

# The Bethany Villager



**AMERICAN DIABETES MONTH®  
NOVEMBER 2011**

**Diabetes mellitus** (MEL-ih-tus), or simply, diabetes, is a group of diseases characterized by high blood glucose levels that result from defects in the body's ability to produce and/or use insulin.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

## Symptoms

### *Type 1 Diabetes*

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and irritability

### *Type 2 Diabetes\**

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

\*Often people with type 2 diabetes have no symptoms

If you have one or more of these diabetes symptoms, see your doctor right away. You can also take our Online Diabetes Risk Test to find out if you are at risk for diabetes.

*Continued...*

You can prevent or delay the onset of type 2 diabetes through a healthy lifestyle. Change your diet, increase your level of physical activity, maintain a healthy weight...with these positive steps, you can stay healthier longer and reduce your risk of diabetes.

## *Congratulations Shelly! Great Job!*

Shelly Conklin, an LPN at Bethany Manor on Skilled II, was awarded a scholarship by the New York State Chapter of NADONA/LTC to pursue becoming a Registered Nurse. Shelly has been involved in working towards completion of the education necessary to become a RN and anticipates graduating nursing school before the end of winter 2012. NADONA/LTC is the official organization for Directors of Nursing in Long Term Care. They have been the leading advocate and educational organization for DON's in Long Term Care. Part of their mission is to award scholarships to enable LPNs advance to becoming RNs through their scholarship programs.

Part of the criteria for earning a scholarship through NADONA includes that the applicant must make a commitment to practice In Long Term Care or Geriatrics for at least two years after graduation. The applicant must also submit an essay describing why they have chosen nursing as a career, and their commitment to the nursing profession including their goals for their nursing career after graduation.

Shelly has worked at Bethany Manor since her graduation as an LPN in 2008. She has demonstrated nursing practice excellence, dependability and leadership qualities. She lives in Breesport with her husband and two children.



# The Bethany Villager

## Resident /Family Thanksgiving Dinner

Dear Family and Friends,  
Bethany Courtyards is excited to announce that this years resident/family Thanksgiving dinner will be held at the Courtyards on Sunday, November 20st, 2011 with two seatings, the first at 12:00 and the second at 2:00 PM. It is our hope during this hectic season that this time will allow more of you to join your loved ones for a special traditional Thanksgiving dinner.

If you have any questions or concerns, please feel free to contact Ann Rehak, Administrative Assistant at (607)739-8711 ext., 6532 or email her at rehaka@bethany-village.org.

We are looking forward to spending this special day with you.

Sincerely,  
Bethany Courtyards, Administration



### Did You Know??

A giraffe can clean its ears with its 21 inch tongue!

The sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English alphabet.

It's possible to lead a cow up stairs but not down.

Frogs don't drink. (They absorb water through their skin)

A 1 minute kiss burns 26 calories!

Can you guess what common everyday word has all five vowels in it???

Answer: Education!!

## Famous Birthdays

### November Statistics

November 1<sup>st</sup> Average High 55°

November 1<sup>st</sup> Average Low 33°

November 30<sup>th</sup> Average High 43°

November 30<sup>th</sup> Average Low 26°

Sunrise on November 1<sup>st</sup> - 7:39 AM

Sunset on November 1<sup>st</sup> - 6:03 PM

Sunrise on November 1<sup>st</sup> - 7:14 AM

Sunset on November 30<sup>th</sup> - 4:37 PM

Day Length on November 1<sup>st</sup> - 11 hr, 45 min

Day Length on November 31<sup>st</sup> - 10 hr, 26 min

### "Mirror"

My face in the mirror  
isn't wrinkled or drawn.

My house isn't dirty-  
the cobwebs are gone.

My garden looks lonely  
and so does my lawn.

I think I will not  
put my glasses back on!!

*Cary Fellman*

Thanks to Dot Park for sending us this poem!!

## The 2011 Walk to End Alzheimer's

The 2011 Walk to End Alzheimer's was a great success for all. Over 300 people walked on October 1st at Eldridge Park and over \$38,000.00 was raised at the event. Our Bethany Village team raised over \$1900.00 this year.

Thanks to everyone who donated dollars and time to this worthy cause. Please continue to support The Alzheimer's Association in the fight to end Alzheimer's disease once and for all.



# The Bethany Villager

## Alzheimer's Caregiver Support Group

Bethany Village holds a monthly Alzheimer's Support Group on the third Thursday of each month. The meeting is held at Bethany Courtyards from 12:15pm to 1:15pm. A light lunch and beverages are provided for all who attend. Please call Michelle Kelly @ (607) 378-6618 for more information. The next meeting is scheduled for Thursday November 17, 2011.

