

The Scoop

Volume: 13 Issue: II Date: February, 2023

ASBURY
BETHANY
VILLAGE



Anticipate More

From the Executive Director...

Brian Grundusky



Hello to all residents and associates!! I 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 19.77% (as of January 2023). 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 & Medicaid Services (CMS) and state or local requirements.

(Continued on page 2)

Bethany Village
325 Wesley Drive
Mechanicsburg, Pa 17055

(Continued from page 1)

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 meet the Operating Ratio (OR) for December. The OR came in at 81.1% compared to a budgeted OR of 92.1%. This is a **11% positive variance**. We did post a positive variance in OR revenue of **\$612,435 for the month (Federal/State Covid reimbursement and other revenue)** but were over in OR expenses by **\$187,979**. We are still challenged with our contract labor expense as we were over for the month by **\$311,271**. YTD, we did meet our OR goal. BV finished the year with a 94.1% OR compared to the budgeted OR of 94.7%. This was a positive variance of 0.6%. The primary reasons for this were due to federal and state covid reimbursement money and other revenue. 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.

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 several 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 1/20/2022): We are currently **94.3%** occupied (compared to a budget of 94.77%). In Residential Living, we currently have 14 West Apartments, 1 Court Apartment and 1 West Cottage available. We also have 6 Assisted Living rooms and 3 SNF beds available. 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 acre parcel of land on the West side of campus. PepsiCo currently has a 60- day due diligence period to work with Lower Allen Township. They will be completing and submitting a construction plan during this time. More to come.

BV West Hot Water Issue- We continue to experience normal hot water temperatures in the West Apartments after the temporary boiler was put into place at the end of December. The new hot water system will be delivered to BV on 1/23/2023 and the goal is to implement the new system ASAP. We will provide further updates on that implementation plan as we are going to have to shut down the water system for a short period of time. We are also going to provide the West Apartment residents with a one-time credit (February) due to the delay of service in this area. We again apologize for the delay and thank you all for your patience.

(Continued on page 3)

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BV West Pipe Burst Update: We continue to renovate the BV West Common area (Springfield's, Café, and Clinic/Pharmacy area) due to the pipe burst that we had over the Christmas holiday. We originally forecasted a 4–6-week period for completion but due to delays in the carpet manufacturing/delivery we are looking at a 6–8-week period. The expense for this incident will be covered through insurance but we are responsible for the deductible. We again thank you for your patience during these challenging times.

Theft Incidents at BV- During the latter half of 2022 and in January of 2023, we have experienced several thefts at BV. In the most recent incident, we did have an active intruder in an East Cottage. The resident was not harmed and there was no evidence of forced entry or actual theft of property. We will continue to work with the Lower Allen Police department in all these matters as our resident's safety is our highest priority. We have educated and repeated the importance of always properly securing your apartments/cottages and we will continue to strongly recommend that when leaving your apartment/cottage that you properly lock and secure your unit.

Thank you again and please stay safe and healthy!!

Bethany Village Retirement Center

H&R Block will return to Bethany Village on March 7th. Mr. Parish and associates will be on the East and West Campus again Tuesday March 7th, East 9 am till 1 pm near the Bistro, and West 1:30 pm till 4 pm near the clock tower. If you have your tax documents ready, you can bring them with you then. Or just stop by the Resident Life office with your documents at any time. Come see us and set your appointment or call the number below.



3401 HARTZDALE DR, STE 118, CAMP HILL, PA 17011
717-761-5602

Your Retirement and Secure Act 2.0

Beginning on January 1, 2023, Secure Act 2.0 became law – enacting several changes to the current retirement system.

Key Points:

The age to start taking your Required Minimum Distribution (RMD) increased to 73 and will increase to 75 in 2033.

Starting in 2024, the Qualified Charitable Distribution (QCD) limit that an individual may donate to charity will change. Currently, a QCD is limited to \$100,000, however starting in 2024, the limit will be linked to inflation.

Individuals may now use their QCD to fund a one-time Charitable Gift Annuity (CGA) and create a lifetime income stream. A CGA funded through a QCD has a limit of \$50,000.

Additionally, the American Council on Gift Annuities has increased the recommended rates for all Charitable Gift Annuities.

Sample Charitable Gift Annuity Rates:

Single Life Annuity

80 Years Old: 7.6%

85 Years Old: 8.7%

90+ Years Old: 9.7%

For questions on the Secure Act 2.0 or to receive a sample Charitable Gift Annuity scenario, please contact Jacob Kanagy at 591.8019 or ikanagy@asbury.org.



