

The Scoop



From the Executive Director...

Brian Grundusky



Happy New Year to the residents, associates, and families. I would first like to thank you all for your patience and grace throughout 2022. I would say (except for 2020) this was one of the most challenging years that we have experienced at Bethany Village. From Covid outbreaks, hot water temperatures and bursting pipes we definitely have experienced our fair share of challenging issues. In my 27-year career, the area that has remained consistent is our principle of doing all the good that we can for our residents. There have been some difficult decisions that were made but these decisions were not made in haste. I have received several calls from residents and families over the past several weeks and I totally understand and acknowledge the feedback and frustrations that many of you are feeling. I can assure you we are doing all we can to continue to provide quality services and care to our residents. There have been several

external factors that are impacting our operations at this time (i.e., staffing shortages, inflation, bad weather events to name a few) and as a community we will need to adapt to these challenges and do the best we can in developing solutions. I can assure you that as the Executive Director of this great community, I do not take this lightly and will exhaust all resources to ensure we continue to follow our mission, to do all the good we can by providing exceptional lifestyle opportunities to those that we serve.

Based on your feedback, I will be changing the format of my monthly update and will be providing my normal administrative update every other month (February, April, June, August, September, November) and then be completing an article about current topics within our community and industry that would be helpful to understand from my perspective as Executive Director.

Again, I wish all of you a very happy and safe new year and I am looking forward to working with all of you moving forward.

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Support Group Going Strong

John Bowen, LSW, Director of Social Services

This past September marked the 12th anniversary of our very own Diabetic Support Group here at Bethany. Now that we came into the holiday season, we have celebrated in traditional style with a table full of goodies and some fun activities for all who were able to attend. Our numbers range from 8-10, on average, and include a nice mix of residents from both the East and West campuses. This gathering serves as a place for all diabetics to feel welcome and heard, as the members share information and ask questions that help them be more successful in their daily fight against this life-altering disease. A popular topic, as you might imagine, is what can be eaten without affecting blood glucose levels too drastically? One fact I have come to learn is that each person answers this differently, depending on their body's chemical make-up and their various lifestyle (such as activity and stress). One thing, for sure, is we still crave something sweet on occasion and our group has proven you do not have to sacrifice flavor in order to comply with a proper diet. I have included one of the recipes that was quite popular with all who sampled it recently.

"You don't have to bake and they are very portable to take."

And, if you can look past my feeble attempt at poetry, consider bringing it to gatherings where sensitivity to diabetic needs is much appreciated.

Energy Bites

- 1 cup of peanut butter
- 1 cup of honey
- 1 cup mini-chocolate chips
- 3 cups of oatmeal
- 1 cup of raisin or craisins

Combine all ingredients in a bowl and mix to form one large ball. Consider letting it sit in the fridge for a couple hours before dividing and forming into small, bite size balls. Ready to eat right away or will stay good in the fridge for a number of days to snack on through the week. Courtesy of Connie Scheib.



We also enjoyed the classic Chex Party mix, thanks to Carol Steffy, and would encourage that as a savory and healthy option for anyone to enjoy.

Call for more info about our group: 591-8081

DIABETES SUPPORT GROUP

VENTURE LECTURE SERIES

2023

The 2023 Venture Lecture Series begins in March followed by lectures in April and May. The fall schedule has not been finalized at this point.

On Thursday, March 16, 2023, Jean-Paul Benowitz will be our guest lecturer. He is a professor at Elizabethtown College, and you will be in for an enjoyable evening. Mr. Benowitz was a guest lecturer in the spring of 2022, and we are excited to have him return for another entertaining evening.

The second lecture will be Thursday, April 20, 2023, and our guest lecturer will be Erica Shaffer. Her lecture will center on the health of the environment. Her e-mail address gives you a clue: garden guru.

Our final lecturer for the spring series has not been finalized at this point.

Additional information will be provided in THE SCOOP in the February edition.

We look forward to seeing you at all the lectures. Your attendance is appreciated. The lectures are NOT broadcast on Channel 956.

