

# The Scoop

Volume: 11 Issue: VIII Date: August, 2021

ASBURY  
BETHANY  
VILLAGE  
Anticipate More



## From the Executive Director...

Brian Grundusky



Hello to all residents and associates. I wish you all the best as we try and stay cool during these blistering summer months. I want to thank the residents and associates for your continued focus, patience, and effort in following the safety guidelines during these challenging times. Please continue to ask questions and provide feedback as this is also a learning process for all of those involved. I also wanted to get back to some other operational updates as we need to forge ahead and continue the great work that we do here at Bethany Village.

**COVID-19 Update:** Our commitment to providing a safe living and work environment, for those who reside and work here, is as strong as ever. We remain diligent about preparation, process, and awareness regarding preventive measures for coronavirus and other communicable viruses and diseases.

We currently have 0 active cases here at BV. We are monitoring the data as we have seen a slight shift for PA over the past 2-3 weeks. The Delta variant is starting to impact society (specifically for those people who are unvaccinated). I am very happy to report that 99.2% of our resident population is fully vaccinated and 75% of our associates are fully vaccinated.

We continue to review the latest CDC guidance and will continue to align our policies and guidelines based on these updates. Most of the changes are a direct result of the increasing number of those being vaccinated and the overall significant drop in COVID-19 cases across our country. There have been no changes made to the screening and masking process for MapleWood Assisted Living and The Oaks Skilled Nursing.

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Bethany Village  
325 Wesley Drive  
Mechanicsburg, Pa 17055

We hope you enjoy this issue of *The Scoop*.

This is a monthly publication that will update you on what is going on at Bethany Village from the Bethany Village Communications Team.

[www.BethanyVillage.org](http://www.BethanyVillage.org)

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We have been consistent throughout the pandemic in examining all the guidance and science before easing any coronavirus restrictions. We must also consider information and guidance from the Centers for Medicare & Medicaid Services (CMS) and state or local requirements.

We have opened BV to the external community as we are now permitting outside groups to use the Wellness Center, meeting rooms and Richard Rife Center. Memorial services have been re-implemented. Fully vaccinated residential visitors/guests do not have to screen in or mask while here at BV.

We have and will continue to update our policies and procedures for our residents and updated travel and quarantine guidelines have been placed on the "BV Family and Friends" page. This can be linked through <https://www.asbury.org/bethany-village/resources-events/family-friends/>

**Skilled Nursing (SN) and Assisted Living (AL) Updated Testing Guidelines:** Due to the Cumberland County positivity rate being at 2.5% (7/16/21), we will continue to test those unvaccinated Oaks SNF associates every 4 weeks and those unvaccinated MapleWood AL associates every 6 weeks. We have been very fortunate to have had a very limited number of cases over the past 2 months and will continue to abide by the Department of Health (SNF) and Department of Human Services (AL) guidelines.

As a system, we still have a positivity rate of 1% and Bethany Village has a positivity rate of .296% for 2021. These are great numbers as the national average for positivity rate is close to 6%. We will continue to follow the testing guidelines set forth by the PA Department of Health and the PA Department of Human Services.

**Financial Update:** Bethany did not meet our Operating Ratio (OR) for June. We missed the target by **1.9%** (actual OR: 97.1% compared to our budgeted OR of 95.2%). We did see a positive variance in the June operating revenue (**\$9,868**) but were over in expenses by (**\$55,216**) for a total variance of (**\$45,348**). The main drivers of this were contract labor costs (**\$44,778**) and health insurance costs (**\$35,898**). The BV Senior Leadership Team continues to work with the corporate finance team to ensure that we are doing everything we can to maximize our revenue while decreasing our expenses. We have put together a contingency plan to help off-set these variances and will continue to prioritize the need to fill our openings in all areas.

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We have seen an upward trend in the cost of food and dining supplies over the past several weeks. Bobbi Garland will be reviewing these trends with the resident dining committee to ensure that we are capturing costs as it relates to the residential food operations.

**Occupancy: (as of 7/19/2021):** BV is experiencing vacancies in the Residential Living areas. We currently have 22 West Apartments and 5 Court Apartments available. We have extended the current incentive plan for the West Apartments and will be working with our corporate marketing team to develop other methods to fill these openings. We have seen a positive trend in MapleWood as we currently have only 3 available units (97/100) and have 3 SNF openings (66/69). We are adjusting our staffing levels based on these openings and will continue to do all that we can to ensure that we are filling these openings quickly. Our current campus occupancy rate is 91.85% compared to our budgeted occupancy of 95.54%. This is a negative variance of **(3.69%)**.

**2022 Budget:** BV will start the 2022 Budget process in August. We will be looking at all areas that will be impacting our budgets including supply costs, inflation rates and labor resources. Per my last coffee, BV will continue to partner with Sodexo to analyze the current and forecasted trends. We will do all that we can to ensure that we budget the appropriate number of resources that meet all our stakeholders needs and interests.

Thank you again and please stay cool, safe, and healthy!!

Brian

## Helpful Communication Strategies

In the world today, we are seeing more and more people going out to eat, shopping, traveling, etc. These social situations are wonderful; however, they can create challenges especially for those individuals with a hearing loss. The following are some helpful strategies to allow you to communicate more easily and effectively:



- Always face the individual speaking to you. Although you may not realize it, you may often lipread and be able to catch the words that you miss through seeing the speaker's lips.
- Decrease as much environmental/background noise (example: television, radio) as you can so that it does not interfere with your hearing and understanding speech.
- Ask for clarification.
- Advocate – make sure your communication partners are aware of your hearing loss.

