

The Scoop

Volume: 1 Issue: IX Date: September, 2021

ASBURY
BETHANY
VILLAGE
Anticipate More



From the Executive Director...

Brian Grundusky



Hello to all residents and associates. As we welcome the cooler fall temperatures, I again want to thank the residents and associates for your continued focus, patience, and effort in following the safety guidelines during these challenging times. Unfortunately, we have seen a negative trend in the number of Covid cases throughout the state and country. We will continue to follow the science and the direction of our federal and state regulators when it comes to the pandemic. 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.

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We did have 3 “Breakthrough” cases at BV over the last month and I cannot stress enough the importance of following the necessary safety protocol. We have re-implemented the indoor masking guidelines for all residents and visitors (both vaccinated and unvaccinated). This is a result of the updated CDC masking guidelines and is being driven by the county’s (Cumberland) positivity rate. Currently, Cumberland county is at a “High Rate of Transmission (Red)”. The Delta variant is impacting society (specifically for those people who are unvaccinated). We continue to ask that all residents take the necessary precautions especially if you are meeting or socializing with unvaccinated friends and family.

We continue to review the latest CDC guidance

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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

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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.

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 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/>

Covid Vaccination Policy: Effective September 30, 2021, all Bethany Village associates must have started the vaccination process against COVID-19 as a condition of employment. The timeline has changed due to the recent announcement by the Federal government (CMS/President Biden) requiring all skilled nursing associates to be vaccinated and that the FDA has formally approved the Pfizer vaccine (as of 8/23/21).

Since February, we have all breathed a sigh of relief as COVID-19 infections have dropped at our communities and across the nation – a drop directly connected to the COVID-19 vaccine. Unfortunately, we have seen this trend change and the numbers have started to increase due to the Delta variant. It is imperative that we are doing everything we can to protect one another at this time and in accordance with the Federal and State guidelines will support this decision to require the vaccine and move up the timeline.

We value all our associates and sincerely hope that all who are able will choose to be vaccinated. However, with COVID-19 infections increasing in regions where vaccination rates in the general population are lower, we must put resident safety and well-being first. I am very happy to report that 99.2% of our resident population are fully vaccinated and 77% of our associates are fully vaccinated.

We will also continue to work with our Corporate clinical team on any necessary covid booster vaccine (Pfizer and/or Moderna) for our residents and associates. We are monitoring this very closely and will continue to follow the CDC and state recommendations. At this time, we have not confirmed when a booster will start to be administered. More to come.

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Skilled Nursing (SN) and Assisted Living (AL) Updated Testing Guidelines: Due to the Cumberland County positivity rate being at 7.5% (8/20/21), we moved back to weekly testing of unvaccinated associates in both MapleWood Assisted Living and The Oaks Skilled Nursing. 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 .292% for 2021. These are great numbers as the national average for positivity rate is close to 8%. We will continue to follow the testing guidelines set forth by the PA Department of Health and the PA Department of Human Services.

2022 RL Resident Flu Vaccine Clinics: The 2022 Residential living flu vaccination clinics will take place on the following dates:

- 10/5/21- Richard Rife Center 9:00 a.m.-1:00 p.m.
- 10/7/21- West Multipurpose Room 9:00 a.m.-1:00 p.m.

A mailing will go out the week of 9/7/21 with further sign-up details.

Financial Update: Bethany did meet our Operating Ratio (OR) for July. We exceeded the OR target by 5% (actual OR: 91.6% compared to our budgeted OR of 96.6%). We did post a negative variance in the July operating revenue (\$1,841) but were under in expenses by \$152,253 for a total positive variance of \$125,258. 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.

Occupancy: (as of 8/17/2021): BV is experiencing vacancies in the Residential Living areas. We currently have 18 West Apartments and 6 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 2 SNF openings (67/69). 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 92.02% compared to our budgeted occupancy of 94.54%. This is a negative variance of (2.52%).

Thank you again and please stay safe and healthy!!

Brian

Gift Shop News –

Mary Smith

End of Season Sale Coming Soon



Walking my dog in this heat has been brutal for both of us so I'm more than ready for some cooler weather. Speaking of cool, I'm holding a **big, bright, and cool** sale to celebrate the end of summer. I have been planning this for the last two months, but am finally ready for an End Of Season **BLOWOUT!** The sale will begin on **September 7th** and continue to the end of the month. We will be bringing out lots of treasures.

All purses, cross-body bags and wristlets will be 30% off. We will be featuring a Jewelry Buffet, with everything at bargain prices along with an opportunity to get earrings for free!! Just purchase a **necklace with matching earring set** and choose a **second pair of earrings absolutely free!** This is a one time only event so hurry in while there is a good selection. New scarves are in, some pure silk ones you can use for wrapping around the shoulders to take a little chill off.