Monte Avery



H&R Block, Camp Hill office, is pleased to offer our services again this year to the residents and staff of Bethany Village for the 2023 tax season. William Parish, EA MBA will be the contact person at 717-761-5602 for any questions. Mr. Parish will also be on the East Campus Tuesday January 17th from 10 am-1 pm near the Bistro and the West Campus from 1:30 pm to 4 pm near the lobby clock tower, to answer any questions.

H&R Block offers pick up/drop off at Resident Life Office, Digital drop off, Virtual online, or in person tax appointments. We look forward to serving you again this tax season.



3401 Hartzdale Dr, Ste 118 Camp Hill, PA 17011

Is Your Brain as Healthy as Your Heart? Sue Paul, Wellness and Brain Health Director, Asbury Communities



In the past two years Bethany Village, along with other communities in the Asbury Communities system, has been working to answer that question and take steps to improve resident's brain health.

The first problem to be solved is how to measure brain health. When you compare measurements of brain health with measurements of heart health there is a vast gulf. For heart health, we have ECGs, Echocardiograms, MRI's, CAT scans, and the list goes on of tests to look at how your heart is functioning. For the brain, there are few equivalents to identify deficits and even fewer strategies to prevent decline.

Bethany Village began its journey to address brain health when Asbury Communities partnered with the Asbury Foundation to introduce a partnership with REACT Neuro to conduct a pilot of their technology. REACT Neuro is a Boston based company founded by neuroscientists that is focused on measuring brain health by using Virtual Reality headsets. The VR units study metrics that can't be measured through traditional cognitive testing, including eye movements and verbal fluency. This data is uploaded to their servers for analysis and reporting. The input of the Asbury residents has been critical for helping design the process of using virtual reality with older adults, as well as contributing to the database of test results that will be used to inform predictive models in the future.

But beyond React Neuro, there is a whole host of brain health offerings coming to Bethany Village. Earlier this year, Bethany Village launched an initiative called The Super Seven to provide some academic learning on how our brains function along with a series of exercises to improve cognitive functioning. The "Super Seven" refers to the seven primary neuro-cognitive domains used by physicians to diagnose impairment. The Super Seven include:

Sensory-Perceptual-Motor
Attention

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Memory
Executive function
Processing speed
Language
Social cognition

It is important to understand that cognition is more than just memory. Super Seven is intended to expand residents' understanding of the human brain, its complex functions, and strategies to improve those functions. The first four 6-week sessions were provided by Dr. Rob Winningham from Western Oregon University via live Zoom presentations. His presentations provided insight into the seven domains, where they reside inside the brain, and how each contributes to cognitive function. The Super Seven program, which has been implemented synchronously across all Asbury campuses, lays the foundation for the bigger brain health program coming to Bethany Village in 2023.

Kinnections is a movement-based and lifestyle-focused program that is designed to meet the individual needs of each participant. Using a five-part battery of assessments, global cognitive scores and domain-specific strengths and weaknesses are identified. Then a personalized "Engagement Plan" is created for each individual with recommendations for boosting cognitive performance and healthy behaviors. Programming focuses on these lifestyle components that are well supported in the research:

Movement
Sleep
Eat nutrient dense foods
Learn something
Socialize
Get outside

When it comes to brain health, there are several ways to increase neural connectivity and build "cognitive reserve"- that is, having as much cognitive function as possible to fall back on in the event of a neurodegenerative condition. The brain needs blood flow and nutrients provided by both aerobic and resistive exercise, and to be challenged by learning new things. Combining those two things gives us the best bang for our buck!



