

The Scoop

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ASBURY
BETHANY
VILLAGE



Anticipate More

From the Executive Director...

Brian Grundusky



Hello to all residents and associates!! Happy Summer!! I hope that all of you are enjoying your time with your family and friends and please make sure that you are safe through these hot summer days! There has been a lot of buzz about the upcoming Brain Health Project that we will be developing here at BV in the fall of 2023. I wanted to provide information/details of this project so that the associates and residents are aware of this state-of-the-art well-being center and the importance of brain health not only at BV, Asbury but industry wide. This initiative is also a key component of the strategic blueprint for Asbury and is in alignment with our Mission and Vision.

Asbury Methodist Village was the first community to develop, construct and implement a brain health program at the community level. Sue Paul (Asbury Senior Director of Well-Being and Brain Health) led this initiative which included a state-of-the-art brain health center, rock wall and boxing studio (home of Rock-Steady Boxing a key program utilized to assist with residents who suffer/have Parkinson's disease). This program was

developed and based on several (national) brain health studies and Asbury is taking the lead and including brain health as a key component of overall well-being (strategic blueprint). Several BV residents made the trip to Asbury in 2022 to tour this new Well-Being Center and were extremely impressed with the program and project. So impressed, that BV had a significant pledge to ensure that we were able to move forward and implement a Brain Health Program.

Over the last several months, BV has been working with Asbury Communities and THW (Architect) to develop a state-of-the-art well-being program/center. This program would also include a brain health center, rock wall, Rock Steady Boxing area and the expansion of our current Outpatient Rehab Clinic (on West). To do this, we needed to assess both East and

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Bethany Village
325 Wesley Drive
Mechanicsburg, Pa 17055

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West to locate appropriate space to implement this program. After assessing and researching all community areas, the preliminary plan for the location of the center would be the west side of campus. In doing this, we would need to relocate the fitness center as this area would be the new location of the Brain Health Center and expansion of the Outpatient Rehab Clinic. We would look at re-locating the fitness center to Springfield's Private Dining room. This area would also be the location of the rock wall (due to the high ceiling in this area). We would also need to implement the Rock-Steady Boxing program in the adjoining area (Springfield's Dining room). The assessment and location were based on the total utilization of the space in these two areas. Although we are taking space away from Springfield's, we do feel confident that we will continue to meet the needs of our residents in this area. There has been feedback from our residents questioning where we would be able to locate the bigger dining events (Holiday Meals and Special Events) and the loss of natural light/ambiance in the dining room. We have identified a plan to support these bigger events/functions in the Richard Rife Center. We are also looking at extended dining space of Springfield's by renovating and utilizing space in the lobby area entering the dining room. We will also be collaborating with our architect to ensure that we continue to have a warm and inviting environment in this area (including natural light). More to come on this.

We have completed several small focus groups with our residents to communicate the plans, gather feedback, and answer any questions. We have also reviewed these plans with the BV Long Term Planning Committee and a detailed presentation (Todd Andrews, President CCRC Division, Myself, JD Shuman, and Sue Paul) will be completed at the August Coffee in which all details and information regarding the program/process will be covered.

This is an extremely exciting time for Bethany Village as we develop this program not only for our current resident population but for our residents of the future. This will be a change for us but with change comes opportunity.

Thank you for your support!

Why a Rock Wall and Boxing?

By Sue Paul, Sr. Director of Well-Being and Brain Health

You've heard about some of the cutting-edge fitness facilities coming to Bethany Village. I am writing to share a little more about the proposed rock wall and boxing fitness classes, and share why they are great for the health and well-being of Bethany Village residents.

We all need to learn complex new skills as we age

As we grow older, many of us begin to repeat familiar patterns in life, and we stop learning new and novel skills. But learning new and novel activities plays a significant role in promoting *neuroplasticity*, which refers to the brain's ability to reorganize and adapt by forming new neural connections throughout life. When we learn a new and unfamiliar skill, it stimulates various regions of the brain and triggers the release of important neurotransmitters. We know that most Bethany Village residents will have little or no experience with rock climbing and boxing fitness – and that's why these are great opportunities for residents to improve their brain health.

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Another important element of the coming programs is *dual task training*. Dual task training involves two tasks at once: for example, problem solving while walking, or catching a ball while balancing on one foot. These types of exercises keep our brains challenged and flexible, helping us avoid neurocognitive decline. Many of the activities you'll see coming to Bethany Village are based on providing residents with *novel experiences* and *dual-tasking* opportunities.

The benefits of non-contact boxing fitness classes at Bethany Village

We're excited to bring the well-known Rock Steady Boxing—as well as other boxing fitness classes—to Bethany Village. You can read more about the popular Rock Steady program, offered across the nation for those fighting Parkinson's Disease – here: <https://rocksteadyboxing.org>.

Boxing fitness is an excellent cardiovascular workout that gets the heart pumping and improves blood circulation. The combination of footwork and punching motions, along with rapid response decision-making and skill building, are a perfect cocktail of dual-tasking, muscle-strengthening, and novel learning. The footwork and rapid movements in boxing can improve balance and coordination, which are essential for preventing falls and maintaining independence in daily activities. Seniors who practice boxing can experience increased joint flexibility and improved range of motion. Boxing requires focus, quick thinking, and hand-eye coordination. These cognitive demands stimulate the brain and can help seniors maintain mental acuity and cognitive function.



A few important things to know: Boxing fitness does not involve participants fighting one another. It involves striking heavy bags and simulating the motions and efforts of boxing, but in a safe, non-contact format. Working with a qualified trainer who has experience with senior fitness and boxing ensures that the activity is safe and tailored to individual needs and abilities.

