

The Scoop

Volume: 12 Issue: III Date: March, 2022

ASBURY
BETHANY
VILLAGE
Anticipate More



From the Executive Director...

Brian Grundusky



Hello to all residents and associates!! As we continue through this cold winter season, I wanted to wish you all well during these unprecedented and challenging times. I again want to thank all residents and associates for your continued focus, patience, and effort in following the safety guidelines. We are starting to see a light at the end of the tunnel as we have seen our active cases decrease over the past month. Cumberland County's positivity rate has also dropped. Currently (2/21/22), the rate is 10.78%. This is a drop from 38.9% (highest point in mid-January). 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.

I deeply regret to report that we have lost a total of 8 of our residents (6-SNF and 2-Residential Living) to covid. Please keep those residents, families and associates who worked with those residents in your thoughts and prayers.

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. We

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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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continue to ask that all residents take the necessary precautions especially if you are meeting or socializing with unvaccinated family members or friends.

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/>

Updated CMS Guidelines for External Vendors and Vaccination:

CMS has updated their vaccination guidelines for Long Term Care communities. Moving forward, any external caregiver or service provider who provides services within long term care communities must be vaccinated. This includes home care providers, companions, and housekeeping providers. Asbury does not accept exemptions from external vendors. We ask that if you are utilizing these external services that you ensure that those vendors are vaccinated.

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. This will now be a very low number due to the community’s vaccination policy and will only involve those associates (11) who have received a medical/religious exemption.

Staffing: We are still facing several staffing issues at BV. We continue to have shortages in housekeeping, dining, and clinical areas (C.N.A.s and Nursing staff). We are being creative to ensure that we are doing all that we can to attract and retain our staff and do appreciate your ongoing patience and support during these challenging times. We also continue to prioritize for housekeeping services at BV. We do understand the frustration that is occurring (specifically in RL areas). We will continue to do all that we can to ensure that we are meeting these needs in this area.

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Financial Update: Bethany did not meet the Operating Ratio (OR) for January by **8.3%**. We did post a negative variance in OR revenue of **\$188,189** and were over in OR expenses by **\$25,478** for a total negative variance of **\$213,667**. The primary driver of this negative variance in revenue was due to not meeting our AL and SNF occupancy targets for the month. This was due to the passing of 8 residents in The Oaks and the discharge of 8 residents from AL (within a 10-day period). The main drivers of the variance in expenses were being over in contract labor expenses (**\$88,000**). The BV Senior Leadership Team will continue to ensure that we are doing everything that we can to ensure that we are maximizing our resources while providing quality care and services. We also have completed and implemented a contingency plan due to not meeting our occupancy goals for the month of January.

Occupancy: (as of 2/21/2022): BV is experiencing vacancies in the Residential Living areas. We currently have 13 West Apartments and 7 Court Apartments available. We are also experiencing some occupancy issues in The Oaks. This is being driven by a recent outbreak of positive cases in this area. We are below our projected YTD occupancy by **.4%** (currently 93.18% compared to the budgeted occupancy of 93.58%). Again, the key drivers in this area are AL and SNF occupancy. AL is off the goal by **2.12%** and SNF is off by **4.54%**. We do anticipate the February figures to be in alignment with January, but we have recently seen a positive trend in both areas. 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.

ASCC/BV Town Hall Meeting: Todd Andrews (ASCC President of the CCRC Division) and Henry Moehring (VP of CCRC Division) will be at BV on 3/1/2022 to complete the Quarter 1 BV Town Hall Meeting. The resident meeting will take place in the Richard Rife Center from 10:00 a.m.-11:30 a.m. and the associate meeting will take place from 2:00 p.m.-3:00 p.m. The resident meeting will be televised on the BV Channel 956. The focus of this meeting will be reviewing the Asbury Strategic Blueprint and review updates from the ASCC.

John and Annie's Bistro and Clyde's Pub recognized: John and Annie's Bistro and Clyde's Pub were recognized as a GOLD LEVEL recipient by the Nationals NAB in their recent awards ceremony. A brief description of this follows:

The Nationals

Showcasing the most exciting trends in New Homes Sales and Marketing throughout North America, The Nationals honor the best in the building industry — including home builders, developers, associates, and consultants — for their determination, integrity, creativity, and endurance. A diverse panel of industry professionals selected the 2022 Gold Award winners from almost 1,200 entries.

Thank you again and please stay safe and healthy!!

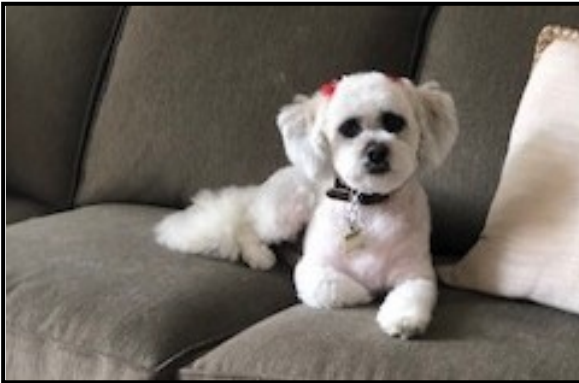
BETHANY VILLAGE "ALL STARS"

Carol Cressler

Rusty's Rides

Hi! My name is Rusty and I'm one Cool Cat! My moms got me from Furry Friends Rescue 12 years ago. They say I was found in a box, with my brothers and sisters, on the bike trail by Laurel Lake. I don't remember that because I was a baby. My moms think that is why I like to go on bike rides! I ride on their backs in a backpack around Bethany Village. I like to feel the breeze! I also enjoy going for a walk...the easy way...on their backs in the backpack. My newest favorite ride is in the pet stroller! I can see really well from there! My moms bought me a bright red stroller because they are safety conscious. My moms are cool! If you see me outside stop and make a fuss over me-Rusty The Cool Cat!

Terry Wise/Beth Shank



My name is Lily Belle Swartley and my Mom is Mary Ann Swartley. Three years ago my Mom was looking for a new dog to keep her company. After much searching she saw my picture online and fell in love with me. I was in a store front rescue store in Bel Aire, MD. I was born in Ohio and was purchased, along with my five litter mates, and brought to Maryland to help us find our forever homes.

After many phone calls, Mom decided to make a road trip to meet me. It was the best day when she decided to buy me and take me along home. I had so much to learn because I had never been outside to play in the grass and never been on a leash. But don't feel sorry for me because every week a group of preschool children came into play with us. I was five months old when Mom brought me to my new home and she was a bit apprehensive because we lived in a third floor apartment. Much to Mom's surprise, I learned quickly what I had to do to keep her happy. Everyone seemed to like me because they all wanted to pet me and talked to me when I was out for walks.