Consider the challenge of trying something that is both physically demanding and completely unfamiliar, like boxing, tap dancing, or rock climbing. These activities require learning new motor patterns and problem-solving skills, which in turn calls for elevated

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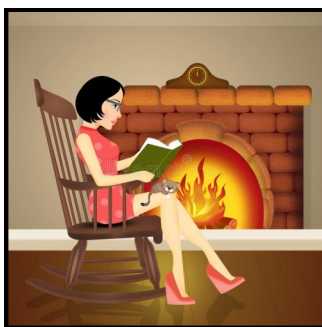
attention, increased memory, enhanced executive function, etc.... We can also get similar benefits through exergaming, which is exercise using gamified technology. SmartFit is one such device coming to Bethany Village that requires the user to tap lighted panels as a physical response to a cognitive prompt, and we can tweak the cognitive or physical aspects for the user based on his or her needs to get just the right level of challenge. Rendevar is another product that uses virtual reality to gamify cognitive and physical exercise. It is this combination of thinking and moving at the same time that is simply more representative of “real life” than just sitting at the table to do a crossword puzzle. The activity should be a little bit uncomfortable, but fun, to be worthwhile. This is how we build and strengthen neural “Kinnections”.

Super Seven will be an ongoing offering throughout the Asbury system, with new learning materials and guest lecturers providing ongoing education and cognitive exercises. Kinnections will be implemented at all Asbury campuses in 2023. Asbury is committed to providing residents every opportunity to maintain healthy brains and decrease the risk of cognitive impairment. The key is to understand that exercises and lifestyle changes are key to optimizing brain health and preventing cognitive decline.

January 2022 GARDEN WALK

Anna Johnston

Soon after New Year's, gardeners will be receiving multiple garden catalogs. Each one possibly more enticing than the last. I, however, have made a New Year's resolution to not buy any more seed packets or plants. (It remains to be seen if I keep that resolution). I DO need to cut back! Therefore, I seek an alternative to January's sometimes dreary, cold days. I think I have found it in the British writer Andrea Wulf who has won numerous prizes for her writing.



For me, it is a wonderful combination of history and horticulture. Her books can be found at our county libraries. The Brother Gardeners and the Birth of an Obsession is the story of John Bartram, a Philadelphia farmer who combed the East Coast of Colonial America to find plants (including shrubs and trees) to send to England where they became England's Great Gardens with colorful landscapes made by our maples and oaks.

Next: The Founding Gardeners: The Revolutionary, Nature and the Shaping of the American Nation (available in our Bethany library) involves the story of George Washington, Thomas

Jefferson, John Adams and James Madison, the forgotten founder of American environmentalism. They all went back to their “gardens”/farms after serving as presidents. Norma Brandon read this while she was watching the series on the BV channel on The Federalist Papers. She found it fascinating: two conflicting points of view at the time of our nation's beginning. The results of these differing philosophies are still with us today.

Donate your vehicle to the Asbury Foundation

Did you know that you can donate your used car, truck, van, boat, or recreational vehicle to benefit Asbury Foundation at Bethany Village?

Why Donate your Vehicle?

Eliminate the hassle of repairing, advertising, and selling your vehicle

Qualify for an IRS tax deduction

Benefit your local community



Simple Steps to Donate your Vehicle

Contact your Director of Development, Jacob Kanagy at 591-8019

A local towing company will pick-up your vehicle for free

A third-party vendor will handle the sale of your vehicle

All tax related documentation will be mailed to you

Donor Story

After years of travel, Pat and Barbara O'Neal, residents of Asbury Solomons, decided it was time to part ways with their RV and approached the Asbury Foundation about donating their motorhome.

When deciding what kind of impact they would like to have with their gift, the O'Neals decided they would support improvements in the skilled nursing center, assisted living, and also benevolent care. Specific improvements included new paint, lighting, and décor to the dining areas in skilled nursing and assisted living.

For more information, contact Jacob Kanagy, at 591-8019.

Additions to the Library January 2023

Susan M. Warren's "Sky King Ranch" is a 3 book series:

"Sunrise" Pilot Dodge Kingston, the heir to Sky King Ranch, left to become a pararescue jumper after a terrible family fight. A decade later, he's headed home to the destiny that awaits him. But that isn't all that is waiting for him. His childhood best friend and former flame, Echo Yazzie, is a true Alaskan--a homesteader, dogsledder, and research guide for the DNR. When one of Echo's fellow researchers goes missing, Echo sets out to find her, despite a blizzard, a rogue grizzly haunting the woods, and the biting cold. Will Dodge be able to find her in time?

