

# The Scoop

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ASBURY  
BETHANY  
VILLAGE



Anticipate More

## From the Executive Director...

Brian Grundusky



Hello to all residents and associates!! As we start the Spring 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 (3/21/22), the rate is 2.7%. 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 residents (6-SNF and 2-RL) to covid. Please keep those residents, families and associates who worked with those residents in your thoughts and prayers.

We have discontinued the indoor masking requirement for our Residential Living (RL) common areas and RL apartment/cottages. We are still requiring ALL associates and visitors in AL and SNF to mask when in the building. We continue to ask that all residents take the necessary precautions especially if you are

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Bethany Village  
325 Wesley Drive  
Mechanicsburg, Pa 17055

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

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

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

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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. We have adjusted our screening process and have removed the screening process for RL family and friends who are visiting in RL common areas and or RL apartments/cottages. Also, all family/friends/vendors visiting AL or SNF can now screen in at Door #21 (AL) and Door #30 (SNF). This also includes any RL residents who are visiting spouses in these two areas.

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/>

**Skilled Nursing (SN) and Assisted Living (AL) Updated Testing Guidelines:** Due to the Cumberland County transmission rate being in the “Moderate (YELLOW)” level, we will test unvaccinated staff once 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. The Cumberland County transmission rate is 2.7% (as of 3/21/22).

**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.

**Financial Update:** Bethany did not meet the Operating Ratio (OR) for February and missed the goal by **6.3%**. We did post a negative variance in OR revenue of **\$139,149** and were over in OR expenses by **\$12,115** for a total negative variance of **\$151,264**. The primary driver of this negative variance in revenue was due to not meeting our AL and SNF occupancy targets for the month. The main drivers of the variance in expenses were being over in contract labor expenses

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**(\$162,199)**. 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.

**Occupancy: (as of 3/21/2022):** BV is experiencing vacancies in the Residential Living areas. We currently have 12 West Apartments, 5 Court Apartments and 1 East Cottage available. We are also experiencing some occupancy issues in The Oaks. We are below our projected YTD occupancy by **.7%** (currently 93.2% compared to the budgeted occupancy of 93.9%). Again, the key drivers in this area are AL and SNF occupancy. AL is off the goal by **1.7%** and SNF is off by **4.8%**. We anticipated 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.

**2022 Polling Place:** Bethany has made the decision to re-implement the community as a polling place for the 2022 elections. We will be utilizing the Richard Rife Center for the May and November elections.

**Asbury Leadership Development Initiative (LDI):** Bethany Village will be hosting the 2022 LDI Conference in the Richard Rife Center (May 25-26). This is the annual Asbury Leadership conference for Asbury's managers and leaders (across the entire system).

Thank you again and please stay safe and healthy!!



**HAPPY SPRING AMIGOS AND FRIENDS**

This is a great time to renew your acquaintance with your Oaks or Maplewood Amigo. While masks and check-in procedures are still in place, you can feel free to visit in person. Now that the weather is getting warmer and sunnier, you could consider a short walk outside or claim one of the seats on the porch at Maplewood or in the Healing Garden for a visit.

For those Amigos who use cards or notes to stay in touch, the Gift Shop here at Bethany Village has just what you need to mark the season.

It is an excellent time to refresh or restart our relationships with our friends and neighbors. HAPPY SPRING

Contact	Sandy Jones	sljones@verizon.net
	Linda Cushner	cushlin1@verizon.net

## Power Outages

We are very fortunate to have back-up diesel generators on both the East and West Campus and have not had to utilize them too often. Nonetheless, equipment failures or weather events have interrupted the electricity delivery to our campus on more than a few occasions over the years. Thanks to emergency preparedness by a cracker-jack team of associates, we can often recover from these events with only minor inconveniences.

However, we have come to realize that our back-up generators only cover certain areas here at Bethany and we need to make other accommodations especially for those of you who live in the East and West apartments and cottages. While we cannot always keep your ice cream from melting or promise uninterrupted viewing of your favorite TV program, we can offer safety and security during these outages.

One method of preparing is by gaining knowledge of who relies on electricity to power necessary medical equipment for daily living, regardless of where you live at Bethany. Examples of these would include Peritoneal Dialysis, Electric recliner chairs, Oxygen concentrators, and other respiratory treatments that you must plug into an outlet to operate (such as C-Pap and nebulizer machines).

The clinic keeps a list of those who rely on these medical devices so that we can be proactive and contact those in the community who may also be without phone service during these times of need. It would be wise to update that list annually and this is your reminder to do so today.

Simply dial the number below, or send an email, to indicate who you are and what device is dependent on electrical current, and we will add it to our notes for potential need in the future. No matter what area of campus you reside, this simple step could make a big difference in your peace of mind during potential times of crisis.

Thank you,

John Bowen, Director of Social Services  
717-591-8081  
jrbowen@asbury.org

**Ready for an  
Emergency?  
You can be.**



## From the Chaplain

*Brand Eaton*

Easter always seemed a bit strange to me as a kid. I loved getting up and finding an Easter basket chocked full of chocolate (I've always loved chocolate), but I disliked having to delay tasting any of it until after both church and dinner. Christmas wasn't like this. I got presents on Christmas, but I didn't have to delay enjoying them until the afternoon of the day. Also, I could somehow relate the gift of the Christ at Bethlehem to receiving presents under a tree. However, I struggled as a child to relate a basket of chocolate from a rabbit with the celebration of the resurrection.