It will soon be four years since I came here and I am very happy because I have made many friends, both human and furry four legged ones. I love seeing them every day. This is the best place ever for a fur baby to live. Rumor has it that Bethany Village is planning to build us a dog park. That will be so much fun to be off leash and able to run free.

ATTENTION COTTAGE AND APARTMENT RESIDENTS



Do you like to help others?

Have you lived at Bethany Village for more than 1 year?

We are looking for Ambassadors for all areas in Residential Living to help new residents get acquainted with Bethany Village by:

**Welcoming New Residents
Be their resource for questions
Tour amenities
AND MORE!**

If you are interested in learning more about the Ambassador program please contact Amanda Price in the Marketing Office at 717-591-8411 or aprice@asbury.org for more information.

Thank you!



Voting Options

John Bowen, LSW

Just a reminder, the Primaries are coming up on May 17th and the General Election on November the 8th this calendar year. We want to make it easy for you to participate and are presently offering to host the polling station here at Bethany again providing the Covid climate is manageable. We will be using the Richard Rife Center with the hope of creating a safe and accessible procedure for both our residents and neighbors in the outside community. The shuttle bus will be operating on campus to transport to and from, and plenty of parking spaces are available directly in front of the Rife Center.

However, if you are like many of us who have come to appreciate the safest and most convenient way to cast your ballot, consider applying for a Mail-in version. Anyone who has voted at least once in the past 8 years is eligible. Bill Dallam has contacted the Bureau of Elections and they have sent several copies which we can duplicate as needed.

Just let me know if you'd want the initial application now or you can pick one up at the East or West front desk. After you mail your application you will receive the actual mail-in ballots closer to election time. We encourage this practice to remain active in this important civic duty while reducing the risk to yourself and your neighbors.

Thank you, and as they say, "your vote matters."

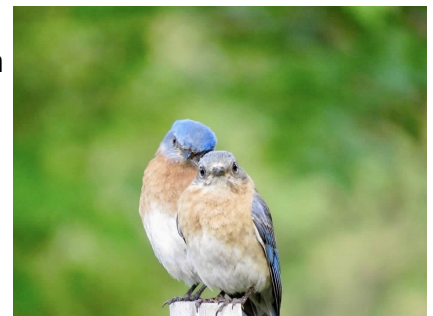


Bluebirds at Bethany Village

Presentation Monday, March 21 @ 7:00 pm

Many Bethany Village residents have expressed an interest in learning more about attracting bluebirds to their backyards, and how to properly encourage nesting and monitoring.

Mr. Phil Durgin, Vice President of the Bluebird Society of Pennsylvania, will be giving a presentation on **Monday, March 21 @ 7:00 pm in the Rife Center** for all interested residents. Mr. Durgin will give information about bluebirds, their nesting habits, types of bluebird boxes, and proper monitoring of the nests.



He will also discuss the most common threats to bluebirds: the house sparrow which is an invasive species and not protected by the Migratory Bird Act. Another common predator is the house wren, which is a native bird, but also can be destructive to bluebirds and their nests.

Mark your calendar. A time for questions will also be given. Hope to see you there!

Low Vision Group

Marylou Lowther

Many residents of B.V. have “low vision”, meaning problems seeing. There are several causes for this reduction, but what is relevant is the functional impact on us. As with other conditions and situations on campus, those with low vision might not be identified as such, but they face challenges daily, often unrecognized by sighted residents and Associates. With guidance, we might learn some skills to become advocates for ourselves and others. A periodic meeting could introduce these skills and a smaller group might take on a project using these skills.

Recently, the Low Vision Group has been meeting Quarterly. Sometimes, we have a speaker. Our next meeting will be held on Thursday, March 10 at 2:45 PM in the Private Dining Room at West. The speaker will be a resident member who has been blind most of her life.

Since our challenges interfere with most Activities of Daily Living, many of us would like more frequent gatherings in order to be more supportive and helpful for each other. We can share suggestions to help solve problems and deal with situations: what has helped and what hasn't; what resources are available. We can show or share equipment that makes life easier. Because of the frequency of these challenges, a shorter time between gatherings might mean quicker solutions.

We would like to try supplementing the Quarterly meetings with smaller, informal gatherings, monthly, or, even weekly. Several members live nearby within apartment buildings on both East and West. Regular meetings can have reserved rooms. For last-minute drop-ins, we could use the West Card Room or the Cafe, or the East Arts and Crafts Room or Bistro, for example. Everyone would be encouraged to come to any and all gatherings. If I am notified, I will keep a schedule of these get-togethers. Proximity would make it easier and facilitate more casual and last-minute chats. We can identify neighbors by the updated membership list, encouraging gatherings. An organized or informal telephone “tree” would increase communication and familiarity.

We hope to promote better communication between sighted residents and those with Low Vision. We have a membership button. “PLEASE SAY HI” AND IDENTIFY. Consider it a REMINDER that Low Vision people often don't see well enough or know voices in order to recognize people. Saying Hi is a good conversation starter. Asking the other persons to identify themselves to the wearer of the button, independent of vision, confirms names for those whose memories are not so reliable.

One project for a small group might be a list of things with which they could use help. Kinds of help might include reading the Bible or Scoop, sewing on an occasional button, bill paying, etc.

Also some might appreciate having a mark on appliances or gadgets to enable safe and efficient operation of “modern conveniences”, so easy to take for granted. We would publicize the list.

If you or someone you know might be interested in joining the Low Vision Group(s), please contact the Liaison, Marylou Lowther (maryloulowther@aol.com or 717-620-8722; 308 Asbury Drive (East Cottage). Questions & suggestions are always welcome; call Marylou.





Bingo Update

- Bingo is played the 2nd and 3rd Tuesday each month, 2:00 pm
- Bingo is played in person, in the Rife Center, or at home on channel 956
- March bingo will be, March 8th and March 15th, with dining coupons as prizes
- Beginning in April, we will be giving out the standard prizes of Candy and Snacks. Dining gift cards to the Bistro will be given out for **the winners of coverall only**
- We will be having refreshments for in person bingo in the Rife Center
- We play 6 games. 3 winners per game are taken from in person in the Rife Center and 3 winners per game from calling in from home. 717-591-8833
- Bingo cards are available in the Resident Life Office
- You may only win 2 times out of the 6 games being played
- Come give it a shot in person or try your luck at home

Food for Thought

Dale Meadowcroft

I think we've all heard ourselves lament that the majority of the news we hear on the evening news or read about on social media is bad news. It's as though negativity has become as deadly a virus spreading among us as Covid. "Bad news sells" media moguls tell us. If that's true, what does that say about us as a society?