"Sunburst" When former Navy SEAL and bachelor Ranger Kingston is called to take part in a rescue mission to save his brother Colt, who has been kidnapped by terrorists in Nigeria, he is shocked to find among the hostages a woman he knows. Noemi Sutton was attempting to return a young girl to her family in Boko Haram territory when she and the girl were taken hostage. While Ranger Kingston may be able to get the hostages away from their captors, he'll need Noemi's help if he ever hopes to get out of Nigeria alive.

"Sundown" Colt Kingston knows when someone is lying. He may not know the truth, but he sure doesn't trust Tae, the woman who is caring for his ailing father at Sky King Ranch. One of her stories about a crashed plane turns out to be true since he located the plane and the dead body inside. Her story of survival seems too incredible to be true until some thugs show up and threaten the ranch. Now Tae must disappear, along with her secrets. And when they discover that her secrets include the antidote to a plague that threatens the world, it'll take all three Kingston brothers to save the country they've vowed to protect. Susan May Warren brings her Sky King Ranch series to a climactic close with this high-stakes race against the clock.

Michael Connelly's "Desert Star" is the 5th book (and last one) in his Renee Ballard series. A year has passed since LAPD detective Renée Ballard quit the force in the face of misogyny, demoralization, and endless red tape. But after the chief of police himself tells her she can write her own ticket within the department, Ballard takes back her badge. Ballard and Harry Bosch team up to hunt the brutal killer who is Bosch's "white whale"—a man responsible for the murder of an entire family. First priority for Ballard is to clear the unsolved rape and murder of a sixteen-year-old girl. To keep momentum going, she has to pull Bosch off his own investigation, the case that is the consummation of his lifelong mission. The two must put aside old resentments and new tensions to run to ground not one but two dangerous killers who have operated with brash impunity.

Beth Wiseman's "The Story of Love", #2 (of 3) in her Amish Bookstore series.

Yvonne Wilson jumps at the chance to move to Montgomery, Indiana. A dream job awaits her—managing an Amish bookstore for her good friends Jake and Eva. Yvonne hopes the change will help distract her from the emptiness she feels after the death of her fiancé. No longer a part of the Amish community, Abraham Byler finds himself in over his head with his job as a police officer and with his current relationship with Brianna. When Abraham realizes that his old crush Yvonne is back in town, he's not just in over his head—he

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suddenly finds himself head over heels for Yvonne—and in hot water with Brianna. This compelling unpredictable romance between two strong characters with complicated lives plays out beautifully, one unexpected turn after another.

David Baldacci’s “The Stars Below”, #4 (of 4) in his Vega Jane series.

This is the explosive conclusion to the series; Vega Jane has fought her way out of the village where she was born, crossed a wilderness filled with vicious creatures, and raised a ragtag army behind her. She came on a collision course with Necro, an evil sorcerer with magical powers. The clash with his awesome power and her iron will is going to shake down the stars. Their fight will seal their fates . . . and determine the future of their world.

Connie Scheib

Bethany Village Auxiliary

Phyllis Kegerreis

Happy New Year to everyone from the Board of the Auxiliary. We hope you will have a Healthy and Happy New Year!

On December 14th, the Auxiliary held its Annual Meeting in the Rife Center. The tables looked stunning with a red poinsettia in the middle and felt poinsettia napkin rings. Reverend Bill Alford blessed the lap robes and our President Sandy Newmyer reviewed the activities of the past year. She presented a check in the amount of \$2,000 to Henri Lively to be used in The Oaks and one to Bridget Walling for MapleWood.



There was a recess so that everyone could enjoy the fruit, sticky buns and coffee, tea and juice. After this, the Election of Officers was held. The officers that were elected were Ann Swenson - Vice President, Tony Wright- Treasurer and Mary Ann Swartley - Assistant Treasurer. The election was unanimous. Following this the meeting was adjourned.