Let me remind you that every purchase you make benefits the Bethany Village Auxiliary. In past years, the Auxiliary has made substantial gifts to both the Oaks (skilled nursing) and Maplewood (assisted living). Last year, because of the pandemic, we were not able to do that. It would be so good to be able to return to that tradition this year !! But we can't do it without your help.

Stop in and take a look at our unique displays. I know you will be pleased with what you see. Great for yourself or to give as gifts. See you soon !

Welcome Jane Hurley

We are excited to welcome Jane Hurley as the new Facility Billing Counselor for Bethany Village!

Jane attended Stevenson University for Business Administration. She comes to us with an abundance of customer service and business experience throughout her career. She will be assisting the Centralized Billing Office Team as the contact person to answer billing questions. Her interests include jogging, hiking, reading and visiting with family in Maryland and Ohio. Jane is quite enthusiastic to begin her role here as the Facility Billing Counselor for Bethany Village.

We are very happy to have Jane with us to serve the needs of our residents, families and staff! Please welcome her to the Bethany Village Community.



Beware of Tech Support Scams

The following is from our friends at People's Bank. It is valuable information

What Are Tech Support Scams?

Tech support scams are a profitable way for scammers to steal your money. They can appear in different varieties such as pop ups on your computer, fake emails, or telephone calls purportedly from a well-known company like Microsoft, Apple, McAfee, Geek Squad or other tech companies. These methods try to lure you into giving "tech support" remote access to your computers for purposes of identifying viruses, malware and other problems, which are always found whether or not they actually existed. Providing anyone with remote access to your computer can lead to a myriad of issues including identity theft or the downloading of ransomware. While the methods are similar, let's take a look at each one individually to see how they work.



Pop Ups

Pop ups on your computer will try to scare you into thinking that there has been a virus detected on your computer. A phone number is provided so that you can speak to a live technician. Calling that toll free number just connects you with the scammer, pretending to be an associate of the company, who asks that you provide remote access to your computer so that they can fix the issue. The person on the phone pretends to run diagnostic tests on your computer and finds a "virus" or other security issue. They then try to sell you repair services or a subscription to their security services. They will ask for account information and sometimes even ask you to login to online banking and transfer the money to them on the spot. Not only are you paying the scammer, but they now have access to even more of your account information.

Telephone Calls

Telephone calls from tech support scams tend to come out of the blue. You receive a call from someone purportedly from one of these large tech companies and they have the same pitch. They have detected a virus on your computer and ask you to help them set up remote access so they can fix it. Or, they tell you that your security protection software subscription has run out and needs to be renewed. They may also ask for account or credit card information to collect payment in order to continue with their services.

Emails

Emails have become more and more frequent and most recently they appear as a receipt for payment. These emails are made to look like the real thing and can be very convincing. The scammers copy logos off of the company's website and format the emails in the same manner as the company. The email tells you that your membership or subscription has been renewed for another year and your account has been charged X amount of dollars. They even provide a phone number for you to call if you have any questions. That phone number would then lead you right to the scammer, where you could be lured into providing information that could lead to identity theft.

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Steps You Can Take to Protect Yourself

If you receive a pop-up, phone call, or email about a virus on your computer, stop and think.

- Legitimate companies do not display pop up warnings asking you to call a toll-free number about viruses or security problems.
- Don't click links or call a phone number. Always look up the legitimate phone number for that company before calling.
- Do not send money, gift cards or make a wire transfer to cover these nefarious memberships or subscriptions.
- Never allow access to your online banking accounts or provide your login credentials to someone else.
- Do not provide remote access to your devices.

If you receive an email about a product or service that you do not currently have or recognize, here are a few tips to help you determine if the email you received is legitimate:

- Check the sender's email address to see if it matches the company name.
- Is the email addressed to you or is it a generic salutation like "Hello"? If you are being contacted about your membership or subscription, the email should be addressed specifically to you.
- Google the contact number to see if it is associated with the business or company that is emailing you.

For more information related to tech support scams and additional tips for recognizing them, please visit the [Federal Trade Commission's website](#).



Venture Series Resumes

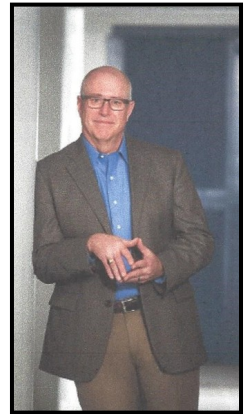
Monty Avery

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.

Original Watercolors

Kay Hess

Due to the generosity of Bill Dallam, Bethany Village is the recipient of three lovely watercolors. These were painted by Mary Lou Dallam who recently passed away. She and Bill resided in the Court Apartments. Those who knew her, found her to be a very caring and loving person. She volunteered here on our Art Committee and also taught a beginner watercolor class to those who wished to give it a try.

