARE OF YOUR MENTAL HEALTH: Some studies link depression with cognitive decline, so seek treatment if you experience any symptoms related to depression, anxiety, or stress.

CATCH SOME ZZZ’S: Not getting enough sleep may result in problems with memory and thinking.

FUEL UP RIGHT: Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline. If you need assistance regarding nutrition, visit the wellness office for more information on **MyPlate**.

HEADS UP! Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and wear a helmet when riding a bike. If you are at risk for falls, make sure to use your assistive device and visit the wellness office for CDC guidelines on fall prevention.

FOLLOW YOUR HEART: Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.

BUTT OUT: Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.

Visit the Alzheimer’s Association for more information.

June 2022 BETHANY KITCHEN MENU

Sunday	Monday	Tuesday	Wednesday
			<p>1 LUNCH: Chicken Noodle Soup, Chicken Sandwich</p> <p>DINNER: Baked Chicken, Stewed Potatoes</p>
<p>5 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Pot Roast with Gravy, Mashed Potatoes Carrots</p>	<p>6 LUNCH: Chicken Noodle Soup, Ham Salad Sandwich</p> <p>DINNER: Chicken Cordon Blue, Red Potatoes, Broccoli</p>	<p>7 LUNCH: Creamy Potato Bacon soup, Seafood Salad sandwich</p> <p>DINNER: Meatloaf, Mashed Potatoes, Asparagus</p>	<p>8 LUNCH: Turkey Tuna Fish Sandwich</p> <p>DINNER: Stuffed Potatoes, Side Salad, and Bread</p>
<p>12 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Roasted Turkey, Stuffing Mashed Potatoes, Gravy, Squash and Cranberry Sauce</p>	<p>13 LUNCH: Turkey Noodle Soup, Ham and cheese sandwich</p> <p>DINNER: Spaghetti and Meat Balls, Tossed Salad, Garlic Bread</p>	<p>14 LUNCH: Vegetable Soup, BLT on Wheat Roll</p> <p>DINNER: Breaded Baked Chicken, Butternut Squash and Beets</p>	<p>15 LUNCH: Chicken Noodle Soup, Chicken Sandwich</p> <p>DINNER: Stuffed Potatoes, Baked Potato, Potatoes</p>
<p>19 LUNCH: Assorted Sandwiches, Chips, Assorted Desserts</p> <p>DINNER: Beef Tenderloin, Gravy, Mashed Potatoes, Carrots</p>	<p>20 LUNCH: Tomato Soup, Bologna and Cheese Sandwich</p> <p>DINNER: Ziti with Meat Sauce, Tossed Salad, Italian Bread</p>	<p>21 LUNCH: Chicken Noodle Soup, Chicken Caesar Salad Wrap</p> <p>DINNER: Pork Chops Scallop Potatoes Beets</p>	<p>22 LUNCH: Vegetable Soup, Ham and Cheese Roll</p> <p>DINNER: Salisbury Steak, Mashed Potatoes</p>
<p>26 LUNCH: Assorted Sandwiches, Chips, Assorted Dessert</p> <p>DINNER: Corn Beef & Cabbage, Potatoes and Carrots</p>	<p>27 LUNCH: Beef Barley Soup, Chicken Salad Sandwich</p> <p>DINNER: Meatloaf, Mashed Potatoes, and Green Beans</p>	<p>28 LUNCH: Tomato Soup, Turkey Wrap with Cranberry and Stuffing</p> <p>DINNER: Stuffed Shells, Tossed Salad, Italian Bread</p>	<p>29 LUNCH: Chicken Noodle Soup, Ham Salad Sandwich</p> <p>DINNER: Stuffed Potatoes, Mashed Potatoes</p>