Duncan-Nulph Hearing Associates provides their comprehensive hearing services at the Bethany Clinic every Tuesday. Please call (717)766-1500 to schedule an appointment.

# The “Father of the Care Assurance Endowment Fund”



In the book, “The Giving Tree,” the late Shel Silverstein shares about a lifetime relationship between a boy and a tree. The tree gives and gives of itself to the boy through play, apples to sell, and lumber. Eventually, the tree becomes worn and the boy ages to a man. By the end of the story, one final discovery of giving is made when the tree invites the man to sit on his stump and rest a while.

Silverstein’s story is an analogy for the life of the late Bethany Village resident Reverend Dr. Carl E. Young. Dr. Young gave and gave of himself during his life’s 103-year journey, to family, congregations and, in the last 34 years, to Bethany Village – especially the Care Assurance Fund.

Through Dr. Young’s vision and efforts, the Care Assurance Fund was established in 1984, with the purpose to be for Bethany Village residents who, through no fault of their own, find their resources depleted. This fund makes it possible for no residents to ever have to leave Bethany Village because they have outlived their resources.

In 1991, Dr. Young was named the “Father of the Care Assurance Endowment Fund” and remained an active part of the Care Assurance and Development Committee for a number of years. This father of Care Assurance at Bethany Village not only was a key founder of the fund to assist with benevolent care needs of residents, but he also donated more than \$1 million to the fund through charitable gift annuities.

Did you know that on average, Care Assurance costs Bethany Village \$800,000 each year? This annual cost is met through the donations of many Bethany Village residents. Each donation, both large and small is making a difference in the life of a Bethany Village resident and for this the Asbury Foundation says THANK YOU.

To learn about more individuals like Dr. Young who have impacted and are continuing to impact their local community, visit <https://www.asbury.org/foundation/about/donor-stories/>. For more information on Care Assurance at Bethany Village and how to support your neighbors, contact Jacob Kanagy at [jkanagy@asbury.org](mailto:jkanagy@asbury.org) or 717.591.8019.





## BETHANY VILLAGE “ALL STARS”

Carol Cressler

The June All Stars from Spruce Court are all doing well: - Honey, the Teddy Bear Zuchon , had her yearly check-up and doing fine. - Rosie, the cat, is still taking her daily walks on her leash - Theo & Blu are chasing each other as usual - Bailey & Bert left for Maine until October (missing them) - Barkley continues to grow & gives his walkers a run! The July All Stars were Topaz and Danny, beloved cats of the Meadowcrofts. Such a lovely story about them in the July Scoop!

Additions to the Bethany All Stars for August:

**Addy** “Whoa, don’t forget me! I am Addy, a female, blond bombshell from down the block. I allow the Eberly’s to share my space, but they have to give me treats to get me in the door. Modest as I am about being the best mini golden doodle on campus ; (I may be the only one!) Oh, and stand back when I jump for joy and do a 180 degree turn, 3 inches off the ground!”



Addy

**Daisy**, the cat belongs to Ann Marie Judson, who tells this story. “Daisy entered our home from the Humane Society in June 2020. John had expressed a wish for a cat and initially, I wasn’t terribly enthusiastic. However, Daisy, a 3-4 year old, striped, female cat quickly captured our hearts. When John died in November 2020, Daisy searched for him and sat in his favorite chairs. I believe Daisy was one of John’s many gifts to me, as she provides wonderful companionship and is a sweet presence in our home.”

**Wally** belongs to Lee Griffiths. Honey and I met Lee and Wally about a year ago. Wally and Honey have a little love affair. Lee says, “Wally came to live with me shortly after I moved to Bethany Village two years ago. I adopted him from a family who had hit a rough time and just couldn’t keep him any longer. He was an adorable looking, two year old Westie Poo, house broken, healthy and extremely lovable. Sounds good, doesn’t it? What I didn’t know was that he had boundless energy, barked at everything, had not been well socialized, had rarely walked on a leash and was leery of strangers. So the training began! First there were six weeks away at doggie school for in-house training, then several months of a private trainer coming to the cottage to train us both! But it was worth it! He’s now my delightful, very affectionate and constant little companion. He loves all our neighbors and all his doggie friends. In fact, he sometimes escapes from home and runs off to visit a friend unannounced! Yes, he still barks a lot, and isn’t always perfectly behaved ( to put it mildly). But he’s my Wally Woo and I love him, and he loves me. I couldn’t do without him now.”



Wally

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**Dylan** and Honey met when they were only 4 & 5 months old, so they have grown up together. They really care about each other. Owner Mary Anne Morefield relates, "His full name is Dylan Thomas Morefield...after the poet! He's a Cavalier King Charles Spaniel from a breeder in eastern Pa. and was 4 months old when I brought him home. He knows a lot of words, but not enough to write a poem yet."



Dylan

Remember to send Carol Cressler your pet stories. [cjcressler4040@gmail.com](mailto:cjcressler4040@gmail.com) or call 717-877-0624 & tell me what to write.