I have friends who didn't tell their children about an Easter bunny, nor did they give them chocolate. "Both of those are bad for your kids," I've been told. "It confuses the real meaning of the day—and the chocolate causes tooth decay." Well in defense of this strange combination of a Christian holy day and a cultural holiday, I offer the following.

First, my experience of holding off on that Easter basket until after dinner was my first lesson in delayed gratification. I don't think I need to explain the value of that life principal. Secondly, my experiences of paradox and have led me to explore and learn how seemingly opposing elements not only hold together, but actually support one another. I have found this need to appreciate paradox vital as I have grown older, because our world is filled with paradoxical occurrences and combinations. Symbiotic relationships between apparent opposites abound, and it is the unity of seeming contradictions that makes life rich and deep.



So, as a Christian I celebrate Easter with joy and without rancor toward rabbits—especially fictitious ones bearing gifts of chocolate. Now, if you will excuse me, I've had my lunch and there's a peanut butter egg somewhere in my desk drawer.



### HATS OFF TO SPRINGFIELDS'!

*Sandy Henry*

The St. Patrick's Day feast in our lovely dining room was just the beginning in our post-pandemic lifestyle.

Springfield's is ramping up the fine details and producing memorable meals. They aim to please, and if you prefer your salad cut in smaller pieces or your entree placed in a soup bowl rather than on a plate, they are happy to oblige. If you haven't been there for some time, you owe it to yourself to join your neighbors for some happy dining!

It's service with a smile!

## West Apartment Art Committee

The Bethany Village Resident Council Art Committee recently expanded with the addition of the West Art Group for the West Apartments. The Group's purpose is to review, relocate, and replace paintings in the West Apartment complex. Most changes are complete on the 2nd, 3rd, and 4th floors. First floor artwork reviews, relocations and replacements are to be completed in the future.



During this review, the West Art Group added display areas for resident painted art adjacent to Elevator 3, Door 51 on the 2nd, 3rd, and 4th floors. The West Art Group is interested in obtaining additional resident paintings for future display. The objective is to have a rotating display of resident paintings. All items donated becomes the property of the Art Committee.

The Art Committee is open to receiving donations of artwork. If accepted, the item become the property of the Committee. The Committee is unable to provide artwork appraisals.

If interested in participating in the activities of the West Art Group contact coordinator Tom Fabian at 717-766-1136.

## Art Class

Resident Life sponsors the Bethany Village Art Class. The class is in the Craft Room at Bethany (East) and is held every other Monday, from 1:30 PM to 4:00 PM. There is an instructor who assists the class members with various mixed media (oil, watercolor, pastels, etc.). Class members are semi-serious artists who attend the classes regularly.

Currently there are three (3) openings for Bethany residents who are interested in working hard on their artistic skills and learning new ones. Although members might bring their own supplies, the class does, in fact, provide all materials/supplies. There is no charge for the class.

As classes members are limited, we ask that you not apply unless committed to attending the class regularly.

If interested in participating in the Art Classes, contact Kristin Juchem in the Resident Life Office at 717-591-8021



## Facilities Department

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

### Submitting Work Orders

The Facilities Department is asking your assistance to expedite your requests for service. If you should need service, please notify the facilities department immediately with your request at 717-591-8074 or [alevalley@asbury.org](mailto:alevalley@asbury.org)

We sometimes experience residents waiting until they have a list of issues before calling. In addition, sometimes residents submit their service needs to their facilities committee representative to present at the next monthly meeting. This will simply delay your service request by at least 30 days and is not the intended purpose of the facility committee.

Our goal as a department is to serve you as quickly and efficiently as possible. This sometimes requires multiple visits to your residence and the sooner we hear from you and get started the sooner we can fix your problem.

### Filter Change

West Apartments will be done this month

A notice will go out closer to date

### Reminder

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

## **Bethany Village Auxiliary**

Phyllis Keggereis

Spring has come and the daffodils are in bloom. The weather will continue to get warmer and the trees around campus will bloom.

The Anniversary Committee continues to work on the celebration of the founding of the Auxiliary. This event will be by invitation only. Save the 29th of June 2022.

If you either knit or crochet, you can help us. We are working on lap robes for Christmas gifts for the residents of the Oaks and Maplewood. If you need a pattern or some yarn, stop in the Craft Room on a Monday morning and someone will help you .

Our Board Meeting is scheduled for April 6th in the East Conference Room at 9:30 AM. You are invited to attend and see how we operate. You will be made to feel very welcome!

Enjoy our spring weather and the blooming of the flowers and the trees. Bethany Village is a beautiful place to be!



## At last, at last, we are done at last!

*Dale Meadowcroft*

A team from the Bethany Village Model Railroad Club gathered in The Oaks lobby during the early weeks of March to finally install the long-awaited HO train display. It had been anticipated longer than ketchup coming out of a Heinz bottle. The saga began when then club President Lowell Starling met in the fall of 2019 with The Oaks administrator Henri Lively to discuss what could replace the often troublesome and leaky aquarium that stood for some 15 years in The Oaks lobby. Henri wanted to explore the possibility of replacing the aquarium with a model railroad layout. Lowell's interest was to use the club's model railroading skills to provide a further benefit to Bethany Village in general, and particularly to The Oaks residents, their families, and the associates who cared for them.