CALL TO ORDER @ 978-374-2169

Wednesday	Thursday	Friday	Saturday
<p>Chicken Noodle Salad sandwich</p> <p>Macaroni and Tomatoes</p>	<p>2 LUNCH: Steak and Swiss Sub with Peppers and Onions</p> <p>DINNER: 2 Stuffed Peppers, Carrots</p>	<p>3 LUNCH: Vegetable Soup, Turkey Sandwich</p> <p>DINNER: Parmesan Crusted Haddock Mashed Potatoes, Asparagus</p>	<p>4 LUNCH: Fish Patty Sandwich Onion Rings</p> <p>DINNER: Hot Dogs, Beans, Coleslaw</p>
<p>Chicken Rice Soup, Chicken</p> <p>Manicotti, Italian Bread</p>	<p>9 LUNCH: Minestrone soup, Sliced turkey on pita with lettuce and tomato</p> <p>DINNER: Baked Ham, Sweet Potatoes and Green Beans</p>	<p>10 LUNCH: Fish Chowder, Egg Salad Sandwich</p> <p>DINNER: Baked Salmon Rice Pilaf, Carrots</p>	<p>11 LUNCH: Italian Sausage Orzo Soup, Chicken Patty Sandwich with Lettuce and Tomato</p> <p>DINNER: Hot Dogs, Beans and Coleslaw</p>
<p>Chicken Noodle Salad sandwich</p> <p>Pork Chops, Peas</p>	<p>16 LUNCH: Tomato Soup, Egg Salad Sandwich</p> <p>DINNER: 2 Stuffed Peppers and Carrots</p>	<p>17 LUNCH: Minestrone Soup, Turkey Sandwich</p> <p>DINNER: Haddock, Mashed Potatoes and Asparagus</p>	<p>18 LUNCH: Fish patty with Lettuce and Tomato</p> <p>DINNER: Hot Dog, Beans, and Coleslaw</p>
<p>Vegetable Soup, Cheese on a Bulkie</p> <p>Grilled Steak, Peas and Corn</p>	<p>23 LUNCH: Minestrone Soup, Egg Salad Sandwich</p> <p>DINNER: Chicken Marsala, Rice, Peas and Carrots</p>	<p>24 LUNCH: Corn Chowder, Chicken Salad Sandwich</p> <p>DINNER: Haddock Mashed Potatoes, Spinach</p>	<p>25 LUNCH: Turkey Rice Soup, Turkey Melt</p> <p>DINNER: Hot Dog, Beans and Coleslaw</p>
<p>Chicken Noodle Sandwich</p> <p>Pork Chops, Peas, Asparagus</p>	<p>30 LUNCH: Broccoli Cheddar Soup, Salad with Cranberry Walnuts and Chicken Salad</p> <p>DINNER: Broccoli and Cheese Stuffed Chicken, Scallop Potatoes Cauliflower</p>	<p>PLEASE LEAVE DISHES FROM THE MV KITCHEN READY FOR PICK UP BY DELIVERY STAFF ON NEXT SHIFT. THANK YOU!</p>	<p>Ask Amy Hanson about Free or Reduced Priced Meals!</p> <p>Call Cameron and Kitchen staff for Alternate Meals 978-374-2169</p>

Bethany's Community Life & Transport Department



Melissa Seavey, Community Life Coordinator

(978) 519-2456 | mseavey@bethanycommunities.org

Hours: Monday-Thursday: 10AM-3:00PM



Carolin Taveras, Community Life Intern

Welcome Carolin Taveras, a student from Endicott College that will be joining the Community Life team this summer as an intern.



The Artist Café

Bethany's joining the Haverhill ArtWalk, an indoor/outdoor event that takes place throughout downtown Haverhill. The event highlights businesses and forgotten alleyways with painting, exhibitions, and music performances. Stop by 10 Phoenix Row for our resident art exhibition and refreshments.

Date: Sat., June 11th | 3-5 PM | 10 Phoenix Row | Free & Open to the Public



Hannah Dustin and Her 21st Century Descendant

Join Diane Dustin Itasaka, an eighth-generation direct descendant at the historic Dustin-Dustin Garrison House and revisit Hannah's extraordinary story in the 21st century.

Date: Wed., June 8th at 10:00 AM | **Free** event and transportation



Newburyport Stroll

Enjoy the beautiful Harborside boardwalk, visit some shops or peruse the antiques at Oldies Marketplace. Lunch will follow at Bob's Lobster and an ice cream stop is optional.

Date: Friday, June 17th at 10:00 | Newburyport | \$4 Transportation



The Men's Group

Join us for a fieldtrip to the Haverhill Firefighting Museum. One of the largest collections of firefighting equipment, memorabilia, information and historical trucks in New England.

Date: Friday, June 3rd at 10:00 AM | Free Event & Transportation



Bethany Bowlers

Like to bowl? Join Bethany's long standing bowling league. For information contact Ron Merten at (978) 204-6578.

Date: Every Tuesday at 9:30 AM | Academy Lanes

Masks are now OPTIONAL for Activities. When unable to maintain safe social distancing, masks will be provided. Residents who choose to continue to wear a mask are encouraged to do so.

TRANSPORTATION

The Bethany Transportation Team is here for you!

Whether it is a doctor's appointment, shopping trip or a scheduled Bethany activity, we are just a phone call or email away.

