

The Scoop

Volume: 12 Issue: XII Date: December, 2022

ASBURY
BETHANY
VILLAGE



Anticipate More

From the Executive Director...

Brian Grundusky



Hello to all residents and associates!! Happy Holidays! I want to wish you all a very happy and safe holiday season. I also want to thank you all again for your continued efforts and patience during these challenging times. The challenges that we are facing continue and you all have been very responsive, and patient and I will continue to ask that you follow all the necessary guidelines that we have in place.

COVID-19 Update: Currently, Cumberland County's positivity rate is 15.56% (as of November 2022). We have lifted the masking guidelines in Residential living areas. This would be for RL residents and their visitors. Although we are not requiring masks to be worn, we are highly recommending masking for those who are considered immune-compromised. We are still requiring masking for all associates and for The Oaks SNF and MapleWood AL visitors (this would include RL residents who are visiting The Oaks

SNF and MapleWood AL). 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.

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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 active screening process for the entire community.

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 &

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Bethany Village
325 Wesley Drive
Mechanicsburg, Pa 17055

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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/>

Financial Update: Bethany did not meet the Operating Ratio (OR) for October. We (narrowly) missed the goal by **.02% (\$1,734)**. We did post a positive variance in OR revenue of **\$109,757** but were over in OR expenses by **\$111,491**. We are still challenged with our contract labor expense as we were over for the month by **\$255,810**. YTD, we are not meeting the OR goal by **1.2% (\$331,038)**. 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.

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 31 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.

Occupancy: (as of 11/16/2022): We are overbudget in occupancy (YTD). We are currently **94.3%** occupied (compared to a budget of 93.9%). We currently have 12 West Apartments in RL, 4 Assisted Living rooms and 3 SNF beds available. We have seen a negative trend in The Oaks occupancy as we currently have 3 open rooms. We have extended the current incentive plan for the West Apartments and will be working with our corporate marketing team to develop other methods to fill these openings.

BV West Land Sale: The West Land Sale contract has been signed and we are moving forward with the sale of this land. We have signed an agreement with PepsiCo to sell the 7.43 parcel of land on the West side of campus. We are still not officially announcing the sale of the land as the agreement gives this company a 90-day Due Diligence period. We did shorten this timeframe from the original request) to work with the township on their construction plan. More to come.

Budget 2023: Due to the October 2022 increase, we will not be implementing the 2023 rate increase until February 1, 2023. The 2023 Budget Review (normally reviewed at the November Coffee) will take place at the December Coffee.

Associate Recognition from Residents: I wanted to personally thank all the residents and family members who were able to donate to the BV Associate Recognition Fund this year. I cannot stress enough how much our associates appreciate your generosity. It goes such a long way for the associates.

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I want to again wish you and your families a very Happy and Safe Holiday season and would also like to remind all the residents, associates, and families that they can reach out to me at any time with any questions that you may have.

Thank you again and please stay safe and healthy!!

A GARDEN WALK

Anna Johnston

It's December and it is getting colder. The days are getting shorter. It gets dark too soon. The trees are bare, and we can see their different shapes. There is such variety. Look! Now, few of us are out walking unless we have a dog. Have you noticed? They meet and greet. They know the names of each other's dogs. Their conversations continue.

The group of BV Dead Headers who kept our Knockout roses blooming (even after some snow) have had similar experiences. I was clipping a Sunny Knock Out along Sheely Lane and ended up having an extended conversation with a resident who was out with his dog. If I hadn't been there clipping away, it wouldn't have happened.

A favorite columnist of mine has been saying that if we have any real change in our country it will start at the local level. We are fortunate. I find it so refreshing to experience our BV neighbors attending lectures, exercising together, singing together, gathering for Bethany Babes and the Community Garden residents who share their produce. The list goes on. Plus, we are recovering from our experiences with COVID. Some of us are out of practice.

Community matters. May we each make a resolution this coming year to find out more about our neighbors. See what happens. You might make a difference, AND you might have a happier New Year!



Thank You!

