

# The Scoop

Volume: 13 Issue: XII Date: December, 2023

ASBURY  
BETHANY  
VILLAGE



Anticipate More

## From the Executive Director...

*Brian Grundusky*



I want to wish all the residents a Happy and Safe Holiday season. As we celebrated Thanksgiving this year, I was asked, "What am I most thankful for?" I started to think about this as this is really the only time I am asked this question. As I thought about the answer, the first thought that came to my mind was that we need to be asking this question more often. There are so many things that one can be thankful for, and I feel that if we are asking this more frequently, we will be reminded that we are all human and need to take a step back and reflect.

I have witnessed a shift in our BV culture. I have noticed some "cracks" in the foundation as it relates to our communication and relationships. I had several residents come to me and comment about the divisiveness that they have witnessed over the past several months. I would agree with this statement and would ask everyone to take a step back and really ask the question, "What

am I thankful for?"

With everything that is going on in the world today and with the challenges that we all experienced, it is natural for one to be anxious and, at times angry. We are all human, I get it. But during these times, it is necessary to be open to different opinions and to be able to have discussions with one another. We need to ensure that we treat all with grace and respect. Let us get back to our cohesiveness and work together to lead by example.

Oh, and to answer the question, for what am I thankful? That would be all of you and what we are able to accomplish as a community!!

Have a Happy and Merry Christmas and a Wonderful New Year!!!

Brian

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Bethany Village  
325 Wesley Drive  
Mechanicsburg, Pa 17055

# Why Volunteer?

I'm confident that most of the residents here at Bethany Village have either heard or seen, or both, my repeated requests for volunteers. For our seasoned residents, this type of request is old hat. If you are newer to our community, especially since COVID, you may be wondering what this is all about.

Here at Bethany Village, we have over 150 volunteers comprised mostly of residents that live here on campus. We also have community members, associates, relatives of associates, and school groups that make up a small portion of our volunteer force. Our real help comes from within. If we had to employ actual associates to fill all of these positions, it would be quite costly. You may be thinking to yourself, "why would I want to work if I came here to retire?"

It is not about working. It is about finding something that you like to do or help with, that also benefits others. Why do this? There are countless reasons, but here are a few to start with. According to Vantage Aging, these are the top 3 reasons for volunteering:

## 1. It's good for your mental health

Volunteering keeps the brain active, which contributes to mental health. Meaningful and productive activities can help you feel happier and have a positive outlook on life. According to the National Institute on Aging, volunteering may also lower your risk of dementia and other health issues.

## 2. It prevents loneliness and isolation

Social isolation is a major issue that many older adults face. The feeling of loneliness and few interactions with others can negatively impact a person's health. Getting out into the community and volunteering promotes socialization. Plus, individuals who engage in volunteering activities experience a shorter course of depression than those who do not, according to the Corporation for National and Community Service.

## 3. It gives you a feeling of purpose

As we grow older, our sense of purpose might begin to fade. Children grow up and move out of the house, we retire from our jobs, and some physical activities may become more difficult. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new zest for life. It can also be a motivating factor for setting and accomplishing other goals.



If you are interested in volunteering, please see Kristin Juchem in the Resident Life Office. Call 717-591-8021 or email [Kjuchem@asbury.org](mailto:Kjuchem@asbury.org)

## The Healing Garden, 2023. Year 4

Marilyn Keener

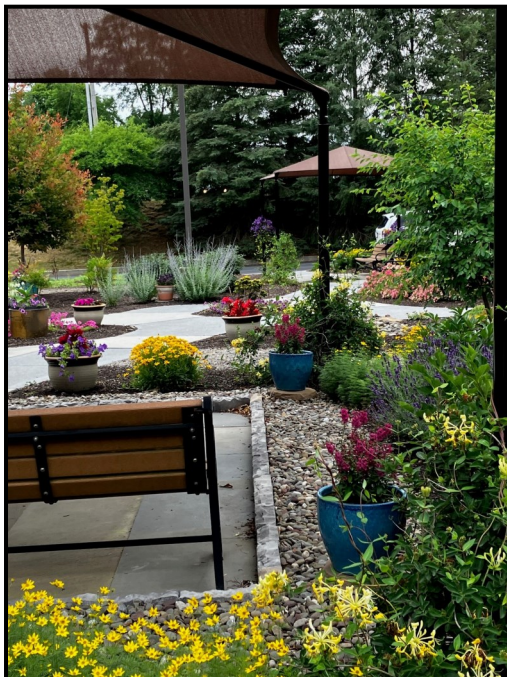
Moving to Bethany Village meant letting go of my beloved gardens. But I found another – this one with different supports, challenges and benefits. Bethany Village’s Healing Garden was specifically planned for the calming and relaxing benefits of a garden for anyone on campus. It’s located on the West campus, down the drive from The Oaks main entrance, door #30. Look for the sign near the sidewalk: Healing Garden

This garden was designed by Michael Lehman, local artist. With his support, we are studying and discussing the garden as it grows – observing which changes to make next. This is the best kind of garden – a “garden laboratory” for observing, defining and solving problems as time changes plants. First sponsored by the Ecology Team in 2020, the garden maintains its own financial and volunteer resources. Again and again, fellow-residents, families, friends and staff share with volunteers their delight with this gardens’ calming rewards.