A team of the key members of the club evaluated the resources required to build a new layout from scratch. Their conclusion was that the Bethany Village club did not have the resources to maintain their existing five layouts plus build a new layout. They explored several options including paying a professional model railroad builder, but when the estimate came in at \$26,000, they abandoned that approach. Finally, they negotiated a partnership with members of another local model railroad club for them to take the lead in building a platform with help from the Bethany Village club members.

But alas, after the aquarium was removed and before the joint team could begin construction on the platform a tiny virus by the name of COVID-19 tried to take over the lobby of The Oaks and succeeded. The members from the other train club dropped out of the effort, and between their leaving and COVID restrictions the project was in limbo. Finally, as some of the COVID restrictions were eased in mid-2021, Jim Long, a nonresident club member and the platform manager for the club's existing HO layout stepped forward and agreed to lead work on the layout



Fortunately, the club had not given up hope, and had been contacting potential donors to help fund the Oaks platform. A donation of \$2000 from the Residents' Council kick started the funding. Then the Asbury Foundation identified a generous donor who funded the last \$4000 of the project's budget.

The club then contracted for Greg Dorie the owner of Knock on Woodwork in Mechanicsburg to create the exquisite cabinetwork to support the platform. The initial quote was that Greg would donate the materials and charge \$2000 for his labor. Work continued offsite on the cabinetry while Jim Long and other members of the model railroad club labored for some eight months to handcraft and construct all the buildings and scenery in a work room in the basement of the east apartments.

Finally, after numerous setbacks and rescheduling due to COVID, everything came together this March in the lobby of The Oaks. Through a coordinated effort the cabinet maker moved and installed the cabinet base, and BV maintenance moved the 4x8 train layout in two sections from the east apartments to The Oaks lobby where everything was

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assembled. Then over several days the team connected the wiring, powered the layout up and began testing the engines under the supervision of a gathering of Oaks' residents acting as sidewalk superintendents. It's not clear whether they were happier to at last be able to amass outside their rooms or to watch the final stages of their train being assembled and tested.

Lowell spoke for many of us, "My interest is how can the train club can be a blessing to the other Bethany Village residents in addition building playgrounds for our toys." One afternoon when the assembly team had finished their testing work on the platform for the day, parked the two engines in the tunnels, and was ready to leave, an associate of The Oaks asked if they could "push the button." The platform was still in test mode, but the team said absolutely she could and reopened the cabinet and started up the layout. She pushed the button and when the first engine came out of one tunnel she was thrilled. One of the other associates joined her to watch and when she saw the second engine emerge from the other tunnel, she couldn't believe it, exclaiming, "Look, there are two of them!" Lowell's comment afterwards was: "I don't think money can buy those experiences."

Once the primary repairs to join the two sections of the platform and initial testing of the engines was completed the cabinet maker returned to install the top section of the cabinet. When that was completed, the team asked him for an invoice and he replied that we were even, consider the cabinet a donation to The Oaks! Thank you, Knock On Woodworking!!

Some things just work out the way they are supposed to. There were many delays, but it is not a coincidence that on the day that we began relaxing the restrictions due to COVID The Oaks got to see their trains for the first time. It was perfect.

Perhaps, just perhaps, the light at the end of the tunnel really is a train.



## Bethany Village Donor Stories

“A Warm Reception—and a Lasting Legacy”



Meet Diane Stepler, a part-time receptionist who worked at Bethany Village for eight years. Diane was known for her friendly smile, warm personality, and considered perfect for her job as a receptionist.

In 2014, Diane did something incredibly special – she named the Bethany Village Care Assurance Fund as the beneficiary of two of her life insurance policies. She did not have any immediate family and considered the residents of Bethany Village to be her family.

When explaining why she made this gift designation, Diane shared,

*“I had a friend who was the designated Power of Attorney for a resident in Bethany Village’s Skilled Nursing. Due to circumstances beyond her control, this resident outlived financial resources and my friend was frantic—as the Power of Attorney, the*

*financial burden was now on her and her family. Bethany Village approached her and explained that the resident would not be evicted; her needs would be taken care of using the funds donated to the Care Assurance Fund. When she told me this, I knew that was what I would do to help others.”*

Did you know...

The Asbury Foundation recently earned the 2022 Platinum Seal of Transparency by GuideStar.

Why does this matter?

GuideStar's Platinum Seal of Transparency recognizes that the Asbury Foundation shares clear and important information with stakeholders about its goals, strategies, capabilities, and more that highlight the difference the Foundation makes to those it serves. GuideStar is the world's largest source of information on nonprofit organizations.

***Like jewelry? Want to get involved? The Residents’ Council is looking for a volunteer to lead the jewelry portion of the Bethany Village Fair. If interested, please contact June Kostrab at 717-766-7079 or [liv2b2@verizon.net](mailto:liv2b2@verizon.net). If no one volunteers there will be no jewelry sold at the fair in May. Please consider helping out!***

## Food for Thought

*Dale Meadowcroft*

Several weeks ago I received an email from a friend. Pete is the kind of friend who does not need frequent correspondence. We can go for months, even years, and pick up as if we had just shared a beer the night before. This one was a little different. He was reaching out to tell close friends that his 15 month old grandson had died unexpectedly. Not the kind of news you want to kick start a 40 year old friendship. Last week he sent a link for those of us who were interested, enabling us to share in the memorial service.