The paintings have been hung in the hallway outside the Library and Gift Shop. Do stop by and enjoy them.



Facilities Department

Director: Mark Ruiz-717-591-8047-MRuiz@Asbury.org

Bird Restriction Notice

PA Game Commission has lifted the restriction of feeding wild birds

Filter Change

Court Apartments will be changed this month

Notice will go out to residents at closer date

Yard debris pick up:

Tuesdays: East Campus

Thursdays: West Campus

Reminder

To contact the Facilities Department, please call 717-591-8074

ADVENTURE SERIES: RAILBIKE EXCURSION

Come join us for a leisurely, pedal-powered adventure deep into the tall forests of the Secret Valley, crossing bridges, watching for wildlife and beautiful foliage along the way! Please contact Resident Life to sign up.

Date: October 8th

Where: Colebrookdale Railroad in Boyertown

Cost: \$70 per person

***Railbikes are not useable by persons over 250 lbs in weight
or under 4'6" in height.**



If you have questions
Contact Wellness at
717-591-8022 or email us at
BVWellessTeam@asbury.org

“Daily Acts of Caring Inspire Largest Gift in Bethany Village’s History”

Meet Gilbert Prowell, a beloved resident who lived at Bethany Village from 2001 until his passing in 2012. Born with several developmental delays which would today be commonly referred to as autism, Gilbert was prevented from ever living on his own. Despite these challenges Gilbert thrived. Residents and associates quickly came to love the quiet, dapper man, who was always well dressed and groomed and greeted people with a formal, “Good day.”

Gilbert and his father, Harold, first moved into a Court apartment where they resided until Harold’s passing. Following his father’s passing, Gilbert transitioned to MapleWood Assisted Living where he continued to enjoy participating in resident bus trips, visiting the library, and his usual long walks.



After Harold’s passing, Bethany Village associates paid close attention to Gilbert, ensuring that he was able to maintain the lifestyle his father wanted him to have. Associates provided Gilbert the comfort of a daily routine and remembered little things he liked and made sure to give him extra portions of his favorite food. “We became his family”, said John Bowen, Director of Social Services.

As Gilbert’s health declined, his sister Myra who lived in Wisconsin continued to visit Gilbert and during one of her visits discussed with him the possibility of gifting any remaining funds from a family trust to Bethany Village. The trust had been established by their father to ensure that Gilbert’s financial needs would always be met. Unbeknownst to Bethany Village, Gilbert and Myra agreed that the remaining funds should go to support Bethany Village. The “remaining funds” were \$2.1 million, the largest gift in Bethany Village’s history.

What inspired Myra to consider gifting the remaining funds to Bethany Village when she was entitled to receive those funds? Myra explained, “My brother always received good care, and they kept him safe. He was happy. As he needed more help and became more difficult, I used to watch and marvel at how patient they (associates) were.”

To learn about more individuals like Gilbert 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 or 717.591.8019.

A GARDEN WALK

Anna Johnson

Fall is coming but we still have August offerings to enjoy even if some of them will be fading.

Sunflowers have caught our attention. On the West Campus Dogwood Court has sunflowers reaching for the eaves. Then in the East Campus, sit on the bench just inside the gate of our Bethany Community Gardens. It's a great place to see what's happening in those garden plots tended by our resident gardeners. Last I looked, sunflowers were raising their heads in a number of garden plots. They are obviously favorites.



And the corn! It was as "High as an elephant's eye" (Curley sang in "Oklahoma!")

Our chaplain Brand Eaton last year started raising corn on an available plot. Thirty years ago his wife's uncle raised a hybrid yellow sweet corn called "Incredible." When he found it was still available he planted it and it thrived. This year others in the garden planted "Incredible", too, and that helped with pollination. Brand picked the crop three times during the season and got twelve dozen ears. Incredible.

(Note: While all the corn in the gardens have been harvested, the stalks will remain until Fall Clean Up.)

The Knock Out roses around campus are blooming again thanks to efforts of the BV Dead Headers: Bruce Seacrist, Bev Hoover, Bonnie Landino, Charley Sproule, Ann Marie Judson, and Carol Steffy. Thanks to their efforts we'll have blooms right up to the frost. Want to Join them? There is more to do! Call Anna Johnston 717 620-8587

At the West Campus bordering Wilson Drive, we have the Sports Court outside the Wellness Center. On her daily walk, Norma Brandon observed a three-generation family enjoying mini golf. That's an idea when family comes.

Next door is the Healing Garden surrounded by The Oakes Skilled Nursing. The garden has come a long way in less than two years. Wonderful additions are the two covered seating areas that provide needed shade. We have seen visiting families enjoying a Sunday afternoon visit. Some residents come and read for a while. Others come to enjoy the plantings.