Pictured are residents who volunteered in the garden this year: Don and Nancy Bennett, Marilyn Keener, Ann Marie Judson and Lisa deVries. Fred Baldwin, standing behind Marilyn, planted lots of Elephant Ears this spring and removed them this fall for winter storage. If you are interested in donating to the health of the garden, Jacob Kanagy accepts donations written to the Asbury Foundation – Please memo: the Healing Garden.



If you are interested in helping next year in any large or small way, please contact Marilyn Keener, [mhk@mkeener.com](mailto:mhk@mkeener.com); 717-991-2846.





## From the Chaplain

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*Brand Eaton*

I confess to inventing silly songs for my children when they were very little, but not a lullaby—and never a Christmas lullaby. I just don't have that kind of musical imagination. Moreover, my children never liked lullabies because they said a lullaby made them sleepy!

However, I would guess that parents have been creating lullabies for their children for centuries. Most are lost to history, forgotten as generations grow and pass. Some, though, stay around and gain a life of their own.

"Away in a Manger" is a lullaby that has become a Christmas carol. An old legend among many Lutherans is that "Away in a Manger" was composed by the church reformer, Martin Luther, who supposedly sang the tune to his little son, Hans. If you read enough church history about the former Augustinian monk, who posted ninety-five points of ecclesial debate on the door of the church at Wittenberg, you soon feel like he probably was not the type to compose lullabies. I can accept that Luther wrote "A Mighty Fortress Is Our God." But believing he composed "Away in a Manger" is a bit of a stretch.

On the other hand, I recall a seminary professor of mine who seemed a very rigid sort. He taught liturgics and believed that preachers messing with liturgies composed by scholars and theologians throughout centuries of church history was nothing less than sacrilege. However, every year as students left on Christmas break, he stood outside the academic center dressed in a Santa suit, handing out candy while singing Christmas carols.

Christmas time should do that to us. Loosen our collars, wrinkle our rigidness, and make us all a little silly—maybe even the stuff of legend.



## The Bethany Readers

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*Barbara Bankard*

The Bethany Readers will meet on Tuesday, December 12 in the Rife Center. We will enjoy refreshments provided by Resident Life.

The group will review the books selected for 2024, and if necessary enlist facilitators. Hopefully, women will volunteer in advance.

This is a good time for everyone to relax and talk about books they've read, and learn more about each other. It's an excellent opportunity for anyone who might be interested in being a part of a book discussion group.

All women of Bethany Village and Bethany Towers are always welcome! Come join us!



## Bethany Village “Gift Giver”

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*Betty Brown*

She gives part of herself away every day.

There are many more like her here at the Village.

You've seen her in numerous settings: In the library, singing in the women's chorus and playing violin in the ensemble, planting/harvesting in the garden, creating pretties in the knitting group, attending meetings of the Ecology Team, the Facilities Committee, etc. etc. etc.

They all have a piece of her.  
And she gives gladly.

Meet Jan Melius.

Jan came to Bethany Village three years ago. Before that, she lived in Mechanicsburg. She earned a degree in Elementary Education from Shippensburg University and taught Math 35 years in South Middleton School District and three at Northern. As the years passed, maintenance of her home became more than she could handle what with repairs, mowing grass, shoveling snow, other chores. She sold the house, and then— Hello Bethany Village! - "I was an only child and have no family. Bethany Village is my family."

Jan values antiques. Her apartment in the Court is furnished with those that have been in her family for decades. "My furniture is older than I am," she smiles. Another room is given over to jigsaw puzzle solving (you've no doubt also seen her helping solve some at the East Breezeway puzzle table).

Nearby, of interest too is a cupboard Jan had especially built to house her post card collection. It is jammed with, at last count she says, over 12,000. She started collecting as a first grader. "When I first started buying them on family vacations as a little girl, they cost a penny. Now, some have come to cost a great deal more" she says.

Another dimension to this busy, busy woman--Trivia. She is part of a team and welcomes the competition, the camaraderie. "But don't ask me any questions I don't have the answer to," she laughs.

What does she do in her spare time? Evenings you might find her relaxing-- catching a couple of TV quiz shows or reading a favorite book.

The part of herself she keeps for herself.

"The meaning of life is to find your gift."

"The meaning of  
life is to  
find your gift.  
The purpose of life  
is to give it away."

*Pablo Picasso*

## The BVMRRC Christmas Train Brings Christmas Cheer to Bethany Village

As you read last month in The Scoop, the week before the Thanksgiving holiday, the model railroad club members were busy setting up the popular Christmas Train display and getting it running for the season which lasts until New Year's Day.