A future event we are all looking forward to will be the Vintage Fashion Show and Basket Raffle.

Remember- the Gift Shop still needs workers. It is not a hard job and a chance to get to meet people.

The Board Meeting in January is open to all members and will be held on Wednesday, January 4, 2023 in the East Board Room at 9:30 AM. Looking forward to seeing you there.

Food for Thought

Dale Meadowcroft

I recently read an article about a cab driver who drove a highly polished car, both inside and outside, dressed in freshly pressed black slacks, white shirt and black tie. It was his custom to quickly jump out and round the rear of the car to open the back passenger door. He would then hand the passenger a laminated card that contained his mission statement which was to “get my customers to their destination in the quickest, safest, and cheapest possible way in a friendly environment.” He offered them coffee from a thermos or soft drinks from a cooler as he drove them to their destination. He would then advise his customers of the best route to their destination for that time of day and let them know he'd be happy to chat and tell them some of the things that they were passing or he would remain quiet if that is what the passenger desired.

When asked if this is the way he always treated his passengers, he replied, 'No, not always. In fact, it's only been in the last two years. My first five years driving, I spent most of my time complaining like all the rest of the cabbies do. Then I heard about power of choice one day. Power of choice is that you can be a duck or an eagle. 'If you get up in the morning expecting to have a bad day, you'll rarely disappoint yourself. Stop complaining! Don't be a duck. Be an eagle. Ducks quack and complain. Eagles soar above the crowd.'

When asked if his attitude change had made a difference the driver replied, “It sure has, My first year as an eagle, I doubled my income from the previous year. This year I'll probably quadruple it. My customers call me for appointments on my cell phone or leave a message on it.”

There's nothing more important than attitude, and it's OUR choice. Our attitude is a choice. We have to take responsibility for the thoughts we choose to think. No matter what is going on, WE get to decide whether we want to be positive or negative. And the choice we make will determine our eventual outcome. While there are many things we can't control in life, we have complete control of the most important thing: our attitude.

In fact, researchers have found that positive thinkers live longer, live healthier, have more energy, have more successful careers, make better decisions, are more productive, are less stressed, have healthier relationships, and (not surprisingly) are much happier than pessimists.

We can make a decision to stop quacking like ducks and start soaring like eagles.
Have an eagle life ahead.....



Thank You from the BV Benevolent Committee

As a result of your offerings and personal gifts throughout the 2022 year. Residents' Council was able to send a total of \$1,125.00 to the following charities. Your generosity is a blessing to charities that meet the greater needs in our community and surrounding areas.

Beacon Clinic for Health & Hope

Bethesda Mission

Central PA Food Bank

Downtown Daily Bread

Ecumenical Food Pantry

Habitat for Humanity

Lower Allen Fire Company #1

Mechanicsburg Meals on Wheels

Mission Central

New Hope Ministries

Thank You for Giving

Send individual gifts and donations (**other than offerings collected at the Vesper Services**) to Ginny Wilt at EC # 314 Asbury Drive via Campus Mail.

Please make checks payable to: BV Residents' Council with a note on the Memo line: VESPERS FUND.

Your BV Vesper Benevolence Committee,

Anne Wagoner, Barbara Zeigler, Donald Mowrey, Evelyn Fennell,
Nancy Enders, Nancy Rhan, Ralph Tygard, Kay Hess, and Ginny Wilt

The Bethany Readers

Barbara Bankard

Bethany Readers A Women's Book Club



The Bethany Readers welcomes all women of Bethany Village and Bethany Towers to our monthly book discussion.

Listed below are the dates and books to be discussed. The Bethany Village library has one copy of each book. If you borrow one of these books, be sure to return it as soon as you are finished, so others can borrow it.

To be added to the email list, contact Barb Bankard at bbankard@comcast.net or 410-236-7520.

Hope to see you there!

