



# the **flag**

**AUGUST**

Bethany Community Services  
[www.bethanycommunities.org](http://www.bethanycommunities.org)

**2022**

it's  
**Summer<sup>er</sup>time**



*Lunch at Lena's!*



*Beach Stroll*



*Live Music*

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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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## *This is Jered ...and You've Got Mail*

Mixed emotions. I'm sure we've all had them. Those moments when you are both simultaneously happy and sad. Perhaps it's a wedding day or commencement ceremony. You are excited for the future, but also a little melancholy about the past, because things have changed. Those kids have grown up and you are excited that they are on their way, but also sad because...they are on their way. You realize there is no going back. How did it happen so quickly? Where did the time go?

At Bethany we offer a great deal of activities through our community life department. On a weekly basis residents are spending time on crafts, art classes, bus trips, tai chi, and a dozen other things. As I was walking through Merrivista a few weeks ago I ran into a Bible study in the sunroom. At Nichols Village there is a wellness center with an exercise room and a beautiful garden. Mission Towers has a vibrant meeting space on the 7<sup>th</sup> floor and Phoenix Row has lots going on with morning coffee and art classes at the Ornstein. At Four Mile Village residents gather regularly in the community building for coffee hour on Wednesday or to play cards. No matter which community you are in, there are things to do and ways to spend your time.

Someone once said, "how we spend our days is how we spend our lives." That quote is beginning to mean more to me now more than ever. As I get towards what may be the middle age of life, the realization that time is limited has become more real to me. It makes me think more about how I spend my days.

It's encouraging when I go out and about to see so many residents spending their time well. Perhaps there are some things that we can't do anymore, or maybe not as well as we once did. But no one is ever too old to learn or try something new.

For the introverts out there, I know trying new things can be difficult. Many of us would prefer a quiet place and a good book. This month I would like to nudge you all to consider trying something new. Perhaps stopping by coffee hour, taking a trip out for lunch, or going to the dining room (to be opened soon at Merrivista), joining an art class, or striking up a conversation with a neighbor. You may surprise yourself by trying something new. Go out and spend your days well.

*"How we spend our days is of course how we spend our lives.  
What we do with this hour and that one is what we are doing."  
— Annie Dillard*

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## Wellness Staff Hours

[Jeanette Martinez](#), RN, Director of Wellness

Denise Huminick, RN

Laura Maynard, Wellness Admin

To contact the Wellness Team during business hours  
please call (978) 374-2170

## FOR MEDICAL EMERGENCIES PLEASE DIAL 911

## Resident Service Support Staff Hours

[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

## Maintenance Tool Box: Luke Malbon, Merrivista

I was reading Merrivista's Annual Report from 1993, the year I began working here. The report listed the many good improvements that were made that year, including the installation of the ramp to the front porch, 24 new refrigerators, and dining room roof repairs. I could not have envisioned 29 years later, the magnitude of improvements we would make in 2022. Installing 24 new kitchens, total rehab of 20 units, 150 new electric panels, sprinkler systems, water mains. Elevator upgrades, remodel of the commercial kitchen, fire alarm systems, roofs, sewer lines, HVAC air quality systems, 150 toilets, railings, carpet throughout, mailboxes, security cameras, entry systems, painting and the list goes on and on. Thanks to Bethany management then and now for reinvesting in this good place to work and live. Thanks to this tough group of residents that are weathering the storms of remodeling.



**SENIOR MEAL**  
**FIRST BAPTIST CHURCH**

WEDNESDAY, AUGUST 3RD  
12 - 1:00 PM

SEE FLYER FOR DETAILS

HOSTED BY



# AUGUST PROGRAMS AND ACTIVITIES

CALL ALAN FOR TRANSPORTATION AT 978-519-2567  
OR EMAIL CLTRANSPORTATION@BETHANYCOMMUNITIES.ORG

## Bethany Internet Café

All your technology questions answered by our friends from Full Harvest Moonz!  
**2nd & 4th Monday, 3:00pm | Merrivista Sunroom. Free transportation.**

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## 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**

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## Tai Chi

Join Barbara Maffeo (MT) and John Depew (PH) for relaxation and gentle movement.  
**Thursday, 10:00am at Phoenix, Tuesday, 10:00am at Mission Towers. Free transportation.**

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## Bethany Craft Corner

Join our group and explore your creativity through crafty creations!  
**Wednesday, 2:00pm at the Phoenix Row Activity Room. Free Transportation.**