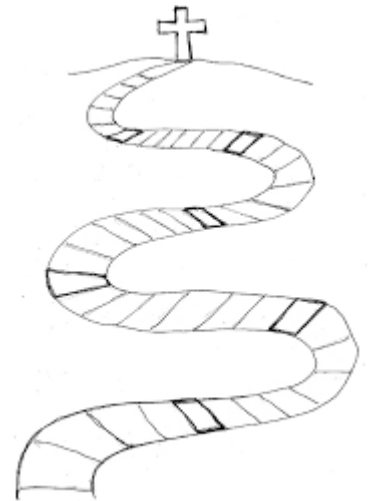
From the Chaplain

Brand Eaton

Anyone who has had the mixed blessing of vacationing by car with children is familiar with that phrase, "Are we there, yet?" Driving anywhere today makes me aware that it isn't only children who are impatient traveling by car. I confess to speeding well over the posted limit at times, and yet I am still passed by travelers who want to go even faster. Maybe it's just the love of going fast, "the need for speed," as a friend of mine says. But I am sure a number of those speeding motorists are impatient with the journey.

Lent begins this month with the observance of Ash Wednesday on February 22. Lent is meant to be a spiritual journey of reflection upon one's mortality and spiritual need, of practicing repentance for lifestyle choices that deny both, and entering into the meaning of the passion and crucifixion of Jesus. It offers those who practice its disciplines a real opportunity for personal spiritual growth. However, like any spiritual practice or discipline, there is a temptation hiding within it.

The temptation of Lent is to believe that it is a forty-day project that will deliver marked transformation in us by the time we reach Easter. We might even be implicitly saying inside, "Lord, I'm too impatient. Make me become a patient person in forty days!" However, Lent is not a self-improvement course that we rush through and then do a course evaluation on. Lent is an opportunity to let God help you look carefully at your life and to discover patterns that need to be changed. Then we must be gentle with ourselves and remain open to learning God's slow but steady way of working within us. If we can do this, we find the blessing of Lent is in the journey, not in the arriving.



Facilities Department

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

Automated Phone Calls

If you would like to receive phone notifications
please contact the office to submit your information.

Reminder

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

Changes in the Social Work Department

John R E Bowen, LSW Director of Social Services

It is a new year and novel changes are taking place in the BV social work department. Read on to better understand what is happening since we officially rang in 2023.

First, know that my office in the Resident Health Clinic has been currently relocated to the West Multi-purpose room along with our resilient RN, Lisa, and new assistant, Melissa. We have done well to rescue the most important files and medical supplies from the “original clinic” and have organized this new space to fulfill our basic needs and those of our visiting specialists for the near future.

Secondly, once the construction and repairs are completed in the “original clinic,” I will be welcoming Ashley Warlow to share the social work office as well as some of the duties I have been performing individually for the past couple of decades. This will include a division of the campus needs whereby she will focus on the West campus while I address any needs on the East campus. Please feel free to reach out to us via this new email address, or individually, based on these new assignments.

BVResidentialsocialworker@asbury.org

Another new change is the return to full-time status for Michelle Pryzie in MapleWood Assisted Living. After a year of part-time work while balancing family life with her adorable baby boy, she is once again the primary social worker for all things related to AL.

Robin Moore remains our Master’s Level Social Worker in The Oaks with no changes to hours or location of office space. So, there is one constant in the bunch.

Lastly, there will come a time in the next 3 months where each of us will be taking turns housing and mentoring our newest Social Work Student, Reagan Van Rees. Reagan is a Senior at Messiah University and is proving to be a tremendous asset to our department, and Bethany, already. She hails from Calvert County, Maryland and is one of two kids whose parents will be celebrating graduation this spring as brother Max completes his 4 years at the United States Coast Guard Academy. She is not a twin so you will have to ask her to solve this riddle whenever you might cross paths with her. Reagan will be sharing a delightful personality with us balanced by a strong work ethic and dedication to her faith and mission to serve others.

I am grateful for each of these capable co-workers and what we accomplish together as a team. We typically do not officially celebrate Social Work month until March, but feel free to join me in recognizing the excellent work done by these fine associates throughout this coming year.



Reagan Van Rees

PARCR WAS HERE!

Lowell Starling

PARCR's January Quarterly meeting was held in the Rife Center at Bethany Village on January 11, 2023. The keynote speaker was Registered Dietitian Brigitte Brady of Sodexo who addressed the second most interesting topic for most of us: FOOD! Brigitte's topic was Food as Medicine. The presentation was enlightening and well received with a lot of questions and positive comments.

After Brigitte's presentation, we heard from Emily Brown of LeadingAge PA on legislative and regulatory matters which affect our lives and pocketbooks. We also heard from Dan Seeger who is a board member of the National Continuing Care Resident's Association (NaCCRA) about documents they have published or are studying which provide valuable information for CCRC residents.

