

The Scoop

Volume: 12 Issue: IX Date: September, 2022

ASBURY
BETHANY
VILLAGE



Anticipate More

From the Executive Director...

Brian Grundusky



Hello to all residents and associates!! As we are entering the last days of summer and starting the Fall season, I wanted to thank you all again for your continued efforts and patience during these challenging times. The challenges that we are facing continue. The positivity rate in Cumberland County continues to be a challenge and we will need to ensure that we are taking all the necessary precautions to protect our residents and associates. Currently, Cumberland County's positivity rate is 25.16% (as of August 19th). We have seen an increase in resident and associate cases over the last 4 weeks. Due to the increase in both the county and at BV, we have re-implemented the masking guidelines in Residential Living. **I do realize that the masks may be a hindrance, but we really need to abide by this guideline as we could have avoided some cases because of wearing masks. If you are not**

willing to wear a mask in the RL (Indoor) common areas, we are asking that you do not visit these areas. Masks are to be worn apart from when eating in the BV dining areas. 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.

We continue to review the latest CDC guidance and will continue to align our policies and guidelines based on these updates. We have removed the screening process for Residential Living family and friends who are visiting in

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Bethany Village
325 Wesley Drive
Mechanicsburg, Pa 17055

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Residential Living common areas and or Residential Living apartments/cottages. Also, all family/friends/vendors visiting Assisted Living or Skilled Nursing can now screen in at Door #21 (AL) and Door #30 (SNF). This also includes any Residential Living residents who are visiting spouses in these two areas. We continue to ask that all residents take the necessary precautions especially if you are meeting or socializing with unvaccinated family members or friends.

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.

Just a reminder that any external contractor (i.e., housekeeper, private duty, etc.) must be fully vaccinated to be able to provide services to our residents at BV. We have made no changes to this guideline/policy.

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 “High (RED)” level, we will test unvaccinated/unboosted staff twice a week in both MapleWood Assisted Living and The Oaks Skilled Nursing. The Cumberland County transmission rate is 25.16% (as of 8/19/22). CMS has also updated the guidelines to include associates over the age of 50 to be tested if they are not “UP TO DATE” with their vaccinations. This is defined as having the full vaccination with two boosters.

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). Currently, we have 30 open full-time positions across the community. 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 do understand the frustration that is occurring. 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 July. We missed the goal by **2.9% (\$80,448)**. We did post a negative variance in OR revenue of **\$65,488** and were OVER in OR expenses by **\$14,960**. We are still challenged with our contract labor expense as we were over for the month by **\$244,573**. YTD, we are not meeting the OR goal by **3.1% (\$581,293)**. 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. This plan was implemented at the end of January.

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Occupancy: (as of 8/20/2022): BV is experiencing vacancies in the Residential Living areas. We currently have 12 West Apartments and 2 Court Apartments available. We have seen a negative trend in The Oaks occupancy as we currently have 4 open rooms. Again, the key drivers in this area are AL and SNF occupancy. AL is off the goal by **2.6%** and SNF is off by **2.7%**. 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.

BV West Land Sale: We are coming down to a decision as it relates to the sale of the 7.43 acres of land adjacent from the BV West Cottages. I am hoping to have a final decision on this sale agreement by mid-September. We have received 9 offers and have narrowed the choice to 2. More to come.

2022 Resident Satisfaction Survey: Thank you to the residents and families who completed the 2022 Resident Satisfaction Surveys. We had a 69% completion percentage for BV. I will be working with the BV Senior Leadership Teams to analyze the results and develop action plans. Key areas of focus will be on Dining, Communication, Onboarding of New Residents and Resident Engagement Platform. I will present these action plans to the Residents' Council in September and complete a summary of the results at the September Coffee. This will also be presented to the residents by Todd Andrews and myself at the 4th Quarter Town Hall (Date TDB, looking at October).



Nurtured by Nature

Date: September 7th
Time: 10:00 am
Location: WASS Park
Specifics will be sent later
Rain date is September 13th



What is Nature Therapy??

Nature Therapy is the practice of being in nature to enhance healing and growth, both physically and mentally. It is accessible to everyone and includes activities like Forrest Bathing and Sit Spots. These activities have been scientifically proven to reduce blood pressure, boost your immune system, and accelerate healing. Simply sitting in a garden for 10 minutes or gazing at a tree lined horizon can be helpful. The many studies available on the internet right now for people of all ages and abilities are encouraging!

How do I Join?

Melissa Stock will be hosting an introductory outdoor session called "Sit Spots and Inner Tracking." This session will allow 12 people to attend. If you would like to join her and a few others in exchanging some 'screen time' for some 'green time', sign up with wellness. If there is enough interest afterwards, professionally trained Nature Therapists are available to come present more opportunities to practice and learn.

Please sign up at the wellness office BVWellnessTeam@Asbury.org or 717-591-8022

Corvettes for Care Assurance

The Corvettes are Coming!
When: Friday, September 30th
Rain Date: Friday, October 21st
Time: 11 AM – 1:30 PM

Once again, the Cumberland County Corvette Club is coming to Bethany Village to help us raise funds for Care Assurance. This year there will be no parade. However, these beautiful classic cars will be parked at the mini golf parking lot for viewing and that will be great fun. This event is open to the public so please invite family and friends to come. The shuttle will also be available as well as additional parking at Assisted Living.