More disturbingly is how that is true in our own lives. We seem to have long-term memory when it comes to our own negative experiences — unable to forget the wrongs done to us, or the mistakes we've made, or the would-haves, should-haves, could-haves of our regrets — and a short-term memory when it comes to our happier moments in life. As it turns out, our brains are actually wired to fixate on negative experiences instead of positive ones. We instinctively respond faster and stronger to the bad things in life, while quickly and easily dismissing the good.

In the past couple of years, there's been a lot of research done on brain negativity bias, showing how our attitudes are more influenced by bad news than by good news. In fact, researchers found that 80 percent of our daily thoughts tend to be negative. Negativity makes us anxious, kills our spirits, robs us of the joy in which we can live. The good news is that we can rewire our brain to become more actively attuned to positive emotions such as joy, love, and contentment.

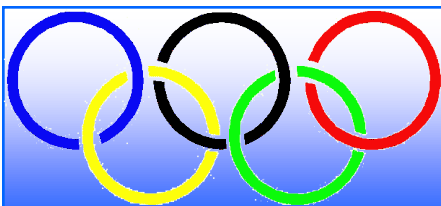
First, we can rewire by focusing more on the good in our lives and in our world. The brain sees what it expects to see. For example, have you ever noticed that when you start to shop for a new car, you decide you like that new Honda, and then you start seeing that particular model everywhere. The brain sees what it expects to see. If all of our focus tends toward the negative images with which the media bombards us, or if we fixate on all that we feel is wrong in our own lives, we will continue to be overwhelmed by negative thoughts and attitudes fueling our despair. Intentionally focusing on the good in our lives, we will see more good, fueling our hope.

Secondly, for a positive experience to become embedded in our long-term memory it needs to be pondered and savored, even if only for a few moments. Making this a daily ritual by reflecting upon a moment of joy even on the most challenging of days helps to deepen the well-spring of joy within us. Doing it before falling asleep is especially productive, because that is when our brains are most receptive to rewiring. Our brains might be hardwired toward negativity, but our hearts have been wired for joy!

March brings us the joy of spring, with its flowers emerging from a hibernating earth. It also lies on the cusp of winter, often presenting cold and chilly days, delaying the long anticipated warmth. How easy it will be for us to slip into the doldrums wondering if it will ever end. How exciting it can be to anticipate sharing afternoon walks or gathering with neighbors on a patio.

Each night before you fall asleep take a moment to look back over the day and appreciate all of the happiness and good things that have happened. Sure, it is possible to have some negative thoughts outweigh the positive, but there will always be the positive. Remember the adage there's always a silver lining to any cloud. After you have relived those moments, anticipate the grandeur of the morning.

If you seek happiness, you shall surely find it.



Bethany Village Olympic Games May 23rd- June 3rd

The Bethany games will be taking place May 23rd-June 3rd. Come out and play some of your favorite games or try something you have never done before! Wellness will be hosting practice days in April/May for some of the events you may be participating in.

We will be sending out sign-ups in April to register for the games you'd like to participate in. At this time we are receiving back any medals that you would like to donate to be used again this year- please bring them to the Wellness Center and we will take it from there.

What Games are played at the Bethany Village Olympic Games?

- | | | |
|------------------------|----------------|-------------------|
| -Aqua Jog | -Disc Golf | -Ping Pong |
| -Basketball Free Throw | -Football Toss | -Shuffleboard |
| -Billiards | -Horseshoes | -Soccer ball Kick |
| -Bocce | -Ladder ball | -Softball Toss |
| -Cornhole | -Mini Golf | -Walking |
| -Croquet | -Pickleball | -Water Volleyball |



We have five countries that residents choose to sign up for and create teams, competing for their country. Each participant gets a shirt which is based on their country. At the end of the games, we hold an awards ceremony and gold, silver and bronze medals are given out. At the closing ceremonies each team walks in carrying their country's flag, wearing their country's colors and sits together. There is a band that plays each country's themed music for entertainment. Many come out and play the Bethany Village Games, but some just like to attend and cheer on fellow residents. Join in for the fun this year!



****Shirt Order:** Please note that you must register for your shirt before the games in order to receive one and get it in time for the Games week– stop by Wellness to register for your shirt by April 18th to insure you will have one.

New Wellness Lifeguard



My name is Tyler. I moved to the area recently to start Messiah University's doctorate program for physical therapy. I am originally from New Jersey and have lived there my whole life up until now. I have pursued many jobs in wellness including wellness coaching, fitness consultant, and a lot of lifeguarding. I love the health and wellness field because I feel it is a great way to use my motivational skills. Cheering people on and being their support is my favorite thing to do and what I do best. I have been involved with various extracurricular activities like bowling, volleyball, golf, running, and table tennis. I try to stay active because motion is what the body needs the most.

Growing up, I was surrounded by a loving, supportive, Christian family. The reason I chose Messiah University as my graduate school is because I knew that this organization would help me bind my work life with my spiritual life. I want to live every day trying to work at God's mission and I believe I can use physical therapy to reach out to those in need of not just physical wellness, but spiritual and mental wellness as well. I'm so grateful for everything He has done for me and I can't wait to continue His mission.

Meet Ashley Warlow

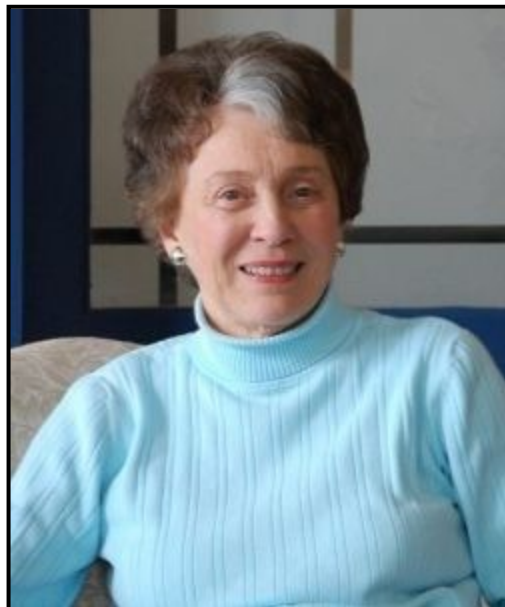


Hello! My name is Ashley Warlow. I grew-up in the small town of Weedville, located in Elk County, PA. My parents and large extended family still reside in that area. I have an older sister Jessica and a younger brother Brian, who also live there with their families. I graduated from Indiana University of Pennsylvania in 2005 with a Bachelor's degree in Sociology. After college I moved to the Harrisburg area in 2006 and have since made South Central PA my home. I obtained my Masters' Degree in Social Work from Widener University in 2013. Prior to Bethany Village, I worked for UPMC Harrisburg for seven years in discharge planning from an acute care hospital. I am

also currently employed by Bayada Home Health seeing clients in their home environment and providing services to ensure they can remain safely in the community. I really enjoy helping others, creating relationships, and getting to know new people. I feel Bethany is a great place to work and hope to be an asset and resource to the staff. I am excited to have the opportunity to work here and look forward to continuing to meet all the staff, residents, and family members in the upcoming weeks.