The last presentation of the morning was on Bethany Village's initiatives to improve brain health for residents. JD Shuman of the Asbury Foundation introduced the initiatives and discussed the powerful role philanthropy plays in funding them. Sue Paul from Asbury Methodist Village, who is spearheading the initiatives for the Asbury system, provided details and updates on the initiatives. Another enlightening and well received presentation.

After the presentations the meeting adjourned for lunch. After lunch Stephanie Lightfoot of BV Marketing gave a tour of BV for our guests from other communities.

The PPT slides used by Brigitte and Sue are available on PARCR.ORG under the What We Offer tab. A recording of the meeting is available under the Members tab.

PARCR's April Quarter Meeting will be at Londonderry Village in Palmyra on April 12, 2023, at 10:00am. The keynote speaker will be Garry 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. The invitation letter will be in your mailboxes a couple of weeks before the meeting.

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

PARCR Features A Recommended Reading

Charley Sproule

An article written for the National Academy of Elder Care Attorneys on what they should know about CCRCs (Continuing Care Retirement Communities) caught my attention. The article was made available to Bethany Village residents by the Pennsylvania Alliance of Retirement Community Residents (PARCR) through a link on its' website. To provide access to the article, PARCR collaborated with its partner, the National Continuing Care Residents Association (NaCCRA) which originally found and posted the article.

This article is very readable and informative, even for a non-lawyer. It describes the advantages and disadvantages of CCRC's and typical contract provisions. To illustrate the main points, the article describes examples of CCRCs in California and their successes and failures. The article discusses both for-profit and not-for-profit CCRC's (Bethany Village as part of Asbury Communities is not-for-profit). The article mentions the LeadingAge organizations as a nationwide representative of not-for-profit CCRC's. (Bethany Village is a member of LeadingAge PA and uses them to advocate for legislation and regulations that benefit our residents.) The article also discusses the religious affiliation of many not-for-profit CCRCs.

Typical provisions of CCRC contracts and operations are reviewed. Some provisions discussed include entrance fee requirements and monthly fees, which may increase based on inflation and other considerations. Residents provide most of the revenue to sustain a CCRC. Many decisions are made by the CCRC and not the residents. Such provisions are balanced, in my view, by such features as residents being able to obtain medical and other help, having maintenance work done for you, the wide variety of programs and activities available for residents, the availability in BV of excellent assisted living and skilled nursing care, the opportunity to provide input directly to management and through the Residents' Council, and the availability of benevolent care if needed. One major advantage of a CCRC is that our children have peace of mind knowing that we are in a safe place with all needed help readily available.

The article focuses on the importance of being able to evaluate the financial stability of a CCRC when deciding whether to move into one, including the need for access to recent financial reports and actuarial studies. I am not a financial expert. Prior to signing our entrance agreement, I had a CPA evaluate the financial reports of Bethany. The CPA's evaluation of Bethany's financial status was very positive.

I want to learn how to periodically evaluate the financial stability of a CCRC, just as I periodically evaluate my own financial holdings. (Bethany Village annual financial statements are available in the Bethany Village Library). The article confirmed my view that coming to Bethany Village was the right decision for me, my wife and family. It did make me more aware of the details of how CCRC's operate, and the role of regulators and residents in that process. As a new member of the BV Residents' Council, an officer of PARCR, and a member of the BV Long-Range Planning Committee, I look forward to supporting residents.

The article concluded: "By many accounts CCRC's may be vibrant and healthful places to age. ... Precisely because the allure of CCRC's is so compelling ... it is important to understand the extent of control clients may be giving up when joining an entrance fee CCRC. ... Whether a continuing care contract at a particular CCRC is right for a particular individual will depend on the totality of the circumstances involved."

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To read the article go to the PARCR web site: www.parcr.org then click on What We Offer, then Resources, then NaCCRA.

“Exercising Control or Giving It Up? What Elder Law Attorneys Should Know About Continuing Care Retirement Communities.”

Author: Yvonne Troya, JD

NAELA Journal. National Academy of Elder Law Attorneys. Volume1 Electronic Issue Spring 2022. 35 pages

Great, Great Grands

The Scoop staff recently learned of several residents that have reached great great grandparent status. What a great, great thing to celebrate. If we missed you, please let us know. Send an email to dale.meadowcroft@gmail.com



Penny Williams holds her pride and joy Molly Mae Maloney while daughter Betsy Miller, grand daughter Buffy O'Brien and great grand daughter Alexis Maloney look on.



Connie Scheib has two great greats in her five generation picture:.. lower row; Cheyenne, Sadie Mae, Eli. top row: Amy, Donna, Connie.

Food for Thought

Dale Meadowcroft

I recently enjoyed a television show I had recorded earlier. As I was going through the motions to delete the show the television reverted back to a live broadcast of a PBS children's morning show. Just as I was turning off the television I heard these words, "It can feel great when we appreciate."

That started me searching for inspiration and I found this story.