The benefits of rock wall climbing at Bethany Village

We're also thrilled to bring the sport of senior rock climbing to Bethany Village. Climbing requires problem-solving and critical thinking skills. As climbers navigate their way up the wall, they must strategize and plan their movements, considering the best holds, foot placements, and routes. This constant problem-solving engages the brain and enhances cognitive flexibility. Negotiating the terrain calls for improved spatial awareness, hand-eye coordination, and balance. Climbers set objectives, such as reaching specific points on the wall or completing a route, which requires concentration. Climbing often brings a state of mindfulness, where individuals become fully absorbed in the present moment (let's face it: you can't be thinking about what to eat for dinner when you're 15 feet in the air). This meditative aspect of climbing can reduce stress, enhance mental clarity, and promote relaxation.

A few important safety notes: Climbers on the Bethany Village rock wall will be attached to a safety belay (rope) system, which will ensure they cannot fall, but will be lowered slowly to the ground upon completion of their desired climb. All climbs will be fully supervised by a trained staff person, and the equipment will be secured when not in use. In the end, this is

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just a fun, optional activity for those who are interested in learning this skill.

Learning with SmartFit Boards

Other popular dual-task training offerings will include the SmartFit Exergaming machines. These electronic boards offer mental and physical games in which your response time is measured so you can track progress over time. One gamified activity requires users to strike a light as it appears in different places on the game board within a set timeframe. Another one requires users to solve a simple math question before the dots light up with multiple-choice answers where you have to look for and strike the right answer. This creates a strong combination of cognitive problem-solving with rapid physical motion.

In conclusion, non-contact boxing fitness classes, rock wall climbing, and other dual-task novel activities provide an array of benefits for brain health. By engaging in these mentally and physically challenging activities, individuals can improve cognitive skills and promote overall well-being, contributing to a healthier and more resilient brain and body.



A Garden Walk

Anna Johnston

Take an Early Morning Walk or After Supper Walk in August. The sun is hot. Those are the best times.

So much to see! The daisies are spent, but the tall Joe Pye Weed, Milkweed and Butterfly Weed are coming into maturity and nurturing our butterflies. The Crepe Myrtles are blooming in a variety of colors. Joyce Kieffer on the East Campus is growing Calla Lilies! They are supposed to be hearty only in Zones 8-10. She says they are thriving in a warm sheltered spot in their back yard but can be seen from Bethany Drive. On Dogwood Court, Douglas Reisinger again has sunflowers growing up to their roof and he has added more annuals. And don't forget the Healing Garden by Skilled Nursing on the West Campus. It gets better every year.

On the other hand, the invasive Spotted Lanternfly is coming to maturity. They will climb high up into trees where they can't be reached, but some hearty souls want to do their bit by stomping out those still on the ground. This mature species has red spots and forward-facing eyes, so to be successful they must be attacked from the rear. There isn't an accepted name for this "dance" to reduce their population. One suggestion is "The Stomp and Twist" or it can be full body with a swatter in one hand. Both are rewarding---especially if they succeed in wiping out their victim. It's a bit like putting your finger in the dike to stop a leak, but still rewarding.

Whether it is Garden Looking or Spotted Lanternfly Extinction get out and walk!

From the Chaplain

Brand Eaton

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

The group will meet for one hour in the Chapel on the East campus beginning at 11:00 am every Wednesday morning from August 9 through September 13. This is a very informal time with a brief presentation about some aspect of grief, an opportunity for sharing in the group as you may feel led and assisting you to process some of your feelings and experiences of intense grieving.

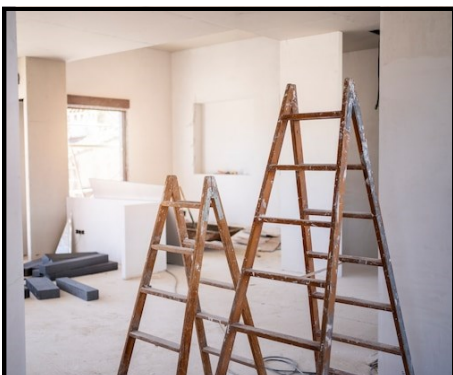
If you have had a significant loss in the past two years, this group experience may be of help to you. Additionally, your openness to sharing some of your grief journey may be of help to others. If you feel led to take part, please contact Lois Heagy in the Resident Life Office to sign up. Group size is limited to fifteen participants. I look forward to the experience with you.



Message From Marketing

It has been an exciting and busy year so far with new residents joining the Bethany Village community. We thank you for your on-going support in recommending Bethany to family, friends, and neighbors! Through Residents' Council, and other communications, you have been kept abreast of the availability that we have in the community.

With the influx of new residents, that means an increase in the number of available apartments and cottages that are being renovated. We know that you are excited to see how different these available apartments and cottages are to your own homes and if they may suit the needs of your family, friends, and neighbors; however, **we ask that you refrain from just "looking in."**



We say this for your own safety as these places are in the process of being cleaned out and renovated. That can mean anywhere from boxes and furniture being left behind and no overhead lights, to carpet and cabinetry ripped out and nails exposed. Even if the renovation is complete, we don't want the new resident to find footprints on their newly cleaned kitchen floor!

We would be happy to schedule a time when it is safe to see what you would like. **Please contact Stephanie 717-591-8068 or Devon 717-591-8070 in the Marketing Office to make an appointment.**

Wildlife Hold Meetings at Bethany Village

Ann Van Dyke

The Scoop recently found a transcript of the monthly meeting of Bethany Wildlife Association. We were impressed with their level of organization. We note that each species of wildlife sends a delegate so they all can act in concert with each other.

Groundhog Chair: A special welcome to the new Bethany Village Wildlife members. We are proud to see you flying, hopping and running around the Village now that you are several weeks old. Be careful about interacting with the hoomins. They are a strange bunch and they still don't seem to understand how to co-exist.