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## Weekday Lunch Rides

Enjoy an afternoon lunch trip with friends. This month's destinations include:  
**Lena's Seafood-August 11th | Olive Garden-August 29th**  
**EZ Van pick up at 11:30am. \$4.00 for bus + cost of lunch. \*\*Registration Required.**

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## New Hampshire Shopping Trips

Salem, NH - August 12th | Plaistow, NH—August 26th  
**.Fridays at 9:00am. \$6.00 for Salem & \$4 for Plaistow. \*\*Registration Required.**

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## Move & Groove with Tippy

Enjoy moving and grooving from the comfort of your chair.  
**Tuesday, 2:00pm at Phoenix + Mondays, 11:00am at Mission Towers. Free Transportation.**

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## The Men's Group

Get together with the guys for men's topics, games, featured speakers, road trips and more!  
**Friday, August 5th, 10:00am, Trivia for Senior Men. Free Transportation.**

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## 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**

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**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**

We hope that you are enjoying this nice summer weather we are having. It's been hot but it has given you a chance to try out your brand-new air conditioners. I hear they are awesome!

Merrivista is really moving along quite nicely. Everywhere you look there seems to be something new being installed. Probably by the time you read this the Gazebo will be moved to a new spot on the lawn. I hope I'm working that day to see it. It should be interesting.

Have a healthy month of August.

Remember You only  
Live once and if you do it  
right once is enough.

**Deanna Ruth, Property Manager - Mission Towers**

Welcome to August & the beginning of summer winding down. It is hard to believe we are already into the month of August. Speaking of August this is the time my family travels down to the beautiful seashore of North Carolina, I will be out beginning August 8<sup>th</sup> and will return on August 16<sup>th</sup>. Please keep in mind that our very capable & wonderful Resident Service Coordinator, Laura Murray will be here in the afternoons.

We are happy to see things moving along to elect a new Resident Council, Thanks to all of you who have participated.

Although Covid has winded down & things are pretty much back to normal we are asking all visitors to Mission Towers to continue to sign in. We ask you to please help with this & remind anyone who comes to see you to sign in.

I have noticed many people who speed through the tunnel, this is often residents but more often than not these are visitors. Please remind your visitors to go very slow when traveling through the tunnel.

**Jeanette Martinez, RN - Director of Wellness**

**Fall Prevention**

Falls are the leading cause of injury-related death among older Americans and lead to 3 million emergency department visits every year. Falls are also the No. 1 cause of injuries in seniors, resulting in hip fractures, cuts, and even serious head and brain injuries that can be fatal. And even when there's no serious injury, a fall can still be so frightening you may avoid certain activities because you may be afraid you will fall again.

Here are some tips to prevent falls: Clean up clutter such as stacks of old newspapers and magazines, especially from hallways and staircases; repair or remove tripping hazards; install grab bars (contact maintenance staff for approval); avoid wearing loose clothing as this can cause you to trip and fall; light it right, inadequate lighting is another major hazard especially at night; wear appropriate shoes and/or non-slip-socks; use non-slip shower mats to prevent falls on slick surfaces; move more carefully when changing positions from a sitting to a standing position and vice versa.

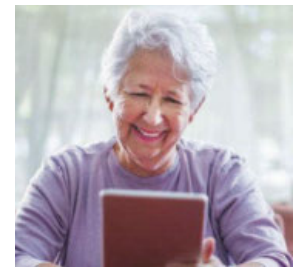
Preventing falls like this is as easy as taking your time. If you need some tips and tricks, come and visit the wellness office and we can offer more suggestions on fall prevention.

## Laura Murray - Resident Service Coordinator

### **Benefits of Internet Use for Older Adults and a Cost Savings Program for All**

Do you use the internet or wish you could? The internet has great advantages for all of us including:

- Allows for communication with family and friends living away  
Allows for virtual appointments with healthcare professionals for straightforward medical care or when you cannot get to your doctor's office
- Enables the ability to search for any information you may need
- Allows for staying relevant with current procedures – filling out applications online is faster and simpler than handwritten forms that you send through "snail mail"
- Social technology, use when used appropriately, is associated with better self-rated health, fewer chronic illnesses, higher subjective well-being, and fewer depressive symptoms



The **Affordable Connectivity Program (ACP)** is a benefit that provides a discount of up to \$30 per month toward internet services for eligible households. You may be eligible if your income meets the criteria and you will most likely qualify if you participate in any of the following programs already: SNAP, Medicaid (Mass Health), Federal Public Housing Assistance, Supplemental Security Income (SSI), or Veterans Pension. **Your resident service coordinator can help you determine if you qualify and assist you in applying for this discount! See me if you live at Phoenix or Mission Towers and see Amy Hansen if you live at Merrivista!**

### **Concerned about not knowing the basics of internet use?**

Check out Bethany's Internet Café located at Merrivista on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month, at 3pm. Bring your smart phone or laptop and get your technology questions answered! There is also a laptop available to be shown the basics.