Plan to have a delicious lunch from the Food Trucks that will be parked nearby. Tables and chairs will be set up for your comfort and convenience.

This event is all about Care Assurance so flyers explaining this important program will be distributed soon. News about Corvettes for Care Assurance will be posted on Channel 956.

BETHANY VILLAGE “ALL STARS”

In world of loving dogs, never say never

As a dog groomer, I have worked with many dogs over the years. Through my experience, I concluded never to own a white dog (too hard to keep clean) or a male dog (too much territorial marking).

Well, in 1991 I decided to become a foster dog parent through a local rescue group.

Naturally, I chose a white, male dog so I wouldn't become too emotionally attached when he found a permanent home. Within 24 hours of the arrival of our new house guest, C.J., a bichon-poo mix, had won our hearts with his boyish charm and overwhelming personality. OK, so we could handle one white male dog; C.J. became a permanent family member.

Two years later, in 1993, George came into our lives. George was a stud dog being put out to pasture by a glorified puppy mill. Poor George – he was a tiny terrified, dingy, matted Maltese. This little 5-pound dog had spent his whole life (8 plus years) in a cage, never properly socialized or housebroken, with minimal health care. So he had a few problems – what's not to love? It's been many years since we rescued George; I only regret that we

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(Continued from page 4) - *In world of loving dogs, never say never*

didn't save him sooner.

You'd think two white male dogs are enough. The problem was that I received a newsletter from a rescue organization with a list of dogs up for adoption, one of which was another bichon. You guessed it – there was Buffy, an 11-year old arthritic, abused, fear-biter who was afraid of assertive men. I'm not crazy, just compassionate. With a lot of love and patience from my husband and myself, Buffy has become another cherished member of our family.

What can I say? Never say never!

Bonnie Plymette
C.J., George and Buffy



COUNCIL CONSIDERATION — A THOUGHTFUL TASK!

Sandy Henry

Soon, efforts will begin to seek new members for the Residents' Council! This collection of names is not meant to be a popularity contest as we usually know it off campus, but rather a carefully thought-out process involving the residents in your building or cottage site. Each site is entitled to representation, and the positions, ideally, should be filled with names of your neighbors with positive, active minds and goals for the betterment of the entire campus.

The Resident Council should not sit as a quiet ratification board to approve what has been presented during the course of its business, but to act as actual representatives of the groups with whom they share their lives. Ideally, it can and should act as a friendly and focused group which works interactively on behalf of the entire campus residency.

In the period prior to the requested names, think about the neighbors with whom you interact, or quietly observe, and picture them in a council setting where they could do much good. Members are expected not only to carry forth the news from the Council TO the residents, but to bring forth comments, opinions and suggestions FROM the residents. It is a two-way street, keeping plans and actions in a workable state of progress. If you can identify one or more caring and clever people, ask them if they will enter their name for consideration or if they will let you do it for them. Let them know it would be an honor to be considered, and that much good could come from their own personal involvement in the process. Then add your own name if you consider yourself right for the job! Please do not be shy or modest. Just get into the action, enjoy the learning process, and see how you can help out using your own valuable knowledge and experiences.

Bethany Village is generally considered by its residents as "the best place to live" of its type in this area. If you agree, help us to put forth a slate of candidates which lists pro-active, positive people. If you will do this, we will have a banner year ahead!

We Dug It Up



We Shared It

Now it is time
to celebrate

**PARTY
TIME!**

A colorful graphic of confetti and streamers in various colors (red, yellow, green, blue, purple) trailing off to the right.

A Bethany Village Time Capsule celebration social will be held in the Rife Center on Thursday, September 8 from 3 - 5 pm.

Join us as we celebrate all things Bethany Village past, present and future.

Is there a Tinker in town?

John Bowen, LSW (limited scooter worker), Director of Social Services

I have always been impressed by the number of talented craftspeople and skilled shop workers that call Bethany home. And to see them give back to our community with their volunteer efforts is what makes this a wonderful place to live and work. In addition to the clubs and groups that already meet on our campus, I have recently been prompted whether there might be some out there who like to tinker in the realm of small engine repair. More specifically, motorized scooters and power chairs. I have written about these invaluable means of transportation from various perspectives in past editions of this famed newsletter (i.e. from safety policies, parking and speed limits, to the new availability of our own BV scooter to lend as needed). However, it is becoming clearer that maintaining these carts for the long haul is something very few know how to do. I have dabbled with changing batteries and minor repairs as able and referred out to some vendors in the area who are more technically savvy. However, they charge considerable fees and it begs the question . . . is there anyone out there willing to partner with us to perform occasional maintenance on the ever growing fleet of battery-powered devices parked and travelling within the hallways (highways) of our East and West apartments? If so, please contact me to discuss more details and we will do our best to keep the wheels of your neighbors spinning in the right direction.



From the Chaplain

Brand Eaton



I am taking this opportunity to lift up an opportunity for some of you who have recently experienced significant loss through death. I will be facilitating a six-week grief group to help support you in the journey. It is in the company of others who are going through much of the same experience that we often find the most significant help.

The group will meet in the Chapel on the East campus at 2:00 pm every Wednesday afternoon from September 28 through November 2. This is a very informal time with a brief presentation about some aspect of grief, an opportunity for sharing in the group as you may feel led and assisting you to process some of your feelings and experiences of intense grieving.