Deer Delegate: We need to remind all the deer that we will be eating all the Hosta throughout the Village during one night. Date to be announced. Until then, let them think we don't like it anymore. (Snickering among all the deer.)

Rabbit Delegate: Just want to let you all know that we've come up with a way to kick that Irish Spring soap away from plants we like. And that awful smelling stuff some hoomins have been spraying in their gardens, just wait until it rains! And we are delighted that many of those hoomins think the scent of Marigolds keeps us away. (Chuckles all around.) Marigolds are rabbit dessert!

Squirrel Delegate: We have a complaint. More and more of those interloping hoomins are putting cracked oyster shells in their potted plants, so we can't dig up their flowers and lay them on their side as we plant our nuts. Can this committee help us with that? (Troubled murmurs go through the crowd.)

Bluebird Delegate: Well, we're actually feeling pretty good about all those specially-designed-for-us bird houses. For the life of me, I can't remember what we did before hoomins were building our houses. We just wish they'd quit opening the side door to see how our babies are doing.

Groundhog Chair: Is there a fox delegate present? We need a report on how they're doing in the family den. (Not a fox in the house.)

Deer Delegate: We've seen the mom trotting down Bethany Drive several times. She's still looking kind of matted but her babies are doing well.

Chipmunk Delegate: We've been very busy digging holes and burrows every 6 inches or so in every garden on the East side. I heard a hoomin look at us and say, "Good thing they're so cute." (Clapping throughout the room from the chippies.)

Groundhog Delegate: And speaking of hearing hoomins talk about us, I heard one say that the groundhogs this year were the size of preschoolers! Not bragging, just saying.

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Groundhog Chair: Has anyone met the new Coyote on the West side?

Rabbit Delegate: Well, yes, from a distance. He seems very busy settling in. We're hoping maybe someone else could give him the invitation for next month's meeting.

Deer Delegate: Has any decision been made yet on whether or not we will be eating the Black-eyed Susans this year? For sure we will never, ever be eating that fuzzy Lambs Ear!

Groundhog Chair: Is there a report from the Task Force on Squirrel-proof Birdfeeders?

Squirrel Delegate: We're disturbed by the number of hoomins putting up those things, but we feel like we're about to break the code. (Squirrels fist-bump all around the room.)

Groundhog Chair: Are there Monarch Butterfly and Hummingbird delegates here? Has anyone seen any this summer? (Head shaking and sad murmurs all around.)

Groundhog Chair: Are there Raccoon and Opossum delegates here?

Bluebird Delegate: They're napping and request that we meet next month around midnight when they're at their best.

Groundhog Chair: OK, then we'll adjourn. Remember our motto: "We were here first and there's room enough for everyone!"

A Garden Club Observation

Cindy Rogers Lindsay

There are lots of things to see in the garden this time of year, but something is definitely missing. Do you remember the song in the 60s "Where have all the flowers gone"? Well, there are flowers in the garden and nearby we have deer, raccoons, fox and more but where have all the monarch butterflies gone?



Several years ago, we would have so many monarch caterpillars at the garden on the milkweed (their only food source) that I would have to bring some home to eat the milkweed at my house so they wouldn't run out of food. As of today, I have not seen any monarch butterflies, caterpillars or chrysalis at the garden. At my house, so far, I have only seen 2 butterflies this summer.

Wow, what has happened? I wish I had an answer, but I am hoping there will be some action soon.

There are plenty of plants growing to welcome the bees and the butterflies as well as all of us. Have you seen the beautiful sunflowers standing tall over the vegetables? How about the zinnias and the marigolds too. And oh look, there is a wren nesting in the butterfly house! Fingers crossed that our beautiful monarchs will join us.

Meanwhile, look for lots of great produce. Our club members will share their extras at the Garden Club tables located on the East (by the library) and West (near the mailboxes).

Long Time Coming

John Bowen, Director of Social Services

For over 18 years Bethany Village has played host to a wonderful support group for family members of those experiencing dementia. This group was formed in partnership with the Alzheimer's Association and consistently provides information and emotional support to all who join us on the 4th Wednesday of each month (3:30 in the MapleWood Conference room). We always have room for more around the table and I inevitably come away from that time having gained an appreciation for the tenacity and resilience of those who struggle to understand and cope with the ravages of this horrible disease.

Now, after hearing from several of you on campus who find yourselves in the early stages of this illness, we are exploring a desire for an additional group. MCI, or "mild cognitive impairment," refers to the stage between the expected decline in memory and thinking that happens with age and the more serious decline of dementia. Many of you may have been formerly given this diagnosis by a PCP or neurologist while others may not have been provided a professional opinion but may suspect something is changing in the way you recall or process information.

Either way, we now have begun to meet and discuss how it feels, personally, to be the one in this state of "limbo." That is my choice of words for this place people reside in which they are highly functioning and capable while aware that something isn't right. This can be a very difficult place to find yourself and can lead to feelings of doubt and discouragement. There are some wonderful tools at your disposal to help stave off some of these problems.

You can learn more through Asbury's Wellness initiatives and we would encourage you to seek those out. There are many things you can do to help yourself age gracefully both in body and mind and you are fortunate to be living in a community that recognizes the importance of being pro-active and which offers many options to engage you and help yourself.

We held our first meeting of the MCI group in June to see what kind of interest there might be in a regular gathering. Based on that outcome we will host another meeting on August 16th at 3:00 in the MapleWood Conference room.

We will hold off on declaring the future of this group until a bit more feedback returns but Ashley and I are happy to facilitate as this need may have been a long time coming.