Norma Brandon, a daily walker and terrific gardener, made the following suggestions of what to look for as you take your FALL garden walk:

- What are you anticipating? What's different?
- Are the Japanese maples turning Red? Yellow?
- Are there late-flowering Shrubs? Trees?
- Any surprises?

GO FOR A GARDEN WALK!

Save the Date!

October 4th -10th, 2021

Inspiring wellness through Active Aging Week



Active Aging promotes the vision of all individuals—regardless of age, socioeconomic status or health—fully engaging in life within seven dimensions of wellness: emotional, environmental, intellectual/cognitive, physical, professional/vocational, social and spiritual.”

Please stay tuned for more information! If you have questions
Contact Wellness at 717-591-8022
or email us at BVWellnessTeam@asbury.org

2021 Variety Show!

Bring your talents and show them off! Both residents and associates are welcome and encouraged to participate! Sign up at the Wellness Department or contact Wellness at 717-591-8022 to participate. You can email us at BVWellnessTeam@Asbury.org.

This is a show you won't want to miss!

When: Wednesday, November 17th @ 7:00PM

Where: Rife Center on East Campus



Food for Thought

Dale Meadowcroft

Last night was one of those nights that I call a “three tissue night”. Once in a while we need to move past the chase scenes and gun battles so prevalent in today's movies and roll back the clock to something like Mr. Holland's Opus.

The movie spans thirty-one years in the life of a high school music teacher. When he first comes to the newly-dedicated JFK High School in 1964, he has a dream of spending a few years teaching to accumulate a nest egg, then returning to his true passion: composing. His loving wife, Iris, is completely supportive -- until she becomes pregnant. After that unexpected event, teaching is no longer just his “fall back position”. It has become his means to provide for his family. Yet he finds that instructing students in music appreciation has its rewards. When lectures and text assignments don't fire his pupils' passion for the subject, he tries unique ways of encouraging an understanding that “playing music is supposed to be fun -- it's about heart... not notes on a page.” Repeatedly during his three decades of teaching, Mr. Holland chooses boys and girls with special skills to nurture and encourage. In the process, he creates a deep loyalty among JFK's student body. The film better describes how much change a teacher can bring in the classroom and outside. Mr. Holland teaches his students from his heart. Because of his tireless effort to motivate his students in music, they learned what he wanted them to do. It is a realistic story of a successful teacher.

The film closes at his “retirement”. As a cost cutting measure the arts are removed from the curriculum. The high school auditorium is filled to capacity with his old students. The dedication is given by one of his former students, now the state governor.

“Mr. Holland had a profound influence on my life, on a lot of lives that I know. And yet I get the feeling that he considers a great part of his own life misspent. Rumor had it he was always working on this symphony of his. And this was going to make him famous, rich, probably both. But Mr. Holland isn't rich and he isn't famous, at least not outside of our little town.

So it might be easy for him to think himself a failure. And he would be wrong, because I think that he's achieved a success far beyond riches and fame.

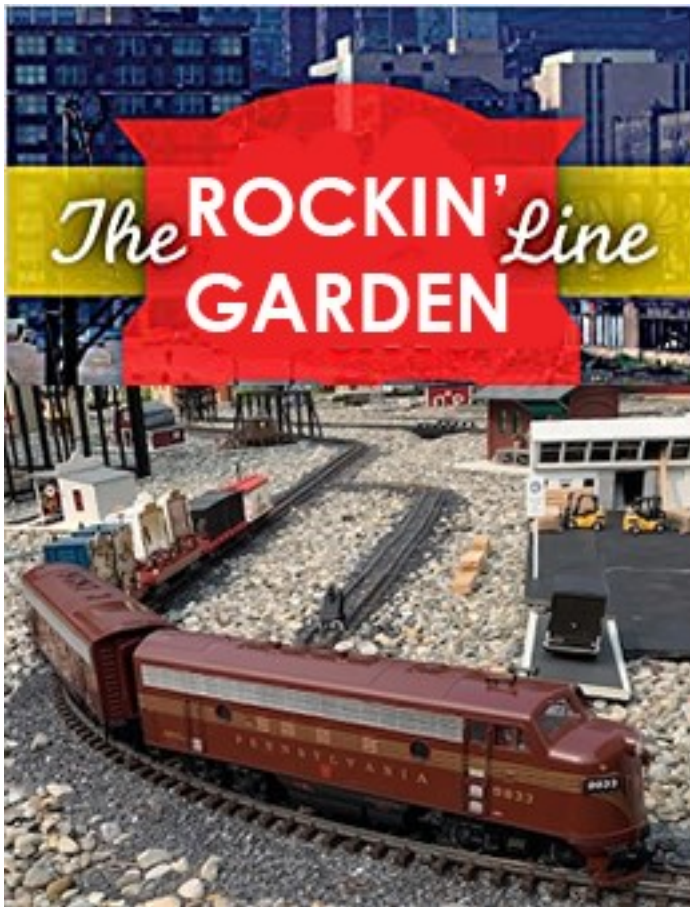
Look around you. There is not a life in this room that you have not touched, and each one of us is a better person because of you.