We currently have eight remaining openings in the group. If you have had a significant loss in the past two years, this group experience may be of help to you. Additionally, your openness to sharing some of your grief journey may be of help to others. If you feel led to take part, please contact Lois Heagy in the Resident Life Office to sign up.

Bethany Village Living Fair

Date: October 27th , 2022

Time: 12:00 pm – 3:00 pm

Place: Rife Center

*The Living Fair is a collection of everything that we have or do at Bethany Village. We are looking for anyone that wants to have a booth at this fair. This may be a club, group or service that is provided here at Bethany Village.

*If interested, please contact Justin Margut
JMargut@Asbury.org or 717-591-8368

Save the Date!

October 3rd -9th, 2022

WELCOME to WELLBEING



Please stay tuned for more information! If you have questions
Contact Wellness at 717-591-8022 or email us at BVWell-

2022 Fall Venture Lectures
Opening Lecture
Thursday, September 22, 2022
7:00 p.m.
Rife Center

The opening lecture will be THE CONVERSATION. Two representatives of the Community Responders Network (CRN) will be presenting a short play entitled "The Conversation", followed by a time of reflection, Q&A. "The Conversation" is designed to help us look at the impact of cultural isolation and the stereotypes and biases of good folks. We ask that people keep in mind these dialogues often make people uncomfortable and that is exactly why they were written...to push us to look at our biases...something we rarely do. Our guest lecturers are Ann Van Dyke and Yvette Davis.

Ann Van Dyke



Ms. Van Dyke has recently become a resident of Bethany Village. She was a civil rights investigator and trainer for the PA Human Rights Commission. She worked with communities and schools where hate crimes were committed, where there was tension because of population change, and where racial supremacist groups were rallying and recruiting. Ms. Van Dyke conducted police/community relations training for municipal police departments. She worked as a team with PA State Police, the US Department of Justice, the PA Office of Attorney General and with the PA and US Departments of Education. She continues to do volunteer work related to civil rights, violence, and poverty through various organizations. Her motto is: DO GOOD AND HAVE A GOOD TIME.

Yvette Davis



Ms. Davis is the Director of Dickinson College's Popel Shaw Center for Race & Ethnicity. She is a certified diversity professional with an extensive background in supervisory and coaching experience around antiracism and multiculturalism. She has Bachelor's and Master's degrees, and her extensive education includes New York University, Drexel University and Widener University. Her background positions her to "provide vision, leadership, education, and advising for students and staff on issues of diversity and inclusion to promote equality and integrity on Dickinson's campus and in the community."

There are two additional lectures - Thursday, October 20, 2022 - ART VS. HITLER: A TRIUMPH OF MODERN ART with Dr. Susanna Caroselli, and Thursday, November 17, 2022 PEAK EXPERIENCE with Jack Frank. These two lectures will be entertaining and informative. More information will follow in THE SCOOP in October and November.

Please join us for all of these lectures. We hope to see you at the Rife Center.

Monte Avery

Bethany Village Model Railroad Club

Lowell Starling

September 2022 News and Updates

(Just play it cool, boy, Real cool.)

The Garden Trains located in Martha's Garden between the Oaks and Maplewood continue running Wednesdays and Saturdays from 10:30 to 11:30am, weather permitting, but they are entering the last month of operating as we enter September. If you have never seen them, or it's been a while since you saw them, treat yourself to a show and come on over to see all the enhancements. Come, treat yourself to some childhood memories, or fantasize about what life was like in those times.

All of Bethany Village will participate in the Rockathon on Thursday, September 22nd to support Alzheimer's research. That week we will run the Garden Trains on Thursday instead of Wednesday. Stop by to watch our engineers rock and "cool your heels" with fresh snowcones made by our conductors.

Come and watch as the "Main Line" Pennsylvania Railroad freight train, the "Short Line" passenger train, and the "Trolley" travel through the pastoral rural area in the background, and then the industrial area including worker housing and a brewery.

From there, the trains travel through the southwest America village portraying multiple centuries in the old southwest. See



the pony express station in the background, and the Little White School House with the schoolmarm watching the kids playing on the playground.

As you leave the southwest village and travel into the 19th century don't miss the saloon and then the more modern buildings of the next era.



From there move through the 20th century community including a theater, a Harley Davidson dealer, a traditional diner, plus a sawmill modeled after one in Gaithersburg, Maryland.



The “Main Line” train is a freight operation, somedays it pulls standard freight cars, other days it pulls a circus train complete with circus animals and characters. The “Short Line” train is a passenger train that runs a route similar to the main line but on a shorter stretch of track. The antique “Trolley” shuttles back and forth between the passenger station at one end and its barn at the other end of its track. All this activity is viewable from the Oaks porch, or the Arbor on the other side of the layout.

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 Membership Director Nancy Thomas (717 591-5497), 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/>

The Oaks skilled nursing will be selling key chains and lanyards for the Sept 22 rock a thon. Many are already made, so come take a look at them in our lobby. Door 30. You also may order them in your favorite team colors. They make great Christmas gifts. We will be selling chocolate chip cookies too. We can be found on the train porch on Sept 22. Stop by and see us. JaneDelsordo jdelsordo@asbury.org if you want to order.