## Venture Series Resumes

*Monty Avery*

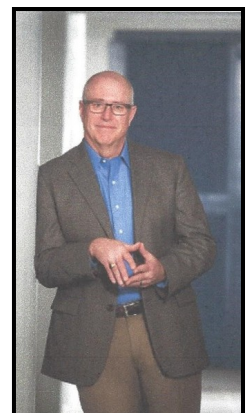
We have two lectures scheduled - one for September 23 and one for October 14. We are working on a speaker for November but that has not been finalized at this point.



Our speaker for September 23 is Ann Van Dyke. She was originally scheduled in 2020 before we shut down all programs. Her program will be entitled **"Embracing Diversity - What happens when we don't? What is our responsibility?"**. Ms. Van Dyke worked for 33 years as a civil rights investigator and trainer. She worked with schools and communities as well as with local and state police. She will show us how we too can work to improve human relationships.



The speaker for October 14 will be John Dame. The topic for John's presentation will be **"Finding Purpose in Life."** John pursued a career in radio broadcasting for 32 years. His time spent in broadcasting was leveraged as a rich learning platform for his evolution as a business strategist. More recently his focus has turned toward the role of purpose in the business environment and the new challenge of transitioning to a millennial-based workforce. John will share personal experiences from his career in business and from his conversations with fellow community leaders to discuss the importance and impact of having a purpose outside of "making money." He will share how synergies exist amongst ambition, accomplishment and stewardship, and how one can identify a personal mission statement and credo to find purpose in life.



Please save these dates and join us for some great lectures.

## Who is working for you at Bethany Village?

(Another in a series of associate interviews by John Bowen, Director of Social Services)

### Jennifer Thuma

**Tell us something about yourself.** Having grown up in Lebanon county, I currently live in Dillsburg with my husband Michael and my two children, Kaeden (10) and Logan (8). We also have a dog, three cats, two goats and 15 chickens! I enjoy lots of different activities – running, biking, softball, swimming, hiking, yoga, being outdoors – But I most enjoy spending time with my family, watching my kids' different activities and having lots of picnics and pool parties over the summer!

**How did you come to your current position.** For the last two years I have worked as a Wellness Professional teaching a variety of yoga and aquatics classes, and also doing a variety of other tasks within the Wellness Department. However, I began at Bethany in 2011 as a lifeguard and teaching several aquatics classes. Working part-time throughout the last 10 years has allowed me the flexibility to stay at home with my kids while they are younger, and I have been so grateful for that!



**How long have you been here and what do you like about working at Bethany?** I began working here part-time in August of 2011, almost a year after my son was born. I worked quite a few years, prior to having kids, at Masonic Villages in Elizabethtown, so coming to Bethany felt like a natural transition. I truly enjoy the relationships that I have created with so many residents and associates over the years. I enjoy helping individuals to stay active and maybe even find new ways of building activity into their lives.

**What is most challenging part of your job?** While I am extremely grateful for the flexibility that being part-time has allowed me over the years, it also keeps me from being fully immersed in all of the ins and outs of our department. It's challenging to keep on top of "all the things" some days, but I appreciate the challenge, the ability to keep learning, and the patience and graciousness of my co-workers. :)

**How has your work here been affected by the pandemic or how has it affected your family?** The pandemic has certainly been a challenging time. Obviously working in a retirement community (and I also work part-time at a local college, as well) has added its own layer of difficulty to it, as this is the demographic that has been the most severely affected health-wise. It was challenging to have all our wellness activities suspended for so many months, and then planning for re-opening, but not always knowing when that might happen. However, in hindsight, I think we've learned some creative new ways to provide activity for our residents in the future. I think we've also learned how resilient we can be and I have been so inspired by the strength of so many residents and associates throughout this time. On a personal level, our family was extremely fortunate to have stayed healthy throughout. My husband's job and my own, changed very little as we both still went TO our jobs. The biggest change was having our kids home from school at the beginning. However, we were fortunate this past year to have our kids in school 5 days a week – for that I was very grateful!



## A Garden Walk

Anna Johnston

Early mornings and later evenings are a good time to take a walk and explore Bethany's East and West campuses. You won't get sunburned and it will be cooler. The East Campus has some lovely gardens. Stroll down Asbury Drive and enjoy Deb Mihalich's planting at 203 Asbury Drive. It's just one example.

You may want to visit Bethany Gardens on Bethany Drive near the RV's parking. It's fenced in thus protecting the gardens from deer, groundhogs and rabbits. Always a challenge!

Sit on the bench near the entrance. It's dedicated to the late John Judson and was earned with our collected plastic for benches. From there you can see Sycamore Court's Ron Savage's red-stalked rhubarb. It goes back to his Great Grandfather! Keep looking and see the vegetables that are thriving. We obviously have some very dedicated gardeners.



On the West Campus facing Sheely Lane, see if you can spot the sunbathing frog (a sculpture). It's reclining seductively against a sculptured log. Hint: It's in a border of flowers and isn't green.

More to see and enjoy! Take a Garden Walk.

## Bethany Dead Headers

Anna Johnston

The newly created BV Dead Headers have already started clipping off the spent Knock Out Roses, and other plantings. You may have noticed the improved appearance of the stand near the Rife Center. Bruce Seacrist (West Apartments) is the Rife Center Dead Header.

There's more to be done----and not just roses---- since dead heading is not part of the Brightview contract.

Want to help? You choose what you want to do.

## Got Books?

If you have old or antique books that you would be willing to put on display, we have an empty display case for them. It is located just outside the library and would be a safe place to show a treasured book.