A blind boy sat on the steps of a building with a hat by his feet. He held up a sign which read, "I am blind, please help."

There were only a few coins in the hat – spare change from folks as they hurried past.

A man was walking by. He took a few coins from his pocket and dropped them into the hat. He then took the sign, turned it around, and wrote some words. Then he put the sign back in the boy's hand so that everyone who walked by would see the new words.

Soon the hat began to fill up. A lot more people were giving money to the blind boy.

That afternoon, the man who had changed the sign returned to see how things were. The boy recognized his footsteps and asked, "Were you the one who changed my sign this morning? What did you write?"

The man said, "I only wrote the truth. I said what you said but in a different way."

I wrote, "Today is a beautiful day, but I cannot see it."

Both signs spoke the truth. But the first sign simply said the boy was blind, while the second sign conveyed to everyone walking by how grateful he was...

When our lives seem full of troubles, it can be difficult to maintain an attitude of gratitude. All we see are our problems, like a blackened storm cloud casting a dark shadow over our lives.

And the times when everything just seems to be going smoothly? We often take these precious moments for granted too, don't we? Caught up in the bliss, comfort, and familiarity of it all, we can simply forget to be thankful.

So what, then, is gratitude? Simply put, gratitude is a habit. It's a way of looking at the world and all the good things in it with a feeling of appreciation, regardless of whether or not our current situation is to our liking. Gratitude is a heart-centered approach to being at peace with yourself and with all you have. When we practice this feeling of gratitude, it attracts even MORE things into our life for which to be grateful.

And the great thing is that gratitude or appreciation can go both directions. We accept gratitude when people want to do something for us. Because as much as we can be grateful for the small and the big things that happen to us, we also have to be open to receiving them.

Gratitude should come from your heart. That you are truly happy for what life offers to you. Go ahead, try it out right now. Say something "positive", and you'll see something "positive."

Andrea Wulf's "Founding Gardeners" For the Founding Fathers, gardening, agriculture, and botany were elemental passions: a conjoined interest as deeply ingrained in their characters as the battle for liberty and a belief in the greatness of their new nation. *Founding Gardeners* is an exploration of that obsession, telling the story of the revolutionary generation from the unique perspective of their lives as gardeners, plant hobbyists, and farmers. Acclaimed historian Andrea Wulf describes how George Washington wrote letters to his estate manager even as British warships gathered off Staten Island; how a tour of English gardens renewed Thomas Jefferson's and John Adams's faith in their fledgling nation; and why James Madison is the forgotten father of environmentalism. Through these and other stories, Wulf reveals a fresh, nuanced portrait of the men who created our nation.

Nelson DeMille "The Maze" Book 8 of 8 in the John Corey series. NYPD Homicide Detective John Corey, who we first meet sitting on the back porch of his uncle's waterfront estate on Long Island, recovering from wounds incurred in the line of duty is now sitting on the same porch after surviving new law enforcement roles and romantic relationships and is restless and looking for action. He has to make some serious decisions as he gets involved in a dangerous hunt for an apparent serial killer.

Fern Michaels "Tick Tock" Book # 34 of 34 in the Sisterhood series. The Sisterhood: a group of women from all walks of life bound by friendship and years of adventure. Armed with vast resources, top-notch expertise, and a loyal network of allies around the globe, the Sisterhood will not rest until every wrong is made right. On their trail is a vicious felon with scores to settle and a network of accomplices willing to do his bidding, for a price. He's set his sights on vengeance, and the attack on Nikki is just the beginning. Though frantic with worry about her daughter, Myra and her beloved Charles know its time to summon the others and figure out how to take the fight to the enemy's door. Because no one targets one of their own and gets away with it . . .

James Grippando "Code 6" is a novel about an inspiring playwright, Kate Gamble, who is struggling to launch a script she's been secretly researching her entire life. Her father is Christian Gamble, CEO of Buck Technologies, a private data integration company whose clients include the CIA and virtually every counter-terrorism organization in the Western World. Kate's father adores her, and a play about the dark side of Big Data would be the ultimate betrayal in his eyes. But Kate is compelled to tell this story—not only as an artist exploring the personal information catastrophe that affects us all, but as a daughter trying to understand her mother's apparent loss of purpose, made even more disturbing by the suicide note she left behind: I did it for Kate.

Michael Ledwidge "Hard To Break" #3 in the Michael Gannon series. Mike Gannon always wanted to go to Alaska. That's why when a bucket-list grizzly bear trip to the Klondike comes up, he's on it with both feet. But as he arrives up in the northern wilds, he discovers other hunters are there. And they're not looking for grizzly. Soon Mike finds himself alone and captured on a corporate plane heading southbound for an incredibly lethal encounter that is about to blow his mind. Read this novel to discover Mike's fate.