What an amazing experience. Obviously, there were tears, but the overwhelming emotion was one of rejoicing for the opportunity to share in the life of Everett. Person after person spoke about his influence on their life.

Everett loved to read, or perhaps loved to be read to. His favorite book was "It's You I Like", by Mr. Rogers. His parents asked that in lieu of flowers, donations be made to the local County Library for children's books.

The more I heard individual testimonies, the more I saw the undeniable truth of the innocence of children. So often we have heard the phrase "viewed through the eyes of a child" and perhaps let it slide. But think of it. We are all born with a blank tablet. There is no hatred, for we do not know what that means. There is no fear. As the Rodgers and Hammerstein song from "South Pacific" states, "You've Got to be Carefully Taught". As a young boy, with nurturing parents, Everett interacted fearlessly and lovingly with all he met.

So, if we all start off with a blank tablet where does bigotry and anger and distrust come from? Scientists will argue of the different influences of heredity versus environment. However, I don't think we are born with any natural biases. Somewhere along the line we developed a personality by observing the actions of others and evaluating "what fit" for what we wanted to be. Along the way we were influenced by the shadow of those around us. Which brings us full cycle back to Everett. A young boy, barely 15 months old, was able to interact with his caregivers in such a manner that time after time, in their own way, every one of them stated that Everett had changed their life in a manner that would not be forgotten.

If Everett could do that in 15 months, imagine the amount of influence each of us has had in our lifetime. After all, impressions are formed and personalities are influenced in a matter of seconds.

I can only imagine what the world would be like if we all were able to act with the innocence of a 15 month old boy. One who loved because he was loved. One who most likely fully understood Mr. Rogers' ability to like people just because they were, not because of what they were.

In his song "Imagine", John Lennon wrote "You may say I'm a dreamer, But I'm not the only one, I hope someday you'll join us, And the world will be as one."

Thank you, Everett, for teaching me how to dream.

It's you I like,  
It's not the things you wear,  
It's not the way you do your hair  
But it's you I like

The way you are right now,  
The way down deep inside you  
Not the things that hide you,  
Not your toys  
They're just beside you.

But it's you I like  
Every part of you.  
Your skin, your eyes, your feelings  
Whether old or new

I hope that you'll remember  
Even when you're feeling blue  
That it's you I like,  
It's you yourself  
It's you.  
It's you I like.

# The Bethany Readers

Barbara Bankard

## BETHANY READERS APRIL 2022

The Bethany Readers will meet on Friday, April 8 to discuss *The Personal Librarian* by Marie Benedict, in the West Commons Room. All women are invited to attend.



Date	Book	Facilitator
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. <i>* Available in Bethany Library, and from Amazon, Book-Baby, and Barnes and Noble.</i>	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!	

**\*\*Please note room assignments are subject to change.\*\***

## Additions to the library: Jan. to March

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We are continuing our goal to complete the series that has previously been started. During this time frame, we added to several and they are:

"An Irish Country Practice" by Patrick Taylor is the 12th installment in the Irish Country series. His practice is growing and he takes on a new trainee, Doctor Connor Nelson, as well as a spirited Labrador puppy.

"Dark Tides" by Philippa Gregory, number 2 in the Fairmile series. It is a historical novel tracking the rise and fall of the Tidelands family in London, Venice, and New England.

"Ever Constant" by Tracie Peterson is the 3rd and final book in the Treasures of Nome series. The first 2 in the series are "Forever Hidden" and "Endless Mercy".

"Riverbend Gap" by Denise Hunter is # 1 in her new Riverbend romance series. Katelyn came in search of the family she'd always wanted—and found the kind of love she'd never dared imagine.

"Nursing her Amish Neighbor" by Marta Perry is #6 in her Brides of Lost Creek series. The other 5 books are: #1: Second Chance Amish Bride, #2 The Wedding Quilt Bride, #3 The Promised Amish Bride, #4 The Amish Widow's Heart, #5 A Secret Amish Crush

"Blue Skies", "Bright Eyes", "My Sunshine", "Sun Kissed", "Star Bright" & "Here to Stay" are all books in Catherine Anderson's Hendrick, Coulter, Harrigan series. It is a very interesting series—one you want to keep reading to see who the next family member gets involved in.

"A Christmas Legacy" by Anne Perry is about Thomas and Charlotte Pitt's former maid when she takes a new job as Christmas approaches in this tension-filled novel.

"Love, from the Hummingbird House and the Easter Charade" by Donna Ball is the last in her Hummingbird House series.

"The Christmas Promise" and "The Christmas Light" are two novels in Donna VanLiere's Christmas Hope series

"The Front" is # 2 in Patricia Cornwell's "Win Garano" 2 book series. It completes that series.

"All the Queen's Men" by S.J.Bennett is #2 in "Her Majesty the Queen Investigates" series. Amateur detective Queen Elizabeth II is back in this hugely entertaining follow-up to the bestseller, "The Windsor Knot". In this novel, we find Her Majesty determining how a missing painting is connected to the shocking death of a staff member inside Buckingham Palace.