Please bring your books to the library during regular hours and include your name and contact information and a brief description of each book (content, original owner, age, etc.). Deadline for submission is August 31 and all books will be returned to you.



Thanks for sharing!



## New Model Railroad Platform for the Oaks

*Lowell Starling*

More than a century after Lionel started making model trains, a shiny locomotive chugging around a miniature track still fascinates children -- and many adults -- on Christmas morning. A year's must-have toy may quickly be forgotten, but train tracks will often stay on the living room floor for weeks into the new year or become a permanent fixture on a plywood table in the basement. For many years and all over the world, model railroading has become far more exciting and elaborate than the old Lionel sets.

That concept is driving the design of the new model railroad platform for the Oaks. The Bethany Village Model Railroad Club is planning to create a train platform that will evoke resident's memories, not only of the old Lionel trains under the Christmas tree, but memories of the towns in which they grew up, the farms on which they lived, and the jobs they had in the city or industrial areas. At the same time, the rich visual image created by the trains as they roll through the detailed scenery and the multiple vistas throughout the layout will bring excitement to children of all ages.

The impetus for this initiative came when the Oaks management eliminated the old and deteriorating aquarium in their main lobby. They then asked the Model Railroad Club if we could replace the aquarium with a train layout. After research and a few false starts related to COVID-19, we now have the project underway to fill the mostly vacant space in the main lobby. The new HO gauge Oaks platform will be a stand-alone operation with a foot treadle to start the trains running for a fixed number of minutes. This will allow residents, families, and friends to enjoy the trains without the need for Model Railroad Club members to be there to run the trains for them.

The picture shows the Oaks platform in the early stages of construction. There are two sets of tracks. The outside one is an oval and the inside one is a figure eight. Both of them enter tunnels at one end of the layout, travel under the agricultural area that will be on the second level, and then emerge from the tunnels on the other side.



This is a labor of love, so we do not have an estimated completion date yet. However, we are working diligently to bring this creation to life for the residents of the Oaks and their families and friends. We have a small team of 3 - 4 members working on constructing the 4x8 ft layout from scratch! If any residents with some model building experience would be interested in assembling model buildings for the new HO layout it will hasten the time the layout will be finished and installed in the Oaks.

## Food for Thought

*Dale Meadowcroft*

There's an old African Proverb about a band of elephants who come upon a raging river needing to cross over to the other side. The adult elephants didn't have a problem, but the small young elephants following behind them were too afraid to step into the raging waters. Elephants, as the saying goes, never forget. And so, as the adults were crossing over, one of the elephants in the middle of the line shouted to the front of the line to those who were already on dry land: "Brother leader, we have some folks still standing on the banks of the river who haven't made it into the water." The lead elephants turned around, got back into the water, and stood shoulder to shoulder. Their enormous bodies created a dam that parted the waters enough to allow the young elephants to wade through the shallow water until they reached dry land.

Many years ago, we did a remodeling job at our house. To get to the backyard where the addition was being created, the contractor had to remove a Crape Myrtle tree. About a year and a half after the construction was completed, while mowing the grass I noticed that old tree lying on the ground underneath some trees. Believe it or not, even though it was not planted, there were sprouts coming out of the branches. We took that Crape Myrtle back to its old location by the driveway and planted it. We added soil and fertilizer and hoped for the best. And soon, as new roots grew to replace those injured, the leaves returned and slowly expanded. Roots are important. When our tree's connection to them was damaged it withered. We can try to exist on our own, but we become like branches with no connection and we soon wither.

Interesting stories, but what do they have in common? Community. Just like those baby elephants could not get across the stream without assistance, and like the tree that couldn't grow without good foundational roots, it takes human interaction and community to fully grow. This should be no secret to those of us who have gone through the COVID isolations.

We have all had loving adults, be they parents, teachers, coaches, who parted the way for us as we dared to step into the scary waters of life. Unfortunately, for most of us at this stage of our lives those who have come before us have also gone before us. Hopefully, we had a chance to show them our appreciation. They were our roots, providing nourishment and leadership and support.

We are now the roots of our community. As parents, or grandparents, we play a vital role. As volunteers in service, we play a vital role. Our presence in the lives of others can provide the support and nutrition they need to fully enjoy life.

As humans we are all different. Each of us has a uniqueness in how we interact with others. Some will be very outgoing, others would rather find fellowship with one or two individuals. The size of the gathering is not as important as the gathering itself. Whether you go shoulder to shoulder with many others, or act as an individual connecting to a network of other individuals forming a complex root structure, you are making a difference.

The amazing thing is that by freely providing nutrition and support to others, we receive nutrition and support. You have to call that a win-win situation.

As the old commercial so adequately said, "reach out and touch someone."

## SWEET TWEETS OF REMEMBRANCE

This is a forum for shared thoughts about former residents who have passed out of our sight but not out of our minds and hearts. They might stem from a recent loss, or from the remembered birth date or other occasion connected with the friend. These comments will keep memories alive of the very special people we have known at Bethany Village.

### Bobbi Brannock

My former neighbor & friend, Bobbi Brannock, lived in the apartment next to mine for several years. I met Bobbi on one of Bethany's trips when she was still living in her estate home. Bobbi and Gene lived in their estate home for several years until he had a medical condition that forced him to move to the Oaks. He lived in the Oaks for 5 years until he passed. I got to know Bobbi quite well when she moved to her west apartment. During that time, she visited her husband faithfully. I never was fortunate enough to meet Gene Brannock, but got to know him through Bobbi.