James Patterson : "Circle of Death" It's The Shadow vs. the end of the world. Nothing more, nothing less. Doomsday is coming as an evil mastermind plots to destroy all of humankind. Not even The Shadow knows the enemy's true identity. But the clock is ticking with people all over the world dropping dead each and every day. As The Shadow gathers a small band of allies, he knows this is one fight he cannot lose, because anything else means the end of all life.

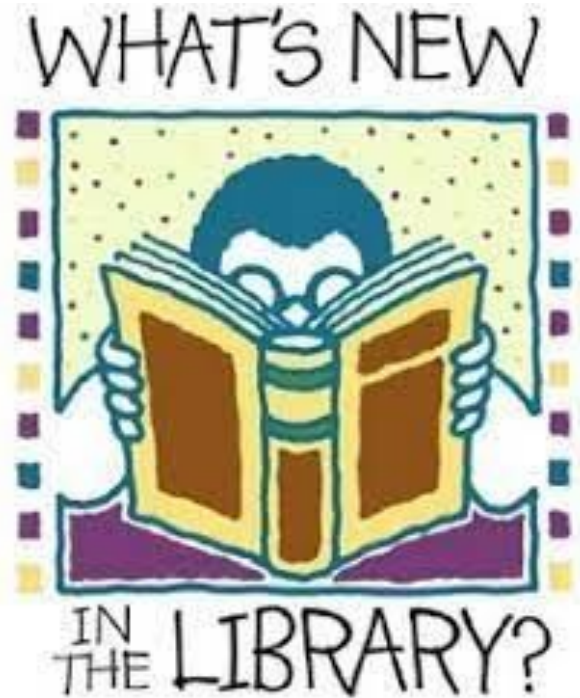
Eric Larson "Isaac's Storm" At the dawn of the twentieth century, a great confidence suffused America. Isaac Cline was a meteorologist who believed he knew all there was to know about the motion of clouds and the behavior of storms. The idea that a hurricane could damage his home city of Galveston, Texas, was to him an absurd delusion, so he ignored unusual weather patterns, ominous signs, and warnings from Cuban meteorologists about an approaching storm. Within hours, the town was completely destroyed and at least 6,000 people lost their lives in what is still the nation's deadliest natural disaster -- and Isaac Cline would suffer his own unbearable loss.

C.J. Box "Blood Trail" Have you read any of the Joe Pickett series? Don't miss this one! It's elk season in the Rockies, but a different kind of hunter is stalking prey in this novel. Game wardens have found a man dead at a mountain camp---strung up, gutted, and flayed as if he were the elk he'd been hunting. Is the murder the work of a deranged anti-hunting activist or of a lone psychopath with a personal vendetta? Wyoming game warden Joe Pickett is the man to track the murderer and stop him, before someone declares open season on humans!

Lee Child: "No Plan B" In Gerrardsville, Colorado, a woman dies under the wheels of a moving bus. The death is ruled a suicide. But Jack Reacher saw what really happened: A man in a gray hoodie and jeans, moving stealthily, pushed the victim to her demise— before swiftly grabbing the dead woman's purse and strolling away. When another homicide is ruled an accident, Reacher knows this is no coincidence. With a killer on the loose, Reacher has no time to waste to track down those responsible. But Reacher is unaware that these crimes are part of something much larger and more far-reaching: an arsonist out for revenge, a foster kid on the run, a cabal of powerful people involved in a secret conspiracy with many moving parts. There is no room for error, but they make a grave one. They don't consider Reacher a threat. "There's too much at stake to start running from shadows." But Reacher isn't a shadow. He is flesh and blood. And relentless when it comes to making things right. For when the threat is Reacher, there is No Plan B.

James Lee Burke: "Flags on the Bayou" In the fall of 1863, the Union army is in control of the Mississippi river. Much of Louisiana, including New Orleans and Baton Rouge, is

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occupied. The Confederate army is retreating toward Texas, and being replaced by Red Legs, irregulars commanded by a maniacal figure, and enslaved men and women are beginning to glimpse freedom. When Hannah Laveau, an enslaved woman working on the Lufkin plantation, is accused of murder, she goes on the run with Florence Milton, an abolitionist schoolteacher, dodging the local constable and the slavecatchers that prowl the bayous. Wade Lufkin, haunted by what he observed—and did—as a surgeon on the battlefield, has returned to his uncle’s plantation to convalesce, where he becomes enraptured by Hannah. *Flags on the Bayou* is an engaging, action-packed narrative that includes a duel that ends in disaster, a brutal encounter with the local Union commander, repeated skirmishes with Confederate irregulars led by a diseased and probably deranged colonel, and a powerful story of love blossoming between an unlikely pair. As the story unfolds, it illuminates a past that reflects our present in sharp relief.

Connie Scheib

Spanish Class to be Offered

Juan Bowen, Director of Social Services

Several years ago, I was preparing to attend my first overseas mission trip to the Dominican Republic when I thought it would be helpful to refresh my memory of whatever Spanish language I had picked-up from my earlier school days. In an effort to make it more fun, I offered to teach a basic introductory class to the residents here at Bethany and it was very well-received. So much so that we scheduled a second class in the months after I returned from my trip. Since the modern science speaks to the benefits of stimulating different parts of the brain by learning new skills it seems appropriate to put this kind of activity on the agenda for this upcoming fall season.

Beginning September, the 8th and continuing for each Friday following, we will reserve the MapleWood Education Room from 10-11:00 for a time to renew some old teaching you may have had along the way (Sesame Street counts) or begin a new chapter of learning in your life. I have enough material to keep us engaged for 11 weeks and it will be very low-key without any quizzes or tests. There is plenty of desk space in the room for both Residential and Assisted Living residents, alike, but it would help me in preparing if you can call to indicate an interest and secure your spot. *Esta bien?*



PARCR LEARNED MORE ABOUT MEDICARE at Masonic Village

Lowell Starling

PARCR's July 2023 Quarterly meeting at Masonic Village was a great success. We had our highest attendance in years with 101 residents from 20 CCRCs attending in person or virtually. The keynote presentation by Mike Fiaschetti, the President of Medioplanconnect on Medicare Education was well received with a number of questions from the audience. Mike discussed the history of Medicare, and the various types of Medicare plans, along with some details on the various coverage types available. He also discussed the enrollment process and some key factors to consider in selecting your coverage.