Creative Philanthropy Leaves Legacy at Bethany Village

The late Bethany Village resident Beverly Jean Fowler-Conner, or affectionately known as Miss Beverly by her caregivers at Bethany Village – was known for being a “southern lady in speech and manner.” A product of the Great Depression, Beverly was described by her son Wade as being, “A courageous teenager who grew into a courageous woman who raised four children while helping her husband nurture two successful publishing business.” Beverly’s courage was witnessed at age 16 when she obtained her Student Pilot Certificate and buzzed the family home in her rented Piper Cub Model J-3.



The passion and energy that Beverly possessed throughout her life continued when she moved to Bethany Village in 2008 and was evidenced in her support of Care Assurance – a fund that provides for Bethany Village residents who outlive their resources at no fault of their own. Beverly actively engaged the Care Assurance fund both as a volunteer serving on the Care Assurance and Development Committee and through her philanthropic support.

Beverly credited her own mother Alyce Utley, also a one-time resident of Bethany Village, as being the one to instill a lifestyle of courage, passion, and philanthropy. Beverly wrote, “Her energy and generosity are part of each of her descendants along with her humor and high standards of behavior...Her genes are a gift to us all.”

Prior to Beverly’s passing in January of 2020, she directed for Bethany Village and the Care Assurance fund to receive a remainder from a commercial annuity she owned. Because of Beverly’s philanthropic efforts through her commercial annuity, Bethany Village will continue to be blessed by Beverly’s passion and energy for years to come.

For questions about making a planned gift to benefit Bethany Village, please contact Jacob Kanagy at 717.591.8019 or jkanagy@asbury.org.

Did you know...

In 2021, 101 Asbury associates committed \$23,769 to Bethany Village! Funds were given through payroll deductions, pledges, and one-time gifts. Associates supported capital projects, Care Assurance, scholarships, and other campus projects.

Share your collection



Sure, we all downsized to move to Bethany. But many of us found room to keep that special collection. Did you keep all your vintage Barbie dolls? Zippo lighters? Hot Wheels? What about those beer steins in your kitchen?

If you have collectibles you would like to display in the curios at door 64, please contact Cheryl Brown at 717-795-8640.



Facilities Department

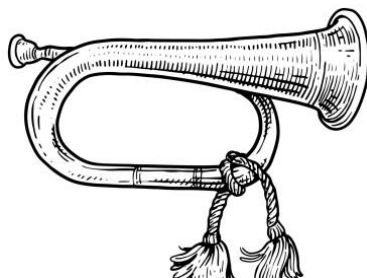
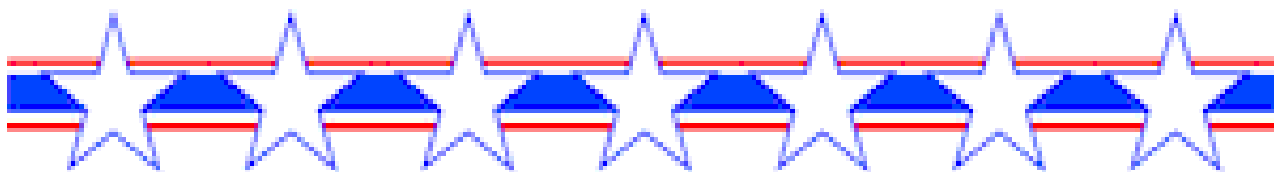
Director: Mark Ruiz-717-591-8047-MRuiz@Asbury.org

Filter Change

Court Apartments will be changed this month.
A notice will go out to residents closer to the date.

Reminder

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



**All Bethany Village Resident Military Retirees
(20 or more years active military service)
are invited to meet together for a buffet lunch.**

Venue: Springfield Private Dining Room

Date: A date to be determined

Time: 1200 noon

If interested, please contact Colonel Sasser at
717-766-4740 or 703 955 2102.

Email: hcrawfordsasser@aol.com

Bethany Village Model Railroad Club

Lowell Starling



March 2022 News and Updates

For those of you who enjoyed running the Christmas Train in the West Main Lobby behind Door 1, rest assured that it is safely put to bed for a long summer's nap. Around next Thanksgiving it will return, but instead of our traditional Christmas in the City theme, when you see it next it will have morphed into a North Pole Village complete with Santa's Workshop and the Reindeer barn. Bring your grandkids, and kids of all ages to enjoy this new incarnation of the Christmas Train.

As this is written we are still waiting for approval to install the new HO scale train layout in the Oaks. We're hoping for March, but COVID has proven to be a very fickle and unpredictable factor in all our plans. We'll keep you posted as things develop.

While Spring has not yet sprung, the Model Railroad Club is already working on plans to enhance the always popular Garden Train. Some of the enhancements for this year include a new Firehouse building financed by donations by club members and accompanying fire engines financed by donations from residents of the Oaks. We are also working on landscape improvements to add color and contours to the layout. More details to come.

If you have any interest in joining us in being a blessing to the residents of Bethany Village, we can use all kinds of skills to build, operate, and host the operations of our trains. Contact President Tony Wright (717 307-1718) or Vice President Jim Wilt (717 648-5175) for information. You can also see more details on our web site: <https://bvmrrc.bvrescoun.org/>

VENTURE LECTURE SERIES

Monte Avery

First, thank you for your support in attending our Venture Lectures. Your presence at the lectures makes a better reception for our guest lecturers and a far better presentation. Again, thank you.

Two more lectures will follow for the Spring – March 31 and April 21 – and both of these lectures promise to be interesting and informative. Please mark your calendars now.

Thursday, March 31, 2022 – 7 p.m.