Connie Scheib

Did You Know

Connie Scheib

Bethany Village was opened in October 1964 when Mrs. Elsie Treese and her sister, Ann Cook moved in. They were followed by Mrs. Esther Hart. They were instrumental in starting the Auxiliary, the gift shop and the craft room.

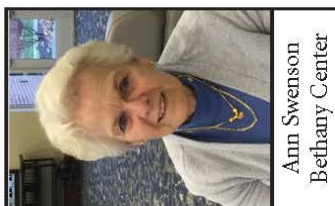
The library, The Robert F. Rich Library, was opened on Jan. 1, 1964 when Woolrich Woolen Mills presented it to Bethany Village. The first librarian was Lena May Horner. She served until just before her death in Aug. 1975. Thelma Klugh replaced her. At that time, the library held over 6500 books. Mrs. Cyril Woods was the typist and typed at least 3 cards for each book in the library. Some books had as many as 20 cards. The card catalog held 30,000 cards at that time.

The library hours were: 10:00AM to 11:00 AM and 3:00PM to 4:00 PM on Mon., Tues., Thurs., & Fri. There was a library committee with the chairman being Mr. Fred Burris. In addition to him, the librarian, and the typist, there were eight other people on the committee.

In 1978 when the Bethany Villager was started, the librarian prepared a page for the Bethany Villager with the title, "In The library". In it she stated the new books that were added to the library. All five of them were non-fiction or biographies. She also included a list of all the staff members who would be available to help you when you came to the library. For the people with failing eyesight, they included fifty large print books. These were provided by the auxiliary which also contributed \$125.00 annually to the library for the purchase of new books. The librarian prepared the page for the Bethany Villager. The editor of the Bethany Villager was Lois Horton Young.



2023 Residents' Council



Ann Swenson
Bethany Center



Kay Hess
Bethany Court



Bob Gasull
East Cottages



Melissa Stock
East Cottages



Sandy Henry
West Apartments



Ray Saunders
West Apartments



Bill Middendorf
Bethany Court



Anna Mae Roof
Bethany Court



Kerry Butz
East Cottages



Ida Mae Heidecker
West Apartments



Susan Moeslein
West Apartments



Charley Sproule
West Cottages



Larry Miller
Bethany Court



Judith Clovsky
East Cottages



Dennis Plynette
West Apartments



Nadine Creighton
West Apartments



Monte Avery
West Cottages

OFFICERS

Kerry Butz
President

Monte Avery
Vice President

Ann Hipp
Secretary (non voting)

Dale Meadowcroft
Treasurer (non voting)

Charley Sproule
Asst Treasurer

Judith Clovsky
Asst Secretary

Save the Dates

February

.Flaky Days: West Campus- February 15th

.Snow Tubing at Ski Roundtop- February 20th

.Middle Creek Bird Watching- February 27th

March

.Hershey Bears Ice Hockey Game- March 1st

.Neighborhood Mixer: West Cottage- March 16th

.Neighborhood Mixer: East Cottage- March 22nd



Look for In February Sign-Up Notes.

Contact BV Wellness with additional questions at BVWellnessTeam@Asbury.org

Residential Living Communications

We wanted to give you an update of our efforts for making resident communication better. Below is a list of the action plan items:

Resident Pulse to find out more about how and where residents get their information.

- This item will be combined with the Resident Satisfaction Survey that will come out later from the Asbury Support and Collaboration Center.

Resident engagement platform

- The goal is that a new system will be selected by the beginning of February.
- Target is for at least one community to launch by end of June.
- Justin will be getting a group of residents to be a part of creation of site.

Refresh/enhance resident onboarding to Bethany Village

- This is currently a subcommittee of the Wellbeing Team across Asbury.
- We are looking at ways to better welcome and integrate them into the community.

Review Process for department or event communication for Residents

- The Team at BV (Justin Margut Director of Wellness, Susie Lupkes Wellness Professional, Resident Life -Kristin Juchem Director of Resident life and Volunteer Coordinator, Lois Heagy Administrative Assistant, Tena Nelson Front Desk Supervisor) has come up with a process that we will be starting in mid-February.
 - This process will utilize the same path for all resident communications. That way associates will be on the same page and items should be more consistent.
- In an attempt to cut down on the amount of paper copies put in your boxes.
 - We will be having a trial for less to go into your cubbies. We will reutilize the bins and have copies put in them for residents who want to pick them up.
 - This trial will be for the East and West Apartments only. All Cottages will still receive items as normal.
- We will be looking for volunteers to help us monitor bulletin boards and number of copies in the bins. Please let Kristin Juchem know if you are interested in joining this team.
- For those that are not with Xfinity and don't get channel 956, you can view this website to see the slides that are shown on that channel. https://www.touchtown.tv/tv/tv/webshow/tv1.jsp?scale&tag=ASBURY_BETHANY_VILLAGE_WEB

If you have any Questions, please contact Justin Margut Director of Wellness



VENTURE LECTURE SERIES

Monte Avery

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

Three lectures are scheduled for the Spring Series – March 16. April 20 and May 18 – and all of these lectures promise to be interesting and informative. Please mark your calendars now.