*Connie Scheib*



## PARCR learns more about aging??

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*Lowell Starling*

The PA Department of Aging to be more precise. The PARCR April Quarterly meeting will be held via Zoom on April 13 beginning at 10:00 and ending at 11:30. The keynote speaker will be **Maria Dispenziere**, Executive Assistant, Office of the Deputy Secretary, PA Department of Aging. Her presentation is: PDA 101: An Introduction to the Pennsylvania Department of Aging." This presentation will provide an overview of the history of the Department of Aging, the variety of services and programs it administers, and how older Pennsylvanians can access these services.

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 may continue via Zoom, we are working on connecting channel 956 to the Zoom call so any residents with access to 956 can watch the meeting from their residence. They will not be able to ask questions or interact with the speakers but will get to see the presentations. If we can work that out information about it will be posted on 956 and Touchtown.

As always individual memberships are \$20 a year and you can find the registration materials at PARCR.org.

### Official Websites:

**PARCR** – [parcr.org](http://parcr.org)



Pennsylvania Alliance of Retirement Community Residents

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

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

## We're shooting for the stars!

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*Beth A. Merkel, Marketing Communications Coordinator*

Did you know that when prospective residents look for a senior living or senior care provider, they almost always start with online research?

If you would like to share your story of why you chose Bethany Village as your home, here's how. Just write your experience or give feedback in an online review on Google or Facebook! It only takes a few minutes, but your comments may resonate with someone else considering such an important life decision. If you are unfamiliar with how to create a review on these accounts, there are step by step instructions available. Postcards are located at each front desk reception areas with information on the Google review process. All instructional documents can be sent to you by contacting Beth Merkel in the marketing office at [bmerkel@asbury.org](mailto:bmerkel@asbury.org) or by calling 717-591-8072.

Please note, if you have already made a review on either of these platforms you cannot leave another review, you can only update the one you have already done. Thank you for making Bethany Village a great place to live and work!

## Why do pharmacists choose to be independent?

Michael Moyer, RPh

Because customer service is important to them. Our Medicine Shoppe pharmacist wants to be free to spend time to get to know our customers. Being independent pharmacists gives the freedom to serve our community and our patients, without being required to fit parameters and meet sales quotas. Our pharmacist is your neighbor, friend, even family. Which explains why independent pharmacies have been at the top of the list for customer satisfaction as ranked by J.D. Power in each of the last five years. Because in this digital age, when it comes to your health, the personal touch matters. **We Care for you and about you.**



Choosing your local independent pharmacy such as The Medicine Shoppe is supporting a locally owned small business, and that, in turn, helps your community. And like many small business owners, independent pharmacies are known for giving back, from offering education classes, to sponsoring their local Little League team, to donating to local charities.

And did you know that an independent pharmacist is more than twice as likely to suggest a less expensive prescription option, and will even reach out to your physician to discuss the alternative? If you are looking for maximum savings on your prescriptions, talk to your local independent pharmacist.

WE ARE OFFERING HOME  
RAPID COVID SELF-TESTS FOR  
\$27.95! THAT'S A SAVINGS OF  
\$5. LIMIT 3 PER CUSTOMER

**We're here to help**

## Eggstravaganza !!

Mary Smith

Bunnies have taken over the Gift Shop! Moms, Dads and Baby bunnies are hopping all over. They brought a basket full of **Easter Eggs** too! These eggs come to us from the Chambers Hill United Methodist Church and are a bargain at \$1.50 each. There are six flavors to choose from and they are all delicious.

The bunnies also are so excited about our new sale! We will be featuring a 30% discount on all **kitchen items** including **kitchen towels and hot pads, washcloths, beautiful place mat sets and the RADA knives and utensils**. Basically anything for the kitchen!

While you are here come and try on our lovely scarves, ruanas, and kimonos in spring florals. They make any outfit look special. We are also featuring some new handbags and just arrived jewelry, so come on down, over, whatever! See you soon !



## 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).

4/1	Anna Ford	4/14	John Currie
	Nancy McDonald	4/15	Diane Brokenshire
4/2	Kathy Hartle		Fran Killian
	Mary Lou Lowther		Adelle Sheaffer
	Marilyn McCoy	4/16	Peg James
	Pat Schankweiler	4/17	Nancy Rhan
4/3	Dee Farr	4/18	Mary Alice Mumma
	John Sweeney		Louann Noll
4/6	Jim Coultrap	4/19	Anne Marie Eshelman
	Helga Rist		David Messner
4/7	Ralph DeLuca	4/20	Grace Ann Steckbeck
	Mel Kissinger		Joselyn Stover
	Corinne Kostukovich	4/21	Kathy Siddall
	Shirley Morris		Dave Theis
4/8	Roberta Lewis		Glenn Walker
	Lauretta Robeson	4/22	Anna Hagenbuch
	Al Saucier		Joanne Redshaw
4/9	Bud MacIvor	4/23	Tom Mulliken
4/10	Natalie Snyder		
4/11	Kay Hess		Lucy Saunders
	Bruce Kroeck	4/24	Marian Wood
	Dennis Smith	4/26	Ray Saunders
	Arletta Thomas		Bob Slatick
4/13	Leroy Erickson	4/29	Marlin Snider
	Caroyl Pettis	4/30	Bill Dallam
	Ruth Rhodes		Shirley Stratton
	Nancy Toth		



## Bethany Village Go-Green Initiative



**Start Date: May 1st 2022**

The Go- Green initiative will kick off again on May 1<sup>st</sup> 2022. 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.***

- This Initiative is an ALL or NONE. This means, we are unfortunately not able to pick some things and not other things to receive paper copies of some things.
- If you join the list and your spouse does not, you will still receive paper copies. If you just gave one email or share an email and don't want the paper copy, please let us know.
- Those that are already on the GO Green List, will receive an email stating that we will begin on May 1<sup>st</sup>. If at that time you want to OPT out, you may do so by clicking the link at the bottom of the email.
- 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.