We are your symphony, Mr. Holland. We are the melodies and the notes of your opus. And we are the music of your life.”

The movie inspired me to look back in my life as to who was my Mr. Holland. Not surprisingly it was my high school band teacher who formed a bunch of Prima Donna musicians into a “big band” that played monthly at the veterans' hospital. He ingrained in me the philosophy of having fun while doing good.

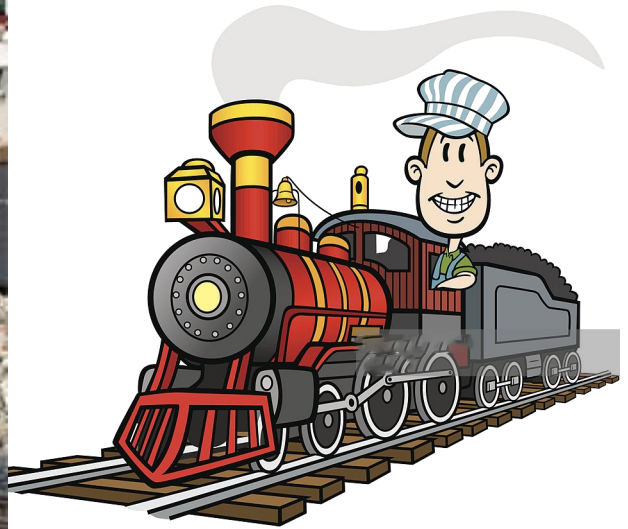
Very few of us have the opportunity to influence as many individuals as a classroom teacher yet each and every one of us has the opportunity to cast a shadow; to positively influence. Whether we mean to or not we will influence others in our lives. When it comes time for your “retirement” what will be your Opus?

BETHANY VILLAGE MODEL TRAIN CLUB



ROCK A THON
SEPTEMBER 23, 2021
11:00 AM—4:00 PM

MARTHA'S GARDEN



Be an Engineer! Relive Your Childhood! Bring A Child!

This year we will offer residents, associates, and guests
the chance to be an honorary engineer and operate
the Garden Train main line
in return for a donation.

But Wait! There's More!

The Train Porch Rockers will be selling various
items, decorated vases w/ flowers, decorated
wreathes and swags, lanyards, art work done
by BV residents.

Check us out on the train porch.



ATTENTION EVERYONE INTERESTED IN JOINING THE FUN IN THE WOODSHOP!

Bethany recently acquired a new Grizzly table saw! We are grateful for this new piece of equipment that replaces an old table saw that had no safety guard and was unsafe to use. The purchase was made available through efforts of the Foundation Office and generous gifts from two residents.

The woodshop is located on the lower level of the East building to the left of the beauty shop. It is open to new members and staffed by trained craftspeople every Tuesday from 10 AM to Noon. If you are not available during those hours, please contact Ken Kieffer at 717-599-4527 or kennethkieffer@gmail.com to set up a time convenient to you.



While the woodshop does not take on large “from-scratch” projects, trained craftspeople assist residents with individual projects, giving advice, instructions, and hands-on assistance.

Listed below are examples of projects members have completed:

- Repairing lamps
- Re-gluing loose legs on furniture
- Making new parts for broken pieces of furniture
- Making wine racks
- Making Christmas ornaments
- Making hardwood chopping blocks
- Making small lamps



The woodshop also has a new bulletin board located in the hallway outside the door to the shop that displays photos of projects produced by woodshop workers. Stop by. You will be impressed with the quality, scope and beauty of the projects.

If there is sufficient interest, another six-week basic woodworking class will be offered this fall (if COVID guidelines permit), during which participants will learn to safely use major equipment while constructing a hardwood chopping block. Please contact

Ken Kieffer if you have questions or would like to enroll. No previous experience is needed. Men and women are encouraged to participate.

New Library Books

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

"The Glass Ocean" by Beatrix Williams.

A captivating historical mystery, infused with romance, that links the lives of three women across a century—two deep in the past, one in the present—to the doomed passenger liner, RMS Lusitania.

"The Summer Wives" by Beatrix Williams.

Miranda Schyuler, once part of the elite high society, was banished from her island for nearly two decades. When she returns, she begins her quest for justice for the man she once loved.

"Moonlight School" by Suzanne W. Fisher:

The story of how a native Kentuckian, a school superintendent, involves her relatives in opening up the schools on moonlit evenings to adults to eliminate illiteracy. But will the people come?