Date	Book	Facilitator
Friday, Jan 13 Corporate Conf	The Prayer Box by Lisa Wingate	Lucy Saunders
Tuesday, Feb 14 Rife Center	The Trees Remember Trilogy	Joyce Kieffer
Friday, March 10 Corporate Conf	Carnegie's Maid by Marie Benedict	Diane Myers
Tuesday, April 11 Rife Center	West with Giraffes by Lynda Rutledge	Margee Kooistra
Friday, May 12 Corporate Conf	The Chancellor: the Remarkable Odyssey of Angela Merkel	Ann Hipp
Tuesday, June 13 Rife Center	Founding Mothers: the Women who Raised our Nation by Cokie Roberts	Ida Mae Heidecker
Friday July 14 Corporate Conf	To Kill a Mockingbird by Harper Lee	Mary Baker
Tuesday, August 8 Rife Center	Horse: a Novel by Geraldine Brooks	Maggie Pepe
Friday, Sept 8 Corporate Conf	The Book Woman's Daughter by Kim Michele Richardson	Melissa Stock
Tuesday, Oct 10 Rife Center	The Blue Orchard by Jackson Taylor	Jane Tracey
Friday, Nov 10 Corporate Conf	Lillian Fishbox takes a Walk by Kathleen Rooney	Micki McCoy
Tuesday, Dec 12 Rife Center	Facilitators for 2024 PARTY	

Bethany Village Birthdays

January 2023

1/1 Anne Marie Lightner

Anne Shuster

1/3 Pat Hutter

Wayne Spracklen

1/4 Bonnie Bauer

Anna Neff

1/5 Tom Brown

Douglas Sargeant

1/6 Harry Killian

1/7 Shirley Dininni

Marcia Marsh

1/8 Janet Wolfe

1/9 Michael McClintock

Terry Stoudnour

1/10 Martha DeRooy

Lioba Lau

Alice McNutt

1/12 Cheryl Brown

Jane Edmiston

Rose Evans

Art Lindsay

Mollie Woodin

1/14 Elmer Radabaugh

1/15 Sandy Henry

Leroy Weaver

1/16 Tita Eberly

1/17 Bill Schertzer

1/18 Beth Shank

1/19 Ann Chance

Arlene Farver

Bonnie Plymette

1/20 Nancy Bennett

Sue Higgins

1/22 Anna Johnston

1/23 Linda Cushner

Joe Kearney

Irm Smawley

1/24 William Pierson

Jean Seavers

1/26 Doris Hookway

1/27 Nancy Stevens

1/29 Jim Jones

Connie Kehs

1/31 Harry Boswell

Gloria Hoover

B J Klein

Eleanor Parmer

Paul Voss

Tony Wright

Bereavement Notifications

Virginia Smith 11-25-22

Thomas Granville 11-25-22

Lamar Ressler 12-5-22

Ruth Dietz 12-17-22



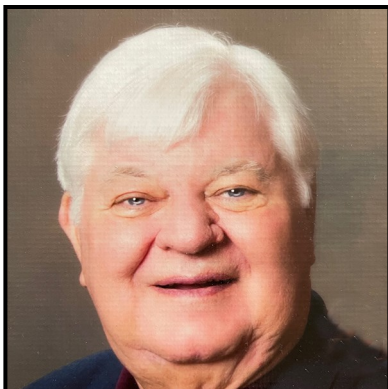
Welcome New Residents

Amanda Price



Nedra Iwerks moved into Court Apartment 3217 .Her phone number is 717-637-6831. Nedra grew up in the Maryland suburbs of Washington DC during the Great Depression. During World War II, she married a Marine, Marvin Iwerks, who served in occupied China. Both of them graduated from college and lived in many places, including a small island in the middle of the Pacific Ocean. She worked as a substitute teacher while raising 4 children. After her husband's retirement from AT&T Bell Laboratories, they spent many years traveling the world. Hobbies include gardening, reading, traveling and making crafts. Nedra moved to Bethany Village to be closer to her children and their families.

If you see her around be sure to say hello!