In other presentations, Dan Seegar from the National Continuing Care Residents Association (NaCCRA) spoke on their efforts to influence the US Senate Select Committee on Aging to update some of the current laws governing aging services.

Chuck Quinnan from LeadingAge PA gave us an update on the legislative issues in Harrisburg including the status of the 2023-2024 budget. Anna Warheit presented an overview of LeadingAge PA's LTSS Evolve initiative to streamline the current regulations which hamper giving care to CCRC residents and increase costs.

After the meeting, Masonic Village offered an optional campus tour for those who wanted to see more about the community. Located on 1400 acres of Lancaster County farmland, Masonic Village is an impressive community. See some of the details at <https://masonicvillageelizabethtown.org>. Other tours were available for special interests.

PARCR's October Quarterly meeting will be back at Garden Spot Villages in New Holland. We will have two speakers for the keynote presentation including Asbury Community's Division President Todd Andrews and Steve Jeffry of the Colligo Group Consortium of six CCRCs. They will address the challenges facing the CCRC industry.

You do not have to be a PARCR member to attend the in-person meetings. However, as always PARCR individual memberships are only \$20 a year and you can find the registration materials at PARCR.ORG. For the \$20 you get access to all the legislative and regulatory information published by PARCR in conjunction with LeadingAge PA, and the PARCR Post newsletter. You also get front row seating at the Quarterly Meetings.

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

Food for Thought

Dale Meadowcroft

There were 200 people attending a seminar on mental and physical health. At one point, the speaker told the group they were going to do an activity. He gave each attendee one balloon and told them to write their name on it. Then, the balloons were collected and moved into a very small room. The participants were then asked to go into the other room and were given two minutes to find their balloon.

It was chaos... People were searching frantically for their balloon, pushing each other and running into one another while they grabbed a balloon, looked at it, and inevitably tossed it to the side. At the end of the two minutes, no one had found the balloon that had their name on it.

Then, the speaker asked the participants to go back in the room and pick up one balloon at random, look at the name, and return it to its owner. Within minutes, everyone had been reunited with their original balloon.

The speaker then told the group, "This is what it's like when people are frantically searching for their own happiness in life. People push others aside to get the things that they want that they believe will bring them happiness. However, our happiness actually lies in helping other people and working together as a community."

Words of encouragement are powerful. I'll prove it to you. Have any middle school girl tell any middle school boy that she likes his shirt and then watch that boy wear that shirt every day for the next month. He will only ever take it off because his mom forces him to. It smells, she needs to do laundry.

You can chuckle at that and roll your eyes but we as adults are not all that different. A handwritten note from a close friend can turn a gloomy day into a great one. A kind word from a stranger at the grocery store can make us feel like we're walking on air.

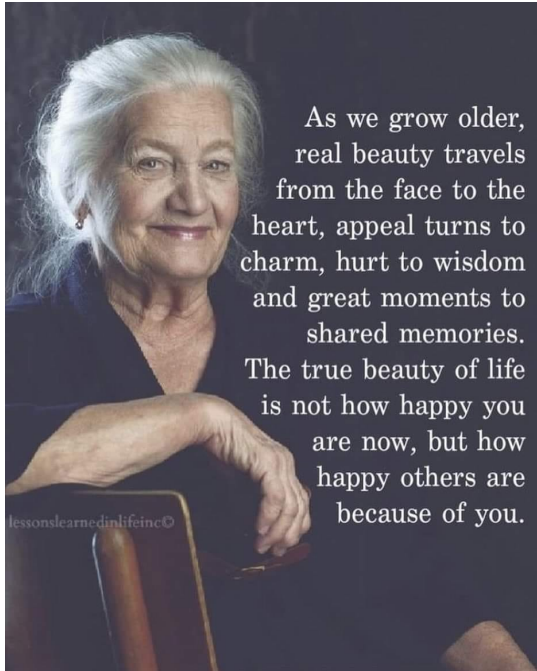
The sad reality about so many of our worlds is that most of us live on a starvation diet of encouragement. We go about our days getting crumbs of encouragement, rather than the feast that we were designed to eat, and we avoid encouraging one another because it's awkward and weird. Since we don't want to be weird, then we suffer under the weight of receiving little encouragement ourselves.

I have been at various points in my life too commanded, too instructed, too admonished, but I have never been, on any day of my life, too encouraged.

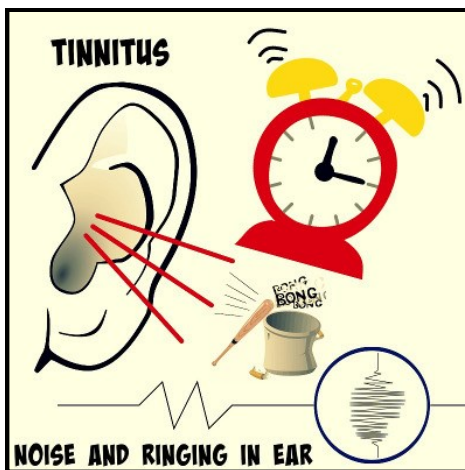
Encouragement is a vital ingredient to building community and spurring each other. We belong to one another. Encouraging each other is how we bridge the gap between being an onlooker in someone's life and actually caring for them. Encouragement is the blood that makes the body function.