"At Lighthouse Point" by Suzanne W. Fisher.

Number 3 in the Three Sisters' Island series. The story continues when Blaine returns home to the island to find changes that prevent her from fulfilling her dream. She must now find a future she never had imagined.

"You're the One I Want" by Susan M. Warren.

6 of 6 in the Christiansen Family series. Owen Christiansen has been in a downward spiral since an injury ended his NHL career. But a job on an Alaskan crabbing boat offers a fresh start . . . maybe even a shot at romance with Elise "Scotty" McFlynn, the captain's daughter. But Owen is more than the sum of his mistakes, a truth both he and Scotty discover when she escorts both brothers to Deep Haven as part of her new job on the Anchorage police force. Thrust into an unfamiliar world of family, faith, and fresh starts, Scotty begins to see potential for a happy ending... if she's brave enough to embrace it.

"The Secret Diary of Hendrik Groen" by Hendrick Groen.

A biography of an 83 ¼ year old man who has to visit his doctor more than he would like. When Eefje moves in-the woman he has always longed for-Hendrik sets out to make something of the life he has left...with hilarious, tender, and devastating consequences.

"The Haunting of Alma Fielding" by Kate Summerscale

In the suburbs of London, a young housewife has become the eye in a storm of chaos. In Alma Fielding's modest home, china flies off the shelves and eggs fly through the air; stolen jewelry appears on her fingers, white mice crawl out of her handbag, beetles appear from under her gloves. As Alma cannot call the police, she calls the papers instead. The author brilliantly captures the rich atmosphere of a haunting that transforms into a very modern battle between the supernatural and the subconscious.

Connie Scheib

The Bethany Readers

Barbara Bankard

The Bethany Readers will meet in person on Tuesday, September 14, @ 10:00 a.m. Masks are **required** for all participants (they are not optional). Our book selection is *The Baker's Secret* by Stephen Kiernan. Micki McCoy will facilitate the discussion.

At our last meeting, the group decided to try and meet outside, weather permitting. We will meet on the patio behind the West Commons Room, Door 62. Someone will be outside door 62 to direct you to the patio. In case of inclement weather, we will meet in the Rife Center as previously scheduled. An email will be sent the morning of September 14, to confirm our location.

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.



Date	Location**	Book Title	Facilitator
Tuesday, Sept 14	Rife Center (see note above)	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

**Room subject to change

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.

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

410-236-7520 or bbankard@comcast.net

Book Recommendation - A New York Times Bestseller

Charley Sproule

Author: James Nestor

Title: **Breath – The New Science of a Lost Art**

Published by Riverhead Books, New York, 2020

The book is available in most public libraries including the Dauphin County and Cumberland County Library Systems. The cost of the hard cover book from Amazon is \$18.37. A paper back version and a summary are also available. The book is also available in E book and audio book formats. The book has been placed on the purchase request list for the Bethany Village Library.

Two quotes from the book rear cover page follow:

Dr. Stephen Park Albert Einstein College of Medicine: “An eye opening, epic journey of human devolution that explains why so many of us are sick and tired. A must-read book that exposes what our health care system doesn't see.”

Joshua Foer, New York Times “A transformative book that changes how you think about your body and mind.”

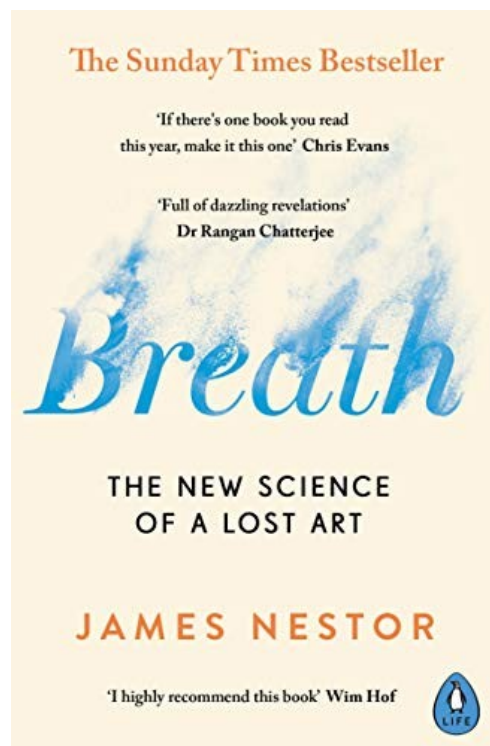
Comments by Bethany resident Charley Sproule:

I have a lifelong snoring problem. Over the years I have tried a variety of methods to solve the problem. One helpful action is avoiding sleeping on my back, but this does not eliminate my snoring. Another attempt was using a device to open my nostrils. You tape it on to the outside of your nose. For me, the only result was some lost skin when I remove it in the morning. A medical specialist recommended surgery to remove some loose flesh in the back of my throat. I decided that was too invasive and did not schedule the surgery.