On behalf of the Asbury Foundation at Bethany Village, thank you for your generosity in 2022!!

Because of your generosity to Bethany Village in 2022...

- Over **\$2.1million** was raised
- **\$14,500** was provided to associates through the Bethany Village Nursing Grant Fund
- More than **\$444,000** was given to Care Assurance
- Over **\$1.3million** was given for capital projects
- More than **\$214,000** was raised for special projects including ecology initiatives – including **\$80,932** for the Associate Appreciation Fund

Did you miss purchasing tickets for the Concert for Care Assurance? The concert will be live-streamed on 956!

PARCR IS COMING!

Lowell Starling

PARCR's next Quarterly meeting will be in the Rife Center at Bethany Village on January 11, 2023, starting at 10:00am. The keynote speaker will be Registered Dietitian Brigitte Brady of Sodexo who will address the second most interesting topic for most of us: FOOD! She will be speaking on Food as Medicine.

After Brigitte's presentation, we will hear from representatives of LeadingAge PA on legislative and regulatory matters which affect our lives and pocketbooks. We will also hear from Dan Seeger who is a board member of NaCCRA about what is happening in Washington affecting senior living.

The last presentation of the morning will be on Bethany Village's initiatives to improve brain health for residents. JD Shuman of the Asbury Foundation will introduce the initiatives and Sue Paul from Asbury Methodist Village, who is spearheading the initiatives for the Asbury system, will provide updates and results so far.

After the presentations, we will adjourn for lunch and after lunch BV Marketing will give an optional tour of BV for our guests from other communities.

The April meeting will be at Londonderry Village in Palmyra. The speaker will be Gary Pezzano the CEO of LeadingAge PA. He will discuss his plans for LeadingAge PA as well as the legislative climate for CCRCs.

You do not have to be a PARCR member to attend the in-person meetings. Contact me for information on how to get an invitation to the meeting if you are not a member.

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

Official Websites:

PARCR – parcr.org

(Pennsylvania Alliance of Retirement Community Residents)

LeadingAge PA – leadingagepa.org

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



Pennsylvania Alliance of
Retirement Community Residents

Not All Fishing is Good

Residents' IT Team

Everyone has heard of computer hacking. So, what are the differences and similarities between computer hacking and social engineering? Computer hacking involves breaking into a system using technical computer skills to gain unauthorized access to the system and the information inside that system. Social engineering deceives another human into divulging information through psychological manipulation. You have probably heard of a few types of social engineering.

Some of the most common types of social engineering attacks are:

Phishing

Phishing attacks occur via email, text, and social media and messaging apps. Attacks via texts and apps are also called Smishing. The attacker tricks the recipient into clicking on a malicious link. It is the most common form of social engineering attack. **An example of phishing is an email that appears to be from your bank providing you with a link to click to reset your password because your account has been locked due to too many unauthorized attempts to access it.**

Vishing

Phishing via a phone call which could be either automated or a live person on the line trying to get you to divulge personal information.

Quid pro quo

This attack is like baiting but requires the victim to perform an action in response to the attacker. **An example of Quid pro quo is when someone calls pretending to be a service provider and instructs you to perform actions that they need you to provide your security credentials for, but, instead of helping, will actually download malware onto your machine so that they are able to access it remotely.**

Pre-texting

Pre-texting occurs when a fake identity is used to manipulate individuals. **A pre-texter may imitate the victim's IT helpdesk, their credit card company, or other service provider and ask the victim to "confirm" their username and password, their social security number, their credit card number, or other important information.**

Hopefully this has made you more aware of the many types of social engineering ploys and how they work so that you can be better prepared to navigate situations like these in the future. As the population becomes familiar with one type of social engineering, new ones evolve, so it's important to always be on guard to secure your person information.

The post Social Engineering appeared first on McKonly & Asbury.



Bethany Village Auxiliary

Phyllis Kegerreis

Hard to believe 2022 is almost over. As they say, "Time flies when you are having fun."

