

# The Scoop

Volume: 11 Issue: XI Date: October, 2021

ASBURY  
BETHANY  
VILLAGE  
Anticipate More



## From the Executive Director...

Brian Grundusky



Hello to all residents and associates!! Fall is here!! This is my favorite time of year. Football season, cooler temperatures and the scent of fires burning in the air are only a few things that make this a great time of the year. 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 continue to have negative trends 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.

### In This Issue

From the Chaplain .....	4
Meet Deb Kerchner .....	6
Model Railroad Club .....	7
Residents Say Thank You .....	8
Bethany Village Auxiliary .....	9
PARCR.....	10
Amanda Joins Marketing .....	10
BV Ecology Team.....	11
A Garden Walk .....	14
Healing Garden .....	15
Asbury AMIGOS .....	15
Food For Thought.....	16
BV All-Stars .....	17
Woodworking Class.....	18
Mental Health .....	19
Venture Series.....	20
Bethany Readers.....	21
Birthdays .....	22
New Books .....	23
Bereavements .....	24
Welcome New Residents.....	24

**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.

As of 9/25/21, BV does not have any active cases. The indoor masking guidelines for all residents and visitors (both vaccinated and unvaccinated) remains in place (CDC and CMS guidelines) due to Cumberland County being in the "High (Red)" rate of transmission category. 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.

(Continued on page 2)

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)

*(Continued from page 1)*

We continue to review the latest CDC guidance and will continue to align our policies and guidelines based on these updates. 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 be vaccinated and that the FDA has formally approved the Pfizer vaccine (as of 8/23/21).

Unfortunately, the numbers have continued to increase due to the Delta variant. Although there have been several “breakthrough” cases (vaccinated people testing positive), the majority of those that are being impacted and hospitalized are those that are unvaccinated. It is imperative that we do everything that we can to protect each other. 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 99.3% of our resident population are fully vaccinated and 90% of our associates are fully vaccinated (as of 9/25/21). As of 10/1/21, 100% of our staff will either be fully vaccinated, had the first dose or exempt (due to medical and or religious reasons). If an associate receives an approved exemption, they will need to mask at all times (moving forward), wear the appropriate PPE and be tested frequently.

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.

*(Continued on page 3)*

**Skilled Nursing (SN) and Assisted Living (AL) Updated Testing Guidelines:** Due to the Cumberland County transmission rate being in the “High (RED)” level, we will continue to test unvaccinated staff twice a week in both MapleWood Assisted Living and Oaks Skilled Nursing.

As a system, we still have a positivity rate of 1% and Bethany Village has a positivity rate of .45% for 2021. These are great numbers as the national average for positivity rate is close to 9%. We will continue to follow the testing guidelines set forth by the PA Department of Health and the PA Department of Human Services.

**Staffing:** We still are facing several staffing issues at BV. We continue to have shortages in housekeeping, dining, front desk, and clinical areas (C.N.A's and Nursing staff). We are working in coordination with the Asbury HR team on developing a pilot program here at BV that focuses our resources for recruitment and retention. Unfortunately, we are seeing the ramifications of this as we have had to shut down some of our dining venues (Springfield's and Café) for short periods of time. We are being creative to ensure that we do have at least one dining venue open on campus and do appreciate your ongoing patience and support during these challenging times

**Resident Flu Vaccine Clinics:** We had to reschedule the RL flu clinics due to a delay in the delivery of the flu vaccines. The updated schedule is:

10/19/21- Richard Rife Center 9:00 a.m.-1:00 p.m.

10/21/21- West Multipurpose Room 9:00 a.m.-1:00 p.m.

If you originally signed up, your flu vaccine appointment will automatically carry over to the updated schedule. If this does not work, you can contact the clinic and reschedule your vaccine.

**Asbury/BV Focus Group (Follow Up) Town Hall event:** Doug Leidig (CEO) and Todd Andrews (President of CCRC Division) from Asbury will be at BV on 10/13/2021 to follow up and present to those associates and residents who participated in the strategic planning focus groups that took place this summer. Those that participated in the summer sessions will receive an invite in the very near future. This will also be televised and live streamed for all other residents and associates.

**Financial Update:** Bethany did not meet our Operating Ratio (OR) for August. We missed the OR target by **2.2%** (actual OR: 98% compared to our budgeted OR of 95.8%). We did post a positive variance in the July operating revenue (**\$98,043**) but were over in expenses (**\$151,292**) for a negative variance of (**\$53,249**). The primary drivers of this were changing our fleet services contract (new company automobiles), increased testing costs and health insurance. 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 9/25/2021):** BV is experiencing vacancies in the Residential Living areas. We currently have 16 West Apartments, 7 Court Apartments and 1 East Cottage available. We have extended the current incentive plan for the West and Court Apartments and will be working with our corporate marketing team to develop other methods to fill these openings. Our current campus occupancy rate is 92.12% compared to our budgeted occupancy of 94.54%. This is a negative variance of (**2.43%**).

Thank you again and please stay safe and healthy!!

Brian

## From the Chaplain

Brand Eaton

*Apocalypse* is a word we could use accurately about the current moment. Strangely, I don't read it anywhere much or hear anyone say the word. That's what happens when a word—especially a theological one—gets abused and bent out of shape by its misuse in the prevailing culture. We struggle to employ it appropriately.

Many people only know the word apocalypse as the given name of a Marvel comics character. Others think only of "The Apocalypse": a final cataclysmic destruction of everything in a universal conflagration. They might think about the wildfires that have raged in the Western United States as apocalyptic in nature but, as I stated above, it seems to me a lot of people have avoided that identification.