If you are not currently on the list and want to sign up  
or want to check if you are,

Please contact Wellness at 717-591-8022 or  
email [BVWellnessTeam@asbury.org](mailto:BVWellnessTeam@asbury.org)

## A GARDEN WALK ---APRIL 2022

*Anna Johnston*

Daffodils are bringing exuberant color to Bethany. We find them in beds around our buildings as well as in our cottage and apartments borders. There are a variety of colors, and they bloom at different times during a six-week season. Then we hope for cool weather, so they don't bake and shorten their show.

I made a "survey" of the two campuses to see that if we were to have a Daffodil Derby which campus would be ahead. It had to be the East Campus because there were more cottages and those cottages often had daffodils. What really tipped them over the top were the daffodil beds in front of the entrance to the Bistro. Lovely.

The Oaks (Skilled Nursing) has miniature daffodils lining their entrance to the Healing Garden. There soon will be more bulbs and dogwood in bloom. It's worth a visit.



I always look forward to the first tight leaves—some red some chartreuse--- emerging on our trees. You can still see the form of the tree limbs and you see the promise of emerging leaves. And then we have flowering trees!

Long time gardeners may have noticed that our zip code has moved into a warmer horticultural zone that helps predict what plants will do well in that zone. Zip 17055 has now moved from 6 to 6b-7a suggesting plants that are now available to thrive in warmer conditions. (And some plants that may find it difficult to thrive).

A Daffodil Hint: They are toxic and that is why deer don't eat them. It's also why you should not mix daffodils with other flowers in a bouquet for they exude a slimy substance into the water that plugs the cut ends of the other flowers. Or you can put the daffodils in water for 24 hours before mixing them with other plants.



Cindy Lindsay reports on the Community Gardens:

Gardeners are getting ready for spring planting. Some have already begun- Kerry Butz has started lettuce and other early crops. Lois Heagy is busy getting her raspberry bushes under control. Bill and Nancy Toth are busy repairing the bluebird boxes at the garden and monitoring them in hopes that the Bethany Village bluebirds will raise a family in one or more of the boxes. Cindy Lindsay is thrilled with her first attempt using a compost bin at the garden- great results. The club is sponsoring two speakers to raise our awareness of environmentally sound gardening.

Take a walk! Look around! Spring is here! Enjoy!

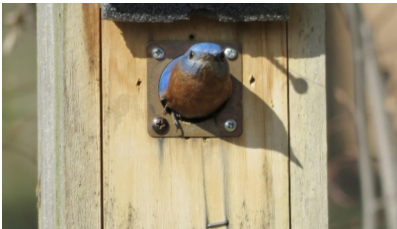
## Bluebirds at Bethany Village

*Barb Bankard*

On Monday, March 21, Phil Durgin from the Pennsylvania Bluebird Society gave an excellent presentation to an attentive audience in the Rife Center. He shared lots of good information on how to best attract bluebirds as well as ways to deter their natural predators. Jean Watroba, also from the BSP, also answered questions.

If you were unable to attend, please contact Barb Bankard for a video that Phil made for us a couple of years ago.

Phil showed the audience various types of bluebird houses, which he has available for sale at a nominal price. He is also willing to visit campus and assist residents.



Beth Shank and Terry Wise, East Cottage residents, have also constructed a number of bluebird boxes. Both they and Barb Bankard, have a couple of bluebird houses they are willing to give to residents. Just contact us if you're interested. Our numbers are in the directory. We will also be constructing some sparrow spooners.

You are encouraged to check out the Bluebird Society of Pennsylvania website at [thebsp.org](http://thebsp.org) and to join. Feel free to contact Phil Durgin at (717) 439-2573 or [pdurgin@comcast.net](mailto:pdurgin@comcast.net).

### FRONT PORCH SOCIALS ARE BACK! CINCO DE MAYO

Wellness will be hosting the First Front Porch Social of the year. Everyone is invited to come. This Kickoff Social will have a Mexican theme as we celebrate Cinco De Mayo.

After the social, Keep the Party going by attending Springfield's Dining room and having some of their Cinco De Mayo specials.

We hope to see you there!