We have been blessed by the generosity of many residents to make this an awe-inspiring display. Three contributions are particularly notable. For the past eight years, the display featured Department 56 Christmas in the City buildings and scenery loaned to us by the Leidig family. Two years ago, Tony Wright and his family donated their North Pole Village and scenery. Last year, Anne Swenson donated her Christmas in the City collection. Given this plethora of riches, the Christmas Train team decided to create two different themes and alternate them every other year. This year's layout features our traditional Christmas in the City theme with a variety of buildings and scenery from all three of our donors. In addition, the display includes multiple moving accessories including an ice hockey rink, a swan pond, and a figure skating pond.



Do you remember the excitement of going downtown to the big department stores to see the Christmas trains in the windows? Perhaps you came from a small town and didn't have that opportunity of a big display. Either way, trains are a tradition at Christmas. And living at Bethany Village, you do not need to go anywhere special. Just wander on over to the lobby on the West side. And you don't have to wait for somebody special to make the trains run. Press the push button on the display base and the buildings light up, the Polar Express train begins to run, and the figures on the ponds spring to life. The display will run for around

3 minutes, then everything will settle down for a short winter's nap.

Be sure and stop by to watch the display operate and enjoy a little extra Christmas cheer!



# POLST Forms

Ashley Warlow, LSW

Cardiac Resuscitation or Do Not Resuscitate? How would your doctor or a health care professional know your wishes in the event of a medical crisis, if you were not able to speak for yourself?

The Pennsylvania Orders for Life-Sustaining Treatment (POLST), is an active medical order addressing a limited number of critical medical decisions. This bright pink form represents your medical choices in a concise, one-page document to retain and present in the event of an emergency. The POLST form is in addition to the Living Will, which provides more specific details regarding your treatment wishes near the end of life. It is also important to include your family members in the conversation, so they understand your health condition and are aware of your treatment wishes.

A POLST is most helpful for people who want less than fully aggressive medical treatment in their current health state. The POLST can travel with you to different healthcare settings and can be updated or changed anytime by completing a new form with signatures. The form is valid when signed by you and your doctor. It is encouraged to be kept on your refrigerator, where it can be easily located by emergency medical personnel when 9-1-1 is called to a home.

SEND FORM WITH PERSON WHENEVER TRANSFERRED OR DISCHARGED  
To follow these orders, an EMS provider must have an order from his/her medical command physician

DEPARTMENT OF HEALTH Pennsylvania Orders for Life-Sustaining Treatment (POLST)

LAST NAME: \_\_\_\_\_ FIRST/MIDDLE INITIAL: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

FIRST follow these orders. THEN contact physician, certified registered nurse practitioner or physician assistant. This is an Order Sheet based on the person's medical condition and wishes at the time the orders were issued. Everyone shall be treated with dignity and respect.

**A** CARDIOPULMONARY RESUSCITATION (CPR): Person has pulse and is not breathing.  
 CPR/Attempt Resuscitation  DNR/Do Not Attempt Resuscitation (Allow Natural Death)  
When not in cardiopulmonary arrest, follow orders in B, C and D.

**B** MEDICAL INTERVENTIONS: Person has pulse and/or is breathing.  
 COMFORT MEASURES ONLY Use medication by any route, positioning, wound care and other measures to relieve pain and suffering. Use oxygen, oral suction and manual treatment of airway obstruction as needed for comfort. Do not transfer to hospital for life-sustaining treatment. Transfer if comfort needs cannot be met in current location.  
 LIMITED ADDITIONAL INTERVENTIONS Includes care described above. Use medical treatment, IV fluids and cardiac monitor as indicated. Do not use intubation, advanced airway interventions, or mechanical ventilation. Transfer to hospital if indicated. Avoid intensive care if possible.  
 FULL TREATMENT Includes care described above. Use intubation, advanced airway interventions, mechanical ventilation, and cardioversion as indicated. Transfer to hospital if indicated. Includes intensive care.

**C** ANTIBIOTICS:  No antibiotics. Use other measures to relieve symptoms.  Determine use or limitation of antibiotics when infection occurs, with comfort as goal.  Use antibiotics if life can be prolonged.  
**D** ARTIFICIALLY ADMINISTERED HYDRATION / NUTRITION: Always offer food and liquids by mouth if feasible.  No hydration and artificial nutrition by tube.  Trial period of artificial hydration and nutrition by tube.  Long-term artificial hydration and nutrition by tube.

SUMMARY OF GOALS, MEDICAL CONDITION AND SIGNATURES:  
Discussed with:  Patient  Parent of Minor  Health Care Agent  Health Care Representative  Court-Appointed Guardian  Other: \_\_\_\_\_  
Patient Goal/Medical Condition: \_\_\_\_\_  
By signing this form, I acknowledge that this request regarding resuscitative measures is consistent with the known desires of, and in the best interest of, the individual who is the subject of the form.

Physician Signature: \_\_\_\_\_ Physician Title: \_\_\_\_\_  
Signature of Patient or Surrogate: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Health Care Provider: \_\_\_\_\_ Health Care Provider: \_\_\_\_\_ Relationship to Patient: \_\_\_\_\_

This is part of your advanced care planning, which helps you live the best life possible. The BV clinic or your physician's office has copies of the POLST for anyone to complete. Please talk to your healthcare provider about your medical condition, treatment options, and your choices. If you have any other questions, please call your RL Social Workers, John or myself.