The Auxiliary has had a pretty good year. We are hoping to be able to have our "Vintage Fashion Show" on April 12th. We will be having the Basket Raffle that day too. So think about what you would like to do for a basket. More to come in January.

Our Gift Shop is in desperate need of volunteers to work in the Gift Shop. The hours are not long and it really is easy. It's a good way to meet people and help the Auxiliary. You can work 10am to 12:30 pm or 12:30 pm to 3 pm. You can pick your time and day. If you want to you can work once a month or several times a month. Call Mary Smith at 1-443-834-3895 or Ginny Eaton at 717-591-8379 and they will be happy to help you.

If you are a member of the Auxiliary and haven't made your reservation for the Annual Meeting on December 14th, be sure to call 717-591-1045 before December 6th. We will be having the Blessing of the Lap Robes and Election of Officers followed by a light brunch.

The Auxiliary Board wishes each and every resident and associate at Bethany Village a very Merry Christmas and a Healthy and Happy New Year!



Christmas Greetings from the Gift Shop

Mary Smith, Manager

For the holiday season, we will once again be having a Big Colorful Jewelry Sale! Last year this was such a success we have decided to do it again, putting together some beautiful displays along with some new products for you to enjoy. We will have Satin Pillow Cases, Holiday Scarves, Handbags and lots more. By the way, Scrubbies are back along with Produce Bags. This set of three will keep the plastic out of the landfill!!



Our Christmas cards, our Fruitcakes, and many other items you will find are much cheaper than the other stores so don't run around in the cold, come and see us first !



If you are new to Bethany and haven't visited the Gift Shop yet, this is your chance to take a good look! The money we make stays in our community and helps to support the residents of the Assisted Living and Skilled Nursing units. So come on over, across or down!! We can't wait to meet you!!

Food for Thought

Dale Meadowcroft

As we approach the end of the year and Christmas most of us will feel an overwhelming urge to find the right gift. We end up fighting crowds, perhaps find ourselves getting a bit grouchy in a season that is supposed to be filled with joy. How easy it has become for us to spend money and effort to purchase something when it costs nothing to give our self or our time.

I recall watching the movie “Land” several months ago. It is a poignant story of one woman in the aftermath of an unfathomable event, who finds herself unable to stay connected to the world she once knew. She retreats to the magnificent, but unforgiving, wilds of the Rockies. When a local hunter brings her back from the brink of death, she asks why he did. He explained that on his way out he saw smoke from her chimney and two days later on his return there was no smoke. “Yes, but why did you stop?”, she asked. “Because you were on my path”, he replied.

Simple answer. Big impact. We see people everyday that could use a helping hand but in a world with limitless access to choices, we often find ourselves too overwhelmed to make a choice (or afraid of doing the wrong thing) and we choose to make no choice at all. It reminds me of the story about a man who was attacked and left by the side of the road. Several “good” people crossed to the other side and left him lying there until one “unfavorable” person carried him to a local inn and did not leave until he was assured the injured party would be cared for. Our fear of doing the wrong thing stops us from doing anything, which precludes us from serving anyone at all.

It can be difficult to accept that in the greater scheme of things everyone else is just as important as we are. When we realize this position, we force ourselves to leave our personal agenda behind and elevate the importance of the person we are serving. It’s easy to assume we know what’s best for others and to simply give them that material thing. But, if we seek to serve others well, the best thing we can do is take the time to get to know people and honor them with a listening ear.

We all have a natural inclination to want to either fix everything or create distance from what we can’t fix. When I think about this, I recall the story mentioned earlier. It would have been easy for the traveler to look at the problems of the injured man as too great or too complicated to get involved—he was traveling for business and, I imagine, he had plenty of other places he could be or things vying for his attention. Instead, he did what he could and found a place for the man to stay and people who could help him. The man did not fix crime rates along the road where the man was attacked, but he saw a need he was able to address, and he did something about it. His example of going the extra mile, even when it’s inconvenient, is something we still can choose to live by.