## Pastoral Commentary

### Welcome!

We gather on Sundays in a little different way than we gather on other occasions at Bethany. At other events we are mostly 'residents' and 'staff'. On Sundays we are all God's family. We are Protestants and Catholics, we are from country church and larger town churches, we are from many points of view and persuasions, and we are all, everyone one of us, God's family. And so, we belong to each other. One other real meaningful part of our gatherings on Sunday for Worship (10:30 at the Courtyards and 2:00 at the Manor) is that others come. Some of our friends from the Knoll apartments, Orchard Homes, and Appleridge are often in attendance. But especially we love it when families come. Residents family members are always welcome, and often attend. We all benefit from the added love in the room, from the visual of a son and his mom, or a husband and wife sitting together in worship or a niece and her aunt.

If attending church is a part of your past, feel free to come, join us. All residents, all family members, all of God's family are invited. It's a place of respectful worship that seeks to honor all our traditions and keep open to God's great gifts, like belonging. You are as much a part of this family as anyone else. You are welcome!

Rev. Mary Ann Bernard  
Director of Pastoral Care

## Joke Corner

Jack decided his old wife was getting hard of hearing. So he called her doctor to make an appointment to have her hearing checked. The doctor said he could see her in two weeks, and meanwhile there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for supper?"

No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?"

No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?"

No response.

On to the kitchen door, only 10 feet away. "Honey, what's for supper?"

No response.

So he walks right up behind her. "Honey, what's for supper?"

"For the fifth time, CHICKEN!"



# *The Bethany Villager*

## *New Exercise Room*

The Courtyards is pleased to announce the opening of a new exercise room! The room is complete with brand new equipment. There is a treadmill, elliptical, weight machine and recumbent cycle!



We hope the staff and residents take advantage of this beautiful equipment!

## *Welcome To Our New Bethany Village Employees!*

Nathaniel Mitchell  
Gerald Ettenberger  
Vicky Burrell  
Joette McCawley  
Cheryl Frock  
Ford Surine  
Cindy Kieffer  
Christina Frisbie  
Charles Gilmore  
Lucille Morales  
Meganne VanSkiver  
Archie Culton III  
Mandy Simpson  
David Cowan  
Scott Fix  
Brandy Jasniewski  
David Rando



## *Daylight Savings Time*

Don't forget to "Fall back" for Daylight Savings Time on November 6<sup>th</sup> at 2:00.



# The Bethany Villager

## Famous Presidential Quotes

“The price of freedom is eternal vigilance”

*Thomas Jefferson*

“Liberty, when it begins to take root, is a plant of rapid growth”

*George Washington*

“The American continents... are henceforth not to be considered as subjects for future Colonization by any European powers”

*James Monroe*

“I have never advocated war except as a means of peace”

*Ulysses S. Grant*

“America is best described by one word, FREEDOM”.

*Dwight D. Eisenhower*

## Famous Veterans Day Quotes

“In war, there are no unwounded soldiers”

*Jose Narosky*

“I am a soldier, I fight where I am told and I win where I fight”

*General George Patton*



## Please Join Us on Veterans Day November 11, 2011

The Big Flats American Legion Color Guard will be holding a ceremony at the Courtyards at 10:15. Please join us to remember and say thank you to all Veterans past and present.

## Veterans Day November 11, 2011

### “Just a Common Soldier”

*by A. Lawrence Vaincourt*

He was getting old and paunchy and his hair was falling fast,

And he sat around the Legion, telling stories of the past.

Of a war that he had fought in and the deeds that he had done,

In his exploits with his buddies; they were heroes, every one.

And his Legion buddies listened, for they knew of whereof he spoke.

But we’ll hear his tales no longer for old Bill has passed away,

And the world’s a little poorer, for a soldier died today.

He will not be mourned by many, just his children and his wife,

For he lived an ordinary and quite uneventful life.

Held a job and raised a family, quietly going his own way,

And the world won’t note his passing,

Though a soldier died today.

If we cannot do him honor while he’s here to hear the praise,

Then at least let’s give him homage at the ending of his days.

Perhaps just a simple headline in a paper that would say,

Our country is in mourning, for a soldier died today...



# The Bethany Villager

## The Courtyards Has a New Staff Café!!

Vicky Burrell is our Employee Café Coordinator. Congratulations and welcome to Bethany Village! Vicky will be working closely with Ethan to bring you an exciting new menu with a wide variety of lunches including panini's, pizza, soup, chili, salads and daily specials! Stop in for lunch!!



**Vicky Burrell & Ethan Headley**



**Turkey & Avocado Panini**

### *Our Mission*

*"We are one hand, one heart woven into the fabric of our community, reaching out to people at their point of need."*

#### **Contact Us:**

Name: Phone Number: E-Mail Address:  
Kathy Woodruff 607-378-6664  
[woodruffk@bethany-village.org](mailto:woodruffk@bethany-village.org)

Lynne Gaylord 607-378-6519  
[gaylordl@bethany-village.org](mailto:gaylordl@bethany-village.org)

You can also call our main phone number at (607) 739-8711, 24-hours a day for additional help.

*Contact Maureen McLaughlin x6536 or Joan Schlappi-Allen x6534 to have "Skype" set up for you and your family to video chat. Try it! It is fun!*



Like us on Facebook to keep updated on the latest news and events!