Nelson and Darlene Spengler moved into West Apartment 12/16/22. Their phone number is 717-591-8474. Nelson (Nick) and Darlene moved here from Summerville, SC which is 22 miles west of Charleston. However, they are Pennsylvania natives and have lived in Harrisburg and East Hanover Twp, Lebanon County. Nick served in the active Army, the PA National Guard and finished his career in the Army Reserves in New Cumberland. Nick also worked at Mechanicsburg Naval Depot. Darlene worked for the Navy at Mechanicsburg as well, but ended her work life as a College Counselor, first for HACC then for Temple Harrisburg. They are both Penn State grads and Darlene completed her Master's

Degree at Shippensburg University. They have two children, Megan Simmons and Maj. Daniel Spengler (who retires as an Air Force pilot this coming June) and have 5 grandchildren, Katie, Jake and Max Spengler and Olivia and Eva Simmons. They both love to travel and have visited many interesting countries including Australia and New Zealand. Darlene has been researching her family's genealogy and Nick enjoys working on small building projects. They are looking forward to joining the Parkinson's support group and water aerobics.





Margaret Huber moved into West Apartment 1141 on 12/21/22. Her phone number is 717-591-8807. "Peg" is moving here from Orlando, Fl where she moved to in 1983. Peg has lived in Wayne, PA, Huntington, PA, Doylestown, Pa as well as Stroudsburg, PA. She was born in Erie, PA and went to High School at Gerard High. From there she went to IUP with a Bachelors in Education and had a teaching career lasting 22 years! She was married to late husband Ron Huber in 1955, with whom she had 3 children. She now has 6 grandchildren and 4 great grandchildren. She enjoys sewing, gardening as well as water aerobics. She is excited to start her life here at Bethany with her dog Holly by her side.

Grace House moved into East Cottage #300 on 12/12/22. Her phone number is 717-766-4054. Grace is moving here from Mechanicsburg, PA. She loves to bike ride and work in her flower beds. Grace is happy to be here at Bethany with her dog companion.



Richard and Barbara Lewis moved into West Cottage 5283 on 12/18/22. Their phone number is 603-630-9205. Richard and Barb have moved here from New Hampshire. They have been married for 52 years! Barbara is a retired teacher and Richard retired from the US Army. Rick is interested in the wood shop, railroad club, and fitness center.



They have two children and are also very fond of their rescue dog Ranger. They are excited to be here at Bethany. If you see them around be sure to say hello!



Raymond and Margaret Pepe have moved into West Cottage 5284 12/19/22 . Their phone number is 717-730-9846. They have moved here from Lemoyne, PA. Raymond is a practicing attorney and Margaret is a retired attorney and psychologist. Margaret really enjoys gardening, is a master gardener and has done presentations at BV with the West Shore Garden Club. Margaret is also a quilter - has been here with quilting group in the basement of the Bethany Towers in the past. They have moved here with their dog Molly.



Phil and Connie McAtee have moved into West Apartment #3104 12/18/22. Their phone number is 717-591-8419. Phil and Connie have moved here from Warner Robins, GA. He was an officer in the Air Force. They enjoy being active with his Church, volunteering and taking food to the local soup kitchen. Phil once was part of security during The Beatles American Invasion!



The SCUTTLEBUTT Bulletin Board

**HAPPY NEW YEAR.
BETHANY BABES!**

Scuttlebutt has it that this month's Babes Breakfast will feature a few bright decorations to welcome the new year.

Count your lucky stars, Babes!

Ginny Wilt, Maria Laterra
and Sandy Henry

NEW FOCUS GROUP

Many of us without cars are still truly struggling with the lack of transportation for short but necessary rides to off-campus sites. We dearly need a campus-wide "courtesy car club!" All BV potential drivers and desperate riders are challenged to think seriously about the many similarities and the possibilities that might bring this mutually beneficial system to life.

Check back to The Scuttlebutt next month to look for the date, time and location for a brain-storming session by this new focus group. Let's get rolling!

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.