Roundtrip in Haverhill \$4

Roundtrip outside Haverhill \$6

(18-mile maximum roundtrip)

NEW SUMMER BOOKING HOURS

Please note this refers only to the time you call to make your reservation, not the hours of operation for the EZ VAN.

MON—THURS: 9AM—2PM

FRI: 9AM—11AM

- **THE EZ VAN CANNOT BE BOOKED FOR DRIVE-THRU COVID-19 TESTING OR AS A RETURN TRIP FROM MEDICAL PROCEDURES REQUIRING SEDATION.**
- **BETHANY DRIVERS ARE NOT PERMITTED TO SIGN PATIENT RELEASE FORMS**

1. **TRANSPORTATION FOR THE FOLLOWING DAY MUST BE MADE BY 2:00 PM**
2. **MONDAY APPOINTMENTS MUST BE BOOKED FRIDAY BY 11:00 AM**
3. **THE LATEST RETURN PICK UP TIME FROM AN EARLIER DROP OFF IS 3:00 PM**

TRANSPORTATION HOURS: MON—FRIDAY | 8AM—3PM

BOOK YOUR TRANSPORTATION AT 978-519-2567
CLTRANSPORTATION@BETHANYCOMMUNITIES.ORG

Masks continue to be required on all Bethany transport including EZ Van and trips.

Merrivista Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2PM - CRAFT CORNER (PH) 6PM-LRC	2 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)	3 10:00 AM THE MEN'S GROUP (PH) 6PM BINGO	4
5	6 6PM-LRC	7 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 2PM-POKENO	8 10:00 HANNAH DUSTON 2PM - CRAFT CORNER COLLAGE CLASS (PH) 6PM-LRC	9 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)	10 9.00AM - NH SHOPPING — SALEM 6PM BINGO	11 3-5 PM The Artist Café @ The Haverhill ArtWalk
12	13 11:30 PM T-BONES STEAKHOUSE 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC	14 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 11:30 AM—MICHAEL'S HARBORSIDE 2PM-POKENO	15 2PM - CRAFT CORNER (PH) 6PM-LRC	16 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)	17 6PM-BINGO 10AM—NEWBURYPORT STROLL	18
19	20 2.00 PM-LAPTOPS FOR LEISURE (PH) 6PM-LRC	21 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 2PM-POKENO	22 2PM - CRAFT CORNER (PH) 6PM-LRC	23 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)	24 9.00AM - NH SHOPPING — PLAISTOW 6PM BINGO	25
26	27 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC	28 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 11:30 AM—STARBOARD GALLEY 2PM-POKENO	29 2PM - CRAFT CORNER (PH)	30 10AM-TAI CHI (PH) 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MV)		

Mission Towers Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 2PM - CRAFT CORNER (PH)	2 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	3 10:00AM MEN'S GROUP (PH) 2PM -STRETCH & BREATHE	4
5	6	7 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	8 10:00 HANNAH DUSTON 2PM - CRAFT CORNER COLLEGE CLASS (PH)	8 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	10 9.00AM - NH SHOPPING — SALEM 2PM - STRETCH & BREATHE	11 3-5 PM The Artist Café @ The Haverhill ArtWalk
12	13 11:30 PM T-BONES STEAKHOUSE 3.00PM-INTERNET CAFÉ (MV)	14 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 11:30AM—MICHAEL'S HARBORSIDE 2PM—MOVE & GROOVE (PH)	15 2PM - CRAFT CORNER (PH)	16 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	17 10AM—NEWBURYPORT STROLL 2PM - STRETCH & BREATHE	18
19	20 2.00 PM-LAPTOPS FOR LEISURE (PH)	21 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	22 2PM - CRAFT CORNER (PH)	23 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	24 9.00AM - NH SHOPPING — PLAISTOW 2PM - STRETCH & BREATHE	25
26	27 3.00PM-INTERNET CAFÉ (MV)	28 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 11:30 AM—STARBOARD GALLEY 2PM—MOVE & GROOVE (PH)	29 2PM - CRAFT CORNER (PH)	30 11AM MOVE & GROOVE (MV) 2PM-BIBLE STUDY (MT LIBRARY)	<p>If MT residents are interested in joining the Friday night BINGO at 6PM at Phoenix, please contact Carol McCarron at (603) 303-7964</p>	