Bobbi had many health issues herself and had dwindling eyesight giving her problems in doing many of the things she loved. No longer could she read or drive her car. I tried to help her with her love of reading by reading her novels. We gathered in our hall at a table and I would read to her. Eventually there were others who would stop to listen and sometimes read when my voice gave out. We spent many an afternoon in that way.

*Connie Scheib*

## Bethany Village Auxiliary

*Phyllis Kegerreis*

We hope everyone is safe and well and enjoying their summer.

The Auxiliary Fund Raising Committee has begun working on some projects. The biggest one will be a Vintage Fashion Show to be held April 6, 2022 in the Rife Center. You will be receiving a flier about the vintage clothing. We are asking you to look in your closets to see if you have anything that is more than 20 years old. That is the requirement to be called vintage. If you don't have any perhaps your relatives or friends might have something. Men's and women's. If you can't fit it we will find a body that will. We are looking forward to doing this. We will also have baskets. Nancy Toth will be in charge of those. Corinne Kostukovich and Phyllis Kegerreis are in charge of the fashions. Look for your flier sometime soon.



Don't forget Taylor Marie will be here September 22 from 11 to 3. We get a percentage of the sales for the Auxiliary.

Marzoni's Gift Cards are still being sold in the Gift Shop. The Gift Shop is open Monday through Friday from 10 to 3. Proceeds from the Gift Shop come to the Auxiliary.

As you can see we are getting busy and hope to be able to help both Maplewood and the Oaks with some new equipment.

We hope you will enjoy the rest of your summer.



**Save the Date!**

**The Bethany Village  
Auxiliary is Hosting  
TaylorMarie's Apparel  
for Community Shopping**

**Rife Center  
Wednesday, September 22nd  
11:00 to 3:00**

**Shop the Latest Styles  
Women's, Petite & Missy**

**A portion of the proceeds  
to benefit the Auxiliary!**

Petite, Missy & Women's Sizes Available

We Accept Cash, Checks & Credit Cards

 **TaylorMarie's®**  
Your Fashion. Your Style. Your Place.

[www.TaylorMariesApparel.com](http://www.TaylorMariesApparel.com)



## PARCR brought you: “Oh Say! Can You See?”

*Lowell Starling*

Instead of the “the dawn’s early light,” Dr. Nora Siegel, MD, PhD, Ophthalmologist at Conestoga Eye spoke on July 14 about “Aging Eye Health, Good Practices, Potential Problems, Treatments, and Resources”. She showed some slides of people with serious eye problems. A number of the problems were preventable, but some are the natural process of aging. The worst problem she showed was someone with a severe case of shingles which covered a lot of their face and one eye. In the post meeting survey one respondent said that they immediately went to their local pharmacy to get the shingles vaccination.

Other tips from Dr. Siegel were to avoid crowds, don’t touch your face, wash your hands, and practice good hygiene (stop me if you heard this somewhere else.) She also emphasized the importance of regular visits to your eye doctor so they can detect problems early when they are easier to treat.

As always at the Quarterly Meetings, LeadingAge PA gave an update on the current state of legislative and regulatory issues in the Commonwealth which affect our lives and our pocketbooks. The



Pennsylvania Alliance of Retirement Community Residents

budget was passed and signed, and includes additional funding for skilled nursing to help cover COVID costs. We don’t know yet how that will affect Bethany Village. The issue of liability protection for COVID related problems for health care providers is currently dormant since the governor vetoed the bill that passed last fall.

Nancy Hann, PARCR President, announced some new features on the PARCR web site courtesy of our own Dale Meadowcroft. The first is a Community Question page, which featured a question from Bethany Village’s Ecology Team on disposal of expired meds. The second question asked by Foxdale in State College is about staffing A/V teams as activities resume at the pandemic winds down. The other new feature is a Resources for Seniors page with links to other sites which are of interest to CCRC residents.

The current plan is to hold the September 13, 2021 meeting at Masonic Village in Elizabethtown as an in-person event at this time. All subject to change depending on the status of the pandemic. The meeting will start at 10:00am and include lunch payable at the door. After lunch Masonic Village will provide a tour of the campus for those who have signed up.

The keynote speaker will be covering how to create a dementia friendly environment, plus we will have the usual updates from Leading AgePA and NaCCRA. More details coming in the September Scoop.

### Official Websites:

PARCR – [parcr.org](http://parcr.org)

(Pennsylvania Alliance of Retirement Community Residents)

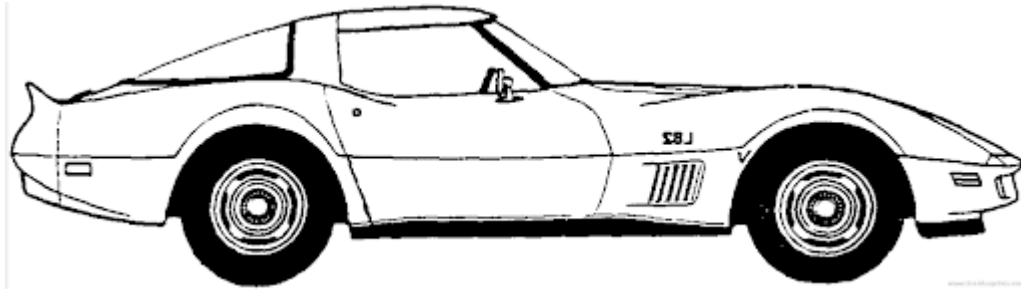
LeadingAge PA – [leadingagepa.org](http://leadingagepa.org)

NaCCRA – [naccra.com](http://naccra.com) (National Continuing Care Residents Association)

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## ***Corvettes for Care Assurance***

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***Save the Date...Friday, October 29, 2021***

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What: Corvettes for Care Assurance Parade

Where: East and West Campuses

When: Friday, October 29 from 1:00 pm-4:00 pm

The Cumberland County Corvette Club, including Residents Dave and Sally Walter, will be showing off their autos on the Bethany Village Campus during their ride around BV.