## Meet New Residents' Council Representatives

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Every year the Nominations & Election Committee sends invitations to residents to become candidates for nomination and election of representatives to serve in place of those whose terms expire at the end of that year. Listed below are the newly elected representatives. Please take the time to become aware of them and interact with them.

### Bethany Courts

#### Harry Boswell

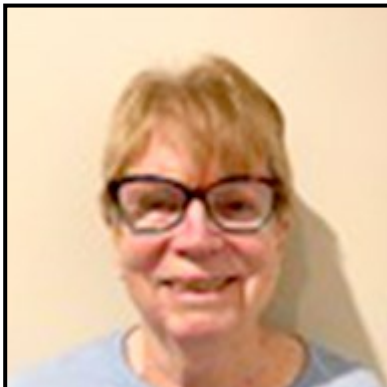


Worked for the Navy at Mechanicsburg for 34 yrs mostly in managerial roles.

Served for many years on the Church of God Home Board of Directors including several terms as Chair. Served for 20 years on the Mechanicsburg Meals on Wheels Board of Directors. Currently serve on the Mechanicsburg Learning Center Board.

Moved to Bethany a year and a half ago. Enjoy the many activities and friendly residents and staff. Like to read, play cards, watch sports, and, of course, time with my family.

#### Mary Darden



I received a master's degree in social work from the University of Chicago in 1969. I have worked in family counseling, protective services for children, and services to seniors.

I am interested in opera and classical music. I have a subscription to the Great Courses and to Wondrim. I like to watch their presentations on history, nature, religion, and science.

Bethany Village is a friendly and interesting place. I would like to serve on the Residents' Council to learn what issues are important to people and represent their point of view. In

the process, I will learn more about Bethany Village and contribute to its continuing to be a place of community for all its residents.

### East Cottages

#### Joan Bretz



Harrisburg native and resident of Bethany Village for 7 years

- Member of Women's Chorus
- East Cottages Ambassador
- Bethany Village Auxiliary treasurer for 5 years (not eligible for reelection)
- Various volunteer activities (mostly pre-Covid) - including Juliets; bingo caller; front desk relief; morning announcements relief
- Now looking to become more involved with Residents' Council activities



### **Thomas Usiadek**



I have been a resident of Bethany Village since June of 2016. I love being able to help people, as I did in my prior work and life experiences.

My volunteer activities included being President of my local fire department, an attendant with my local ambulance department, serving as an elected member of my local school board, and a lector and a Sunday school teacher at my local church.

I am active in volunteer activities here at Bethany. I still use some of my government contacts and experience to help with projects here at Bethany. I look forward to continuing my love

for helping people by serving on the Residents' Council and being able to help my fellow residents.

### **Carol Pennington**



I have been a resident here in Bethany Village for the last nine years. I live in an East Cottage and feel fortunate to be here.

I did not move very far when I came to Bethany. I had lived in Shiremanstown, just a mile or so from my cottage. I retired from working as an attorney in state government, mostly for the PA Public Utility Commission. For 25 years altogether, I worked with Public Utility Law, a rather technical and esoteric area. However, I made a lot of friends and learned a great deal during that time.

Over the years, I have been on several boards. I have been a member of the Keystone Autism Services Board for about the last 15 years and, recently, I joined the Bethany Towers Board. I also served on the Bethany Auxiliary as Secretary for 6 years. I have enjoyed being part of the decision-making process that keeps these boards moving and accomplishing their missions. I am also a member of the American Association of University Women, the Harrisburg Study Club and a book club.

## **West Apartments**

### **Bob Regan**



My name is Bob Regan

I have lived in Mechanicsburg for 52 years.

I have a degree in Business Administration from the University of Scranton, majoring in Accounting.

My career was spent here in Mechanicsburg with the Navy, retiring as a senior civilian.

I also served as Chairman of the Board of Members 1st Credit Union for many years.

I have been a resident of Bethany Village for only four months but I feel that I should begin to participate in any way I can. The Residents' Council will be a good start.

### **Claire Powers**



Born in Pittston PA, I graduated from Penn State and worked in the Public Relations and Strategic Planning fields. My husband and I moved to Bethany Village with our puppy in May 2022.

I am on the BV Long Range Planning Committee, Residents' Council and recently joined the Dining Committee.

### **Carol Owen**



I moved to Bethany Village in June, 2022 after living in New Hampshire for 39 years. I grew up in Towanda, PA, graduated from the Philadelphia College of Pharmacy and Science and began my forty year career as a retail pharmacist and store manager, retiring in 2005.

I am a member of the Camp Hill United Methodist Church and participate in many activities there. My interests include playing card games, reading, jigsaw puzzles, working on my family genealogy, and traveling.

Bethany Village is an exceptionally friendly, caring community with numerous events to enjoy. The resident council plays an important role in addressing our needs and concerns. I feel it is important to volunteer my time to help keep Bethany Village an outstanding retirement community.