When we allow ourselves to be influenced and changed by the people we seek to serve, we create avenues for mutual respect. In the same way, allowing yourself to be served is often an incredibly meaningful way to serve someone else. It levels the playing field and tells the other party they have value, that they matter.

Think about it. How often have we wished that the Christmas spirit lasted all year. When we give of our self, when we treat others with respect, we give something that never wears out, it never grows old. It truly is the gift that keeps on giving.

Christmas can last all year.

December Charity

Ginny Wilt & Kay Hess

It is the time of year when Christmas, Family, and Friends enter our mind. We begin to think of the past holidays and suddenly our mind moves into the present. We hustle to wrap up personal business transactions as needed by the end of the year in preparation for the New Year coming into view. Along with personal business many of our residents are involved preparing to wrap up BV business for committees, clubs etc. throughout the campus. The Sunday Vesper service impacts BV residents through sound teaching and exceptional music by talented artists and the voices of many residents. Vesper Services reach into the surrounding community through the gifts and donations given by generous residents to aid ten local charities. To achieve this service to local communities many committed volunteers make this happen. They commit to attend three meetings each year, count the offerings throughout the year and take an active role in the disbursement of funds. An appreciative Thank You to our committee Nan Enders, Nan Rhan, Ralph Tygard, Anne Wagoner, Barbara Zeigler, Evelyn Fennell, Donald Mowrey and Kay Hess. Back up counters Bob Gasull, Glenn Gutshall and Jim Wilt. Kay Hess brings insight and wisdom as we work side by side making important decisions regarding outreach into our community. We send Holiday Blessings to all,

The Spirit of Christmas

We have a list of people we know, all written in a book
And every year at Christmastime, we go and take a look.
And that is when we realize that those names are a part
Not of the book they're written in, but of our very heart!
For each name stands for someone who has crossed our path
And in that meeting they've become a treasured friend to have
And once you've met some people the years can not erase
The memory of a pleasant word or of a friendly face.
So, as we send this Christmas note that is addressed to you
It's because you're on that list of folks we're indebted to.
And you are one of the people who in times past we've met
And happen to be one of those we don't want to forget.
And whether we have known you for many years or few
In some way you have a part in shaping things we do
This, the spirit of Christmas, that forever and ever endures
May it leave its richest blessing in the hearts of you and yours!

Author unknown.

Welcome to the North Pole and Santa's Workshop!

Lowell Starling

If you have always wanted to visit the North Pole and see Santa's house and workshop but it was too far away and too cold there, here is your chance! This year the members of the Bethany Village Model Railroad Club have transformed the West main lobby inside Door 1 into a North Pole winter wonderland. The North Pole Village includes Santa's house, his workshop, the elves bunkhouse, and the reindeer stables plus other shops and buildings that you would expect to find there. In addition, multiple moving accessories including an ice hockey rink, a swan pond, and a figure skating pond bring the village to life. One push on the button on the front of the base and the layout and the buildings light up, the Polar Express train begins to run, and the figures on the ponds spring to life. The display will run for around 3 minutes, then everything will settle down for a long winter's nap. Be sure and stop by to watch the display operate and enjoy a little extra Christmas cheer! As usual the popular Christmas Train display will run from before Thanksgiving through the holiday season until after New Year's Day.



Mayo Clinic's Essential Diabetes Book: Diabetes is an increasingly common illness which can lead to organ failure, loss of independence, and premature death. But with the experts at the Mayo Clinic, you can manage your illness. This book has information on the different types of diabetes, how to live well in spite of it, and menus and recipes to help you plan your meals. Read this manual to learn more about this troublesome disease!

Janet Dailey's "My Kind of Christmas": This is a story about a father and son who had to learn about forgiveness and letting go. Two wrongs do not make a right! Travis and Hank, along with all the other characters in the story work together to help find a solution to their problem. See how bitterness turns into forgiveness and love to work together for a wonderful holiday solution.