I believe we can use the word apocalypse to describe accurately the events of our current time if we consider the word's primary meaning. Apocalypse comes from a Greek word literally translated as "from cover." It means to reveal, or a revelation. Certainly, the events of our past couple of years have been revelational.

We are witnessing a surprising revelation regarding the divergence of our worldviews. Science, which deposed theology a couple of hundred years ago as "queen of the disciplines," is now being challenged in the minds of some. Vaccinations and inoculations, almost universally hailed at the end of World War II, are now viewed suspiciously by many people. Masks, worn by surgeons since the late 19th century to prevent infections during invasive procedures, have been called ineffective and even harmful by those opposed to such efforts in mitigating a pandemic virus. That's rather apocalyptic.

Excessive heat and drought, stronger and more frequent tropical storms, unusual weather—such as rain on the Greenland ice shelf—are apocalyptic. These phenomena reveal something to us about our climate. So much of the West is burning that we now receive smoke forecasts here in the Northeast as prevailing winds push the by-products of massive fires into the atmosphere. Those Western wildfires are apocalyptic, but as much in the sense of being revelational as cataclysmic.

Recent events in Afghanistan are apocalyptic. Whether you agree or disagree with the American withdrawal, or believe it was accomplished effectively or ineffectively, the lightning-fast collapse of an Afghan government supported for twenty years by foreign military presence, and the return to power of the Taliban within mere weeks, is a revelation.

I might go on about the apocalyptic nature of current events. However, the important thing about an apocalypse is that it isn't self-interpreting. That is, when we are given a revelation—an apocalypse—we still have to reflect upon it and determine what we believe to be its meaning. That requires wisdom, which is another theological term with contested definitions caused by our casual misuse. We struggle to employ it appropriately.

## The Scoop On-Line

Do you occasionally want to refer to an old copy of the Scoop but can't remember where you put it? Now you can access past issues on line through the Residents' Council web site.

Stop by the full site to stay current with representatives and committees.

<https://bvrescoun.org/>

OR

Go directly to the Scoop achieves. <https://bvrescoun.org/scoop/>

# The Scoop

### Flu Clinic for Independent Living Residents

BV East – Rife Center

October 19, 2021

9 AM to 1 PM

BV West – West Multipurpose Room

October 21, 2021

9 AM to 1 PM



**\*Please bring a copy of your insurance cards with you to the flu clinic\***

CALL THE CLINIC TO SCHEDULE YOUR APPOINTMENT

(717) 591-8067



## Who's working for you at Bethany?

*John Bowen, LSW, Director of Social Services*

Another in a series of associate interviews from the various Departments here at Bethany. A chance to learn more about some of the amazing team members that make our community such a great place to work and live.

### **Deb Kerchner- Laundry Tech**

*-Tell me something about yourself.*

I grew up in Mechanicsburg and now live in Camp Hill with my husband, George, and older daughter, Ashley. I have been married for 31 years and also have a younger daughter, Samantha, who lives in Dover. I enjoy going to the races and have traveled to Indiana as well as local tracks in Port Royal and Williams Grove.

*-How did you get into this line of work?*

I have been working Bethany Village for 21 years after being laid off at Best Western. It turned out to be a double blessing since my good friend, Betty, was already here. I miss her now since she just retired last month.

*-What do you like about working at Bethany village?*

I like making the residents happy by getting their clean clothes back to them as quickly as possible or finding something they had lost. I also love to talk to the residents when I have a chance. Especially to hear stories about their lives.

*-What is the most challenging part of your job?*

There isn't much ventilation in the laundry area and dealing with the heat in summer time can be hard. It's also challenging to deliver all the clean clothes and linens to the various floors and destinations that include the Maplewood, Oaks, and Wellness areas. We cover a lot of ground pushing the carts that hold close to 1000 pounds a day.

*-How has your work affected you and your family during this COVID?*

Covid didn't bother us too much at home. We felt protected by what Asbury did for us through testing and vaccinations. It was disappointing not to see family in person or having to stay at a distance outside or talk through phone calls. I look at it like you know it's there and you just have to do what it takes to be careful.

Bethany Village Marketing is re organizing the storage rooms.  
if anything is outside of any assigned cage after 12/31/21  
it will be thrown away.



Thank you!  
**Amanda Price**  
Move in Coordinator



# Great Happenings in the Bethany Village Model Railroad Club!

*Lowell Starling*

## The Annual Night Train Run of the Garden Trains in Martha's Garden

On October 7 at 6:00 pm the BVMRRC will hold its annual Night Train Run of the Garden Trains. The trolley, the short line, and the main line trains will run through the expanded layout visiting farms, factories, a southwest village, and 19th and 20th century villages. In addition to watching the trains run through the new layout, we will have a short sing-along of railroad songs plus light refreshments. It will be a magical evening bringing back memories of the yesteryear. There is no cost, but please sign up with Resident Life so we know how many to expect.



## New Model Railroad Platform for the Oaks is Coming Alive!

The Bethany Village Model Railroad Club is building a train platform for the Oak's lobby 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 Oaks platform will be 4' by 8' allowing us to use HO scale equipment and scenery. It 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 on the left shows the Oaks platform in the current stage of construction. You can see the 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.

In the foreground you can see the beginnings of the town including the apartment complex in the front and several other buildings in the middle. The layout will also feature a commercial area in the middle including a stockyard and other buildings. On the second level on the back right you can see the farm house and other buildings which will portray an agricultural area. On the top left you can see a pond which will include boats, fishermen, and a scout camp. There is a lot left to be done, and the progress continues.