## It Smells Good, But It Is Good FOR You?

Joyce Kieffer, BV Ecology Team

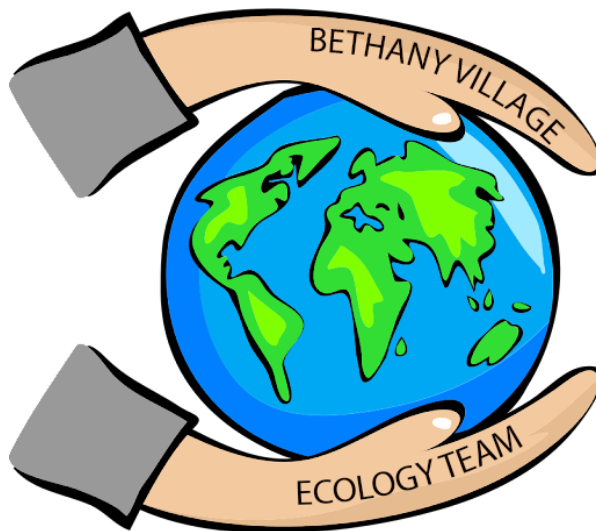
We live in a scented world. Scented trash bags. Scented candles and room fresheners. Detergents, fabric softeners, cleaning products, and personal care products. Perfume and cologne. They can be fruity, floral or musky smells.

But did you know that about 4,000 chemicals are used to scent products, although you won't find most of them, even harmful ones, listed on a label? A single scent may contain 50 to 300 distinct chemicals. Unfortunately, women are exposed to fragranced products at much higher rates than men, simply because they use more personal care, cleaning and laundry products, and have been socialized to accept the premise that if it smells good, it must be clean. The average American woman uses 12-16 products a day; most contain fragrance. That means women are more likely to be exposed to potentially hazardous chemicals by absorbing them through their skin and breathing them into their lungs. This adds up to multiple exposures over their lifetime, often resulting in health hazards, including allergic contact dermatitis; illnesses such as asthma and multiple chemical sensitivities; headaches; reproductive changes; and, as some scientists suspect, cancer.

These same chemicals are also emitted from dryer vents, contributing to air pollution. Furthermore, detergent and fabric softener packaging results in millions of plastic containers that end up in our landfill.

Here are several simple ways to reduce our exposure to toxic chemicals, reduce air, ground and water pollution, and prevent plastic containers from ending up in the trash:

- Use fragrance-free liquidless laundry sheets. There are many brands; this one is available at Giant markets and Ecosnext is available at Target and Walmart. Others are available online from Simple People, Tru Earth, and ECOS.
- Use dryer balls instead of fabric softener. Wool ones available online by COZY HOUSE, Tru Earth, SERENA LILY, BLUELAND, and Clean People. Check nearby retail stores, too.
- Make your own dryer balls. Buy three tennis balls and wrap them in multiple layers of wool yarn. (Someone from the knitting club may have wool yarn to spare.) Then place them inside the toes of small, inexpensive socks, and tie with a piece of yarn. Cut off the remaining part of the socks. PRESTO! You have three dryer balls to take the place of expensive, stinky fabric softener. You'll be healthier—and help the more than 30% of people who are sensitive to fragrances be healthier, too.



# APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAR 27	28	29	30	31	1	2
						Final Four Celebration with BBQ Style Meal
3	4	5	6	7	8	9
		 This weeks feature! Fresh Mozzarella & Red Pepper Rollup				
10	11	12			15	16
	 This weeks feature! Chicken & Black Bean Quesadilla & Yogurt			 Bethany Babes Breakfast		Titanic Remembrance Day
17	18	19	20	21	22	23
		 This weeks feature! Szechuan Salmon Wrap	 Easter Tea			
24	25	26			29	30
		 This weeks feature! Lemony Roasted Potato Pizzetta	 Dietitian Talk: Nutritious Nibbles	 Bethany Stud's Breakfast		International Jazz Day Celebration with Cajun Menu
MAY 1	2	3	4	5	6	7

Springfields  
Dining Room

# APRIL 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAR 27	28	29	30	31	1	2
3	4  4 Burger Monday  11 Wing Night  18 Burger Monday  25 Wing Night	5  5 Hot Fudge Sundae This Week! 6  6 Featuring Margaritas and Lime Shrimp Skewers 13  13 Peach Cobbler this WEEK! 19  19 Fried Oysters 26  26 National Pretzel Day 27  27 National Prime Rib Day	7 Beer Pairing Menu  7 Beer Pairing Menu 14  14 Jammy Brie Grilled Cheese 21  21 Ham & Pear Panini Using our New Panini Press! 28  28 Mint Juleps!! Just in time for the Derby!	8 15  15 Pair this DELICIOUS Sandwich with a Cosmopolitan 22  22 Pair this Sandwich with an Apple Pie Cocktail	9 16 23 30	7  KENTUCKY DERBY
MAY 1	2	3	4	5	6	7

## “MAGOO” NO MOE — — WELL, ALMOST!

*Sandy Henry*

This is a short follow-up to Mary Lou Lowther’s fine article on the low-vision population on Bethany campus.

As you may have heard by now, new technological innovations are emerging on the scene. One is a “Seeing AI” (artificial intelligence) app that can be placed on a smart phone or pad. When held up in front of printed material, it reads it aloud to you! It’s a modern day miracle. Dorrie West and I are already taking advantage of it. The group hopes, over time to work with our computer lab geniuses to make the app available to those who require it.

For your information, most of our members have a retina condition known as AGE-RELATED macular degeneration. Yes, age related! It could happen to YOU! (Hence the necessity for taking eye Vitamins, available at the Pharmacy.)