## Abe Soto, Property Manager - Phoenix

Summer! As we are enjoying these long sunny days here at Phoenix, please enjoy the fresh air in our lovely courtyard. We have a new walkway, fresh mulch, flowers, updated sprinkler system, and water fountain. A big thank you to Barbara Whitehair, Rex Wynn and friends who have done a big cleanup in the courtyard. We are fortunate to have this lovely space.

As we continue to do projects to improve the way of life here, let's continue to display proper etiquette amongst each other in this community. Be respectful to each other and avoid conflict at all cost. Please and thank you are still magic words.

My quote for this month is:

"Manners are a sensitive awareness of the feelings of others.

If you have that awareness, you have good manners, no matter what fork you use."

~Emily Post



# AUGUST 2022 BETHANY KITCHEN MENU

Sunday	Monday	Tuesday	Wednesday
	<p><b>1 LUNCH:</b> Hot chicken sandwich, French fries, Watermelon</p> <p><b>Option 2</b> Salad with Turkey or Turkey Sandwich</p> <p><b>DINNER:</b> Chicken Parm over Spaghetti, Broccoli and Italian Bread Pistachio pudding</p> <p><b>Option 2</b> Grilled Shrimp Caesar Salad, Pita Bread</p>	<p><b>2 LUNCH:</b> Creamy Potato Bacon Soup, Seafood Salad Sandwich, Cookie</p> <p><b>Option 2</b> Spinach Salad with Chicken, Blueberries, Thinly sliced apples, and Bleu Cheese</p> <p><b>DINNER:</b> Meatloaf, Mashed Potato, Asparagus, Fruit Salad</p> <p><b>Option 2:</b> Sliced Chix. Breast, Cheese &amp; Crackers, Salad, Fruit</p>	<p><b>3 LUNCH:</b> Sweet and Sour Rice Pilaf, Ice Cream</p> <p><b>Option 2</b> Salad with Salmon Tuna or Tuna Sandwich</p> <p><b>DINNER:</b> Chix. Turnover Chocolate Pudding</p> <p><b>Option 2:</b> Taco Salad w/ Beef, Tortilla Chips, Tomatoes, Kidney Beans, Olives, Cheese, Salsa</p>
<p><b>7 LUNCH:</b> Bagged lunch</p> <p><b>Option 2:</b> Assorted Sandwiches, Chips, Assorted Desserts</p> <p><b>DINNER:</b> Roasted Turkey Stuffing, Mashed Potato with Gravy, Squash and Cranberry Sauce, Strawberry Shortcake</p>	<p><b>8 LUNCH:</b> Turkey Noodle Soup, Ham and Cheese, Lemon Squares</p> <p><b>Option 2</b> Salad with Turkey or Turkey Sandwich</p> <p><b>DINNER:</b> Spaghetti and Meatballs, Salad, Garlic Bread, Sherbet</p> <p><b>Option 2</b> Cobb Salad with Roasted Chicken Breast &amp; Pita</p>	<p><b>9 LUNCH:</b> Vegetable Soup, BLT on a Roll, Fruit</p> <p><b>Option 2</b> Salad with Scoop of Tuna or Tuna Sandwich</p> <p><b>DINNER:</b> Breaded Baked Chicken, Butternut Squash, Beets, Jell-O</p> <p><b>Option 2</b> Oriental Noodles, Chicken Salad, Sliced tomato, Cucumber and Fruit</p>	<p><b>10 LUNCH:</b> Chicken Noodle Soup, Chicken Salad Sandwich</p> <p><b>Option 2:</b> Salad with Roast Beef Sandwich</p> <p><b>DINNER:</b> Haddock Potatoes, Fries, Boston Cream Pie</p> <p><b>Option 2</b> Chicken Caesar Salad, Pita Bread</p>