Encouraging someone takes a genuine love and the grace to see more in them than they can even see themselves. It's so much more than a pat on the back or an "atta boy." If you've ever been encouraged by someone, you know how a life-giving word from a genuine friend can give you the strength to push through life's toughest battles.

Encouraging people is a practice and discipline. Sometimes it's hard to see good in others and put their needs before our own. You'll be surprised at how giving someone else an encouraging word can help them... and you.



What is Tinnitus?



The perception of noises within the ears or head (e.g., ringing, buzzing, whooshing, roaring, crickets, etc.) in the absence of an external sound. Approximately 30 million Americans experience tinnitus on a regular basis.

Treatment

The first step is always a hearing test. The audiologist will take a case history in order to obtain specific information regarding the patient's tinnitus as well as administer a hearing evaluation.

Tinnitus is common in patients with hearing loss. For patients with hearing loss, the audiologist can help to determine whether a hearing aid will help to reduce tinnitus as well as improve hearing.

Please call Duncan- Nulph Hearing Associates at (717) 766-1500 to schedule your initial hearing evaluation and explore your options. Duncan-Nulph Hearing Associates comes to the Bethany Village clinic once a month to provide their hearing services.



A Simple Way to Pray for Peace

Melissa Stock,

During the 1940's, a Dutch reformed pastor named Roger Schultz founded an ecumenical community for prayer in Taizé, France. His desire was for peace and reconciliation among all people. The services begun in Taizé spread around the world and continue today using the same short sung prayers drawn from scripture. The repetition and unhurried pace invite one's spirit, and the spirit of the gathered community, to commune with God in a deeply thoughtful way. The simple chants enter the heart and provide a way to keep the prayer going, even while going about daily routines. Brother Roger was killed by a mentally unbalanced assailant during a worship service on August 16, 2005. Today, the "Gospel freshness" and message of hope that filled his prayers still lives on. Thousands of young people from around the world travel to the Taizé community each year to participate in the services continuing there.



We invite you to experience Taizé style worship here at Bethany Village during an outdoor service the evening of Wednesday August 9th at 7 PM. Weather permitting, we will be seated outside the Rife Center. Several instrumentalists will lead the music and Chaplain Brand Eaton will bring a short meditation. The service will last about 40 minutes. If you have questions, please contact Melissa Stock, (717) 433-5068 or melissamyersstock@gmail.com.

Come See the Garden Train!



Just a reminder that the Garden Trains located in Martha's Garden between The Oaks and MapleWood are scheduled to run **Wednesdays and Saturdays from 10:30 to 11:30am**, weather permitting, until the end of September. If you haven't enjoyed watching the trains run and reminiscing about the venues and eras represented in the layout, what are you waiting for?

If you have any interest in joining us in being a blessing to the residents of Bethany Village, we can use all

kinds of skills to build, operate, and host the operations of our trains. Contact Membership Director Nancy Thomas (717- 591- 5497) President Tony Wright (717 307-1718) or Vice President Jim Wilt (717 648-5175) for information. You can also see more details on our web site: <https://bvmrrc.bvrescoun.org/>



A Glimpse at the Past

Sue Walker

Pioneer Lady

Uncle Wesley settled back in his easy chair. He is a wonderful storyteller and I knew I was in for a treat.

“Now Sue,” he began, “as you know, your grandmother, Pearl Frisbie, was a very strong woman both physically and spiritually. As I tell her story you may say that she didn't have a choice. Well, you might be correct, but this I know, she did what had to be done and took each day as it came.”

“Your grandma, Pearl Hilton, married John Wesley Frisbie on October 7, 1897. He was a Methodist minister and I like to think that when he came to preach in her church, his eyes encountered a lovely young lady standing straight and tall.”

“When God called Papa to pastor a small church in Arkansas, he already had two girls, Mabel born in 1898 and Ruth in 1901. The trip from Missouri to Arkansas would have taken three or four months by covered wagon, but your grandpa's love of adventure and travel, plus the excitement of pastoring, would have been enough to overshadow the trials of this journey. And your grandma was always ready to go wherever God and her young husband led.”



“All that I really know about their time in Arkansas was that I was born in July of 1904 and that Papa came down with ague. Ague was a malaria type disease caused by a mosquito bite. The resulting high fever and chills left him unable to continue pastoring and soon the decision was made to return to their family in Missouri. They had to leave quickly so that they could get over the Boston Mountains before the snows came. Once it froze over, they would not be able to find food and water for the horses and their cow.”

“Since people helped each other in those days I'm sure that their church members and friends would have helped Mama pack and see that they had the things they needed for the trip. So Mama would have had plenty of canned fruits and vegetables to take along.”

“Put yourself in their place and imagine how they must have felt as they left. Papa, sick in the back of the wagon, could do little but pray. Mable at age 6 was already a little mother and would have been put in charge of Ruth and me. I must have been about three months old at the time of the start of the trip. Ruth, age three would have tried her best to help. I can visualize them peeking out of the back of the wagon as they said goodbye to the only home they could remember. Your grandma, of course, would have been too busy to worry about much of anything.”

“The team of horses would have pulled the covered wagon fast enough so that the cow tied on behind would have had to run to keep up. The roads were full of ruts and were often hard to follow. On a good day they would have only been able to travel 10 or 11 miles.”

At this point, I let my imagination take over. I'm sure that the cow was named Bossy

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(Continued from page 15)

because grandma always had a cow named Bossy. I wonder if she poured out her complaints to Bossy as she milked her twice a day. Did she complain about how hard she had to work? I wonder if she fussed about the long skirts she had to wear. Did she feed Uncle Wesley as he drove the horse and wagon? Oh, how I wished I could have asked her these questions when she was still alive.