Phoenix Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			1 2PM - CRAFT CORNER ((PH)	2 10AM - TAI CHI 1:30-MAJONG 2PM PM-BIBLE STUDY (MV) 6PM-POKENO	3 6:30AM DONUT DAY 10AM MEN'S GROUP (PH) 6PM-BINGO	4
5	6 6:30-8AM COFFEE 10AM - STRETCH & BREATHE	7 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	8 10:00 HANNAH DUSTON 2PM - CRAFT CORNER COLLAGE CLASS (PH)	9 10AM - TAI CHI 1:30-MAJONG PM-BIBLE STUDY (MV) 6PM-POKENO	10 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — SALEM 6PM-BINGO	11 3-5 PM The Artist Café @ The Haverhill ArtWalk
12	13 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 11:30 PM T-BONES STEAKHOUSE 3.00PM-INTERNET CAFÉ (MV)	14 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 11:30 AM—MICHAEL'S HARBORSIDE 2PM—MOVE & GROOVE (PH)	15 2PM - CRAFT CORNER (PH)	16 10AM - TAI CHI 1:30-MAJONG PM-BIBLE STUDY (MV) 6PM-POKENO	17 6:30-8AM DONUT DAY 10AM—NEWBURYPORT STROLL 6PM-BINGO	18
19	20 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 2.00 PM-LAPTOPS FOR LEISURE (PH)	21 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	22 2PM - CRAFT CORNER (PH)	23 10AM - TAI CHI 1:30-MAJONG PM-BIBLE STUDY (MV) 6PM-POKENO	24 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — PLAISTOW 6PM-BINGO	25
26 6PM—GERONIMO	27 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 3.00PM-INTERNET CAFÉ (MV)	28 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 11:30 AM—STARBOARD GALLEY 2PM—MOVE & GROOVE (PH)	29 2PM - CRAFT CORNER (PH)	30 10AM - TAI CHI 1:30-MAJONG PM-BIBLE STUDY (MV) 6PM-POKENO		

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GET TO KNOW A NEIGHBOR!



Candice Burns
Phoenix

How long have you lived at Bethany? I just moved in at the end of February 2022.

Where did you grow up? I grew up in Methuen, MA

What did you do before coming here? I have been working at Hogan Regional Health Center in Danvers, MA as a supervisor for 35 years where I help prepare the meals for all the clients, who I love. I also enjoy my hobbies. I love sports especially football, baseball, and basketball. I love the Celtics!

What do you like most about living at Bethany? My mom used to live here. I decided to come to Bethany because my mom really enjoyed it here. She really liked spending time with the ladies and gentleman that live here. She found comfort living here. I, too, feel very comfortable and safe here.

What else would you like to tell us? I have a big family. I love to hang out with all my brothers and sisters. There were seven of us (6 still living). We go out to dinner a lot. I have a lot of nieces and nephews who I am very close to and I love them very much. I have a lot of great nieces and nephews too.

What is your favorite movie and type of music? Titanic and I enjoy Melissa Etheridge's music. I love the radio station 95.7!

UPDATE: MERRIVISTA RENOVATION PROJECT

Beginning in mid-June, the kitchen and dining room at Merrivista will undergo some upgrades, including new equipment and updated facilities. Ultimately, this project will provide an enhanced dining experience for all residents and we're very excited to celebrate the new space when it is completed.

This renovation is scheduled to be completed in about one month's time. During this time, the Dining Services Department will use other on-site kitchen spaces to maintain uninterrupted service. A streamlined menu has been created, still offering two options during every mealtime, and all meals will be delivered to residents at Merrivista, Mission Towers, and Phoenix Row. The process of ordering meals will not change.

We look forward to welcoming all of our residents to join us for a special grand opening when renovations are completed!

Thank you

TO THE RESIDENTS THAT CAME OUT FOR THE EARTH DAY CLEAN UP AT PHOENIX

Flyers: Laura Murray

Supportive Music: Norman Lowther

Gardening Tools: Matt Church & Kathy Guillette

Gardeners: Phil Beril, Paula Chaisson, Carina Jones, Steve Jones, Carol McCarron, Dianne Moonoogian, Ron Mertens, Ginny Sargent, Barb Whitehair, Rex Wynn

Refreshments: Dianne Moonoogian, Roger Beauregard

We filled up 11 tall yard-waste bags, then enjoyed some pizza together. Job well done! Thank you everyone.



AgeSpan brings Elder Community Market Program to Bethany!

The purpose of this program is to provide you with access to free, fresh, local produce, as well as tools to improve your nutrition. This is a program in partnership with a local farmer who will provide great quality produce to the participants. The participants will be able to "shop" at the community market once a week for 9 weeks.

To sign up contact:

Merrivista - Amy Hanson at 978-519-2532

Phoenix or Mission Towers - Laura Murray at 978-519-2525

PLEASE NOTE THAT CAPACITY IS LIMITED FOR THIS PROGRAM.