Janet Dailey's "Long, Tall Christmas": Widowed Kylie Wayne moves back to Branding Iron, Texas, to help her aging aunt on her ranch. But when an early storm threatens Kylie's dream of a perfect Christmas for her kids, it's up to a long, tall Texan with a bad boy's charm to help out!

Janet Dailey's "Christmas on My Mind": Branding Iron, Texas, has an annual tradition that makes the holidays especially festive—the Cowboys' Christmas Ball. But Sheriff Ben Marsden, who is too busy with work, having his son for the holidays, and caring for his aging mother, is not planning to attend. Not until a pretty newcomer to his small town gets involved in the planning. Suddenly, Ben finds himself wanting to keep a close eye on Jessica Ramsey because her relatives seem to be in jail more than out. Read this novel to find out how Ben and Jessica get together at the Cowboys' Christmas Ball.

Debbie Macomber's "The Christmas Spirit": Peter, pastor of the local church, and Hank, a bartender, serves a much different customer base at his family-owned tavern. When Peter scoffs that Hank has it easy compared to him, the two decide to switch jobs until Christmas Eve. To their surprise, the responsibilities of a bartender and a pastor are similar, but taking on the other's work is more difficult than either Peter or Hank expected. Read the story to find out what happens to them during the holidays.

Barbara Kingsolver's "Demon Copperhead": This is the story of a boy born to a teenaged single mother who lives in a single-wide trailer. She has no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. In a plot that never pauses for breath, relayed in his own unsparing voice, he braves the modern perils of foster care, child labor, derelict schools, athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities. Demon Copperhead speaks for a new generation of lost boys, and all those born into beautiful, cursed places they can't imagine leaving behind.

James Patterson's "Triple Cross": It is the end of the Alex Cross series. A precise killer always moves under the cover of darkness, flawlessly triggering no alarms, leaving no physical evidence. The Family Man, written by Thomas Tull, is the perfect crime story where the killer may never be caught. But Cross knows there is no perfect crime, and he's going to hunt down the Family Man no matter what it takes. Until the Family Man decides to flip the narrative and bring down Cross and his family. You just have to read this novel and find out how James Patterson solves this puzzle.

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Richard Paul Evans’ “A Christmas Memory”: The author of *The Christmas Box* and the *Noel Collection* writes another poignant, deeply felt novel about loss, grief, the healing power of forgiveness, and the true meaning of the holiday season.

John Grisham’s “The Boys From Biloxi”: John Grisham returns to Mississippi with the riveting story of two sons of immigrant families who grow up as friends, but ultimately find themselves on opposite sides of the law. Grisham’s trademark twists and turns will keep you tearing through the pages until the stunning conclusion.

*All the volunteers in the Bethany Village Library
extend our warmest wishes
for a peaceful and blessed Christmas
and a happy, healthy New Year.*

Connie Scheib

The Bethany Readers

Barbara Bankard

The Bethany Readers will gather on Friday, December 9 at 10:00 a.m. in the West Commons Room, door 62

The list of books for 2023 will be finalized and facilitators selected for each month.

We will also enjoy light refreshments.

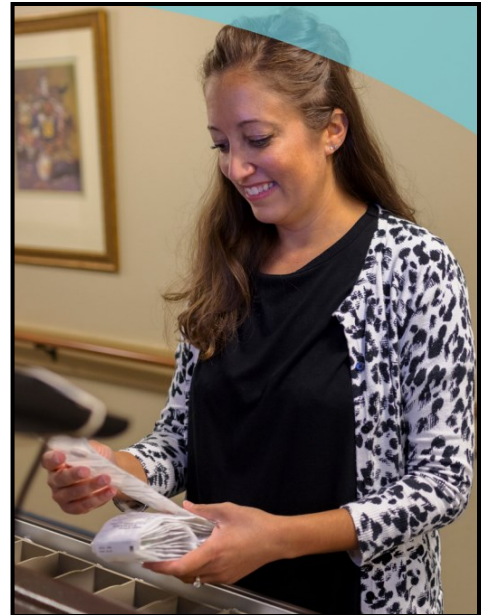
Keep your eye out for the list of new books, which will be published in the January Scoop. Our first discussion will take place on Friday, January 13.