## **West Cottages**

### **Dale Meadowcroft**

We moved to Bethany Village in 2010 to be closer to our daughter and her family in



Dillsburg. Shortly after I established and chaired the IT committee for computer room and resident IT support. I was West cottage resident council representative four years and have been treasurer and part of the executive committee for nine years.

I established and currently chair the Remembrance Garden committee which created the Remembrance Garden in 2014. I also chair the dining committee and serve on the facilities committee.

Co chaired phase two (Bistro) campaign



# Christmas

## HOLIDAY GREETINGS AND THANK YOU

*The Venture Lecture Series Committee appreciates your support at all the lectures. The Fall Series has ended, and they were interesting and enjoyable. We look forward to seeing all of you beginning in March 2024.*

*We extend to you the holiday greetings:*

*May you have a peaceful holiday -  
wrapped in warmth  
touched with wonder  
and filled with love.*

*Happy New Year - good health and an abundance of  
happiness and good will.*

*Venture Lecture Series Committee*

*Deb Mihalich, Margee Kooistra  
Robert Lau, Monte Avery*



## Food for Thought

*Dale Meadowcroft*

As we turn the corner into December and once again find ourselves inundated with self-inflicted scheduling pressures and, in all too many cases, hidden personal pain surrounding the holiday season, it may be difficult to fully appreciate the phrase often associated with Christmas, "Peace on earth, goodwill toward all ."

A lofty goal, you might say, but how is that possible in the world in which we live? A good question, considering all that we are dealing with today. An unresolved conflict in Ukraine, continuous border squabbles and mercenary actions in Africa, tensions with anything that causes us to change from our comfortable lifestyle. We may find ourselves feeling that it is all out of control and there's nothing we can do.

Peace is not the absence of conflict, but the ability to handle it in a healthy way. I recall a recent incident where I somehow deleted an article for The Scoop. I was quite embarrassed and uncertain on what I would say when I met the person who had submitted the article. Shortly thereafter, I greeted her in the hall and humbly apologized. To my great relief her response was, "Thank you. I understand. We need to learn how to forgive each other. Your friendship is more important than a missing article. We will get it next month."

The beauty of forgiving is not only about letting go of the pain and resentment that others have caused us, but also about embracing the joy and freedom that comes from healing our wounds. Forgiving is not a sign of weakness, but a sign of strength and courage. It is not a one-time act, but a process that requires patience and compassion. Forgiving is not forgetting, but remembering with a different perspective. Forgiving is not condoning, but understanding and empathizing. Forgiving is not giving up, but moving on and growing. Forgiving is a gift that we give to ourselves and to others, a gift that can transform our lives and our relationships.

I find much inspiration in this quote from John Lennon. "Peace is not something you wish for; It's something you make, something you do, something you are, and something you give away."

Peace on earth, goodwill to all. This is the message that we broadcast so much this season. In our hearts we all long for an environment where everyone lives in harmony, respect and dignity. We hope that our actions and words can inspire others to join us in this noble cause. As we go forward in this holiday season and approach a new year, we know that there are many challenges and conflicts that threaten our vision. But let us not be afraid or discouraged. Instead, let us be confident and optimistic. We trust that with courage, compassion and cooperation, we can overcome any obstacle and create a better future.



## FRONT DESK REMINDERS

By Debbie Barris

### Packages

Christmas is approaching and that brings lots of packages arriving at the Front Desks. There has been an influx of packages over the past few years with more people shopping on-line than ever before. It has become a way of life for many. With that being said, we are asking residents to be sure to pick up their packages when called so we have room for the next delivery.

If you receive a **large** package that **you cannot carry**, please contact Facilities (717-591-8074) to set up delivery.



### Shuttle

The shuttle runs in a continuous loop which could take up to 45 minutes before it returns to each area to begin another loop. It depends on how many pick-ups and drop-offs occur during each loop and also if there are any trips to Century Drive along the way. Asking the receptionist to call for the shuttle will not make for a shorter wait time, for the shuttle still has to complete the loop.

If you have an appointment or a function you need to attend at a particular time, please call the Front Desk the day before the appointment/function to fill out a Green Slip so we can get you there on time.

Thank you for your attention to the processes. We really appreciate your support!!!

## Additions to our library

## December 2023

**Danielle Steel "Second Act"** As the head of a prestigious movie studio for nearly two decades, Andy Westfield has had every conceivable professional luxury: a stunning office on the forty-fourth floor, a loyal assistant who can all but read his mind, access to a private jet and company cars. The son of Hollywood royalty, Andy always put his career before his marriage, and now, besides his daughter and young grandchildren, it's the only thing he truly loves. But then Andy's world is upended. The studio is sold, and the buyer's son demands the top seat. Out of a job and humiliated, Andy spirals. When his head clears, he decides to get as far away from Los Angeles as possible until the dust settles and he can find a new way forward. Andy signs a six-month rental agreement for a luxurious home in a tiny, forgotten coastal town two hours from London. When he arrives, he hires a local woman to help get his affairs in order. A former journalist, Violet Smith is at a crossroads as well, and this temporary job is exactly what she needs to tide her over. But when Violet leaves the manuscript of her unfinished novel behind after work one day, Andy lets his curiosity get the best of him and is captivated by a story that begs to be adapted for the big screen. Could this be the miracle they've both been looking for?