The book **Breath** recommends another possible solution which is a method for keeping your mouth closed when sleeping. So far, the method has been working for me.

The book also contains step by step instructions on exercises to improve breathing, lung capacity and overall health. Readers who participate in yoga are likely familiar with alternate nostril breathing. A variety of other techniques are described in the book. The book provides links to video instructions on some of the recommended techniques.

The history of breathing practice described in the book includes many cultures and is fascinating and informative. Some divers have learned how to hold their breath for ten or more minutes. Some runners have broken their records after using the techniques described in the book. A variety of health problems addressed by the techniques are described in the book. Cautions and limitations are also discussed.



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).

9/1	Christian Hipp	9/16	Patrick Dougherty
	Ellie Meadowcroft		Frances Dress
	Dennis Plymette		Shirley Kerr
	George Scheuerman	9/17	Regina Gaumer
	Carol Steffy		David Weiss
9/2	Romaine Boyanowski	9/18	George Carpenter
	Virginia Leber		Bob Rhodes
	Janet Shank	9/19	Herb Sollenberger
9/3	Nancy Leftwich	9/20	Doris Killick
	Ray Schott		Donald McCoy
9/4	Jane Casey		Ralph Tygard
	Louise Weldy	9/21	I.S. Eberly
9/6	Jean Eggert	9/22	David Clovsky
9/7	Jay House		Cynthia Lindsay
9/8	Margaret Cleckner		Joan Mackey
	Anne Irvin	9/23	Susan Devine
9/9	Mary Jane Eberly	9/26	Curt Bonser
	John Seibert		Carolyn Long
9/10	Linda Kelley	9/27	Chris Slatick
9/11	Dick Landry	9/28	Alice Huffman
	William Martin		Louise Kolonauski
9/12	Donna Gutshall		Glen Zimmerman
	Margee Kooistra	9/29	Suzanne Gilbert
9/13	Dick Cromer		Kitty Markley
	Sue Walker		Fay Shiflett
9/15	Eleanor Bailey	9/30	Sue Reisinger



BETHANY VILLAGE “ALL STARS”

Carol Cressler

SEPTEMBER ALL STARS! BOW WOW AND MEOW.....

Fall is on its way to Bethany Village and football season will be starting soon. If any of your pets would like to dress up in their favorite team shirts or bandana, please send me their pictures and articles to put in the Scoop. My e-mail is cjcressler4040@gmail.com and phone number is 717-877-0624.

SMOKY — belongs to Richard Papiernek in the West Apartments. Honey and I met Richard and Smoky by the healing garden a few months ago. “Smoky came to me from Kansas...he was just a little pup.....didn’t look like the poodle that he was to be, and the owners were going to put him down.....he’s a lot like a poodle but bald on top ...he doesn’t shed.....a really smart dog....he’s my buddy! He weighs 25 pounds and turned 13 in August. We also watch our twin granddaughters who also are 13, so when the three are together, Smoky thinks he’s a triplet. He goes around on the scooter with me whenever we can go out. More people know Smoky then they know me.....the maintenance men call out—hey Smoky!!!! “

SHADOW — Hi! My name is Shadow. You’ve probably seen me walking around campus. I’m the big, dark brown dog. Sometimes I think people are afraid of me since I’m so big, but that’s just because my mom and dad feed me so well. I’m really a big softy. I love people, and if you scratch my back we’ll be best friends forever. I really like it here at Bethany Village. I’ve lived here for almost three years and made lots of friends. I do get nervous when I see a new dog and sometimes I bark. But once we say hello, it’s all good. My favorite thing to do is lay on my back in the grass and wiggle. It feels so good! My mom and dad call it my “happy dance.” I don’t know about dancing, but it sure makes me happy! I also like to go on walks and I love to smell the flowers. Do you know how many beautiful flowers there are here? You should go for a walk and check them out! If you see me and my folks, Frank and Nancy (Karkuff), stop and say hi. We would love it! Hope to see you soon. We live in the West Apartments.

SNOW — Snow is a tiny kitty that Honey found under the pine tree by the new highway and Bethany Village on Saturday, August 21st. This little orphan is all white, just like Honey. We had to bring her home and ask Alice, who has Rosie the cat, and Nan, who has Blu the cat, for help, since I know nothing about how to take care of a cat, let alone a kitty who may be 5 weeks old. At first Honey was a little jealous; or didn’t understand what she found. Should we keep her or find a new home for her? I’ll take her to the vets this week, and we already bought her a bed, toys (not playing yet), and of course milk and food from Benny’s Pet Depot.