<p><b>14 LUNCH:</b> Bagged lunch</p> <p><b>Option 2:</b> Assorted Sandwiches, Chips, Assorted Desserts</p> <p><b>DINNER:</b> Corned Beef and Cabbage. Potato and Carrot, Frosted Spice Cake</p>	<p><b>15 LUNCH:</b> Tomato Soup, Bologna and Cheese, Fruit</p> <p><b>Option 2:</b> Salad with Turkey or Turkey Sandwich</p> <p><b>DINNER:</b> Baked Ziti with Meat Sauce, Tossed Salad, Italian Bread, Apple pie</p> <p><b>Option 2:</b> Chef Salad, Pita Bread</p>	<p><b>16 LUNCH:</b> Chicken Noodle Soup, PB&amp;J, Cookie</p> <p><b>Option 2</b> Salad with Scoop of Tuna or Tuna Sandwich</p> <p><b>DINNER:</b> Pork Chops, Scalloped potato, Beets, Cookie</p> <p><b>Option 2</b> Macaroni Salad, Ham Slices, Cottage Cheese, Cucumber, Fruit, and Pita bread</p>	<p><b>17 LUNCH:</b> Ham and Cheese Sandwich, Bag of chips and Fruit</p> <p><b>Option 2</b> Salad with Chicken Sandwich</p> <p><b>DINNER:</b> Beef Pot Pie, Mashed Potato, Peach Cobbler</p> <p><b>Option 2</b> Marinated Strawberry Garden Salad, Pita Bread</p>
<p><b>21 LUNCH:</b> Bagged lunch</p> <p><b>Option 2:</b> Assorted Sandwiches, Chips, Assorted Desserts</p> <p><b>DINNER:</b> Beef Tenderloin with gravy, Mashed Potato and Green Beans, Blueberry Pie</p>	<p><b>22 LUNCH:</b> Beef Barley Soup, Chix. Salad Sandwich, Cookies</p> <p><b>Option 2:</b> Salad with a Scoop of Egg Salad or Egg Salad Sandwich</p> <p><b>DINNER:</b> Meatloaf with Mashed potato, Green Beans, Ice Cream</p> <p><b>Option 2:</b> Sliced Chicken Breast, Potato Salad, Creamy Broccoli Salad, Tomato Slices and Fruit</p>	<p><b>23 LUNCH:</b> Turkey, Cranberry and Stuffing Wrap, Chips and Pears</p> <p><b>Option 2</b> Salad with Scoop of Tuna Salad or Tuna Salad Sandwich</p> <p><b>DINNER:</b> Stuffed Shells, Salad, Bread, Butterscotch Pudding</p> <p><b>Option 2</b> Roasted Chicken Breast and Berry Salad (Strawberries, Blueberries and Blue Cheese)</p>	<p><b>24 LUNCH:</b> Chix. Noodle Soup, Salad Sand., Choc. Pudding</p> <p><b>Option 2</b> Salad with Sliced Turkey Sandwich</p> <p><b>DINNER:</b> Stuffed Pork Chops, Mashed Pot., Asparagus, Cake</p> <p><b>Option 2:</b> Sliced Chicken Breast, Potato Salad, Creamy Broccoli Salad, Tomato Slices and Fruit</p>
<p><b>28 LUNCH:</b> Bagged lunch</p> <p><b>Option 2:</b> Assorted Sandwiches, Chips, Assorted Desserts</p> <p><b>DINNER:</b> Pot Roast with Gravy, Mashed Potato, Carrots, Lemon meringue Pie</p>	<p><b>29 LUNCH:</b> Cheeseburgers, Macaroni Salad, Chocolate Pudding</p> <p><b>Option 2:</b> Salad with a Scoop of Seafood Salad or Seafood Salad Sandwich</p> <p><b>DINNER:</b> Meat Lasagna, Salad, Italian Bread, Tapioca Pudding</p> <p><b>Option 2:</b> Sliced Chicken, Tortellini Salad, Egg Salad, Tomato and Cucumbers, Fruit</p>	<p><b>30 LUNCH:</b> Stuffed Shells, Garlic Bread, Cookies</p> <p><b>Option 2:</b> Salad with Roast Beef or Roast Beef Sandwich</p> <p><b>DINNER:</b> Chicken Fingers, Sweet Potato Fries, Coleslaw, Fruit</p> <p><b>Option 2</b> Chef Salad, Ham Turkey and provolone, Pita Bread</p>	<p><b>31 BRUNCH:</b> French Toast, Home Fries, Fresh Fruit</p> <p><b>Option 2</b> Salad with a Scoop of Chix. Salad or Chix. Salad</p> <p><b>DINNER:</b> Beef Stir Fry w/ Onions, Rice, Butterscotch Pudding</p> <p><b>Option 2:</b> Sliced Chicken, Tomato and Egg Salad, Tomato and Cucumbers, Fruit</p>