**Janet Dailey "The Sound of Sleighbells"** Book # 6 in her Christmas Tree Ranch series. After her divorce, Ruth McCoy is eager to trade her children's painful memories for new

*(Continued on page 14)*

*(Continued from page 13)*

holiday traditions. But Ruth has a whole new set of distractions when fate brings the man she once loved together with the son he never knew he had . . . Life has thrown Judd Rankin some tough turns, and he's startled by the feelings he still has for Ruth. Though the successful rancher knows better than to chase old dreams, he doesn't mind lending the struggling single mom a hand. And when Judd sees Ruth's teenaged son's interest in his custom saddle business, he's happy to let the boy help him build the harness for Branding Iron's Christmas sleigh. Besides, the kid reminds Judd of the young man he once was. A man who believed anything was possible . . . Powerless to deny the growing bond between her son and Judd, Ruth knows it's only a matter of time before her secret is discovered. But will the revelation shatter the tender feelings between her and Judd—or turn out to be her family's greatest gift?

**Beth Wiseman: “A Picture of Love”.** This novel is the 1<sup>st</sup> book in her Amish Inn series. There are 2 more books plus a 4th that is a stand alone novel, but returns to the world of the Amish Inn characters. In this book, sweet Naomi Byler cooks meals for the guests at The Peony Inn, where Amish sisters and owners of the inn, Esther and Lizzie, love her like a granddaughter. She's as happy there as a young woman can be, considering that her fiancé, Thomas, has left her to court someone else. She knows she'll get over the love of her life in due time, but she is beginning to assume marriage will never be a part of her future. Amos Lantz and his mother are guests at the inn, visiting town for a cousin's wedding. Attending a wedding is the last thing Amos wants to do since his own fiancée, Sarah, died tragically just a year ago. Naomi and Amos understand each other's grief and quickly become friends while discovering their mutual love of painting. As the two begin to paint through their sadness together, Esther and Lizzie play matchmaker — a risky move with the potential to backfire. And when Thomas makes an unexpected return intending to win Naomi back, she realizes she no longer knows her own heart.

**Book # 2 in the Amish Inn series is “An Unlikely Match”** Evelyn Schrock has dismissed the attempts of every young man in her small Amish community to court her. She's willing to wait for a suitor who shares her curiosities about life and faith. The only reason Jayce Clarkson is in Amish country hefting equipment for his famous father's movie production company is for the paycheck. The homestyle cooking at the Peony Inn is a perk though, as is his friendship with Evelyn Schrock. If Jayce can endure his dad's put-downs for a month, he'll finally be in a position to make a fresh start—somewhere away from the hustle and bustle of Los Angeles and the shadow of his checkered past. To matchmakers Esther and Lizzie, the widowed sisters who operate the inn, Jayce seems like a good man stuck in a life he doesn't want. But the boy isn't Amish, and that leaves far too much room for broken hearts. Despite that, Jayce and Evelyn start to realize that they can't deny their growing attraction. Any path forward seems impossible. They will have to learn what the future will look like when they leave their fate in Gott's hands. This novel will keep you turning the pages as you are pulled into this heartwarming and unpredictable Amish romance story about Evelyn and Jayce, two interesting and compelling characters. “This was such a sweet story. I cheered on Evelyn and Jayce the whole way. Jayce is having issues with his difficult father, who's brought a Hollywood crew to Amish country to film a scene in a nearby cave. Evelyn has a strong, supportive family, so she feels for Jayce immediately. As they grow closer and help each other overcome fears and phobias, they know this can't last. But God, and two persnickety Amish sisters, Lizzie and Esther, have other plans. Can a Hollywood boy fall for an Amish girl and make it work? Find out. Read this delightful, heartwarming story!”

*(Continued on page 15)*



**Book #3 in the Amish Inn series is “A Season of Change”** Sisters Esther and Lizzie have a new employee, Rose Petersheim, to help them tend to The Peony Inn. But their old matchmaking ways have stayed the same. The sisters focus their efforts on the lovely twenty-five-year-old Rose. Though Rose is witty and outspoken, her nervous chattering makes her the best match for someone calm and good at listening. Someone like Benjamin—the handsome handyman who recently moved to town. But when Esther receives an anonymous love letter and flowers, Rose’s love life is no longer the only one capturing the sisters’ attention. As they sleuth around searching for Esther’s secret admirer, they uncover their grumpy renter, Gus, has a secret of his own that could bring about a difficult change in all their lives. And their continued meddling in Rose’s affairs reveals she, too, is hiding something—an old wound that could threaten her future happiness. As Rose, Lizzie, Esther, and Gus struggle to release the weight of their pasts, they discover that although people are complicated, love doesn’t need to be.