Autos will be on display in the West Parking lot following the parade.

There will be refreshments and raffle baskets, including a chance to win a trip to Mackinac Island and a trip to Disney Resorts. Look for more information in the September Scoop.

## Interested in Bicycling?

Some Bethany residents ride a bike as one of their major form of exercise and enjoyment. Biking is less stressful on your body than jogging or running and provides the opportunity to see many different areas at your own pace.

The Harrisburg Bicycle Club offers a variety of bicycle rides each week at different speeds and distances, for both new and experienced riders. The club is a recreational cycling club which encourages and promotes the riding of bicycles; safely, enjoyably, at all skill levels and on all forms of bikes. The club can guide you in your cycling activities and provides many opportunities to become involved. The only two things required to join a club ride or cycling activity is to wear a helmet, and not use headphones or other devices while cycling that put you and others at risk (PA law).

For information about the Harrisburg Bicycle Club use this internet address:

<http://www.harrisburgbicycleclub.org> and click on the tab for new member information. If you do not use a computer, the club President, Susan Tussey can be reached by telephone at 814-386-8141.



Bethany resident Charley Sproule leads rail trail bike rides (and "Learning to Linger" bike rides) for the Harrisburg Bicycle Club on a regular basis. Charley also periodically rides in his neighborhood. In the 70's and 80's Charley periodically led road rides for the club but now, for safety reasons, rides primarily on rail trails, and in his neighborhood where there is low traffic volume. He prefers not to ride in traffic. He does not ride at a fast pace.

Typical rail trail rides which Charley leads include the Harrisburg Greenbelt, the North-West Lancaster River Trail, the Conewago rail trail, the

Lebanon rail trail, and the Cumberland Valley Rail Trail. Rail trails are typically fairly level with no steep hills. Most rail trail surfaces are crushed stone and compacted gravel. The North-West Lancaster trail is paved and runs near the Susquehanna River from Bainbridge to Columbia, PA. Rail trail rides are social events which usually have a lunch stop during or after the ride. For example, riders on the Conewago and Lebanon rail trail from the Route 230 trail head usually have lunch in Mt. Gretna, which is the ride turn around location. Typical rail trail ride distance is between 20 and 25 miles at 8 miles per hour. Bike rides Charley takes in his neighborhood are typically from 10 to 15 miles in distance.

If you want to try bike riding with Charley or have questions about biking call Charley Sproule (after 10 am as his wife Mary Lou sleeps late) at 717 790-2040 or email him at [cfsproule@verizon.net](mailto:cfsproule@verizon.net).

## **“Our country is burning up and we have to put out the fire!”**

The **Bethany Ecology Team** came together a couple years ago when our beloved friend, John Judson, encouraged a renewed focus to enhance the environmental sustainability of our life at Bethany Village. Our initial efforts have moved the Healing Garden from dream to reality, converted hundreds of pounds of plastic into 6 park benches that would otherwise have gone into a landfill, and encouraged the dining staff to replace single use plastic containers with washable, reusable containers - and more.

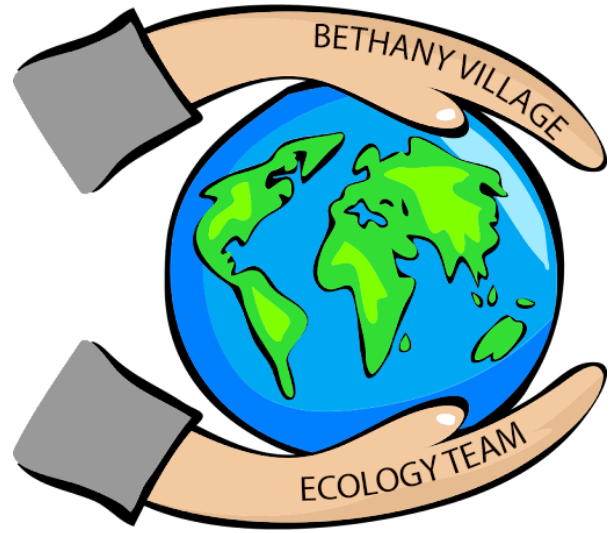
When 14 of us met in person recently for the first time in more than a year, our discussion branched out beyond our own beautiful campus to consider our responsibility to the larger world. We acknowledge we face a crisis with the climate of our planet changing in life-threatening ways. As fellow resident, John Currie, phrased it in a recent letter to the editor of the Patriot News, “our country is burning up, and we have to put out the fire.”