## Bethany Village residents show their appreciation

Bethany Village residents showed their appreciation of our outstanding associates and management, during a week of appreciation for associates. On September 16th the residents council sponsored lunch for all associate's, covering all three shifts. Members of residents' council gathered in the Springfield private dining room to assemble sandwiches and macaroni salads, packaged individually for each associate according to their work location. At the appropriate time deliveries were made throughout the east and west campus so that each and everyone of our valued associate's would understand how much we appreciate their sacrifice and their service on a daily basis.

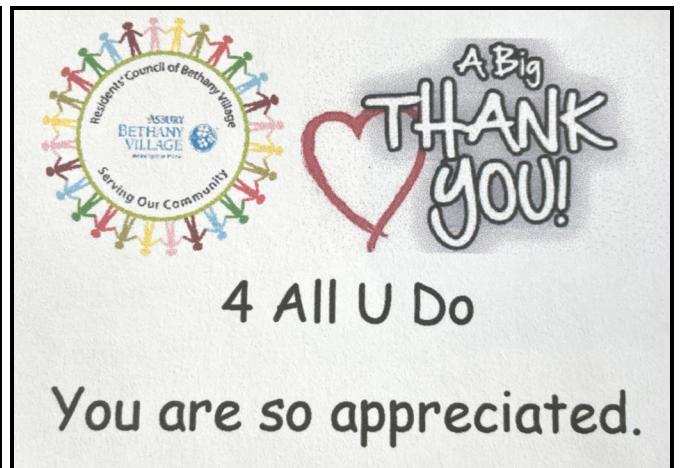


Those assisting included Kay Hess, Kerry Butz, Maria Lattera, Marcia Marsh, Sandy Jones, Cheryl Brown, Dale Meadowcroft, John Sweeney, Bob Gasull, Sue Moeslein, and Leona Fickel.

An extra special thanks goes to Kristin Juchem and the residents life office for their assistance and to ALL our outstanding associates..



Thumbs up and thank you from Henri Lively and the Oaks Associates.



Every lunch had a thank you



## Bethany Village Auxiliary

*Phyllis Kegerreis*

The leaves are starting to turn, it's getting cooler at night - Autumn is here! Time to start thinking of the holidays. The Auxiliary can help you out with your gifts. First, there is the Gift Shop which has some very nice things that will make good gifts. With everything you buy, you are helping the Auxiliary.

Next, it is the 25th Anniversary of Boscov's "Friends Helping Friends" event. This year, it is October 20th. For \$5, you can purchase a 25% pass to use at the store. The Auxiliary gets to keep the \$5 and you spend less at the store with your 25% off. This is a win /win situation. We sold some at Taylor Marie and will be having them available on East and West several different days. Watch your TV for the dates and locations. It will be the first full week in October. Bethany will be having a shuttle available for us on the 20th for \$5. Please register and pay in the Resident Life Office to go on the shuttle.

I know it seems like we are always asking for money but that is our purpose - to be able to help out with items that are needed in both Maplewood and The Oaks along with a personal gift for each resident there at Christmas.

Wishing you a Happy Halloween! Stay safe and healthy. Remember you are welcome to attend our Board Meeting on October 6th at 9:15 AM in the Rife Center. Looking forward to seeing you then.



## Did You Know ...

*Mary Smith*



The Gift Shop is open and available to you for all the little things you may have forgotten when you shopped !! We are here to service your needs with lots of variety and also some of your necessities too !

If you haven't been in the shop lately you may not have seen the many products we stock. These include kitchen items, like tea towel and washcloths in seasonal colors, hot pads, and the wonderful **RADA** knives. These knives are simply the best and are made for specific purposes such as cutting, bread slicing, pizza cutter, tomato slicing guaranteed and dishwasher safe

We also have sunglasses in a variety of styles, batteries, floral file folders, highlighters, compression hose in fun prints, Penn State travel mugs and glasses, and place mat sets for your table. Like playing games? We have playing cards with large symbols for the vision impaired, puzzle books, word-search, crossword, and soduko. Want to relax? We have neck pillows, adult coloring books, crayons, and colored pencils. Soon we will bring out the cool weather items, gloves, warm scarves, and hats.

Did you forget the milk? We have it, along with orange juice, soda, and ice cream. If you need a quick lunch we have various single serve items to tide you over. While you are there, remember the jewelry sale is continuing until the end of the month.

## **PARCR asks, “Are You Dementia Friendly?”**

*Lowell Starling*

No, not do you like dementia, but are you able to work well and communicate lovingly with people who have dementia? That will be the keynote topic at the next Quarterly PARCR meeting on October 13 via Zoom. The speaker for this important topic is Kimberly Korge, BSEd, CDP, Memory Care Coach at Cross Keys Village.



Pennsylvania Alliance of  
Retirement Community Residents

Kim is a Certified Dementia Practitioner, and Support Group Facilitator, and currently in her last year of a Master's Program for Gerontology through the University of Missouri. Kim will explain

how to identify some of the issues experienced in communicating with people who have dementia. As part of the program, participants qualify to become Dementia Friends and will be encouraged to help others practice the techniques in their community. If you have the need to communicate with someone who has cognitive impairment this program is a must.

As always at the Quarterly Meetings, LeadingAge PA will give an update on the current state of legislative and regulatory issues in the Commonwealth which affect our lives and our pocketbooks. Some major organizational changes are taking place at LeadingAge PA so we should find out how that has worked out. We will also have a report from Dan Seeger who is the new President of NaCCRA on the national issues relative to CCRCs that they are working on.