ARE YOU READY TO ROCK?

Join us on Thursday, September 22 from 11:00 am-4:00 pm

This is a campus wide event to benefit the
Alzheimer's Association

Bring your money and your appetite to help support this cause

West Campus

Clinic-Door 1 -Selling Walking Tacos

Wellness- Door 1 - Gift Card Raffle

Model Railroad Club- Oaks porch-Sno Cones

Oaks- Oaks porch- selling hand made key chains and lanyards

Library-Door 62-distribution of pre order R&K subs (12-1 pm)

Therapy-Martha's Garden, bake/snack sale and plant sale

Golden Maple Crew- Door 21 selling homemade apple butter and whoopie pies

Asbury Home Services-Door 21, 3 raffles, Starbucks, Games and Lottery

Marketing-Door 1 West, Popcorn samples and popcorn fundraiser

Maplewood Rocks-Martha's garden/door 21, hot dogs and chips

The Rockettes- Door 21/Martha's garden, flowers and baked goods

Partners in Grime- Door 1 West, Beef BBQ, chips, and drinks

East Campus

Library-in front of the library- distribution of pre order R&K subs-(11-3pm) order forms available at front desk

Center-Breezeway-Baked potato bar

Foundation/Resident Life- Bistro- scratch off lottery raffle

Needlecraft/arts and crafts-Breezeway-quilt raffles, handmade dish rags and scrubbies

Resident Council-Bistro

Front Desk-Bistro-Bake sale and pick a pearl (more info to come)

Wood Shop- Breezeway, hand made gifts, wooden items for auction, small games, toast and muffin retrievers

People's Bank-In the bank, Gift Card Raffle

PARCR GETS POLITICAL!

Lowell Starling

The next PARCR Quarterly meeting will be at 10:00am on October 12, 2022, at Garden Spot in New Holland, PA. We are still planning to meet in person and will livestream the meeting to PARCR members who cannot attend in person.

The keynote speaker will be Dr. G. Terry Madonna who will speak on the implications of the coming midterm elections. Dr. Madonna is a Senior Fellow in Residence at Millersville University of Pennsylvania. He was Professor of Public Affairs and Director of the Center for Politics and Public Affairs at Franklin and Marshall College.[1] He is also the Director of the Franklin & Marshall College Poll. After Dr. Madonna's presentation we will have a discussion about the future of PARCR. We will introduce the draft strategic plan and have a question-and-answer discussion about the plan and the resources required to implement it.

After the discussion on PARCR's future we will have lunch at noon which will be \$15 paid at the door when you register. We look forward to seeing you at the meeting.

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



Pennsylvania Alliance of Retirement Community Residents

Official Websites:

PARCR – parcr.org

(Pennsylvania Alliance of Retirement Community Residents)

LeadingAge PA – leadingagepa.org

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

Remember September?

Sandy Henri

Schools reopened, and students of all ages rushed to rejoin their best friends. Professional associations resumed their regularly scheduled meetings and productive plans were laid for growth and achievement.. We welcomed football; chillier winds; warmer outfits and comfort food. It was almost like a brand “new year”!

We can still do that!

We can reconnect with fond friends and make new ones. We can attend committee meetings and participate energetically in their activities. We can cheer for our special sports teams; relax in our most comfortable sweaters and enjoy our favorite meals with others or in the company of Marie Callander and Lester Holt at home.

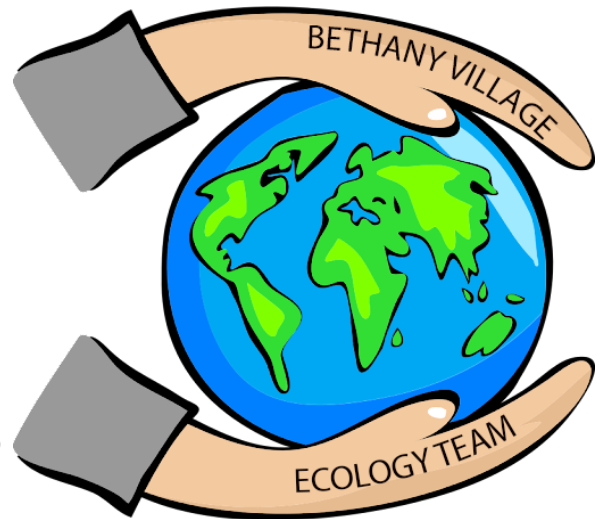
Finally, and most significantly, we can share the collectibles and events of the 25-year Time Capsule(s), and welcome the opening of a Bethany Village Dog Park!

Happy “New Year”!

Bethany friends and neighbors,

We have to work to keep our water, our air, and our environment safe. There is no planet B. Here are some things you can do to help:

- Avoid all single use plastic items
- Stop buying bottled water
- Carry your own refillable water bottle and container for restaurant leftovers.
- Switch to bar soap from liquid soap
- Try composting
- Plant a tree
- Plant a pollinator garden- save the butterflies and bees
- Don't buy new clothes- wear what you have
- Give some of your clothes to community aid to share with others
- Use cloth napkins and a handkerchief instead of paper tissue
- Use bamboo products instead of paper.
- Remember a meat heavy diet is not good for the planet
- Conserve water capture rain water to water plants
- Turn off unnecessary lights separate trash from things you can recycle



Find one thing you can do. Do it and then find another.