Uncle Wesley continued with the story. "There were days when they had to stop because of the weather or to do laundry and cook food ahead. Sometimes they stopped for a night in a schoolyard or, when weather was bad, in a kind farmer's barn. Just as they feared, they found snow on the mountain, but they were able to be home in Missouri by Christmas."

"Years later, when I asked her how she cared for a sick husband, three small children, several animals and still kept their faith, her only reply was that, many kind people helped along the way."

At this point Uncle Wesley sat back in his chair and said, "I guess you can say that was my first journey. My second journey was exactly 13 years later. Papa bought a farm in Oklahoma and it was my job to drive the cattle the 100 miles from Missouri to Oklahoma. Mama and Papa drove two covered wagons and they would stop to fix a meal which would be ready when I arrived with the cattle. The trip took about 10 days and I have never been as cold as I was when I was driving those cattle."

Sue Walker is a resident in Bethany Court. She, like so many other residents, has lived a full and interesting life and heard stories of her ancestors. She said that her grandmother went from walking behind a covered wagon to watching a man walk on the moon.

If you have an interesting story, or a look to the past, and would like to share it with the rest of Bethany Village please send it to dale.meadowcroft@gmail.com



VENTURE LECTURE SERIES

Monte Avery

Here we are in the midst of dog days of hot, sultry, summer. They were historically the period following the heliacal rising of the star system Sirius (known colloquially as the "Dog Star"), which Hellenistic astrology connected with heat, drought, sudden thunderstorms, lethargy, fever, mad dogs, and bad luck. They are now taken to be the hottest, most uncomfortable part of summer in the Northern Hemisphere. They span from July 3 to August 11. Now turn your thoughts to the cool autumn that lies ahead and the beginning of the Fall Series of Venture Lectures in September. The programs will be interesting, educational, and enjoyable.

Thursday, September 21, 2023 – 7:00 p.m.

The first lecturer is Lindsey Lyons, Director of Sustainable Learning at Dickinson College. Her topic will be **PATH AND PURPOSE TO SUSTAINABLE LIVING**. Learn how one local college has chosen to focus on sustainability learning and action to create a pathway to become a national leader and a carbon neutral institution. Find out how Bethany Village residents could pursue actions to make a difference in their everyday lives and why this matters. Dickinson College has learned a lot about sustainability education through our campus and community projects and programs and will share lessons learned and ideas for a more suitable future.

Thursday, October 19, 2023 – 7:00 p.m.

The second lecturer is Deb Novotny, Licensed Guide at the Gettysburg Battlefield and a retired American History Teacher. Her topic will be **BOYS KEEP THE COLORS UP**. This program will include Union and Confederate stories about the flags at the battle of Gettysburg. Some of the most stirring incidents involved either the capture or defense of the regimental colors. Of the 64 Medals of Honor awarded at Gettysburg, nearly half included the battle flags. Hear about a flag used as a trick, a flag that was captured and is still held by the state of the man who took it, monuments on the field showing real color bearers, among many others.

Thursday, November 16, 2023 – 7:00 p.m.

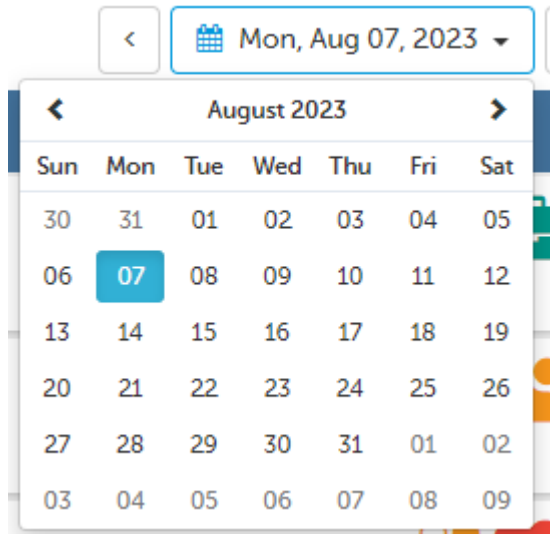
The third lecturer is Donald Koones, Professor at Harrisburg Area Community College. His topic will be **HARRISBURG'S ARTISTIC TREASURE - VIOLET OAKLEY**. In 1897, the Capitol Building in Harrisburg was destroyed by fire. In planning for a new building, Mr. Joseph Miller Houston was hired to design the new structure. He called his new creation "A Palace of Art" and hired a team of men to help with the decorations. The construction just began when Edwin Austin Abbey, a painter of murals, died. It was at this time that Mr. Houston did the unthinkable. He hired a young female artist from the Philadelphia area named Violet Oakley. Miss Oakley came to Harrisburg and the rest is history. She painted the murals in the Governor's Reception Room, The State Senate, and the Pennsylvania Supreme Court Chamber. Come and hear the story of Violet Oakley and then explore her famous paintings by walking through the Capitol via a power point presentation.

We look forward to your joining us for the lectures. There should be something of interest for everyone.

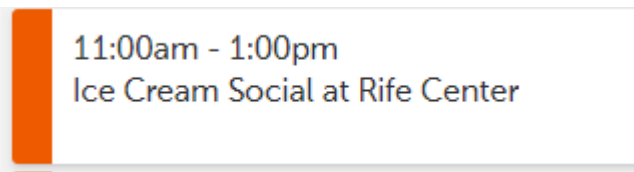
ICON Insight

A recent issue of the Bethany Village Weekly Newsletter announced an Ice Cream Social on August the 7th and suggested the possibility of registering using the ICON application or calling the Resident Life office. For those who may have missed the classes here is a brief tutorial on how to register using ICON.