We were hoping to hold an in-person meeting this fall at Masonic Village, but the increasing case counts of COVID led the Executive Committee to continue using Zoom as a safer approach. Because we are still using Zoom, the meeting is limited to PARCR members and delegates. Individual memberships are only \$20 a year and you can find the registration materials at [PARCR.org](http://PARCR.org).

Official Websites:

PARCR – [parcr.org](http://parcr.org) (Pa Alliance of Retirement Community Residents)

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

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

## **Hello Amanda**

You may have seen another new face in the Marketing Department the last few months. In June, we welcomed Amanda Price to the Bethany Village family. She took over for Jennifer Caldwell as the Move-in Coordinator. Amanda comes to us with 15 years' experience in the senior living industry and she has jumped right into her role at Bethany, moving in a handful of new residents already! She is looking forward to many years with Bethany where she can make meaningful connections with those residents moving in and be a welcoming resource to them and their families. Amanda enjoys time with her family, her three cats and two husky rescue dogs and rocking out to her fiancé's band. If you see her around campus make sure to say hello!



## GLOBAL WARMING – A WORLD WIDE ISSUE

The basis for human civilization was laid roughly 10,000 years ago when after tens of thousands of years of unpredictable weather, the earth's climate stabilized. Weather extremes became more manageable and humans began to practice agriculture. Global population grew from fewer than 10,000 people to more than 7.7 billion today. We have a buzzing global economy measured in dollars and cents, but our economic system has failed to account for the role a stable climate played in creating it. We are now faced with unprecedented weather conditions that affect our health, safety and economic well being.



- Global temperatures have reached their highest in recorded history.
- The buildup of carbon emissions in the atmosphere as a result of human activity has warmed our planet about 1 degree Celsius above pre-industrial levels and it continues to increase. It is predicted that at 1.5 degrees Celsius, problems will mount quickly.
- In the 2015 Paris Agreement on Climate Change, world leaders agreed to limit warming to 1.5 degrees Celsius above levels in the late 19th Century. The world has already warmed nearly 1.1 degrees Celsius since then.
- Trackable data has shown increases in warming has caused rises in sea levels, floods, tropical storms, heat waves and massive forest fires in the U.S. and abroad.
- Ice melting is occurring in the Arctic and Antarctic regions at a rate endangering the very survival of seals, polar bears, Emperor Penguins and other aquatic dependent species.
- The authoritative Intergovernmental Panel on Climate Change (IPCC) report, which calls climate change clearly “unequivocal” and “human caused” and “an established fact”, makes more precise warmer forecasts for the 21st Century than it did in its report in 2013.
- According to the IPCC report co-chair, we can avoid further levels of warming by acting on greenhouse gas emissions. Much of the methane in the atmosphere comes from leaks in natural gas and major power sources. The other major greenhouse gas emission is carbon dioxide, again primarily from major power sources. Pennsylvania is one of the nation's top 5 carbon dioxide-emitting states..
- Recognition and general acceptance of the above stated facts has led some states to work together to control the emission of greenhouse gases through a Regional Greenhouse Gas Initiative. In eastern U.S. this includes Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont and Virginia. This collaborative effort is designed to significantly reduce

*(Continued on page 12)*

(Continued from page 11)

carbon dioxide emissions from power plants through economic measures with a cap-and-trade program rather than a common control regulatory structure.

Funds raised from the program can be used for renewable energy projects and energy efficiency and conservation, thereby further cutting pollution and preventing increased environmental warming.

On September 1, 2021, the PA Independent Regulatory Commission voted to become a member of the Regional Greenhouse Gas Initiative. It is imperative that this decision to join RGGI be allowed to go forward in a cooperative effort with other states if we are to successfully mitigate further damage due to global warming.

*Information compiled by W.B.Middendorf, former Dept. Sec., PA Dept. of Environmental Resources (9/8/21)*

### **Ecology Team members express urgent concern about the climate crisis**

On September 8th, Ann Marie Judson, Jane Wilshusen, Bill Middendorf and Margee Kooistra, members of the Bethany Village Ecology Team met with our PA Representative, Sheryl Delozier, to share our concern about global warming. As Pennsylvania remains a significant emitter of the greenhouse gases that help fuel the climate crisis, we wanted to express the importance of Pennsylvania joining the Regional Greenhouse Gas Initiative. This collaborative effort of 10 other Eastern states is designed to significantly reduce carbon dioxide emissions from power plants through a cap-and-trade program intended to raise funds for renewable energy projects and energy efficiency and conservation.





## Be a Hero! Squash bugs!

Anna Johnson

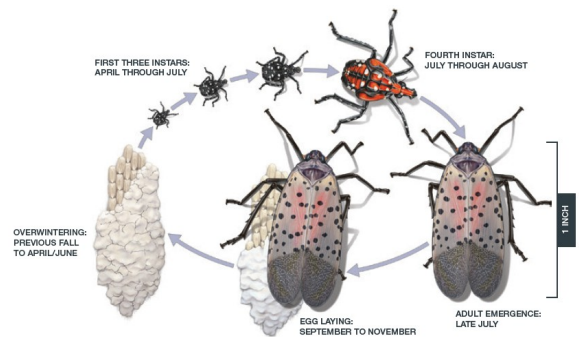
**The Spotted Lanternfly (SLF) has invaded Bethany Village.** The SLF is an invasive insect, believed to come originally from China and thus has no natural predators here. It feeds on the plant sap of many different plants including maples, black walnut, and other important plants in PA. Their mating season is about to begin, and they are swarming. Time for action. Every squash or swat counts!