Our second lecturer will be Jean-Paul Benowitz, who will be talking about "James Buchanan and Thaddeus Stevens: Lancaster Neighbors but Not Friends". The date for that lecture will be March 31, 2022. **Please note the change of date for this lecture.**

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(Continued from page 15)



Jean-Paul Benowitz is a historian who has been teaching American History at Elizabethtown College (Elizabethtown, Pennsylvania) for 28 years. He is the Director of Special Programs and Prestigious Scholarships and Fellowships. He teaches Honors First Year Seminars as well as Honors courses in leadership development. His Honors research methods courses, cross listed with the History Department's Public Heritage Studies Certificate program, focuses on local history and historic preservation providing Honors students with opportunities for community-based learning and civic engagement. He earned his BS in History at Eastern Mennonite University where he authored his senior thesis on the history of the Old Order Mennonites of Virginia. He earned his MA in History at Millersville University where he wrote his MA thesis on the history of the Old Order Mennonites of Pennsylvania and Virginia. He did his doctoral work at Temple University. His dissertation is a biography of U. S. Congressman James Wadsworth Symington (D-MO) who worked in the Eisenhower, Kennedy, and Johnson administrations. Much of his scholarship, published works, and public presentations have focused on Twentieth Century American political history, particularly presidential studies, and international relations. He has authored books about local history, articles about the Historic Peace Churches and Pennsylvania Dutch culture, and a column in the local newspaper in Elizabethtown about local history.

Thursday April 21, 2022 – 7 p.m.

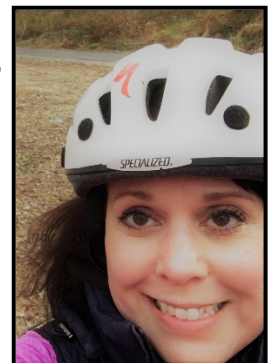
Our third lecturer will be Lori Yeich.

Living Green in Your Golden Years

Seniors may feel that their footprint on earth does not really leave much of an impression anymore. They may doubt whether they have anything to contribute towards making their community “greener,” what this actually means, and/or how it benefits them. However, by making a few “ecofriendly” changes, residents in senior living communities can improve their physical and mental health, reduce costs and create opportunities to sustain their quality of life.

Please join Lori Kieffer Yeich, daughter of residents Joyce and Ken Kieffer, to explore how senior living communities can take steps towards becoming sustainable and thriving communities.

Ms. Yeich has a M.S. in Recreation & Parks from the Pennsylvania State University and a B.S. in Biology from Juniata College. In 1999 she began working for the PA Dept. of Conservation and Natural Resources' Bureau of Recreation and Conservation. She currently manages the Central Regional Offices of DCNR's Bureau of Recreation and Conservation. She has over 25 years of professional experience working with governmental entities and non-profit organizations to preserve and enhance public recreation and conservation amenities in communities and regional landscapes throughout central Pennsylvania.



Bethany Village Auxiliary

Phyllis Keggereis

Spring is coming and the days are getting longer. We haven't had much snow but lots of wind and it's been cold. The daffodils have poked their heads up through the ground and that's a sure sign of spring.

2022 is the year of the 50th Anniversary of the Bethany Village Auxiliary. The first meeting was held on June 29, 1972. We are getting ready to celebrate this wonderful event. Watch the Scoop for upcoming events. The Anniversary Committee is working on them.



Taylor Marie will be here in the Rife Ceter with name brand clothes to try on and buy. The date is Wednesday, July 13th. The Auxiliary gets 10% of the sales which is a big help. If you haven't shopped with us before, now is the time. MaryAnn and her helpers are always ready to help you with trying on and choosing items. The hours are 11 AM to 3 PM. Keep your eyes open for reminders.

We are still selling Hosses/Marzoni's Gift Cards in the Gift Shop. While you are there look around at all the goodies that are in the shop. Check out the prices on the greeting cards because the prices are better than in the "brick and mortar" stores and there is a good selection. The Gift Shop is open 10 to 3, Monday through Friday.

The "Vintage Fashion Show" has been rescheduled for APRIL 12, 2023 in the Rife Center. Mark your calendars for this event and bring your friends.

Finally, the March Board Meeting will be held in the East Conference Room at 9:30 AM (note change of time) on March 2nd. These meetings are open to the membership. Come and see how it goes.

There have been many residents that have moved into Bethany in the past year and we would love to meet each and every one of you. Stop in to **The Medicine Shoppe** right down the hall from the clock on the 2nd floor. In addition to your prescription and medical needs, we also have candy, gifts, games and our new line of hearing aids from RX Ears!

We hope to see you soon!

The Medicine
Shoppe®
P H A R M A C Y
Caring beyond prescriptions.™

The Spring Equinox, a Time to Celebrate!

Mary Smith

Meteorologically, the official first day of spring is March 1st. The meteorological seasons are based on annual temperature cycles rather than on the position of the Earth in relation to the Sun. So I'm going to go with March 1st, and wish you all Happy Spring now!

At the Gift Shop we are more than ready to put away the gloves, hats and socks and start dreaming of warm vacations on sunny beaches. But we must still get through St. Paddy's Day and Easter, so we will start with the greening of trees and grass and progress to the daffodils and tulips. I am excited to let you know that we will have bunnies visiting very soon, ready to grace your home with fluffy love. Soon after that the Easter Eggs will arrive.

While you are here, why not pick up a new piece of jewelry, since now we are "going places" again. Our Resident Life folks have some awesome trips for you to take, so why not show off a new necklace, bracelet, or earrings. You know you deserve it! Add one of our soft and flowing scarves as well. Don't forget the cards, which are much nicer than the bargain stores !!

Also, I am pleased to announce that I have been able to arrange replacement of the battery in your watch for a very reasonable \$4.00!! Just bring your watch to the gift shop and I will have it replaced within 3 days. I am thinking I will take them to the local shop on a Friday and have them back on Monday, so bring them on in !!

Hope to see you soon, come and see all we have to offer, and bring a friend ! We love browsers !!!



NEEDED: SOMEONE TO COORDINATE A TEAM OF VOLUNTEERS TO COLLECT SOFT PLASTIC

We did it before, and we can do it again. Last year, under the leadership of Charlie and Jo Davis,

Bethany residents and friends stepped up to the plate and collected 3,000 pounds of soft plastic, earning us six beautiful TREX benches that have been placed throughout the Bethany campus.

But we need to do more. More for Bethany, more for the environment, and more for the animals and ocean creatures who are being harmed by ingesting plastic they mistake for food.

All we need is a strong leader—or two, who are willing to lead and coordinate the collection, storage and transportation to the Giant Center in Carlisle. A complete notebook outlining the details of this project is available to provide guidance and how-to.

Please contact Tom Johnston or his daughter Sara if you would be so interested. Phone: 717-620-8587.





Bethany Village Go-Green Initiative



There are two options available to receive email communication from us.

The first is a regular email communication list. On this list, you will receive an electronic version of items sent through an email. You will still receive things as a paper copy later.

The second is the Go green initiative which has not been able to be utilized over the last two years. For those of you who are not aware, this program is an effort to encourage and lead a lifestyle respectful of the environment, we are creating the ability for you to **"Go Paperless!"** Residents who take advantage of this paperless option will ***no longer receive paper copies and will have their cubbies/mailboxes labeled appropriately.***

If you opt to **"Go Green,"** ***you will now receive these items only in your email--*** thus helping us **"Go Paperless!"** We will be looking to begin this in April.