One area that has become a focus for some of us is our responsibility as *residents of Pennsylvania*, a fossil-rich state that contributes an alarming amount of greenhouse gases to the atmosphere. Fortunately many individuals and organizations in Pennsylvania are actively taking steps to make changes. However, it is with alarm that we learned the 2021-2022 state budget recently passed by a majority in the PA General Assembly and signed by Gov. Wolf failed to respond to climate change or PA's role in it. Instead our PA tax dollars continue to subsidize the very fossil fuel industries that send toxins into our air and water, harming our health and polluting thousands of miles of our streams that feed into the Chesapeake Bay.

**To avoid the worst effects of climate change scientists state that emissions must be dramatically cut in the next decade. Keep in mind that Pennsylvania is one of this nation's top 5 carbon-emitting states.** Two positive efforts are important to follow in the months to come:

1 – The PA legislature will be voting on RGGI, the Regional Greenhouse Gas Initiative in which 11 of our neighboring states are already active participants. This collaborative effort significantly reduces carbon pollution from power plants with a cap-and-trade program that targets carbon dioxide emissions. Funds raised from the program can be used for renewable energy projects, energy efficiency and conservation further cutting pollution. In spite of the benefits of PA joining RGGI, strong resistance persists among those who support the fossil fuel industries.

2 – The infrastructure bill in the U.S. Congress provides a major opportunity to take bold climate action investing in transitioning to a green energy economy, creating new jobs, supporting those who have lost jobs in the coal industry, and addressing the harms of environmental justice that impact millions of our low income citizens and communities of color.





# AUGUST 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3 National Watermelon Day! 	4	5	6	7
8	9	10 ELVIS WEEK 	11	12 CATFISH NIGHT 	13	14
15	16	17 Davy Crockett's Birthday! 	18	19 Nat'l Potato Day 	20	21
22	23	24 Nat'l Waffle Day 	25 Banana Split Day 	26	27	28
29	30	31	SEP 1	2	3	4
5	6	7	8	9	10	11

## August Events in Springfields'

- Aug 3rd : Fresh Watermelon for Dessert in Springfields'
- Aug 10th : Elvis Day! Enjoy Bacon Wrapped BBQ Meatloaf \$10.99 Peanut Butter Chocolate Banana Sundaes \$3.99
- Aug 12th: Catfish Night! Fried Catfish and Homemade Cornbread \$10.99
- Aug 17th : Davy Crockett's Birthday. Bison Burgers! Price TBD
- Aug 19th : Baked Potato Night. Stuffed Baked Potatoes with Chicken and Broccoli. \$9.99 or Choose your own toppings!
- Aug 24th National Waffle Day. Belgian Waffles. Thick Cut Bacon. Fresh Berries and Homemade Whipped Cream. Maple Syrup \$9.99
- Aug 25th : Banana Splits for dessert!

## New Library Books

Watch for these new books that will soon appear on the library's "New Book" shelves!

### **"The Personal Librarian" by Marie Benedict**

The Personal Librarian tells the story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths she must go to—for the protection of her family and her legacy—to preserve her carefully crafted white identity in the racist world in which she lives.

### **"The Kitchen Front" by Jennifer Ryan**

An unforgettable novel of a BBC-sponsored wartime cooking competition and the four women who enter for a chance to better their lives.

### **"Golden Girl" by Elin Hildebrand**

It is historical fiction and concerns an author who enters the afterlife and has 3 choices to change the outcome of events.

### **"The Bullet" by Iris Johansen**

In this fast paced thriller, Eve Duncan and Joe Quinn must protect the life of a brilliant woman so that she can live long enough to bring her discovery to the world.

### **"Find You First" by Linwood Barclay**

A riveting thriller in which the possible heirs of a dying tech millionaire are mysteriously being eliminated, one by one. It starts with a bang and ends with an even bigger one.

### **"The Suspect" by Fiona Barton**

When two eighteen-year-old girls go missing in Thailand, their families are thrust into the international spotlight: desperate, bereft, and frantic with worry. What were the girls up to before they disappeared?

### **"The Path to Sunshine Cove" by Rae Ann Thayne**

While Jess couldn't wait to put the miles between her and Cape Sanctuary, Rachel put down roots, content for the world—and her sister—to think she has a picture-perfect life. But with the demands of her youngest child's disability, Rachel's marriage has begun to fray at the seams. She needs her sister now more than ever, yet she's learned from painful experience that Jessica doesn't do family, and she shouldn't count on her now.

### **"An Amish Surprise": by Shelley S. Gray**

Book 2 of 3 in the Berlin Bookmobile series. Librarian Sarah Anne Miller returns to Berlin to help a childless Amish couple form the family they've always prayed for.

### **"Unfinished Business" by J.A. Jance**

It is in the Ali Reynolds series where Ali is helping her husband's former employee clear his name and then gets involved in navigating between good and evil.

*Connie Scheib*

## Birthday Wishes



Listed below are our neighbors who are celebrating birthdays this month. Reach out to them on their special day (and other days, too).