**What can you do?** Squash with your fingers or foot. Barbara Bankard advises approach from the front of the bug because it would not see you. From the back, they'll get away.

If quashing with foot and hand to get rid of this menace aren't your thing, Mark Ruiz, Head of Maintenance at BV says he will give a fly swatter to anyone who requests it. Call Maintenance at 591-8074.

### Background: SLF

Spotted lanternflies go through five stages of growth after hatching from eggs. The first four stages are called nymphs, which are incapable of flight. The young nymphs are black with bright white spots and are roughly the size of a pencil eraser. The next stages of growth are similar, but the nymphs become larger. The fourth stage of spotted lanternflies, prior to adulthood, is vibrantly red with distinct patches of black and equally distinct bright white spots. The adult spotted lanternfly is about 1" long. Adults have grey wings with black spots. When the spotted lanternfly opens its wings, it reveals a bright red underwing. Spotted lanternflies live through the winter only as eggs. Adults lay eggs in masses in the late fall on trees, under bark, posts, lawn furniture, cars, trailers, outdoor grills, and on many other surfaces.



## Facilities Department

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



Bethany Village is pleased to announce the launch of our Micro-Farm in the Bistro Lobby on East Campus.

Fresh herbs will be grown and used by Matt Smith and the Bistro staff in the menu items. Items already planted include Basil, Mint, Italian Herb Mix and Wasabi Arugula.

Any residents that would like to participate are invited to meet with Kristen Juchem in Resident Life for details.

### Reminder

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

## A GARDEN WALK

Anna Johnston

**“If you would be happy for a lifetime, grow Chrysanthemums.”** (a Chinese philosopher)

Good advice. Here at Bethany I am seeing a large variety of chrysanthemums and am realizing that truly Fall is here and Winter is not far behind. I Googled their history and found it is a surprisingly long one. Following is a condensed version:

The chrysanthemum was first cultivated in China as a flowering herb and is described in writings as early as the 15th Century B.C. Around the 8th century A.D., the chrysanthemum appeared in Japan. The Japanese were so enamored with the flower that they adopted a single flowered

chrysanthemum as the crest and official seal of the Emperor. Much later the chrysanthemum was introduced into the Western World during the 17th Century.

Since the chrysanthemum was first introduced into the United States during Colonial times, its popularity has grown. Here the chrysanthemum is the largest commercially produced flower. (You will find them being sold at our grocery stores, at nurseries and as a special at Boscov's)



You only have to take a Garden Walk around our campus to see the variety of colors and shapes. Fall is here. Observe the last vestiges of Summer. And enjoy the Chrysanthemums for they are our flowering season's Last Hurrah.

Addendum: This month take a visit to our West Campus Healing Garden. There are new plantings. If we have an Indian Summer day, you will enjoy the two shaded areas with comfortable seating. Those in Skilled Nursing are visiting and enjoying being outdoors. It's a work in progress. It's for all of us to enjoy.



## Autumn in The Healing Garden

*Margee Kooistra*

On one of those perfect mid-September days, Mary Anne Morefield and I stopped at the Healing Garden to see the trees and plants Michael Lehman and Mike Rhykerd had just added. We were pleased to meet Pat Jewitt and Shirley Kerr visiting with Jane Del Sordo, Activities Director in The Oaks, sitting comfortably under one of the new shades.

This is just how The Ecology Team envisioned the Healing Garden when it was still in the dreaming stage two autumns ago. Thanks to the generosity of residents, the hard work of Michael and Mike, and the support of both residents and associates at Bethany Village it has become a place of beauty for us all.



## ASBURY AMIGOS ...MORE

*Linda Cushner*

The Amigos project began during the lock-down phase of the pandemic when residents became concerned about the effects of isolation on our Oaks and Maplewood neighbors. We matched up volunteers with the isolated residents and began contacting them through calls, cards, and letters. As BV opened up to visitors, some of the Amigos were able to meet in person.

We want to thank all the Bethany residents who volunteered for the project, and it is certainly appreciated by the staff as well as the residents. Originally the staff asked us to encourage more face-to-face visits, but it now appears that we are in another phase of the pandemic and access to the Oaks and Maplewood, as well as our role, will vary accordingly.

The social worker at the Oaks has indicated a need for more Amigo volunteers so that everyone there who could benefit from our program would be served. We welcome anyone who has an interest in this effort to call us. This could be someone who is new to the program or possibly someone who is already an Amigo and would be willing to add an additional resident. There is a valuable contribution to be made through visits, when possible, as well as through support offered with cards, letters and calls.

We look forward to you joining us. Please contact:

Sandy Jones at 717-774-2315 or [sljeJones@verizon.net](mailto:sljeJones@verizon.net)

Linda Cushner at 717-774-0730 or [cushlin1@verizon.net](mailto:cushlin1@verizon.net)



## Food for Thought

*Dale Meadowcroft*

Several weeks ago I was talking with a friend of mine who has a private pilot's license. We had spent the better part of a day hashing over good memories and scary situations in our life. He preceded to tell me the following:

I earned my pilots license while I was in the military. Not as a military pilot but as a person on active duty I was able to take flying lessons at the local airport. My instructor was also from the military and had served two tours in Vietnam as a medevac chopper pilot.

I had successfully completed my solo flight when my instructor suggested we go up one more time for more training. We were stationed at Fort Monmouth in northern New Jersey and I soon found us out over the Atlantic Ocean. My instructor was in the right seat and asked for permission to take over, which I granted him. He proceeded to slowly take us up to about 10,000 feet where he yanked the wheel, kicked the rudder, and put us into an uncontrolled spin. He then calmly looked at me, took his hands from the wheel, and said, "Back to you".