**CALL TO ORDER @ 978-374-2169**

Day	Thursday	Friday	Saturday
<p>our Kielbasa, Scoop of h rs, Spinach, with Ground atoes, Cheddar</p>	<p><b>4 LUNCH:</b> Summer Minestrone Soup, Sliced Turkey on Pita with Lettuce and Tomato, Cookie <b>Option 2:</b> Salad with Roast Beef or Roast Beef Sandwich  <b>DINNER:</b> Baked Ham, Sweet Potato, Green Beans, Tapioca <b>Option 2:</b> Sliced Chicken Breast, Cheese and Crackers, Summer Veggie Salad, Fruit</p>	<p><b>5 LUNCH:</b> Fish Chowder, Grilled Swiss and Tomato, Oranges <b>Option 2:</b> Salad with a Scoop of Egg Salad or Egg Salad Sandwich  <b>DINNER:</b> Baked Salmon, Rice Pilaf, Carrots, Sliced Peaches <b>Option 2:</b> Grilled Chicken Garden Salad, Pita Bread</p>	<p><b>6 LUNCH:</b> Italian Sausage Orzo Soup, Chicken Salad Sandwich, Cookies <b>Option 2:</b> Chopped Greek Salad, Pita Bread  <b>DINNER:</b> Franks &amp; Baked Beans, Coleslaw and fruit <b>Option 2:</b> Sliced Chicken Breast, Cheese and Crackers, Summer Veggie Salad, Fruit</p>
<p>oodle Soup, ich, Cookie oast Beef or  ty, French e esar Salad with</p>	<p><b>11 LUNCH:</b> Tomato Soup, Egg Salad Sandwich, Vanilla pudding <b>Option 2:</b> Salad with a Scoop of Ham Salad or Ham Salad Sandwich  <b>DINNER:</b> 2 Stuffed Peppers, Carrots, Banana Cream Pie <b>Option 2:</b> Oriental Noodles, Chicken Salad, Sliced tomato, Cucumber and Fruit</p>	<p><b>12 LUNCH:</b> Minestrone Soup, Turkey Sandwich, Peaches <b>Option 2:</b> Salad with a Scoop of Seafood or Seafood Salad Sandwich  <b>DINNER:</b> Parmesan Crusted Haddock, Mashed Potato, Asparagus, Ice Cream <b>Option 2:</b> Garden Salad with Chicken, Roll</p>	<p><b>13 LUNCH:</b> Fish Patty with Tartar Sauce, Onion Rings, Cookie <b>Option 2:</b> Pear and Arugula Salad with Roasted Chicken  <b>DINNER:</b> Franks &amp; Baked Beans, Coleslaw and fruit <b>Option 2:</b> Hamburger with Roll, Sliced tomato and Lettuce, Baked beans</p>
<p>cheese Sub, hicken or  Mashed Pota-  eak Tip ead</p>	<p><b>18 LUNCH:</b> Stuffed Manicotti, Tossed Salad, Tapioca <b>Option 2:</b> Salad with a Scoop of Egg Salad or Egg Salad Sandwich  <b>DINNER:</b> Chicken Legs, Rice, Peas and Carrots, Cheesecake <b>Option 2:</b> Macaroni Salad, Ham Slices, Cottage Cheese, Cucumber, Fruit, and Pita</p>	<p><b>19 LUNCH:</b> Corn Chowder, Chix. Salad Sandwich, Fruit <b>Option 2:</b> Salad with a Scoop of Ham Salad or Ham Salad Sand.  <b>DINNER:</b> Baked Haddock, Mashed Potato and Spinach, Vanilla Pudding <b>Option 2:</b> Grilled Chicken Sand. and Macaroni Salad</p>	<p><b>20 LUNCH:</b> Turkey Rice Soup, Turkey Melt, Jell-O <b>Option 2:</b> Salad with Roast Beef or Roast Beef Sandwich  <b>DINNER:</b> Franks &amp; Baked Beans, Coleslaw <b>Option 2:</b> Liver and Onions, Mashed Potato, Peas, Ice Cream</p>
<p>le Soup, Ham dding ced Turkey or  Chops, us, Yellow  en Breast, Po- occoli Salad, t</p>	<p><b>25 LUNCH:</b> Italian Wedding Soup, Egg Salad Sandwich, Chocolate Pudding <b>Option 2:</b> Salad with Roast Beef or Roast Beef Sandwich  <b>DINNER:</b> American Chop Suey, Cauliflower, Apple Pie <b>Option 2:</b> Chicken Caesar Salad, Pita Bread</p>	<p><b>26 LUNCH:</b> Broccoli Cheddar Soup, Cranberry Chicken Sandwich, Cookies <b>Option 2:</b> Salad with a Scoop of Seafood or Seafood Salad Sandwich  <b>DINNER:</b> Baked Haddock, baked Potato, Peas, Brownie <b>Option 2:</b> Homemade Beef Stew, Biscuit</p>	<p><b>27 LUNCH:</b> Quiche Lorraine, Tossed Salad, Fresh Fruit <b>Option 2:</b> Spinach Salad with Sliced Apples, Bacon and Feta  <b>DINNER:</b> Franks and Baked Beans, Coleslaw <b>Option 2:</b> Sliced Chix. Breast, Potato Salad, Creamy Broccoli Cauliflower Salad, Tomato Slices and Fruit</p>
<p>ast, Bacon Fruit Scoop of lad Sandwich  ith Peppers, atch Pudding ortellini Salad, d Cucumbers,</p>	<p><b>IF YOU ARE ORDERING MEALS FROM THE MERRIVISTA KITCHEN, PLEASE BE SO KIND AS TO LEAVE YOUR PLATES, BOWLS AND CUPS READY FOR PICK UP. DELIVERY STAFF WILL PICK THEM UP ON NEXT SHIFT. THANK YOU!!</b></p>		<p><b>Ask Amy Hanson about Free or Reduced Priced Meals!</b>  <b>Call Cameron and Kitchen staff for Alternate Meals</b>  <b>978-374-2169</b></p>