Nursing Grant Committee

Caring for residents at Bethany Village, a continuing care retirement community in Mechanicsburg, is more than a job for LPN Julie Winters; it's something she finds rewarding. Even small gestures like installing new batteries in a hearing aid can make a huge difference in a resident's life. "As an LPN, I help people during their most vulnerable moments. Residents depend on me to help them fulfill the tasks they can no longer do themselves. I've always had a passion for helping older people. It's my niche," says Julie, who's worked at Bethany Village for six years.

"Being an RN has always been my goal. I started as an LPN because I wanted to work in health care as quickly as possible. Now that I have several years of experience, it's time to broaden my skills and pursue additional education," Julie says. She's on track to become an RN through Pennsylvania College of Health Science's LPN Bridge Program.



Julie pursued and was awarded one of several grants from Bethany Village's Nursing Grant Fund to help defray the cost of her education. The grant was created by Bethany Village residents in 2008 in coordination with the Asbury Foundation, a charitable organization within Asbury Communities Inc., of which Bethany Village is a part. Bethany Village's Nursing Grant Fund is funded by donations from residents and associates.

Joyce Kieffer, a Bethany Village resident since 2018, says, "I wasn't aware of the grant program when I moved to Bethany Village but being part of the committee is a natural fit for me. So many of us have a mentor – a person or two who have taken an interest in us along the way. Now it's my turn to help others. It's important to encourage and support our nursing staff who wish to further their education. It's important for everyone to open their eyes and hearts to all possibilities. I knew when Julie was interviewed by the nursing grant committee that she was worthy of our grant, and I was so happy that she would be studying nursing at my alma mater. We've bonded, and I've offered to be her mentor should she need to bounce things off someone older, and hopefully wiser, when she needs encouragement."

Joyce says the number of grants awarded and the amount of each individual grant varies each year. "As a full-time mother taking care of two young children in daycare and a full-time employee, the grant will help manage the financial responsibility of pursuing my passion of becoming an RN," Julie says.

After completing the LPN Bridge Program, Julie's goal is to continue assisting residents at Bethany Village who live at The Oaks Skilled Nursing

*Article extracted from the Fall 2022 issue of PA College.
For copies of the full article, contact Bethany resident Joyce Kieffer*

Nursing Grant Program Donation

Nancy Toth

Sara Firestone, Executive Director of Members 1st Charitable Foundation, and Jesse Schwamb, Treasurer of Members 1st Charitable Foundation made a generous donation to the Nursing Grant Program at Bethany Village. Sara learned about our program from a nurse friend and thought it would be a worthwhile investment. She and Jesse presented us with a check to be used for an associate pursuing a career in nursing.

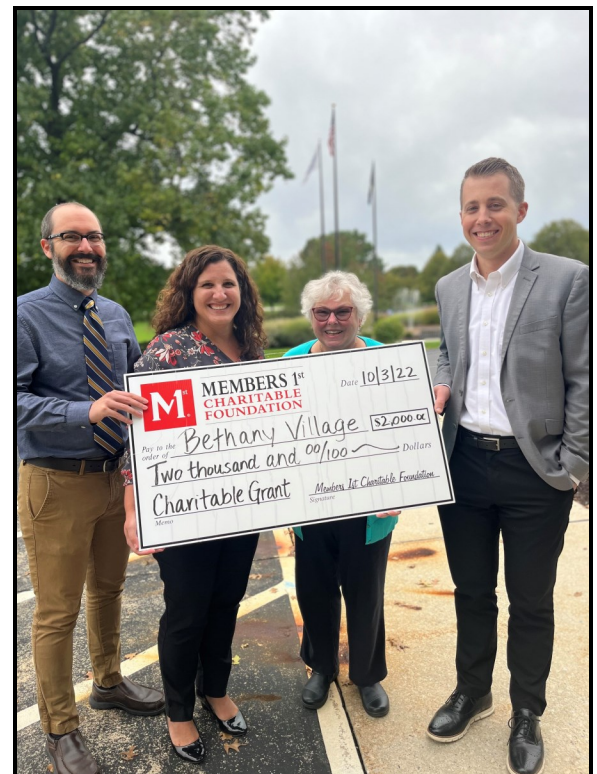
Each April, since 2009, The Bethany Village Nursing Grant Program awards thousands of your donated dollars to our associates interested in nursing education. To date, we have given out \$105,000.00 to 65 recipients.