We began a rapid descent towards the ocean below. I tried everything I knew to gain control of the plane, to no avail. As we approached 6000 feet I looked at my instructor and ask for assistance. He just gazed quietly out the side window. At 4000 feet I began to get a little concerned and I said to him, "You may have some latent death wishes from your two tours, but I for one do not wish to participate. I really could use some help".

With barely a perceptible look towards me he said, "Just let go. The wings on this plane are engineered so that they will consistently try to seek stable flight."

Considering I had few options I let go of the wheel and the plane did in fact stop spinning. However, we were still headed straight down toward the ocean. "Now, gently pull back on the wheel", was his next instruction and soon we were skimming several 100 feet above the ocean headed back to the airport.

Those of you reading this who are licensed pilots may question the accuracy of this story, but the message is clear: "Just let go." As I look back on my life and review the many situations and problems I have faced, I am not surprised at the number of them I attempted to solve by myself. You know, the old personal mantra of if you want something done correctly do it yourself. Something analogous to no one can do it as well as I can. Then I discovered a secret. Although no one could do it as well as I could my way, there were plenty of people who could do it better than I could their way. When I learned to "just let go" and trust others, everyone's results improved.

The next step in my education was learning that there are some situations over which I had no control, and to use the above story as an analogy, I was totally ineffective in fighting the inevitable. We will continue to face things in our life which are beyond our control. Just look back a few months and think of our reactions to a resurgence of COVID-19. But then look back at the frustrations we felt at the beginning of 2020. Everything was uncomfortable, nothing was satisfactory, but we learned to live with it. Perhaps enjoy it.

A wise man once said, "Life is easier when you ride the horse in the direction it is going."

What are you fighting today? What are you hanging onto so dearly that it gets in the way of progress, or contented happiness?

Just let go, and enjoy the way life takes you.



## BETHANY VILLAGE “ALL STARS”

*Carol Cressler*

What a wonderful time of the year to walk our pets! Our Honey just loves to get out and run after the chipmunks and any other critters that are lurking around. The smells on campus are especially good this time of year. It's exciting to introduce new Bethany All Stars to the Scoop!

**SADIE:** "I am Sadie, an intelligent and friendly Boston Terrier. You may have seen me walking with my Mom, Carol Steffy. I was adopted when I was two years old from Mollies. At the time my Mom was searching desperately for a new best buddy after losing her schnauzer. My favorite thing to do is to play ball. And I'm happy if a friend or neighbor visits that will throw the ball and let me run and bring it back to them. I also enjoy going on walks and hopefully will see friends that talk to me and give me a pat or two on my head." "Due to Covid I had not visited my veterinarian in over a year. I did not let on to my Mom that I had been having terrible toothaches. The doctor reported to my Mom that I needed to have 14 teeth extracted. Wow, that was a lot! The toothaches stopped and I feel much better. I even went home and ate some food. My Mom says she is so happy that she chose me and I am happy too!"



**JAZZ:** "Four years ago we adopted Jazz from All 4 Paws Rescue in Chester Springs, Pa. It took three months of searching, of completing applications for many agencies, and house visits to finally be accepted as an adoptive family. You would have thought we were adopting a baby! We have had 3 rescue dogs, and each one has been wonderful. Jazz was 2 when we adopted her. She came from South Carolina and had been treated for six weeks for heart worm. All 4 Paws provided the medication care in SC, and they do charge an adoption fee which supports their work. We assume she was given up because her owners couldn't care for her. Many rescue organizations bring dogs from kill shelters in the south to be adopted in the north. Certified carriers bring the dogs north at night so that they can give the animals a break at rest stops without causing a commotion. Jazz's transport continued on to Maine. They run on a two week schedule. Rescues like this occur in the west also. Having an older dog brings many benefits over a puppy. All 3 of our rescues were over a year old. If you are considering a pet, please adopt. There are too many unwanted dogs and cats who need a home." Ann and Joe Kearney



*(Continued on page 18)*

MOLLIE: Missy George writes: “ Mollie has been with me since she was eight weeks old. She is now a senior at the age of 13. She is half Shitzu and half Lhasapso. There are many stories to be told and it’s hard to pick just one. She has been my buddy and companion most of the time. As she ages, she has become more of a loner. If she is on her bed sleeping in my bedroom and I walk into the room, she leaves. That’s true no matter where she is. She doesn’t like to share her space. She is unable to jump up on the bed or couch anymore because of her arthritis and if I put her up on the bed, she gets down. She’s always had an attitude! Every morning I give her a treat before our walk, which she promptly drops in front of my cat and dares her to take it. When she tries, the barking ensues (she’s normally not a barker). Mollie always wins....such a tease. She will only eat chicken! Over the years I’ve tried different dog foods. She may eat it for a couple of days, but then I have to go back to chicken. Costs less than dog food!! She enjoys rides in the car, playing with ZOEY (the cat), visitors, and walks, although neither of us can walk as far as we used to. She will walk in all kinds of weather, except thunderstorms. She prefers the cold to the summer heat....me too.... If she escapes, she’s gone.....runs like the wind.....and there’s no catching her until she runs out of gas. Even though she sleeps 22 hours a day, she keeps me active, and that’s a good thing. Spoiled???? Not Mollie.”