**Beth Wiseman: “The Amish Matchmakers”** is a stand alone novel, but it goes back to the land of the Amish Inn characters. Widowed sisters Esther and Lizzie are the town innkeepers—and the town matchmakers. But when a new tenant moves into a guest cottage at their Peony Inn, the sisters are shocked to discover that maybe this time, one of them might finally find a match of her own. Retired dentist, Dr. Benjamin Stoltzfus, has signed a six-month lease at the cottage—and gentle Esther and spirited Lizzie are in a surprising competition for the kind doctor’s affections. Dr. Stoltzfus doesn’t appear to be Amish, but his last name and his mysterious background have the sisters guessing—and open to the possibility of finding love again. Things really heat up when Benjamin’s granddaughter, Mindy, comes to visit. Escaping her big-city life in Texas, Mindy has moved to Amish country to be closer to her grandfather and to embrace the simpler life she has longed for. But she’s unprepared for what happens when an attractive young Amish man, who spends time at the inn helping out the widows, runs his lawnmower right into her little red sports car. Sure, Gabriel is cute and funny and nice—but can a romance between an English girl and an Amish boy end well? As Mindy and Gabriel find themselves thrown together time after time, they forge a friendship and start making matchmaking plans of their own. Which sister would be better for Mindy’s grandfather—Esther or Lizzie? And as the two young people put their energy into playing Cupid, it looks like love and the life they’ve both dreamed of might also be found.

**Beverly Jenkins: “Heart of Gold”** Henry Adams, Kansas, a place that always feels like home, has had its fair share of drama ever since Bernadine Brown bought the town with her divorce settlement. Now just when things are starting to settle down, it’s about to get crazy again. Cephas Patterson doesn’t just want to be left alone. If you dare step onto his property, he’ll meet you with a shotgun and a warning to stay away from his gold. He reminds Zoey of the lonely time she spent living on the streets, so she quietly begins leaving him small offerings. But then Cephas dies and leaves a saddlebag of gold - to Zoey. And that’s not all, Zoey’s parents are going through a trial separation, her former BFF Devon is giving her fits, and friend Crystal has run away from home. Then there’s Bernadine’s mean-spirited baby sister who has arrived unexpectedly, and an ongoing battle with a neighboring town is about to heat up. Will Henry Adams ever be the same again?

This is the 5<sup>th</sup> novel in Beverly Jenkins’ Blessings series. Beverly Jenkins is a new author to our library. I hope you enjoy her series.

*Connie Scheib*

## Thank You from the BV Benevolent Committee

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*Virginia Wilt*

As a result of your offerings and personal gifts throughout 2023, Residents' Council, through the Vesper Benevolent Fund, was able to send a total of \$1,000.00 to the following charities. Your generosity is a blessing to charities that meet the greater needs in our community and surrounding areas.

Beacon Clinic for Health & Hope

Habitat for Humanity

Bethesda Mission

Lower Allen Fire Company #1

Central PA Food Bank

Mechanicsburg Meals on Wheels

Downtown Daily Bread

Mission Central

Ecumenical Food Pantry

New Hope Ministries

### Thank You for Giving

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

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

#### **Holiday Greetings from your Bethany Village Vesper Benevolence Committee,**

Debra Gutshall, Nancy Rhan, Howard Hertzler, Anne Wagoner, Barbara Zeigler, Donald Mowrey, Evelyn Fennell, Bob Gasull, and Glenn Gutshall.

Virginia Wilt & Kay Hess Co-Chair

## Bethany Village Auxiliary

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*Phyllis Keggereis*

Hard to believe that Christmas is almost here and with it comes the new year! The Auxiliary Board wishes everyone a very Merry Christmas and a Happy New Year!

December brings us to our Annual Meeting on December 13th. If you received your invitation and haven't responded, please do so before December 5th to the phone number on the invitation.

We will have a short business meeting followed by the Blessing of the shawls. There will be a light brunch. The busy fingers of our friends who knit made almost 200 shawls as Christmas presents for our residents in MapleWood and The Oaks. Many of them are already busy working on next year's project. If you would like to help and knit or crochet, stop in the Craft Room on any Monday morning from 10 to 12 and ask how you can help.

Remember- the minutes of the Board are in the notebook on the Auxiliary Table outside the Library. Also on the table are membership applications as well as in the Gift Shop.

Speaking of the Gift Shop- they are still looking for volunteers to work. The shifts are 10 AM to 12:30 PM and 12:30 PM to 3:00 PM. You can call Mary Smith at 443-834-3895 or Sandy Newmyer at 301-775-9072. They would be happy to hear from you.

Again - Merry Christmas and Happy New Year!



# Veterans Administration Registration At Bethany Village

The Veterans Administration (VA) has agreed to conduct face-to-face in person registration for Veterans and the spouse of deceased Veterans on **January 10, 2024**, in the Rife Center. To register for an appointment contact Lois Heagy, Resident Life Office, at 717-591-8071. **Appointment times will be between 10:00 AM and 3:00 PM.** You will be advised of the exact time of your individual appointment based on the number of appointments requested.

This is a one-time opportunity to become registered with the Veterans Administration without having to visit the Lebanon facility. The Veterans Administration qualifications have changed tremendously over the last few years. Take advantage of this opportunity to ensure you have access to all the benefits to which you are entitled. Interested residents must sign up with the Resident Life Office **no later than December 29, 2023, to ensure they receive a scheduled appointment.**

Some factors that VA may consider when determining eligibility include:

- VA has rated you for a service-connected disability.