Mary Anne Morefield
For the Ecology Team



Food for Thought

Dale Meadowcroft

I recently read a good story. I do not know the author but it is certainly worth repeating.

A well-known speaker started off his seminar holding up a \$20 bill. In the room of 200, he asked, "Who would like this \$20 bill?" Hands started going up. He said, "I am going to give this \$20 to one of you but first, let me do this." He proceeded to crumple up the \$20 dollar bill. He then asked, "Who still wants it...?" Still the hands were up in the air. "Well," he replied, "What if I do this?" And he dropped it on the ground and started to grind it into the floor with his shoe. He picked it up, now crumpled and dirty. "Now, who still wants it?" Still the hands went into the air. "My friends, we have all learned a very valuable



lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Many times in our lives, we are dropped, crumpled, and ground into the dirt by the decisions we make and the circumstances that come our way. We may feel as though we are worthless. But no matter what has happened or what will happen, you will never lose your value. Dirty or clean, crumpled or finely creased, you are still priceless to those who DO LOVE you. The worth of our lives comes not in what we do or who we know, but by WHO WE ARE. You are special-Don't EVER forget it."

Although the illustration uses a \$20 bill the story is priceless.

At birth we are like a ship still under construction in the dry dock. As we grow into our early years our ship is launched and we learn to sail in the protection of the harbor. As we grow older we may risk taking occasional day trips out along the coastline but we always can return to the safety of the harbor. As adults we turn toward the unknown, sailing only with the faith that there might be land somewhere ahead. During that voyage called life we come across many squalls and are tossed about on unknown seas. Our once pristine, newly created boat is covered with barnacles and scratches and perhaps even a broken mast and ripped sails, but we sail on.

Pain passes. Better days do come. And still we long to see what lies ahead. We yearn for our vision to pierce the storms, to be able to say there is nothing to fear and no harm will come to us, but we have no land and no spyglass and the road ahead is dark. Yet, we persevere. We have faith in the light, in the warmth and the tenderness and nearness of the people we love and who love us.

Our boat now is nestled safely in the harbor of Bethany Village. We are surrounded with support and friends. Perhaps we are not able to head out to the open sea on another great adventure. For sure, we are wrinkled like an old \$20 bill. But we are alive. We have value.

The worth of our lives comes not in what we do or who we know, but by WHO WE ARE. You are special-Don't EVER forget it.

BETHANY READERS SEPTEMBER 2022

Barbara J. Bankard

The Bethany Readers will meet on Tuesday, September 13 at 10:00 am in the Rife Center on the East Campus. This month we will discuss *The Book of Lost Friends* by Lisa Wingate, led by Melissa Stock.

Please remember to submit your book suggestions for 2023!



ALL WOMEN OF BETHANY VILLAGE AND BETHANY TOWERS
ARE ALWAYS WELCOME TO JOIN THE GROUP.

Book Selections and Dates for 2022

Date	Book	Facilitator
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.****

2022 Variety Show

Attention: Acts wanted for this years Variety Show! We want you to bring and show off your Talents!

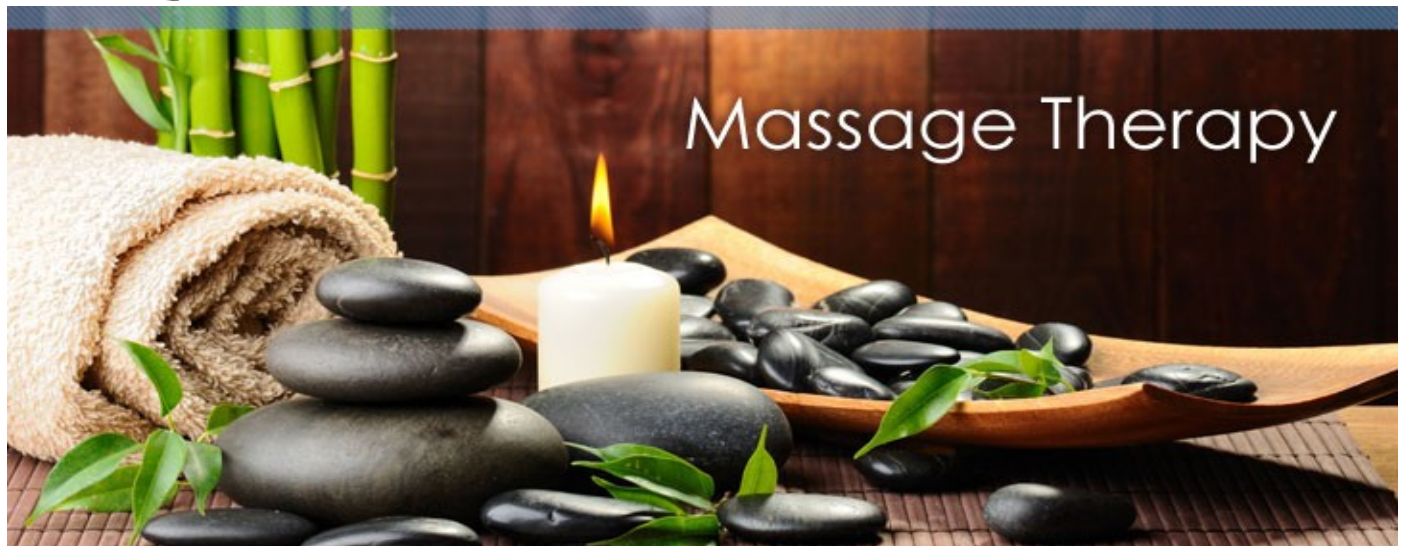
Both residents and associates are welcome and encouraged to participate!