## NEW WOODWORKING CLASS TO BEGIN!

A six- week beginners woodworking class will be offered this fall on Wednesdays from 10 am to noon, beginning October 20 through November 24. The class is open to male and female residents; no prior experience is needed to participate.

Instruction will be given on the jointer, circular saw, radial arm saw, sliding compound miter saw and planer.

Emphasis will be on safety and hands-on experience that will enable participants to produce a beautiful hardwood chopping block.

For more information, or to register, call Ken Kieffer at 717 599-4527 by October 11.



## Attending to Your Mental Health

*Submitted by John Bowen, LSW Director of Social Services*

Attending to your mental health is as important as doing so for physical health needs. Contrary to some misconceptions, poor mental health (such as depression or anxiety) is not a character flaw or a personality issue. Instead, it is a serious medical illness and should not be considered a “normal part of aging.” And like other diseases, it is treatable. Unfortunately, the belief that one’s condition is “incurable” is part of the hopelessness that comes with depression. Symptoms to be aware of might include sleep disturbance, change in appetite, and loss of interest in hobbies /pleasurable activities, poor energy, suicidal thoughts, or simply giving up.

Best treatment options include medication paired with counseling. Your family doctor can discuss their comfort in prescribing various treatments vs. referring someone to a psychiatrist who specializes in behavioral medicine.

There are also many different professionals who can perform the counseling aspect. They might include: a Social Worker, Psychologist, Psychiatric Nurse Practitioner, or Clergy Member. In addition to multiple agencies in the outside community where you can go for help, Bethany Village is fortunate to have two mental health professionals who come to our campus every week to see clients. This cuts down on the need for transportation and allows for better communication between these professionals and our physicians and staff who are here for you throughout the year. They are part of a group called Psycho-Geriatric Services and requests for referrals can come through any social worker on campus or your PCP.

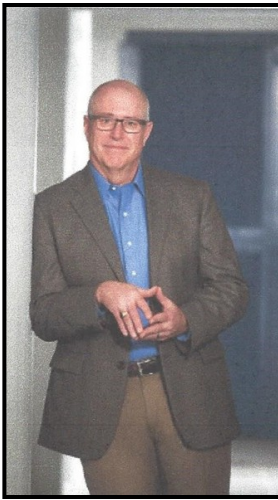
If you or someone you know suspects poor mental health may be interfering with living a full life, here are some steps to take:

- 1) get professional help and stick with it,
- 2) seek/offer emotional support, patience, empathy, maintain hope that things will get better, and
- 3) get involved in life. Volunteering at church, in the community, or here at Bethany are excellent ways to help yourself. One of life’s greatest paradoxes is that in serving others you actually do more to serve yourself.



## Venture Series Resumes

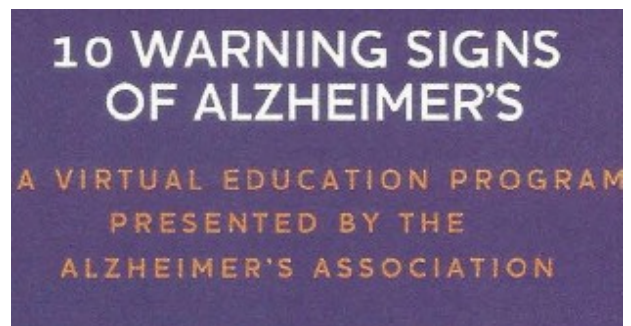
Monty Avery



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.



Our speaker for November 18 will be Dawn Hippensteel from the Harrisburg Chapter of the Alzheimer's Association. She will be discussing the "10 WARNING SIGNS OF ALZHEIMER'S".



Pease save these dates and join us for a great lecture.

## IT'S TIME TO SAY "THANK YOU"!

Sandy Henry

Those were the words with which Tom Hanks introduced the nation-wide campaign for funds with which to build the Wold War 2 memorials in Washington, DC.

Now that we have the opportunity to settle ourselves a bit after surviving our own attack, the global pandemic, we can develop an habitual way of saying "Thank You!" With a simple blessing at mealtimes, we can thank God for his goodness and grace. The Rev. Don Shover authored such a blessing for Table 41 which is spreading among other diners at Springfield's. It goes like this:

"Our heavenly Father, For food, in a world where many walk in hunger; For faith, in a world where many walk in fear; and For friends, in a world where many walk alone, We give thanks, O Lord. Amen"

In that way, we cam move on, yet still thank Him for the "generals" who guided us through our own silent war, and salute the results obtained by us "soldiers" who obeyed their directions consistently and courteously.

Let's say "Thank You!", for the rest of our lives!



## The Bethany Readers

Barbara Bankard

### Bethany Readers

The Bethany Readers will meet in person on Friday, October 8, @ 10:00 a.m. Masks are **required** for all participants (they are not optional). Our book selection is Have You Seen Luis Velez by Catherine Ryan Hyde. Linda Kelly will facilitate the discussion.

At our last meeting, we met outside on the patio behind the West Commons Room. The group decided to try and meet outside again in October, weather permitting, so we will meet on the patio again. In case of inclement weather, we will meet inside the West Commons Room (Door 62) as previously scheduled. An email will be sent the morning of October 8, to confirm our location.

Remember, the Bethany library has copies of all of our book selections. Just return books as soon as you're finished, so they can be borrowed by another reader.

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

It's time to make 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. All recommendations need to be received by the end of October.