Here are some examples of items that would be sent though email: The Scoop, Calendars, Program & Sign Up notes, Department Updates (Wellness, Resident Life, Facilities, Dining), and Resident Council minutes.

Please know that going paperless does not affect the current locations on campus where copies are already placed. Additionally, we do realize that some items are not email appropriate, and in these cases residents will receive printed versions.

Looking for one more reason to go paperless? Consider:

There are about 500 Residential Living residents on campus. So let's say that "The Scoop" is 25 pages this month, and if you do the math (500×25) that makes for a total of 12,500 pages sent out just for The Scoop alone. If even 20 resident went this route, you would save a total of 500 sheets of paper -- that's equivalent to about one package of paper, just with "The Scoop" distribution. Now think about how much more we can save with more residents opting to **"Go Green!"** ***So ... want to go paperless and push our "green" approach here at Bethany Village?***

If you would like more information please contact Wellness at 717-591-8022 or email BVWellnessTeam@asbury.org

PARCR has plans for the future, but the present is still the focus

Lowell Starling



Pennsylvania Alliance of
Retirement Community Residents

The PARCR April Quarterly meeting will be held via Zoom on April 13 beginning at 10:00 and ending at 11:30. The

keynote topic for this meeting was originally to be a presentation and discussion of the new draft PARCR strategic plan. This plan has been under development for most of 2021. The PARCR Executive Committee led by President Nancy Hann saw the need for a plan for the future in 2020 and that need was exacerbated by the Pandemic that changed everything about PARCR's operations. Quarterly in person meetings switched to Zoom, with the loss of in person contact with our members. However, the switch to a virtual format also presented opportunities to expand PARCR's geographical footprint without requiring members to drive long distances to attend the meetings. Given the changed environment PARCR created a strategic planning task force to develop a strong vision for future possibilities to serve CCRC residents.

However, at a PARCR Executive Committee meeting on February 22, the committee addressed the resource requirements to implement the plan and concluded that with the current and anticipated openings on the Executive Committee, we are not currently staffed to implement the plan. Therefore, we will continue for now to deliver our value propositions by holding the Quarterly meetings via Zoom, publishing the PARCR Post, and providing legislative updates. We will also concentrate on building awareness of those value propositions and recruiting new members of the Executive Committee to provide the leadership necessary to implement the strategic plan in the future.

The keynote speaker for the April meeting is not confirmed yet, but we are working with the PA Department of Aging to get a speaker to discuss services and resources the Department offers to CCRC residents. We'll confirm the speaker in the April Scoop. The meeting as usual will include an update from Leading Age on what is going on, or not going on, in Harrisburg that affect our lives and pocketbooks. Also, Dan Seeger will provide an update on NaCCRA's activities since publishing their Financial Soundness Handbook.

Since the meetings will continue via Zoom, we are working on options to securely open the meetings to nonmembers as well as to PARCR members. As always individual memberships are \$20 a year and you can find the registration materials at PARCR.org.

Official Websites:

PARCR – parcr.org

(Pennsylvania Alliance of Retirement Community Residents)

LeadingAge PA – leadingagepa.org

NaCCRA – naccra.com (National Continuing Care Residents Association)

A GARDEN WALK

Anna Johnston

We have recently been braving snow, high winds and cold temperatures. Despite that, the earliest bulbs have emerged with many more to follow. To my surprise, my buttercup yellow winter aconite are blooming earlier. They are in full sun but were also bravely poking their heads through snow. I expect that soon the aconite will be emerging along the long tree line on East Campus and soon they will be followed by “ponds” of snow drops. It’s worth a visit! (It’s on the Bethany Loop below the parked RV’s and the Community Garden.)



Deb Mihalich reports that her East Campus front yard has her pink dogwood with buds ready to burst as well as the early witch hazel and hellebores (Lenten Rose). Many of our yards have daffodil shoots poking up their heads. To me, they will be announcing Spring.

You can still garden if you love being in the dirt and growing your own vegetables and flowers. The Bethany Village Garden Club has met and plots have been assigned. There are still full and half plots available. If you are interested and

want more information call Facilitator Cindy Lindsay at 717-458-8825. There is no fee for plots.

SPRING IS COMING TO BETHANY!

From the Chaplain

Brand Eaton

March: known for St. Patrick’s Day, the first day of spring, windy weather, and kite flying. “In like a lion and out like a lamb,” we often say of March. At least we hope it works out that way, but sometimes the month begins and ends differently. It is often the time when happy gardeners get back into the earth to plant early spring crops such as onions and some lettuce varieties.

In the old Roman calendar, March was the first month of the year. Only after a calendar reform were January and February added. It is named after the Mars, the Roman god of war, for it marked the beginning of campaigning season. With the weather turning milder and the days growing longer, kings would go out to war. In contradistinction, March is also the time when Lent begins. The name of this liturgical season comes from the time of year when the days grow longer or “lengthen.” It is a season of self-examination, repentance, and self-denial in preparation for Easter, the Christian Pasch, when we celebrate the Resurrection.

In eastern Europe right now, March may indeed be a season of military campaigning. As I write, the situation in Ukraine grows ever more tense. Yet, there remains the opposition of the Christian Lent. How we use this season of preparation can make a difference. So, a greater Lenten discipline than giving up chocolate or alcohol might be to pray for peace.

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).

3/2	Elton Dietz	3/19	Don Lazarchik
3/3	Fred Baldwin	3/22	Lee Graybill
	Rosanne Harp		Karen Lamb
	Marijane Lupi		Bob Lamb
3/4	Ken Allen		Sally Lee
3/5	Audrey Brown	3/23	Ann DiCarlo
	Rosann Seidel		Marie Sersch
3/6	Dolores Cloyes	3/24	Frances Mummert
	Gerald Grassman		Jan Sibbersen
	Gladys Nelson	3/25	Marge Crum
3/7	Resta Deppen		Evelyn Fennell
	Janet Lerew		Pat Harbold
3/9	Barbara Buchter		Pat Matthews
	John Wolfe		Jo Romberger
3/10	Mary Smith	3/26	Ed Bitzer
3/11	Joan Bretz		Bob Brommer
	Bill Lowther		Tommie Davis
3/12	Marguerite Neiman		Carol Isley
	Ron Savage	3/27	Leona Fickel
3/13	Donald Bennett		Glenda Krall
	Phyllis Kegerreis		Diane Myers
	Frances Landino	3/29	Ed Boyanowski
3/14	Don Stratton		Roxana Burris
	Jean Woodruff		Ginny Wilt
3/16	Mylesetta Hoffman	3/30	Emily Geshwindt
3/17	Hilda Pierce	3/31	Don Bair
	Vicky Price		Maynard Brandt
3/18	Shirley Campbell		Glenn Delevan
	Rose Puchalla		Sandy Newmyer



The Phantom Diner



Springfields hosted a Charcuterie Board and Wine Pairing Evening in February to Celebrate National Drink Wine Day! The residents' responses were so good that we decided to do it again in March! Join us on March 31st when we host another Charcuterie Board and Wine Pairing Night. Make your reservations online or call the dining room. X8329



Meet our new drink mixologist in Springfields! This little guy will whip up the perfect cocktail for you! Margaritas, Hurricanes, Mojitos, Whiskey Sours, Rum Breezes, Cosmopolitans! We have Hurricanes featured for our Mardi Gras Dinner on 3/1, Margaritas and Quesadillas on 3/24 and Mojitos and Fish Tacos on 3/30.