Thursday, March 16, 2023 – 7 p.m.

Our first lecturer will be Jean-Paul Benowitz, who will be talking about "**Debunking Myths About Pennsylvania Dutch Culture**". Whether your family came to Pennsylvania 300 years ago or you just moved here 300 days ago, almost everything you know about Pennsylvania Dutch culture is not true, not true exactly, and has been driven by the tourist industry. Come to this lecture and learn the truth about the Pennsylvania Dutch.

Mr. Benowitz was a lecturer for the 2022 series. He is a historian who has been teaching American History at Elizabethtown College (Elizabethtown, Pennsylvania) for 28 years. He is the Director of Special Programs and Prestigious Scholarships and Fellowships. He teaches Honors First Year Seminars as well as Honors courses in leadership development. His Honors research methods courses, cross listed with the History Department's Public Heritage Studies Certificate program, focuses on local history and historic preservation providing Honors students with opportunities for community-based learning and civic engagement. He earned his BS in History at Eastern Mennonite University where he authored his senior thesis on the history of the Old Order Mennonites of Virginia. He earned his MA in History at Millersville University where he wrote his MA thesis on the history of the Old Order Mennonites of Pennsylvania and Virginia. He did his doctoral work at Temple University. His dissertation is a biography of U. S. Congressman James Wadsworth Symington (D-MO) who worked in the Eisenhower, Kennedy, and Johnson administrations. Much of his scholarship, published works, and public presentations have focused on Twentieth Century American political history, particularly presidential studies, and international relations. He has authored books about local history, articles about the Historic Peace Churches and Pennsylvania Dutch culture, and a column in the local newspaper in Elizabethtown about local history.

THURSDAY, APRIL 20, 2023 – 7 p.m.

Our lecturer for the second lecture will be Erica Shaffer. Her topic will be the "**Health of the Environment**". She will talk about trees and how to keep them healthy, the use and non-use of chemicals in the garden/lawn/landscape, planting for wildlife, and how our health is directly benefited by these types of choices.

Ms. Shaffer has been a Landscape Designer and Consultant for 35 years. She is a Garden Speaker and Writer, Herbalist, former Nursery Manager of Highland Gardens for 30 years, a "Tree Hugger" and "Petal Pusher".

(Continued on page 17)

(Continued from page 16)

Thursday, May 18, 2023 – 7:00 p.m.

Our lecturer for the third lecture of the Spring series is Robert Lau. His topic will be "**Music 101: An Introduction to Classical Music**". The lecture will feature a brief history of classical music from the renaissance through the 20th century. Music as related to other arts and tips for listening will be discussed. The ability to read music is not a requirement for attendance.

The program will be presented by Dr. Robert Lau, a resident of Bethany Village. A retired educator, composer and organist, Dr. Lau holds degrees in music from Lebanon Valley College, Eastman School of Music, and Catholic University of America. He taught music theory and history during a 42-year college career which included a 10-year position as Chair of the Music Department at Lebanon Valley College.

Bethany Village Auxiliary

Phyllis Kegerreis

As I write this article I can hardly believe that January is almost over. Time seems to fly as we get older.

Our Bethany Knitters are busy working on shawls for Christmas of 2023. If you would like to knit or crochet stop in the Craft Room some Monday morning between ten o'clock and noon. Someone will help you with a pattern and yarn.

I am sorry to have to tell you this but the Vintage Fashion Show has been canceled due to circumstances beyond our control. We thank everyone who had been helping us. Keep your eyes open though because the Basket Raffle will still be held. Please see the announcement on page 18.

At our January Board meeting, President Sandy Newmyer introduced our new Membership Chairperson Judy Higgins who will replace Burton Lee who passed away recently. The Board is happy to have Judy join us.

Remember our Gift Shop is open Monday through Friday from 10 am to 3 pm. Stop in and check out the goodies. The price of our greeting cards can't be beat. If you are thirsty, there is water, soda and milk for sale. As always, we have ice cream. So as you can see, we can take care of your needs and you will support the Auxiliary.

Our next meeting is Wednesday, February 1, 2023 at 9:30 am in the East Conference Room. You are welcome to attend and see how we operate.



Auxiliary Basket Raffle 2023

Our Basket Raffle raises funds for items needed by our Bethany Residents at The Oaks and MapleWood.

Think of a theme, join friends, neighbors, hall mates and create a masterpiece.

Suggestions for themes:

Travel Dinners Hobbies Books Favorite Wines/Beers
Sports Outings Birding Patriotic Restaurant Gift Cards
Pets Kids Fishing Gardening



Requests:

Baskets should be worth \$100.00.