### Schedule

Date	Location**	Book Title	Facilitator
Friday, Oct. 8	West Commons Room or Patio	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 with questions. 410-236-7520 or [bbankard@comcast.net](mailto:bbankard@comcast.net)

## Birthday Wishes

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

10/1	Jane Bonser	10/16	Ruth Tait
	Shelly Verber	10/18	Lenor Hersey
10/2	Sandy Fowler	10/19	Nancy Fenstermacher
	Marjorie House		Bruce Seagrist
	Mary Murphy	10/20	Edith Flurkey
10/4	Diana Latshaw		Bev Hoover
10/5	Shirley Naylor		Lynn Johnson
	Robert Sloane		Rita Sweeney
	Irma Springman	10/21	Richard Deppen
10/6	Lee Griffiths		Violet Gens
	Tim Trissler		Jean Junkins
10/7	Mary Lou Fabian		Libby Payne
	Earlene Gerber		Anna Schriver
	Elizabeth Leidy	10/22	Mark Lange
	Margaret Messner	10/23	Kenneth Kieffer
10/8	Jean Dankosky		James Price
	George Orthey		Doug Reisinger
10/9	Loretta Cairo		Donald Shover
	Arlene Machemer	10/25	Ellen Kane
	Ada Sloane		Mary Anne Morefield
10/10	Jacquie Kleiman	10/27	Margaret Sliver
	Lowell Latshaw	10/28	Susanna Grissinger
10/12	Donna Yoder		Lowell Starling
10/13	Ronald Nolan	10/29	Helen Warrington
	Larry Wright	10/30	Betty Martin
10/14	Jim Brandon		Skip Rohrabaugh
10/15	Rosa Vena Homisak	10/31	Patricia Davies
			John Holbert

## New Library Books

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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.

### **"False Witness" by Karin Slaughter**

The only person who can save Leigh is her estranged sister, the last person she would ever want to drag into this mess.

### **"It's Better this Way" by Debbie Macomber**

A woman's struggle to pick up the pieces of her life finally leads to a new beginning, but is the past truly behind her?

### **"Notorious" by Diana Palmer**

Gaby Dupont knows that some men cannot be trusted-ever! Especially not high-profile lawyer Nicholas Chandler. How can she trust the man who might be helping her greedy relatives steal her family fortune?

### **"The Bone Code" by Kathy Reichs**

On the way to hurricane ravaged Isle of Palms, Tempe receives a call from the Charleston coroner. It seems that a medical waste container containing 2 decomposed bodies was washed ashore. Tempe is focused on identifying the bodies and doesn't stop to relate the alarming presence of a human flesh-eating contagion spreading in S. C.

### **"The Third Grave" by Lisa Jackson**

After a disastrous hurricane sweeps through Georgia, a grisly find in the basement of the Bonaventure mansion reveals 3 graves, but only 2 corpses. It is revealed that the remains were the Duval sisters. Two belong to Holly & Poppy Duval, but where is the third sister's remains?

### **"Along a Storied Trail" by Ann H. Gabhart**

This story takes place in Kentucky when a packhorse librarian, Tansy Calhoun, gets involved with a long-time resident of the Kentucky mountains, Perdita Sweet. Perdita gives advice to Tansy, but why would anyone listen to the advice of an old spinster?

### **"Pack Up the Moon" by Kristin Higgins**

Newly weds Joshua and Lauren seem to have it made when Lauren is diagnosed with a terminal illness. Joshua struggles with the fact that he will soon lose his beloved wife and doesn't know how to face the future without her. But Lauren has a plan on how to keep her husband moving forward. What was her plan and how did it work out?

*Connie Scheib*

## Bereavement Notifications

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Dorothy Kautz – 9-8-21

Nancy Leftwich – 9-9-21



## Welcome New Residents

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*Amanda Price*



Christian and Anne Hipp moved into West Cottage 5233 on 9/20/21. They moved here from NY and to be closer to their Son and 7 grandchildren who are located in Enola, PA. They have a daughter as well who lives in Ohio. Christian (Who prefers Chris) is retired from Research and Management. He enjoys exercising and he and Anne like to practice Tai Chi. Anne was a social worker for many years and most recently for 20 years was Adult Ministry Coordinator with their church. She loves public speaking, reading, travel- and all things “French” as she is working on improving her basic French. She

has lived many places From NY, Ohio to PA and NC! She is excited to be closer to their Son and grandchildren to spend more time with them. Anne is a curious person and interested in starting a new club at BV, called “The Newcomers Club” beyond the Ambassador Program at some point. With her diversity of interests as well as coordinating experience she is willing to try! When you see them around be sure to say hello! Their new telephone is 717-458-5835



Sue Melvin moved into Court Apartment 3204. She is excited to move to Bethany and be around more people and socialize! Lived in New Cumberland previously and worked at the Telephone Company in Harrisburg. She enjoys watching sports on TV ; especially baseball (Phillies). She'd be up to watch a Penn State Football game with someone! If you see Sue around be sure to say HI!





# The SCUTTLEBUTT Bulletin Board

Now that things are opening up again, I wonder if there are any members of the Hbg. Symphony Society or the Hbg. Chapter of the DAR on campus. I would like to coordinate rides to their meetings or events if possible. I will either buy the gas or feed you, whichever suits! Please call Sandy Henry (West Apt. 2111) at cell # (717) 460-5569 if interested. Thank you!

Special thanks to the Bethany Gardeners.  
Your digging, planting, weeding and reaping  
have benefited so many.

Thank you for sharing the bountiful harvest  
of your labor,  
Bethany Residents, East & West Campus

Today, I interviewed my  
grandmother for part of a research  
paper I'm working on for my  
Psychology class. When I asked her  
to define success in her own words,  
she said;

**"Success is when you look back at  
your life and the memories make you  
smile."**



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.