Fun things are happening at the Bistro!

Matthew Smith, Bistro Manager

This month we had a special Valentines Day tea for the ladies of Bethany. We had many returning faces, but quite a few new ones as well. They were treated to three unique tea flavors and a three-course menu that featured pastries, sandwiches, soup, and chocolatey sweets. Our menu was created and prepared by our bartender Kara Houseman and the room was set up by the very creative Perse Leone.



Not to be outdone by the women, I am pleased to announce the inaugural men's Frank 'N Stein afternoon bash on March 16th from 2 pm to 3 pm. The men will enjoy a gourmet hot dog action station with many hot and cold toppings to accompany their "franks". We will be pairing this station with beer from the tap. I encourage all the men to bring their own "steins" and share the incredibly unique stories behind them.

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB 27	28 Hurricane Cocktails!	1 Mardi Gras	2 Lent Begins Ash Wednesday	3 Hot Fudge Sundaes This Week!	4 SPRINGFIELDS CALENDAR	5 SPRINGFIELDS CALENDAR
6	7 Burger Monday	8 Free Dessert	9 National Meatball Day	10 Italian Panini	11 Using our New Panini Press!	12
13	14 Wing Night	15 Hot Caramel Sundaes This Week!	16 Irish Coffee This Week!	17 St. Patrick's Day	18 CORNED BEEF & CABBAGE	19
20	21 Burger Monday	22 National Bavarian Crepes Day	23 Fried Oysters	24 Margaritas and Quesadillas	25 Using our New Panini Press!	26
27	28 Wing Night	29 Strawberry Sundaes This Week!	30 Mojitos and Fish Tacos!	31 Charcuterie Board and Wine Pairing	APR 1	2
3	4	5	6	7	8	9

MARCH 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FEB 27	28	1  Portobello Rustico	2	3	4 	5 Mardi Gras Weekend Celebration
6	7	8  Pulled Pork Sandwiches with BBQ Sauce LWS # 1000	9  Bethany Babes Breakfast	10	11	12
13	14	15  Sweet Chili Ancient Grain Pizzetta	16  BV Frank 'n Stein	17  St. Patrick's Day	18  Happy Spring	19  bar trivia
20	21	22  Cracked Wheat & Chickpea Wrap	23	24  Cheesesteak Day	25	26
27	28	29  Chinese Tofu & Broccoli Pizzetta	30	31  Bethany Stud's Breakfast	APR 1	2
3	4	5	6	7	8	9

BETHANY READERS MARCH 2022

The Bethany Readers will meet on Tuesday, March 8 to discuss *This Tender Land* by William Kent Krueger.

The Trees Inspire by Joyce Kieffer, an East Cottage resident, is now available in the Bethany Library. It is also available to pre-order. Contact Joyce for more information. Joyce will also be making copies available to purchase on campus in the near future.

Book Selections and Dates for 2022

Please note room assignments are subject to change.

Date	Book	Facilitator
Tuesday, March 8 Rife Center	<i>This Tender Land</i> by William Kent Krueger	Sue Brennan
Friday, April 8 West Commons	<i>The Personal Librarian</i> by Marie Benedict	Diane Myers
Tuesday, May 10 West Commons	<i>The Four Winds</i> by Kristen Hannah	Lucy Saunders
Friday, June 10 West Commons	<i>The Trees Inspire</i> by Joyce Kieffer	Joyce Kieffer
Tuesday, July 12 Rife Center	<i>The Music of Bees</i> by Eileen Garvin	Nadine Creighton
Friday, August 12 West Commons	<i>The Seed Keeper</i> by Diane Wilson	Micki McCoy
Tuesday, Sept 13 Rife Center	<i>The Book of Lost Friends</i> by Lisa Wingate	Melissa Stock
Friday, Oct 14 West Commons	<i>The Yellow Bird Sings</i> by Jennifer Rosner	Linda Kelly
Tuesday, Nov 8 Rife Center	<i>The Lincoln Highway: a Novel</i> by Amor Towles	Ida Mae Heidecker
Friday, Dec 8 West Commons	Select facilitators for 2023! Party!	

Additions to the library: February 2022

Onnie Scheib

Many authors have written books in series and our goal is to complete the series we have previously started. There are over 100 series in our collection, so it will take time to complete all of them.

In February, we completed several and they are:

Beth Wiseman's "Daughters of the Promise" series (6 books) with

"Plain Perfect", "Plain Promise", "Plain Paradise", & "Plain Peace".

Catherine Anderson's series, "Kendrick/Coulter/Harrigan" (12 books) plus the Coulter Family Historical series (4 books) is not complete with "Blue Skies", our latest addition. (Do not mix up with the Mystic Creek novels).

Lynette Eason has 4 books in her "Danger Never Sleeps" series. It is now complete with: "Acceptable Risk", "Hostile Intent", and "Collateral Damage". (Do not mix up with her other series)

Lauraine Snelling has a multi-family and multi-location series. They are: Song of Blessing (4 books, complete), Red River of the North (6 books, have 1), Return to Red River of the North (3 books, complete), Daughters of Blessing (4 books, have 2), Home to Blessing (3 books, complete), and 1 book "A Blessing to Cherish". "A Dream to Follow" completes the Return to Red River of the North series.

Ann Cleaves' Shetland Island Mystery 8 book series is complete with the newest additions: "Cold Earth" and "Wild Fire".

Elizabeth George's "Something to Hide" is in her Inspector Lynley series

We also try to keep up with new copies from favorite and other authors.

J.D.Robb's "Abandoned in Death"

Jeffrey Archer's "Hidden in Plain Sight"

James Patterson's "The Jailhouse Lawyer" and "2 Sisters Detective Agency"

Joshua Hammer's "The Bad-Ass Librarians of Timbuktu"

Joyce L. Kieffer's "The Trees Inspire"

Book Recommendation: The Code Breaker Jennifer Doudna, Gene Editing and the Future of the Human Race."