Bethany Village Auxiliary

Phyllis Kegerreis

We hope everyone had a great summer and you are all ready to get back in the swing of things. We will have our September Board Meeting on Wednesday, September 8th in the Rife Center., which allows us to have members who are not on the Board attend. Please come and learn how the Auxiliary operates. We start at 9:15. The date was changed from the first Wednesday until the second Wednesday just for this month.

I hope you have your calendars marked for September 22nd. Taylor Marie will be in the Rife Center from 11 AM to 3 PM. Come and see the Fall clothes. The fitting rooms will be open so you can try your clothes on before you buy them. There is always a nice selection of clothes, scarves and jewelry. You can shop for your clothes and not have to leave Bethany Village and the Auxiliary gets benefit from your purchases. Looking forward to seeing you there.

Once again, we will be participating in the Boscov's "Friends Helping Friends" event on October 20th. For \$5 you get a coupon to use on that day for discounts and we get to keep the \$5. You don't have to do any work, just shop. Hopefully we will be able to get our bus to take us. We will know for sure by the beginning of October. We will have the coupons for sale on September 22nd when you come to Taylor Marie. You can kill two birds with one stone as the old expression goes.

If you are thinking ahead for gifts for Christmas or you need a cookbook, soup mix, dips or knives; we will be taking order for Rada knives and the other items. There will be order books for you to look at on the 22nd and also at other activities. Also, the Marzoni's gift cards are available for sale in the Gift Shop.

As you can see we are busy with our fund raising projects so that we can provide things for Maplewood and The Oaks. We appreciate all that everyone does to help us. Have a good Labor Day weekend and we look forward to seeing you on September 8th.



Massage Therapy Grant for Bethany Village

**Bethany Village has received a grant from
The Massage Therapy Foundation.**

The goal of this grant is to provide massages at no cost to caregivers of significant others. Additionally, it will provide the individual with a tool to improve the quality of life for their loved one with a dementia diagnosis. You would receive 1 massage a week for 6 weeks.

There are 14 remaining time slots available for the year for a caregiver of a resident that was diagnosed with some form of dementia.

Please contact the wellness Center to schedule your massage appointment
at BVWellnessTeam@Asbury.org
or call 717-591-8022



WANTED

New Residents



The marketing office is always looking for new residents to join our Bethany family. If you know of someone who might be interested, please contact Beth Merkel at 717-591-8072 or bmerkel@asbury.org

Reward

If your referral goes on the waiting list you get a \$25 gift card. If they move in you receive \$100 cash!*

*Referral must not currently be in our lead base to qualify for the reward.

Note: We are also looking for new residents in MapleWood Assisted Living! Contact Jamie Yockin at 717-591-8004 or jyockin@asbury.org for more details

Welcome New Residents

Amanda Price

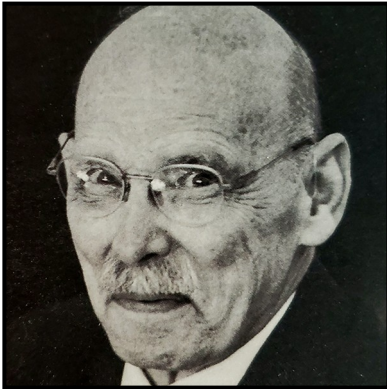


Ralph and Carol Deluca moved into West Apt 1125 the end of August. Their phone number is 717-591-8412. They lived in their home in Dauphin for 55 years and very excited to transition to Bethany. Ralph loves to socialize and Carol is a little more reserved. Tell him your Birthday, He might bake you a





Evaline Mahan West Apartment #1141 will be moving in 9/3/21- Her phone number is 717-732-2492 She recently lost her husband. She would love getting a small dog at some point. She is a very social person. Loves Hollywood Casino. Her son George is helping her transition and is very involved.



Larry and Sandra Wright West Apartment #3105 moved in 8/20/21. Their phone number 717-591-8406 They are moving from Kentucky to PA to be closer to family. Larry likes to use his smoker and wishes he could continue here. Looking forward to joining a ceramics class and keeping busy once he moves. He is a retired Architect and his daughter is very involved.



Shirley Davis has moved into Center Apartment 119 on 8/2/21. Her Phone number is 717-579-9526. Shirley was born in Tarrytown, NY. She is a retired secretary. In her spare time she likes to play games, hang out with her cat Buddy and her family and friends. She has three children, 2 daughters and 1 son. Shirley has done some traveling to Bermuda, Canada, Outerbanks, NM and Arizona! If you see her out and about ask her about it



Bereavement Notifications

Sara Johnson 7-22-21

Richard Kors 7-23-21

Paul Brinton 8-4-21

Rich Hayworth 8-6-21

Ed Stetler 8-10-21