Sign up at the Wellness Department or contact Wellness at 717-591-8022 or you can email us at BVWellnessTeam@Asbury.org.

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

When: Wednesday, November 16th @ 7:00PM

Where: Rife Center on East Campus– Please note we will have a limited audience due to restrictions. However, due to this it will also be broadcasted on Channel 956



Massage Will be Returning to Bethany Village

We anticipate that we will be taking appointments for October.

All gift certificates already purchased will be honored.

If interested , Please Contact Wellness at 717-591-8022 or email us at BVWell-

A Garden Walk: September 2022

Anna Johnston

Last month I wrote about Sunflowers. I thought August was for these happy mainly-yellow garden favorites. I was wrong. We were gone for three weeks and when we returned, they were thriving. If you are on the West Campus at the corner of Arbor Lane and Dogwood, you will see Doug Reisinger's array of sunflowers surrounding their cottage. Some reach above the roof line. I thought there must be a story here. Doug said that about four years ago he bought a packet of one thousand sunflower seeds and planted most of the packet. It seems the rabbits and possibly our ground hogs found the new plants delectable. He replanted four times. For those plants that made it, birds and bees hovered and provided more interest. He shared the saved seeds with neighbors including Norma Brandon. Doug is just one gardener growing sunflowers for the rest of us to enjoy. They are definitely a Bethany favorite!

I like to visit the Healing Garden. If you remember the area three years ago, it was flat and covered in dark brown mulch. Now, taller plants and trees have been added to once horizontal space and have added vertical interest. I am particularly pleased with the ten-foot native Joe Pye Weed. It has huge mauve flower heads. (If you look, you will also find it along I-83 and I-15.) Staff take Oak's residents out to enjoy the planting. They sit in the two shaded areas where they usually have a nice breeze. Families find it a pleasant place to visit with their loved ones. Some independent residents come to enjoy nature. If you haven't visited, put it on your Bethany Bucket List.



Cindy Rogers Lindsay reports on the Community Garden located on the East Campus:

If you walk or drive down past the Garden and look across the fence, you will see lots of vegetables growing but also many beautiful flowers. Many of the sunflowers are no longer at their peak but none of the birds seem to mind. They are enjoying the seeds. But look at all the other flowers blooming so beautifully. There are zinnias, marigolds, cosmos and more. Some of flower growers are Kay Hess, Charlotte Perrago, Norma Brandon, Jan Melius, Beverly Hoover and Lois Heagy---- just to mention a few! The bees and butterflies love it. The bees are also loving the large crop of basil Barbara Nolan is growing, and, there are tomatoes ripening everywhere! Oh, the joy of tomatoes fresh from the garden!

Bethany Village to Canadian Rockies

Tony Wright;

We've all seen the beauty of God's creations, and that is even more evident in the magnificent Canadian Rockies. The grandeur and splendor are even more so than the Colorado Rockies or the mountains in Alaska.

Early Saturday morning, August 6, 2022, seven excited residents left Bethany Village to embark on a Tour of the Canadian Rockies featuring the Rocky Mountaineer (train). Our trip started with a plane ride to Vancouver, British Columbia via Air Canada. We met our Collette tour guide, Susan, upon our arrival. She is friendly, and was an experienced, knowledgeable guide. She was with us every day of our journey making it a very pleasant experience. During the almost two-day stay at the Sheraton, Wall Centre, we toured Vancouver, saw Stanley Park and went to Granville Island Public Market via a small ferry boat. Dinner, following liquid libation, at the hotel was the hit of the evening and we were all ready to get a good night's sleep before starting our rail journey Monday!

We boarded the Rocky Mountaineer and following a song performed by a bag piper, we were on our way. The train has observation cars and the hosts in our car were Robert and Billy. Breakfast and lunch were prepared fresh daily in their galleys and were served by Chole and Jon.

The first leg of that ride took us through the lower lands of plains and rolling hills of the Fraser Valley. We spotted some wild horses along the way. This leg ended at Kamloops, a quiet little town. We spent the night in a hotel since there's no sleeper cars on the train. The next day, traveling parallel to a turquoise colored river, the train took us to the picturesque town of Lake Louise. That's when we began to experience the splendor of the Canadian Rockies. Along the way we spotted bighorn sheep, eagles and osprey.

When we arrived at Lake Louise, we saw a lake with blue/green colored water fed by a towering glacier. We stayed in the nearby Fairmount Chateau Louise that was built in 1911. Most of us had to "rough" it as some of the rooms weren't air conditioned.

The next leg of our journey was aboard a coach (a large bus) driven by Dave, a Welshman with great driving skills, even on the right side of the road, and an even better sense of humor. He took us to the nice and quaint town of Banff, Alberta, nestled in a valley surrounded by towering, snow covered peaks. This stay included two nights at the gorgeous Rimrock Hotel where you enter on the 7th floor and the rooms are above or below since the hotel sits on the side of a mountain. The views from the hotel were indescribable.