- Sign into ICON and navigate using the menu to the calendar central
- Using the date box on the upper right hand corner select the day of the event for which you wish to register



- Tap, or click, on the event



- Tap, or click, on the word register

Ice Cream Social

🕒 Monday, August 07, 2023
11:00 AM – 01:00 PM

👤 56 out of 60 spots are available for this event

[View Attendees](#)
[View Attendees](#)

[Register](#)

BETHANY VILLAGE AUGUST BIRTHDAYS

**8/1 Judith Clovsky
Renee Kissinger
Ray Smallen**

**8/3 Donald Baker
Jean Weiss**

8/4 Mary Lou Sproule

8/5 Peg Huber

8/6 Edna Andrews

8/7 Becky Seibler

**8/8 Sylvia Fry
Frank Karkuff**

Darlene Spengler

8/9 Dorothy Hotchkiss

8/10 Georgie Calabrese

Patricia Gally

Walter Greene

Helen Kelly

Barbara Nolan

8/11 Tamea Kulp

8/12 Beverly Reed

Arlene Williams

Donna Young

8/13 Carol Leidig

8/14 Monte Avery

Mary Bennett

Susan Brennan

Anne Hipp

Charlotte Lazarchik

Carol Pennington

8/15 Pat Sharretts

8/19 Claire Powers

Elaine Sasser

8/21 Margaret Shelly

Mary Slepicka

8/23 Philip MacAtee

8/24 Joanne Sterner

8/25 Blanche Osborn

Joyce Yeager

8/27 Joan Barth

8/28 Mary Buckley

Carol Own

Raymond Pepe

8/29 Jeanne Mullikin

8/31 Margaret Eichelberger

John Gilbert

The Medicine Shoppe

Why is laughter the best medicine? Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increases the endorphins that are released by your brain. It's no joke! Here are a few jokes to bring you laughter.

What does a tick and the Eiffel Tower have in common?

They're both Paris sites!

What has more letters than the alphabet?

The post office!

What do you call a factory that makes okay products?

A satisfactory.

Why don't eggs tell jokes?

They'd crack each other up!

What did the janitor say when he jumped out of the closet?

Supplies!!!

Did you hear the rumor about butter?

Well I'm not going to spread it!

I only know 25 letters of the alphabet.

I don't know y!

Please feel free to stop in The Medicine Shoppe for your prescriptions or just to browse.

The Medicine
Shoppe[®]
P H A R M A C Y
*Caring beyond prescriptions.*SM



Bereavement Notifications

Robert Anderson 6-25-23

Hazel Long 7-1-23

Susan Baldwin 7-2-23

Donald Lazarchik 7-2-23

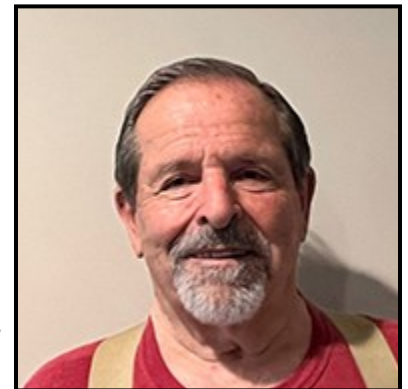
Barbara Buchter 7-3-23



Please Welcome our New Residents to Bethany Village

Amanda Price

Ed Ravizza moved into West Apartment 2124. His phone number is 208-249-4986. He was born in San Rafael, CA and grew up in Marin County, CA. After attending college at the University of San Francisco, he was accepted at the Naval Officer Candidate School in Newport Rhode Island and received commission as an Ensign in the U.S. Navy Supply Corps. Ed was subsequently assigned to the destroyer USS Hopewell Construction Battalion Center (SeaBees) in Port Hueneme, CA as the Disbursing Officer for the base. He then left active duty and remained in the Naval Reserve for a total of twenty years retiring as Commander, SC, USNR. Ed spent most of his civilian career as a real estate broker mostly managing local offices for a large real estate firm. Ed was married and had two daughters and now has two grandchildren. He enjoys woodworking and working on old cars, having restored a 1931 Model A Ford, which his family used for tours with local Model A Ford Club. He has constructed several dollhouses and constructed a model of his brother's sailboat which was on display at the St. Francis Yacht Club in San Francisco. Ed moved to Idaho after the passing of his wife to be with Jo, with whom he spent 18 wonderful years, on 5 acres in Emmett. He has moved to PA to be closer to his daughter who lives outside of Camp Hill. Ed is looking forward to continuing his interests in old cars, model making and woodworking while here at Bethany.





Ken and Katrine Hatcher have moved into East Cottage 610. Their phone number is 717-850-1266. They have moved here from Dover, PA. They enjoy camping in their motorhome and spending time with family. Ken and Katrine are looking forward to a more relaxed life here at Bethany!



Deborah Gutshall has moved into East Cottage 306. Her phone number is 717-576-1162. Deborah has moved here from Harrisburg, Pa. She has moved here with her father Glenn who has resided at Bethany for many years. Deborah has worked as a Nurse Practitioner in the past. She moved here with her dog Maisie who is already familiar with the campus!



Robert and Deborah Saline moved into West Apartment 3130. Their phone number is 717-580-8162. Bob and Deborah are longtime residents of the Susquehanna Valley, most recently having lived 41 years in Green Lane Farms, Camp Hill. They met and married while attending Point Park University in Pittsburgh, PA. They have served and taught around the community in the Public Relations profession. This year they will celebrate 55 years of marriage. Bob enjoys their world travel experiences and photography. He has been active in the Rotary Club of Harrisburg for nearly 25 years serving a year as

president and board member for many of those years. By joining the Bethany Village Community, he wants to continue delving into his genealogy. Deborah is a writer, scrapbooker and cuts quilt squares for Mennonite Central Committee. She would like to gather with other scrapbookers to share her supplies, get creative ideas and help others capture those photogenic memories now sitting in boxes or on your camera/ phone.