Please, no perishable items.

Free empty baskets available on table marked Basket Raffle outside of furniture room.

Please, put your name, title the basket, state worth and if gift cards list address of business.

No need to cover baskets in plastic unless you have loose items.

Include bow or ribbon, (we can make bow for you).

All baskets due March 7, 2023

Leave baskets at either east or west front desks. You can phone Nancy Toth for pick up.

Work shops to be announced.

Event to be arranged.

Times raffle ticket sales will be announced.

Thank you, and looking forward to seeing your creation.

Nancy Toth [bntoth1943@ gmail.com](mailto:bntoth1943@gmail.com) or 717-991-1821



Get Ready



for...



Bethany Games

This year the games will be spread out over a two week period. Mark your calendars to participate in the fun!

SAVE THE DATE:

The games will start **May 22nd** and the closing ceremonies will be **June 2nd**. Schedules and signups will come out by end of March

At the end of April and beginning of May we'll be holding practices for some of the individual events so you can be ready and at your best! Keep an eye out for the listings of these practices and the dates they will be held. Everyone is welcome, even if you have never tried it before.

Also, we are going to be ordering BV Games shirts ahead of the start this year so keep an eye out for team countries/colors listed at the beginning of April in the Wellness department.

We look forward to having you take part in a favorite BV tradition!



Questions? Contact Wellness
717-591-8022
email BVWellnessTeam@asbury.org



Marketing News

Beth A. Merkel, Sales Coordinator

2022 ended with a bang! Here are some fun facts from Residential Living in 2022:

average age at move-in: 79
our youngest age at move-in: 57
calls made: 3,808
tours given: 363
sales made: 49
home visits made: 151

Marketing is hoping to keep the momentum going in 2023. Here are some advertisements to look out for:

Patriot-News/Pennlive.com
Carlisle Sentinel
Senior Blue Book
Susquehanna Style
Leading Age
Hershey Symphony
Harrisburg Magazine
Cumberland Valley Silver Living
Guide to Retirement Living/Sourcebook
Caregiver Solutions
50plus Living
50plus Life website
Beyond50 Resource Directory
Retirementliving.com
Paid Search through Google
And many more!



The Marketing Department does many more things throughout the year to keep new inquiries coming in. However, our best source of qualified leads is YOU (the resident)! You know all about living at Bethany and the benefits you have as residents. Your enthusiasm and unique perspective make it easier to decide for those considering the jump. Did you know you can get rewarded for your efforts? Just provide the marketing office with information to contact a potential lead and let the process work for you!

- If the potential lead is not currently in our lead base, you would be eligible for the rewards
- If the potential lead goes on the waiting list, you would get a \$25 gift card to use at our dining locations
- If that potential lead moves in, you would get a \$100 check
- There is the potential to get both rewards

Cheers to a great 2023!

BV Nursing Grant Program

Nancy Toth.

December the BV Nurses gathered for a Holiday Coffee. They shared their career choices and reminisced about their work experiences. It was a wonderful time going down memory lane. We all enjoyed it so much we decided to make it an annual event.



One of our committee members, Dee Lebo, recently went to her Polyclinic Hospital Nursing Class Reunion and noted the following article about the BV Nursing Grant Program in their newsletter.

"Bethany Village Nursing Grant Program celebrates more than a decade of giving back. The Fund, created in 2008 by interested residents at Bethany Village, provides funds annually to those associates who support the ongoing mission of the community. The Committee awarded a total of \$10,000 to five recipients in 2018. Since the fund's inception, it has awarded over \$76,000 to 42 deserving associates. The Program provides educational opportunities to exceptional associates to further their professional development."

As of 2022 we have given out 65 grants and have awarded \$105,000. All due to your generous donations.

How exciting! Our reputation is spreading. If you know of any associate interested in a career in nursing, tell them to ask their supervisor. Feb. Is our month to apply for this year's grant.



The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.



Don't Cast Your Meds Upon the Waters

Fred Baldwin

Looking for a safe place to dispose of expired or unused medications? You have two nearby choices. Both are located within 10 minutes of the Bethany Village campus, available Monday through Friday.

Disposing properly of medications is the environmentally responsible thing to do – a modest step toward keeping contaminants out of streams and sources of drinking water. The locations nearest us are both at police departments:

Lower Allen Township PD
2233 Gettysburg Road Camp Hill, 17011
(717) 975-7575

Mechanicsburg Borough PD
36 West Allen Street Mechanicsburg, 17055
(717) 691-3300

These locations are available only on weekdays and during similar hours – for Lower Allen, 8:00am–4:00pm; for Mechanicsburg, 8:30am-4:30pm. If in doubt, call first.