This year, one of our graduates, Jodi Bales, has decided to give back to the Program by establishing a grant in her daughter Alicia's name. Alicia was an employee at Bethany and attending nursing school when she was killed by a distracted driver. Jodi has devoted her life to educating people about distracted driving and has helped to write laws against it.

We are grateful to Sara, Jesse and Jodi for contributing to this benefit for our associates at Bethany Village.



Jodi Bales giving Nancy Toth her flu shot



Sara Firestone and Jesse Schwamb presenting a check from Members 1st to Jacob Kanagy and Nancy Toth.



Pool Closed for Cleaning



The pool will get it's annual cleaning during the week of **December 17—24, 2022.**

It is expected to re-open on Tuesday, Dec. 27th.

All pool activities will be canceled during that week.

If you have any questions, please reach out to the Bethany Village Wellness Staff.

Say hello to our New Wellness Professional

My name is Aidan, and I am super excited to join the Bethany Village family as a Wellness Professional! I grew up in Mechanicsburg and attended Cumberland Valley High School, where I played on the boys' volleyball team my final 3 years. After graduating high school in the spring of 2018, I decided to attend Kutztown University and pursue a degree in Sports Management. I finished my internship with the York Revolution Professional Baseball Team in September of 2022, and officially earned my bachelor's degree. I am blessed to have found a job that provides me the opportunity to help others and become part of a community. Be sure to stop by the wellness center to say hello and get a great workout in while you're at it!



More and more studies show that the balance or imbalance of bacteria in your digestive system is linked to overall health and disease. Probiotics promote a healthy balance of "gut" bacteria and a wide range of health benefits. The health benefits include:

1. Probiotics help balance the friendly bacteria in your digestive system
2. Probiotics can help prevent and treat diarrhea.
3. Probiotics supplements improve "some" mental health conditions such as: depression, anxiety, stress and memory.
4. Certain Probiotic strains can help keep your heart healthy
5. Probiotics may reduce the severity of certain allergies
6. Probiotics can help reduce symptoms of certain digestive disorders
7. Probiotics may help boost your immune system
8. Probiotics may help you lose weight and belly fat



We provide many different manufactured Probiotics at our Pharmacy. Please stop in and the Pharmacist can answer any of your questions. Come see our Christmas candy selection. We would love to see you.

Venture Lectures Series

The Venture Lectures are on hiatus for the months of December and January. We will be back beginning in February 2023.

Thank you for your support and attendance at the Fall Series. We had three very interesting and successful lectures. Attendance was good and that makes the guest lecturers perform better. We hope that you will join us when the new season begins in February. Please encourage others to join us.

Best wishes to you for a wonderful holiday season!

Venture Lecture Series Committee
Monte Avery

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).

12/1	Connie Scheib	12/16	Marlene Faranov
	Kathy Seagrist		Enid Savidge
	Richard Sterner	12/17	Florence Fajt
12/2	Peter Bentivegna		Al Shope
	John Geschwindt	12/18	Nancy Karkuff
	Terry Landry		Margaret Pepe
	Sandy Yetter		Susan Stiller
12/3	Shirley Hart	12/19	Burton Lee
	Jessie Leonard		Nancy McIntosh
12/4	June Kostrab		JIM MILLER
	Carolyn Schmauk		Sara Phillips
12/5	Sandy Jones		Evelyn Warfield
	Rosalie Woomer	12/20	Nancy Crockett
12/6	Ruth Martin		Arnold Cushner
	Bill Middendorf		Sandy Ferrar
12/7	Marcia Conner	12/21	Natalie King
	Howard Hertzler	12/23	Pat Hocker
	Betty Kearney	12/24	Ruth Brommer
	Robert Schmauk		Carolyn Florence
12/8	Chris Drees	12/25	Carol DeLuca
	Maria Frutsche	12/26	Frances Doster
	Donald Mowrey		Patricia Pierson
12/10	Eugene Baldwin		Linda Tritch
	Joanne Condon	12/27	Barbara Hilt
	Alberta Cook		Lloyd Peters
	John George		Hazel Radabaugh
	Carl Oberman	12/30	Jeannette Reinbrecht
12/11	Patricia Kaufold	12/31	Penny Cognato
12/13	Ethel Martin		Janet Melius
12/15	JEAN KEEFER		