We have lost our central focus, which means that when we look directly at something or someone, the image disappears! It is always challenging and frequently embarrassing, especially in social situations. To relieve this difficulty somewhat, I was happy to devise and gift the low vision group with the button described by Mary Lou last month. Soon you may see members wearing them on their lapels when they are “out and about”. Feel free, and invited, to say hi and identify yourself! We will be so happy that we don’t have to ask, or blunder and guests whom that special person is!




We try very hard to be an active part of the Bethany experience, and are grateful for your support and understanding as we do so. “See you” soon!

**May 6th, 2022**

Share in the celebration as we honor our Bethany Village Nursing Grant Recipients at a luncheon 12 noon, May 6th in the Rife Center. Cost is \$25. An invitation will be in your mailbox soon.

To continue sponsoring grants, we are asking for your contribution to our endowment fund. Our goal is \$32,000. We all benefit from educating our nursing associates.

 **Bethany Village  
Nursing Grant Program**

## VENTURE LECTURE SERIES

*Monte Avery*

Our final lecture for the Spring Venture Lecture Series will be Thursday, April 21, 2022, at 7 p.m. We hope that you will join us for this informative lecture. Our lecturer for this event is Lori Yeich. She is the daughter of Joyce and Ken Kieffer who are residents of Bethany Village.



### 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.



As an added incentive, Joyce Kieffer will be present and available to autograph copies of her latest book THE TREES INSPIRE.

We look forward to seeing you and thank you for your support.



The OZZI system, through a reduction in operations cost

- Eliminates disposable products by replacing them with 100% reusable products
- Creates a simple, cost-effective exchange for its participants
- Minimal staff monitoring and employee interaction necessary
- O2GO reusable containers eliminate the cost and volume of paper foam products often associated with food service operations, lessening the dependency on fossil fuels and reducing your carbon footprint.
- O2GO reusable containers minimize landfill waste, thus saving money on waste hauling
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- Containers are 100% recyclable, meaning that once an O2GO container has become worn down from repeated use, the #5 plastic can be melted down and remade into other recycled material products
- With each O2GO container having the ability to be used up to 300 times, recyclable becomes greatly more sustainable than a compostable option
- Made in the United States
- ECOLAB Ware tested for 1000 washes



**The system only works if you return them.**

**Recycle to Recycle**



## **Bereavement Notifications**

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Jane Casey 3-4-22

Leota Topper 3-19-22

James Brandon 3-7-22

Doris Beatty 3-19-22

Allen Smith 3-13-22

Louise O'Neal 3-16-22



## Welcome New Residents

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*Amanda Price*



Patricia Lowery moved into East Cottage #470. Her phone number is 717-884-4933. Pat is from Halifax, PA and came with her two dogs Taffy and Trey. Pat is a retired RN and has worked in many aspects in the hospital setting. She is ready to start her life here at Bethany. Maybe you will see her out walking her dogs. If so, be sure to say hi!!

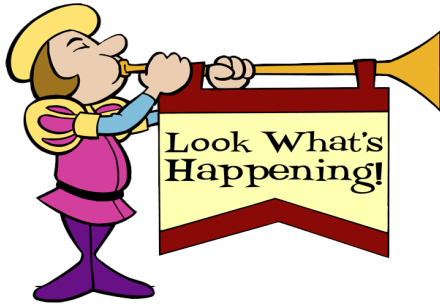
Nancy McIntosh moved into East Cottage #404. Her phone number is 574-361-7274. Nancy moved to Bethany from Wawaka, IN. She lived in the area prior to living in Indiana and is happy to be back. Some of Nancy's hobbies are studying Genealogy and card making. If you see her around be sure to say hello!



Richard and Patsy Ambrose moved into West Apartment #4134. Their phone number is 352-220-4996. Richard and Patsy moved to Bethany from Sarasota, FL. They lived in New Cumberland previously to moving to Florida and are happy to be back in the area. If you see them around be sure to say hello!

Jennifer Kornfeld moved into West Apartment 1122 3/24/22. Her phone number is 717-497-2414. Jenny is moving to Bethany from Mechanicsburg, PA. Jenny is a retired teacher. In her spare time, she likes to spend time with her family, read and socialize. Jenny is from England and is excited to get settled into Bethany, because right after she will be taking a trip to England with her Granddaughter! If you see her around be sure to say Hi!





# The SCUTTLEBUTT Bulletin Board



★ Congratulations to all involved in the record marking the completion of the largest Jigsaw Puzzle in recent Bethany Village East history. Slightly over 3 feet by 2 feet consisting of more than 56 varied colored houses on a hillside with dark sky above and blue sea below. A total of 2,000 pieces.

★ Full credit is given to Peter Bentivegna Apartment 3210, a retired architect who guided the rest of us through the solving process. He showed us how to separate colors and shapes and exhibited good humor at the same time. He took charge of the dark sky and blue sea pieces.

★ For retired folks this exercise of eyes and mind and patience is just what we need.

★ Those of us who helped are as follows:

- ★ Rose Puchalla, Apartment 3311
- ★ Lillian Rowland, Apartment 3202
- ★ Ethel Martin, Apartment 3232
- ★ Janet Melius, Court 3218
- ★ Bill Dallam, Apartment 3113



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.