The Pennsylvania Department of Drug and Alcohol Programs publishes guidelines on safe medication disposal at its website: https://www.ddap.pa.gov/Prevention/Pages/Drug_Take_Back.aspx.

Here's a short summary. Most meds are OK for drop-off boxes. That means both prescription and non-prescription items, including meds for pets. The no-no list is short: compressed cylinders (e.g., asthma inhalers), thermometers and meds containing iodine. Also, no alcohol, no illicit drugs -- and no needles.

The website adds that liquids should be in their original containers with personal information removed or blotted out with a permanent marker. If for some reason you can't manage to dispose of surplus meds at a drop-box, try to make them unappealing to people and animals. For example, consider crushing them and mixing with coffee grounds.

Flushing is a last resort, appropriate if it's the only way to keep dangerous items out of reach of children or to protect someone from taking the wrong thing. The FDA website has a "flush list," but for most of us, an approved drop-box is the safest and most environment-friendly choice.



BETHANY VILLAGE FEBRUARY BIRTHDAYS

2/1	Val Johnson	2/15	Mary McFadden
2/2	Marcia Baron		Shirley Walker
	Barbara Woods	2/17	Karen Spracklen
2/3	Marian Delevan	2/19	Leo Duffy
	Nan Keiser		Steven Verber
2/4	Geri Denison	2/20	Christine Dapp
2/5	Barbara Thomas		Harvey Huth
2/6	Bill Brandt		Dorothy Shreffler
	Beverly Hertzler		
2/7	Dolores Lebo	2/21	Tracy Olson
2/9	Mary Ann Loy		Lura Stagg
2/10	Clyde Cressler	2/23	Glenn Rosborough
	Katie Grant	2/24	Ginny Eaton
	Amy Piscitelli		Patsy Karns
2/11	Naudene Gardner	2/25	Bill Parish
	M. Kathleen Kush	2/26	Bob Gasull
	Sue Moeslein		Betty Kublic
2/12	Lois Hoerner		Nancy Seitz
	Henry Killick	2/27	Charlie McNutt
2/13	Marian Gutshall		Barbara Zeigler
2/14	Terry Crockett	2/28	Ann Marie Judson
	Robert Lau		
	Sandy Lipka		
	Kathy Salmon		



Dining Services

Dustin Goss Dining Operations Manager / Interim Director of Dining

There are some exciting things happening in the Dining Department over the next few weeks!

Bistro

We will be introducing special theme nights in the Bistro on a biweekly basis. We had our first theme night, Seafood Night, on January 26th. Our next theme night will be Thursday, February 9th, Pub Faire, featuring hand-formed, specialty burgers, as well as other pub faire. We also plan on rolling out new menu options to the lunch menu.



**Bethany Village
Dining Services**

West

The current reconstruction of our Collegiate Café and Springfield's is the perfect time for a refresh! When the Collegiate Café reopens, expect to see new offerings in there as well. We were fortunate to have the return of the Cottage dinners in December with a 10th Buffet. We look forward to hosting these events again when construction is complete! More details to come as reopening dates are announced.

Steps to take care of your hearing aids, optimize sound quality and prolong life expectancy of hearing aid instruments.

Keep your hearing aids free of foreign debris by cleaning daily and changing wax guards regularly.

Keep your hearing aids dry. It is best to remove your aids when showering or swimming. If they get exposed to moisture, be sure to dry them as soon as possible.

Keep your hearing aids powered. To make the most of the battery life always turn off and store in their provided case when not in use. For non-rechargeable aids open the battery door and when possible, remove the batteries.

Keep your hearing aids safe. Be careful not to drop them on a hard surface and when you aren't using them keep out of reach of children and pets.

Schedule regular visits with our hearing care providers to ensure you are hearing your best.



Dr. Dukes will be returning from maternity leave and will begin seeing patients Thursday, February 16th at Bethany

Bereavement Notifications

Resta Deppen 1-15-23

Maria Ferenbaugh 1-13-23

Frances Drees 1-16-23



Please Welcome our New Residents to Bethany Village

Amanda Price



Bill and Pat Pierson have moved into West Apartment 2123. Their phone number is 717-943-8100. Bill and Pat lived in Shermans Dale, Pa prior to coming to Bethany. Pat and Bill have many hobbies and accomplishments. Some of Pat's hobbies are, painting, quilt making and designing, embroidery, raising flowers and cooking. Bill spent 4 years in the Air Force as an electronics technician. From the air force he spent 27 years with IBM with duties ranging from large systems and telecommunication network technician to Systems

Engineer supporting PA Government Accounts. He spent time as well as the VP of computer and network operations at PEAA, having his own consulting business and providing technical support for his son and daughter in law's computer and audio visual installation business. Bill enjoys restoring anything electrical or mechanical and spending time on his farm as a hobby farmer.