NAMES IN CAPITAL LETTERS - 100+

Bereavement Notifications

Reba Kell 10-22-22

Virginia Carpinello 10-23-22

Sally Killian 10-26-22

Susan Hatfield 10-28-22

Janet Spillman 11-5-22

Glenda Krall 11-1-22

Jack Redshaw 11-10-22

Jacqueline Kleiman 11-13-22

Patricia Jewett 11-17-22

Burton Lee 11-19-22

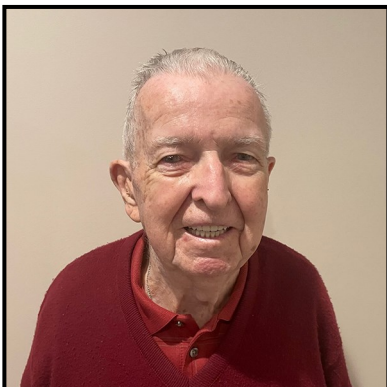


Welcome New Residents

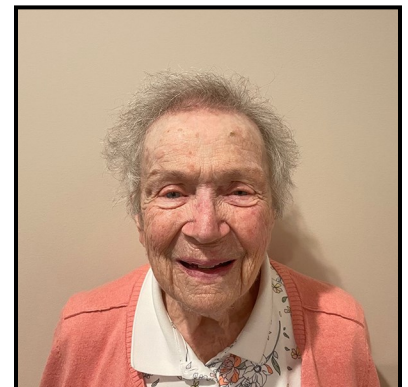
Amanda Price



Clarence and Susan Asbury moved into West Apartment 1100. Their phone number is 717-514-2600. Clarence and Susan moved here from Mechanicsburg, Pa. They have been married for 50 years! Susan likes to quilt and Clarence was President of the Messiah Village Board. They are excited to be here at Bethany. If you see them around be sure to say hello!



Ernest and Mary Buckley moved into West Apartments. Their phone number will be 717-761-0134. Ernest and Mary have moved from Camp Hill, PA. They have been married for 69 years! They are very excited to be here at Bethany. If you see them around be sure to say hello!





The SCUTTLEBUTT Bulletin Board

The dorsimbra was invented by three members of The Poetry Society of Tennessee (PST): Frieda Dorris, Robert Simonton, and Eve Braden.

The poem is 12 lines long. The first 4 lines in iambic pentameter, rhymed abab, look like the opening of a Shakespearean sonnet. The next 4 lines are terse (short, choppy) free verse. The final 4 lines are blank verse (unrhymed iambic pentameter), with the final line repeating the opening line of stanza 1.

Seasonal Change

When heavy weather finally turns cool,
chilling frost forms its wicked desire.
As dawn approaches early on its spool,
the pumpkins thrive, then finally expire.
Adults and children have joyful tones,
many events vary.
Plants become dormant;
growing time is done.
Crops secured for winter's haul;
all jellies, jams, canned produce stored
in many dark and damp cellars
when heavy weather finally turns cool.

Linda Darkes
September 14, 2022
A Dorsimbra Form

SPARKLE SPEAKS



Have a magical holiday season! Mom asks that God grant a year of good health and lovely experiences to you and all those whom you hold dear.

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@gmail.com

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