# Bethany's Community Life & Transport Department

FOR MORE INFORMATION CALL MELISSA AT 978-519-2456  
FOR TRANSPORTATION CALL ALAN AT 978-519-2567



## The Ella and Mia Murray Summer Concert

Join us for a summer concert with the daughters of Laura Murray, the resident coordinator at Phoenix and Mission Towers. They perform multiple genres of music including jazz, R&B, musical theater, pop, and country.

**Date:** Thursday, August 4th at 1:00 PM, Phoenix Dining Room, Free



## Paint Party \*

Enjoy a social outing with friends while creating a painting from start to finish led by a professional artist. Light refreshments will be served.

All skill levels are welcome! FREE Event

Monday, August 8<sup>th</sup> from 1 – 2:30 PM – Phoenix (Free transportation for MV)

Monday, August 15<sup>th</sup> from 1 – 2:30 PM – Mission Towers



## The Adventures of Ann and Harriet-Speaker Series/UMass Lowell \*

Hear the story of Ann Hasseltine Judson and Harriet Atwood Newell, the first female American missionaries. Their incredible tale includes romance, tragedy, kings and princes, a case of mistaken identity, and pirates!

**Date:** Aug. 9th at 11 AM | Free event and transportation | UMass Lowell



## Salisbury Beach Stroll

Stroll the small coastal beach town of Salisbury. Enjoy the beautiful ocean views, beach pizza, ice cream and more!

**Date:** Wed., August 24th at 10:00 | Salisbury, MA | \$4 Transportation



## The Cape Ann Museum \*

Enjoy one of the most outstanding American Art Museum showcasing the art and cultural history of maritime New England.

**Date:** Wednesday, August 17th at 10:00 AM | Free Event & Transportation



## The Men's Group

Join us for some trivia tailored to senior men.

**Date:** Friday, August 5th at 10:00 AM | Free Event & Transportation



## Wellness Workshop

Senior Medicare Patrols (SMPs) empower and assist Medicare beneficiaries to prevent, detect, and report health care fraud.

**Date:** PH – Tuesday, August 23<sup>rd</sup> at noon-1pm

MT – Tuesday, August 30<sup>th</sup> at 1pm-2pm



## Coffee with a Cop

This informal gathering offers residents the opportunity to ask questions or share thoughts and experiences with local law enforcement.