Our stay in Banff included a ride up to the Athabasca Glacier, via large wheeled vehicles, where we disembarked onto the ice field. It was chilly and windy, but well worth the experience. We also saw Moraine Lake, Peyto Lake, and Bow River Falls. All are from beautiful, turquoise colored glacier water. We even saw three black bears walking on the hillside of a mountain road.

(Continued on page 20)

(Continued from page 19)

The last day of our journey took us out of the mountains to the flat plains east of Banff to the city of Calgary and the Hyatt hotel. Susan and Dave stayed with us for dinner that evening (the last of several that Collette hosted). Dave took us back to the hotel and bid us



See if you can find us!

farewell. Susan was in the hotel lobby at 3AM to make sure we had all our luggage and got on the shuttle to the airport. Who could ask for more than that?

Our final "adventure" was navigating the Toronto Airport. Walking, and more walking, several security checks, lines and more lines and due to staff shortages, not being sure we would even get our scheduled flight to Baltimore. Finally, we got to Baltimore where our Limo met us for our trip back to Bethany Village.

It was difficult to leave such a spectacular place as the Canadian Rockies, but the call to BV was strong and overcame that urge.

We all have an abundance of pictures and anecdotes and would be willing to bore you with them if requested.

Tom and Penny Cognato, Nan Keiser, Carol Leidig, Sandy Newmyer, Kathy Salmon, & Tony Wright

Bethany Village Auxiliary

Phyllis Kegerreis

Summer is just about over and it is time to get back in the swing of things. Although the Auxiliary Board doesn't meet in the summer, our activities do continue. Lots of people are making lap robes for us to give as gifts to the residents of Maplewood and The Oaks for Christmas. We are still not able to hold Birthday Parties in The Oaks due to the Covid regulations. Hopefully that will change in the near future. We continue to sell Marzoni's Gift Cards in the Gift Shop. They are good at both Marzoni's and Hosses restaurants. While you are getting your gift cards, do some shopping in the Gift Shop. There is a large selection of greeting cards at very reasonable prices and many gift items to choose from.

October brings us Boscov's Friends Helping Friends Day. You buy a \$5 card from the Auxiliary and get a 25% Discount on many items in the store. The date for this is October 19th. In the past, we were able to have a bus from Bethany take us to the Camp Hill store and we will once again try to do this. The Auxiliary gets to keep the \$5 and you get to buy some bargains. Remember - Christmas is coming, do your shopping early. Board members will have the passes to sell and we will also be selling them in the East and West Lobbies the latter part of September and the beginning of October. Watch Channel 956 for times and locations.

Our Board meetings are held in the East Conference and are on the first Wednesday of the month. Our September meeting is on September 7th at 9:30 AM. All members are welcome to attend these meetings. Perhaps you have some good ideas you could share with us as we start our 51st year. Looking forward to seeing you there.

Additions to the Library August 2022

“The 6:20 Man” by David Baldacci, centers on Travis Devine, an entry-level analyst at a prestigious Manhattan investment firm. One morning his tedious routine is shattered by an anonymous email: Sara Ewes, Devine’s co-worker & former girlfriend, is dead. A killer is out there and Devine is the bull’s eye!

“Black Dog” by Stuart Woods. A Stone Barrington novel where he must step in to protect his friends and prevent a dangerous madman from wreaking havoc across the city.

“One Little Secret” by Cate Holahan tells the story of a glass beach house that was supposed to be a getaway for a couple and their 2 new neighbors, but turns into a murder mystery when one of the women is discovered dead on the beach. It seems that everyone in the glass house has something to hide.

“The Man Who Died Twice” by Richard Osman. It seems that the Thursday Murder Club, who live in Cooper’s Chase, a posh retirement community, are trying to catch the killer before he catches them.

“Take Your Breath Away” by Linwood Barclay. Andrew Mason’s wife disappeared while he was on a fishing trip. He was thought to be guilty of getting rid of her. Andy drank too much and almost lost his business. He sold his house and moved away. After 6 years, he had finally put his life back together when a woman showed up at his old address, screaming, “What happened to my house?” and Andy’s new life was shattered!

“Sugar and Salt” by Susan Wiggs. Everyone has a past. However, Margot’s new life with Jerome is changed when her past in Texas comes back to haunt her.

“Serpentine” by Jonathan Kellerman. Milo Sturgis involves Alex Delaware in a case where they need to cater to a mega rich woman trying to solve the decades-old death of the mother she never knew.

“The Lights of Sugarberry Cove” by Heather Webber. Sadie and Leala, sisters with a strained relationship, come home to run the inn when their mother suffers a heart attack. They learn to accept the past.

“Cul-De-Sac” by Joy Fielding. A shooting lays bare the secrets harbored by five families in a sleepy suburban cul-de-sac. A diverse group of neighbors, to be sure. Yet they all harbor secrets. All bear scars. And all have access to guns!