8/1	Judith Clovsky	14-Aug	Monte Avery
	Renee Kissinger		Anna Beckley
	Ray Smallen		Mary Bennett
8/2	Bertha Stewart		Susan Brennan
8/3	Richard Kors		Anne Hipp
	Jean Weiss		Charlotte Lazarchik
8/4	Mary Lou Sproule		Carol Pennington
8/6	Edna Andrews		George Woods
8/7	Alfred Fritz	15-Aug	Pat Sharretts
	Art Mauk	16-Aug	Ann Wilchacky
	Becky Seibler	19-Aug	Charlie Davis
8/8	Sylvia Fry		Elaine Sasser
	Frank Karkuff	21-Aug	Mary Slepicka
	Emelie Sconing	23-Aug	Sue Johnson
8/9	Oscar Lemmons		Joan Lange
	Mary Philbin	24-Aug	Ken Rohm
8/10	Georgie Calabrese	25-Aug	Blanche Osborn
	Helen Kelly		Joyce Yeager
8/12	Beverly Reed	27-Aug	Joan Barth
	Arlene Williams	29-Aug	Kenneth Dapp
	Donna Young		Charlotte Kerr
8/13	Carol Leidig		Jeanne Mullikin



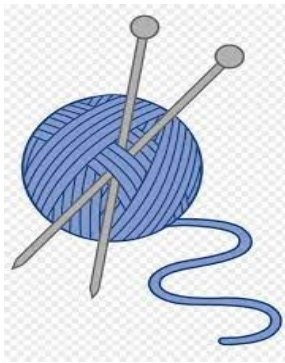
## 7th Annual Rock a Thon

September 16, 2021

11:00 am – 4:00 pm

Bethany Village East and West Campus

Send your Team form with your t-shirt sizes  
to the Resident Life office



### Crochet and Knitters wanted

If you enjoy crocheting or knitting, please join us in the craft room on Mondays from 10-12. Our needle crafters are busy making wheelchair capes for the residents in skilled nursing. This is the 2022 Christmas project. If you would like the pattern to knit or crochet in your own home, please call the Resident Life Office at 717-591-8021

Due date August 16th





## The Bethany Readers

Barbara Bankard

The Bethany Readers will meet in person on Friday, August 13, @ 10:00 am, in the West Commons Room, Door 62. Fully vaccinated residents will not need to wear masks. Our book selection is Prodigal Summer, by Barbara Kingsolver. Ida May Heidecker has graciously agreed to facilitate the discussion. Remember, the Bethany library has copies of all of our book selections. Just return it as soon as you're finished, so it can be borrowed by another reader.



Listed below are the books and locations for the remainder of 2021.

It's time to start making book recommendations for 2022. Think of the books you've read so far in 2021. Just send me an email with the book title and author's name.

### Schedule

Date	Location**	Book Title	Facilitator
Friday, Aug 13	West Commons	Prodigal Summer	Ida May Heidecker
Tuesday, Sept 14	Rife Center	The Baker's Secret	Micki McCoy
Friday, Oct. 8	West Commons	Have You Seen Luis Velez	Linda Kelly
Tuesday, Nov. 9	Rife Center	Lost Boy Found	Jane Tracey
Friday, Dec 10	Rife Center	2022 Book Selections/ Party!	None needed

Please contact Barb Bankard to volunteer, or to answer questions.

410-236-7520 or [bbankard@comcast.net](mailto:bbankard@comcast.net)

## Bereavement Notifications

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B.A. Meyer 7-9-21

Lloyd Chorpenning 7-3-21



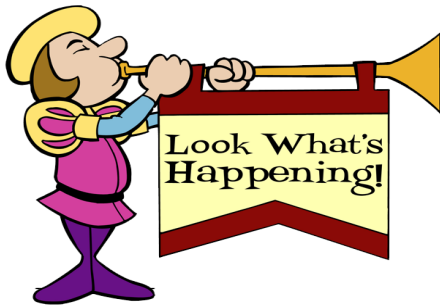
## Welcome New Residents

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**Mary Czachur: 717-590-8185 472 East Cottage-**Moved here from NJ where she lived for 70 years. She was married for 55 years. Her whole family were members of Knights of Columbus. She retired from University of Medicine and Dentistry after 32 years. Daughter and Son in Law wanted her to move to Bethany to know she'd be taken care of. She enjoys the restaurants around here and going out to eat .

**Barbara Buchter: 717-877-7999 Court Apartment 3201-**Moved here from New Cumberland. She has a daughter who lives in the area and a son in North Carolina. She and her late husband have ties to Bethany Village that prompted her move here. She is excited to meet new people here and socialize.





# The SCUTTLEBUTT Bulletin Board

Logic Puzzle: A girl meets a lion and unicorn in the forest. The lion lies every Monday, Tuesday and Wednesday and the other days he speaks the truth. The unicorn lies on Thursdays, Fridays and Saturdays, and the other days of the week he speaks the truth. "Yesterday I was lying," the lion told the girl. "So was I," said the unicorn. What day is it?

Answer: Thursday. The only day they both tell the truth is Sunday; but today can't be Sunday because the lion also tells the truth on Saturday (yesterday). Going day by day, the only day one of them is lying and one of them is telling the truth with those two statements is Thursday.



Logic Puzzle: There is a barrel with no lid and some wine in it. "This barrel of wine is more than half full," says the woman. "No, it's not," says the man. "It's less than half full." Without any measuring implements and without removing any wine from the barrel, how can they easily determine who is correct?

Answer: Tilt the barrel until the wine barely touches the lip of the barrel. If the bottom of the barrel is visible then it is less than half full. If the barrel bottom is still completely covered by the wine, then it is more than half full.

THE SCUTTLEBUTT is a community bulletin board for announcements or communicating with our resident community. Included could be want ads, a brief thought to share, or thoughts for a new activity. If you would like your thoughts or ideas to fill this space, send them to [dale.meadowcroft@verizon.net](mailto:dale.meadowcroft@verizon.net)

Items of appropriate content, good for our community will be reviewed and published.