**Date:** Tuesday, August 30th at 10:00 AM | Phoenix Row

*\*Made possible with support from the Li-Qiu Family Foundation*

# 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 11AM MOVE & GROOVE (MT)	2 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 2PM-POKENO	3 12PM-SENIOR MEAL 2PM - CRAFT CORNER (PH) 6PM-LRC	4 10AM-TAI CHI (PH) 1PM SUMMER CONCERT (PH)	5 10:00 AM THE MEN'S GROUP (PH) 6PM BINGO	6
7	8 11AM MOVE & GROOVE (MT) 1:00 PM PAINT PARTY (PH) 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC	9 9AM -12PM - HAIRDRESSER 11AM-SPEAKER SERIES @ UMASS LOWELL 9:30AM-BOWLING 2PM-POKENO	10 10AM—SALEM WILLOWS 2PM - CRAFT CORNER (PH) 6PM-LRC	11 10AM-TAI CHI (PH) 11:30AM—LENA'S	12 9.00AM - NH SHOPPING — SALEM 6PM BINGO	13
14	15 11AM MOVE & GROOVE (MT) 6PM-LRC	16 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 2PM-POKENO	17 10AM—CAPE ANN MUSEUM 2PM - CRAFT CORNER (PH) 6PM-LRC	18 10AM-TAI CHI (PH)	19 6PM-BINGO	20
21	22 11AM MOVE & GROOVE (MT) 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC	23 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 12:00PM-SMP TRAINING (PH) 2PM-POKENO	24 10AM SALISBURY BEACH STROLL 6PM-LRC	25 10AM-TAI CHI (PH)	26 9.00AM - NH SHOPPING — PLAISTOW 6PM BINGO	27
28	29 11AM MOVE & GROOVE (MT) 11:30AM—OLIVE GARDEN 3.00PM-INTERNET CAFÉ (MV) 6PM-LRC	30 9AM -12PM - HAIRDRESSER 9:30AM-BOWLING 10 AM POUNDS AWAY (PH) 2PM-POKENO	31 2PM - CRAFT CORNER (PH) 6PM-LRC			

# Mission Towers Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11AM MOVE & GROOVE (MT)	2 9:30AM-BOWLING 10AM - TAI CHI 2PM—M&G(PH) 6PM-GERONIMO (SARA'S PLACE)	3 12PM-SENIOR MEAL 2PM - CRAFT CORNER CLASS (PH)	4 10AM-COFFEE 1PM SUMMER CONCERT (PH) 2PM-BIBLE STUDY (MT) 6PM-BINGO (SARA'S PLACE)	5 10:00AM MEN'S GROUP (PH) 2PM -STRETCH & BREATHE 6PM—POKENO (7TH FLOOR)	6
7	8 11AM MOVE & GROOVE (MT)  3.00PM-INTERNET CAFÉ (MV)	NO TAI CHI TODAY 9:30AM-BOWLING 11AM-SPEAKER SERIES @ UMASS LOWELL 2PM—M&G(PH) 6PM-GERONIMO (SARA'S PLACE)	10 10AM—SALEM WILLOWS  2PM - CRAFT CORNER CLASS (PH)	11 10AM-COFFEE 11:30AM—LENA'S 2PM-BIBLE STUDY (MT) 6PM-BINGO (SARA'S PLACE)	12 9.00AM - NH SHOPPING — SALEM 2PM - STRETCH & BREATHE 6PM—POKENO (7TH FLOOR)	13
14	15 11AM MOVE & GROOVE (MT)  1:00 PM PAINT PARTY (MT)	16 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—M&G(PH) 6PM-GERONIMO (SARA'S PLACE)	17 10AM—CAPE ANN MUSEUM  2PM - CRAFT CORNER (PH)	18 10AM-COFFEE 2PM-BIBLE STUDY (MT) 6PM-BINGO (SARA'S PLACE)	19 2PM - STRETCH & BREATHE 6PM—POKENO (7TH FLOOR)	20
21	22 11AM MOVE & GROOVE (MT)  3.00PM-INTERNET CAFÉ (MV)	23 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS AWAY (PH) 2PM—M&G(PH) 6PM-GERONIMO (SARA'S PLACE)	24 10AM SALISBURY BEACH  6PM-MOVIE (SARA'S)	25 10AM-COFFEE 2PM-BIBLE STUDY (MT) 6PM-BINGO (SARA'S PLACE)	26 9.00AM - NH SHOPPING — PLAISTOW 2PM - STRETCH & BREATHE 6PM—POKENO (7TH FLOOR)	27
28	29 11AM MOVE & GROOVE (MT) 11:30AM—OLIVE GARDEN 3.00PM-INTERNET CAFÉ (MV)	30 9:30AM-BOWLING 10AM - TAI CHI 10 AM POUNDS (PH) 1PM-SMP TRAINING 2PM—M&G(PH) 6PM-GERONIMO (SARA'S PLACE)	31 2PM - CRAFT CORNER (PH)	<p>MT residents are welcome to join Friday BINGO at 6PM at Phoenix. Contact Carol McCarron at (603) 303-7964</p>		