Connie Scheil



Birthday Wishes



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

9/1	Christian Hipp	9/16	Shirley Kerr
	Ellie Meadowcroft		Marlin McLaughlin
	Dennis Plymette		Sandy Wright
	George Scheuerman	9/17	Regina Gaumer
	Carol Steffy		David Weiss
9/2	Romaine Boyanowski	9/18	George Carpenter
	Virginia Leber		Bob Rhodes
	Janet Shank	9/19	Herb Sollenberger
9/3	Raymond Schott	9/20	Doris Killick
9/5	Patsy Ambrose		Donald McCoy
9/6	E. Jean Eggert		Ralph Tygard
	Maria Ferenbaugh	9/21	I.S. Eberly
9/7	Jay House	9/22	David Clovsky
9/8	Penny Bair		Cindy Lindsay
	Margaret Cleckner		Joan Mackey
	Anne Irvin	9/26	Curt Bonser
9/9	Mary Jane Erby		Carolyn Long
9/10	Linda Kelley	9/27	Chris Slatick
9/11	Dick Landry	9/28	Alice Huffman
9/12	Donna Gutshall		Glen Zimmerman
	Margee Kooistra	9/29	Sue Gilbert
9/13	Dick Cromer		Kitty Markley
	Sue Walker		Fay Shiflett
9/15	Eleanor Bailey	9/30	Sue Reisinger
	Jim Campbell		
9/16	Patrick Dougherty		
	Frances Drees		



THE AL TOMB-GENE DAVIS MEMORIAL CONCERT

October 28, 2022 7:00 p.m.
Bethany Village, Mechanicsburg, Pa
Rife Center

Dan Dorty Concert Organist



Daniel L. Dorty is the Director of Music and Organist of the Derry Presbyterian Church in Hershey, Pennsylvania, and the collaborative pianist and organist for the nationally recognized Susquehanna Chorale. Mr. Dorty serves on the Mount Gretna Summer Bible Festival board and accompanies its 200-voice massed choir. He attended Messiah College, majoring in sacred music with a concentration in organ. Mr. Dorty also maintains a private studio, teaching organ, piano, and voice in Boiling Springs, PA. Mr. Dorty is a member of the American Choral Directors Association and the American Guild of Organists.

This FREE CONCERT is made possible and sustained ONLY by free-will donations

I would like to publicly praise the Maintenance Department for their quick and able correction of apartment problems that a really old person like me can no longer handle well. For example, as an over ambitious effort to remove messages from my phone, the phone froze. I couldn't call out or have a call come in. It is my only communication. I don't do internet or have a working computer. A very nice man from maintenance arrived on a Monday and in two minutes fixed the phone by disconnecting the right cord. At my request, he then stood on a chair and fixed the loose swinging closet door in the hallway. He then stopped the leaking toilet in the bathroom that I had been trying to fix for a month. In fifteen minutes, he fixed everything I had been struggling with for months. He was very cheerful all the time. I came to find out later that his name is Jeremy Miller. I was totally impressed and want to publicly thank the maintenance people.

William Dallam Bethany Court 3113

Bereavement Notifications

Kenneth Allen 7-21-22

Ann DiCarlo 7-28-22

Louis Scheffer 7-22-22

Laverne "Mac" McDonald 8-11-22

Donald Stratton 7-26-22



Welcome New Residents

Amanda Price



Tracy Olson and Judith Sommer moved into West Cottage 5252 7/28/22. Their phone numbers are 717-343-1142(T) and 717-343-1141 (J). Tracy and Judith moved to Bethany from Mechanicsburg, Pa. Many of you already know these wonderful ladies as they have been involved with Bethany for quite some time and have made some meaningful connections. Tracy and

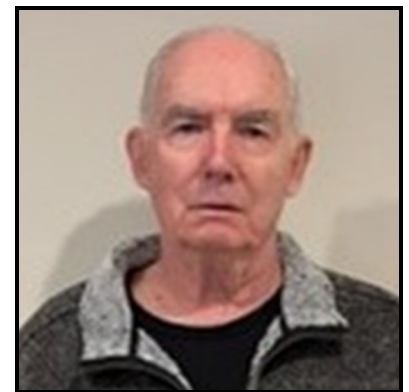


Judith have both worked for Blue Cross Blue Shield. Tracy enjoys making stained glass and has made a workshop in her cottage to continue. Judith loves to cook and is a wonderful chef!! If you see them around be sure to say hello!!



Sandra Ferrar moved into EC 435 . Her phone number is 717-652-0104. Sandra is moved from Harrisburg, PA. She loves to garden, read, cook, exercise. She enjoys art and museums. Sandra has traveled to Italy, Hawaii, London, Wales and Scotland. She is excited to get settled into her new home and meet new people here at Bethany. If you see her around be sure to say hello!

Robert Kelly moved into West Apartment 4117 and his phone number is 717-591-8897. Robert moved here from Mechanicsburg, PA. He is retired from Computer Management. Robert is looking forward to using the amenities here at Bethany. If you see him around be sure to say hello.



Lisa Devries moved into East Cottage 474. Her phone number is 540-556-3121. Lisa moved to Bethany from Salem, Va. She is an avid gardener and enjoys cooking for herself. If you see her around campus be sure to say hello!

Howard and Beverly Hertzler moved into Court Apartment 3212. Their phone number is 717-697-1058. Howard and Beverly moved to Bethany from Mechanicsburg, Pa. He is



retired from IBM and graduated from Mechanicsburg HS. She was a medical assistant and graduated from West Shore High School (Cedar Cliff). They are excited to start their new journey here at Bethany. They know a few of you already, but please say hello when you see them around the campus!