Published in 2021 by Simon and Schuster, 536 pages. Available from Amazon in hardcover for \$17.49. Also available from the Cumberland County Library. A copy of the book will be donated to the Bethany Village Library next month.

As a young girl, Jennifer Doudna read a paperback book "The Double Helix" about the building blocks of life. This led her to want to become a scientist, which was rare for a girl at that time. As a PhD biochemist she studied DNA and RNA and developed an innovative

(Continued on page 28)

(Continued from page 27)

tool called “CRISPER” to edit DNA. This tool led to vaccines for COVID-19 and will lead to a life-science revolution which may have more implications for humanity than the digital revolution. CRISPER is a virus fighting system found in nature and harnessed by science. Molecules are becoming the new microchips. The book describes a sequence of discoveries by different scientists which led to the vaccine as well as treatments for other diseases.

The book has chapters on the moral and ethical questions raised by gene editing. Should gene editing be limited to treatments and not be used for enhancements? Gene editing can overcome genetic defects. Treatment examples include Huntington’s disease and sickle cell anemia. Enhancement examples include intelligence, height, appearance, hearing, and physical performance.

One ethical issue example was gene editing done by a PhD scientist from China who was educated in the USA and studied under a genetic engineer. He started a genetic engineering company in China. The company developed a machine to allow genome editing of human embryos. He produced the world’s first CRISPER edited babies in 2018 by use of the machine to edit the embryos. In vitro fertilization was used to implant the embryos which produced three healthy children. The embryos were from parents who suffered from AIDS. The purpose of the editing was to produce babies (and their descendants) who would be protected from the HIV virus. This breakthrough was determined to not be appropriate.

The Nobel Prize in chemistry was awarded to two women in September of 2020 for rewriting the code of life. Jennifer Doudna and Emmanuelle Charpenier were recognized for creating genetic scissors (CRISPER-Cas9) which heralds “the advent of a new era.” Hopefully, the open collaborative approach used to address the COVID 19 problem, will be used in the future by scientists to address problems such as cancer and heart disease. Perhaps political leaders will be inspired to collaborate to address issues such as climate change, gun violence, and peace between nations. We hope and pray that this will happen.

Charlie Sproule

Bereavement Notifications

Dorothy Fogle 2-2-22

Charlotte Kerr 2-9-22

Roseanne Kelly 2-9-22



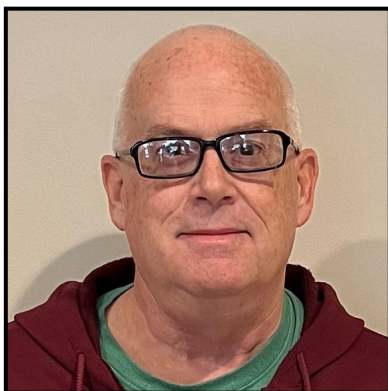
Welcome New Residents

Amanda Price

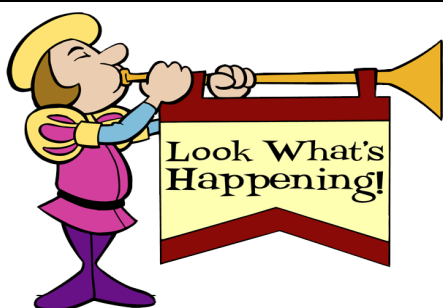


Cherie Bartles moved into East Cottage 448 1/26/22. Her phone number is 717-979-3212. Cherie moved to Bethany from Mechanicsburg. She moved with her dog Josie who she loves very much! Cherie worked in the Orthopedic field for 48 years. She enjoys spending time with her girlfriends, golfing and gardening. She is excited to start her adventure here at Bethany. If you see her around be sure to say hello!

Diane Brokenshire moved into West Apartment 1129 2/2/22. Her phone number is 717-774-1713. She moved to Bethany from New Cumberland, PA. She was an avid golfer and involved with her church. Diane was a manager for AT&T for many years. If you see her around be sure to say hello!



Michel Pearson moved in West Apartment 2140 2/1/22. His phone number is 717-579-8439. Michel moved to Bethany from Camp Hill, PA. He likes to play Bridge and has been playing with others here at Bethany prior to his move. He has a few friends at Bethany already! If you see him around be sure to say hello!



The SCUTTLEBUTT Bulletin Board

Corinne Kostukovich and Phyllis Kegerreis were going to lunch and busy talking about where to go. We left the canopy at the Court and turned onto Wesley Drive. The rest is history. We hope you enjoy reading about it in the poem that Linda Darkes wrote about our adventure.

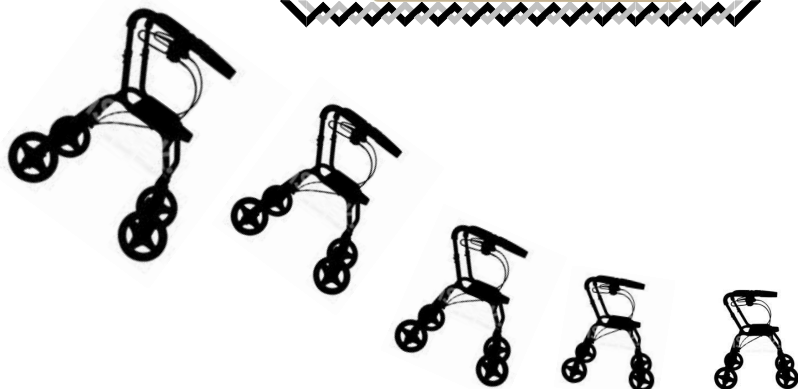
What Did We Witness?

What!! Wait!!! My walker!!! Runaway Walter!!!
Going down Wesley Drive,
you toppled out her Hatchback
beginning our travel to lunch.

Wait, I'll get him!!"
Stop, you can't do this in traffic
along a busy highway."

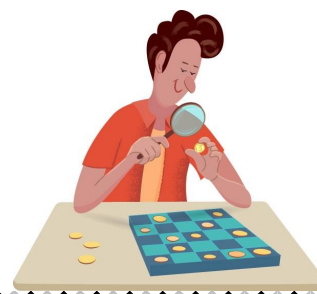
Luckily,
behind us, a man stopped his car.
He securely placed Walter
back in the Hatchback,
making sure the **rear** was Shut.
No sense having Walter tumble
out again.

Oh, what a brief adventure
Walter had that day!!



Wanted:

Numismatist to sort, count
and roll miscellaneous coins.
Reimbursement and
transportation provided.
Marylou & Bill Lowther
(717-620-8722)
308 Asbury Drive



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

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