# Phoenix Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 10AM - STRETCH & BREATHE	2 9:30AM—BOWLING 2PM—MOVE & GROOVE (PH)	3 12PM-SENIOR MEAL 2PM - CRAFT CORNER (PH)	4 10AM - TAI CHI 1PM SUMMER CONCERT (PH) 1:30-MAJONG 6PM-POKENO	5 6:30AM DONUT DAY 10AM MEN'S GROUP (PH) 6PM-BINGO	6
7	8 10AM - STRETCH & BREATHE 1:00 PM PAINT PARTY (PH) 3.00PM-INTERNET CAFÉ (MV)	9 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 11AM-SPEAKER SERIES @ UMASS LOWELL 2PM—MOVE & GROOVE (PH)	10 10AM—SALEM WILLOWS 2PM - CRAFT CORNER (PH)	11 10AM - TAI CHI 11:30AM—LENA'S 1:30-MAJONG 6PM-POKENO	12 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — SALEM 6PM-BINGO	13
14	15 6:30-8AM COFFEE 10AM - STRETCH & BREATHE	16 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	17 10AM—CAPE ANN MUSEUM 2PM - CRAFT CORNER (PH)	18 10AM - TAI CHI 1:30-MAJONG 6PM-POKENO	19 6:30-8AM DONUT DAY 6PM-BINGO	20
21	22 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 3.00PM-INTERNET CAFÉ (MV)	23 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 12:00PM-SMP TRAINING (PH) 2PM—MOVE & GROOVE (PH)	24 10AM SALISBURY BEACH STROLL	25 10AM - TAI CHI 1:30-MAJONG 6PM-POKENO	26 6:30-8AM DONUT DAY 9.00AM - NH SHOPPING — PLAISTOW 6PM-BINGO	27
28 6PM—GERONIMO	29 6:30-8AM COFFEE 10AM - STRETCH & BREATHE 11:30AM—OLIVE GARDEN 3.00PM-INTERNET CAFÉ (MV)	30 9:30AM—BOWLING 10 AM POUNDS AWAY (PH) 2PM—MOVE & GROOVE (PH)	31 2PM - CRAFT CORNER (PH)			



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Bethany Community Services, Haverhill, MA

06-5254

# GET TO KNOW A NEIGHBOR!



**Elida Cappelan**  
**Phoenix**

**How long have you lived at Bethany?** Since February 14, 2021.

**Where did you grow up?** I was born in the Dominican Republic but moved to Puerto Rico at a very young age. I lived in Puerto Rico for 26 years where I went to school, raised my kids and got my American Citizenship.

**What did you do before coming here?** I did many things but I spent most of my time being a caregiver. I watched a little boy and later cared for a lady who was family with the governor of Puerto Rico for 27 years.

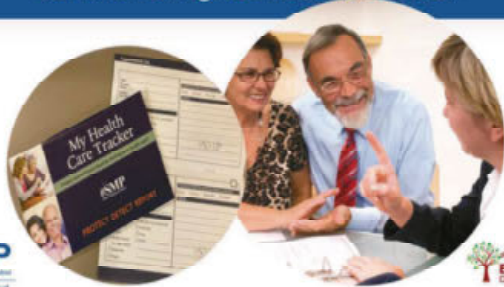
**What do you like most about living at Bethany?** Everyone is very nice and I really love the freedom that I have while being here. One thing that I really love is sitting by my window in the winter and watching the snowfall while drinking some coffee because I never used to see snow.

**What else would you like to tell us?** I am really happy that Bethany is reaching out to those who speak Spanish and need the help that is provided but don't know how to ask for it. Hopefully after all this work I will be open to doing more activities. *\*\* Bethany has recently begun an outreach program to our Spanish speaking residents so we can improve upon our programming and services.*

## Protect Yourself From MEDICARE FRAUD!

*A free informational Medicare workshop*

Register today at Phoenix or Mission Towers  
Invite a friend or family member.  
Call Alan to register at (978) 519-2567



Healthcare errors, fraud, and abuse cost American taxpayers and Medicare billions of dollars annually! Join us at this free workshop when a representative from the Massachusetts Senior Medicare Patrol (SMP) Program will provide us with information and tools to become better engaged healthcare consumers. We hold the key to protect ourselves and our loved ones from Medicare fraud and other deceptive marketing tactics.

**Mission Towers - Tuesday, August 30th | 1pm-2pm**  
**Phoenix Row - Tuesday, August 23rd | 12-1pm**

This project is supported in part by grant number 90MPPG0051 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

## Painting Party

Enjoy a social outing with friends while creating a painting from start to finish. Light refreshments will be served. **All skill levels are welcome!**



**Jenny Arndt, Artist**

**MONDAY, AUGUST 8TH | 1 - 2:30 PM - PHOENIX**  
**MONDAY, AUGUST 15TH | 1 - 2:30 PM - MISSION TOWERS**

FREE EVENT & TRANSPORTATION  
REGISTER AT (978) 519-2567 OR  
CLTRANSPORTATION@BETHANYCOMMUNITIES.ORG