- You received a purple heart or are a former Prisoner of War

- You are a combat Veteran who served after September 2001

- You are eligible for Medicaid benefits.

- Your family income is below the threshold.

- You served in Vietnam, Southwest Asia during the Gulf War from

  - November 11, 1998, through September 10, 2001 or Camp Lejeune from August 1953 through December 1987

In preparing for your registration appointment, the following checklist of items should be brought to your appointment:

- Discharge papers (DD214 MEMBER-4 or equivalent)**

- Your most recent **tax return**

- Your income statements for 2023**

- Social Security numbers** for yourself and your dependents

- Policy numbers** for your health insurance programs.

- Your VA Disability Rating Decision** (if applicable)

What if I cannot find my discharge papers? Contact <https://www.archives.gov/veterans>.

Remain vigilant in this process. The laws governing VA eligibility have changed dramatically over the last few years. Make an appointment if you are a Veteran or the spouse of a deceased Veteran. Ask questions. Ensure that you receive all the benefits that you are entitled to receive.



## NEW WOODWORKING CLASS TO BEGIN JANUARY 3

**A six-week beginners woodworking class will be offered this winter on Wednesdays from 10 am to noon, beginning January 3, 2024. The class is open to ALL residents; no prior experience is needed to participate.**



Instruction will be given on the jointer, circular saw, radial arm saw, sliding compound miter saw and planer.

**Class size will be limited to five persons in order to emphasize safety and hands-on experience that will enable participants to produce a beautiful hardwood chopping block.**

For more information, or to register, **call Ken Kieffer at 717-599-4527 by December 22, 2023.**

If you would like to visit the woodshop, it is open every Tuesday from 10 AM to noon. Come in and look around. Meet residents who enjoy: working with wood; repairing lamps and wooden furniture; assembling cabinets; and helping other residents with their projects. The Bethany woodshop is located on the East Campus on the street level behind the Garage; enter at door # 9 and turn left.

## HOLIDAYS ARE HERE !

*Mary Smith*

After a very pleasant Indian Summer, we are now deep into the holiday season. It's always a busy time at the Gift Shop as we shop and decorate for the happiest time of the year. We think you will agree that we have some very special gifts for you or for the people in your life. Whether you need something for a new neighbor or your best friend, we have you covered with many gifts under \$10 as well as more expensive things.

Our jewelry is very attractive and you won't find anything like it in the jewelry store. We have many Votive candle holders, each beautifully decorated with its own battery candle included. They flicker like the real thing!

We have winter wraps that will keep you warm on the coldest of days, along with gloves, hats, and warm scarves for both men and women. Our silk pillowcases are very popular, as are our purses and crossbody bags.

New this year are beautiful coffee/tea cups with matching lids to keep your drink warm. How about a glass "locomotive-votive" for your model train enthusiast? I also love the "peppermint twist" serving tray. These are only a few of the unique items on display for you.

Of course, we have children's activity books, colored pencils or crayons, kids superhero watches, tiny purses for little ladies, and puzzle books for all.

As always, the funds we make are used to purchase needed items for our neighbors in Assisted Living and Skilled Nursing. Come see what we have and skip the crowds at the mall! You don't even have to drive – take the shuttle and come on over!

See you soon, and Merry Christmas !!!

## PARCR LEARNS MORE ABOUT SENIOR LIVING ISSUES

*Lowell Starling*

**January 9, 2024, Quarterly Meeting:** Professor Katherine Pearson from the Dickinson School of Law will give the Keynote presentation on “Resident’s Rights and Family Concerns in CCRCs” at Bethany Village. For close to twenty years, Katherine C. Pearson’s academic focus in research and writing has been on laws and policies connected to aging. After reading her bio, she clearly has forgotten more about aging and senior living than the rest of us know. In addition, we will have informative updates from LeadingAge PA and NaCCRA. Please note that due to Professor Pearson’s teaching schedule, we will meet on Tuesday, January 9, 2024, not our usual date, the second Wednesday of the first month of each quarter.

**April 10, 2024, Quarterly Meeting:** The keynote speaker will be Amy Castleberry, Managing Director, Investment Banking, Senior Living from Ziegler, a private investment bank specializing in healthcare, senior living, and education markets. Her presentation will be on CCRC Finance 101 to help us understand the finances of our communities. As always, we will have updates on legislative and regulatory issues from LeadingAge PA and NaCCRA. The meeting will be held at SpiriTrust Lutheran, the Villages at Sprengle Drive in York.

**July 10, 2024, Quarterly Meeting:** The July meeting will be held at Quincy Village in Waynesboro, PA. We are working on getting a speaker on the use of Artificial Intelligence in Senior Living for that meeting. In addition, we will have speakers from LeadingAge PA and NaCCRA to give us updates.

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 🤝



Pennsylvania Alliance of  
Retirement Community Residents

# HOLIDAY "HAPPENINGS"

Let's make this the best Christmas ever! After three years of Covid, followed by a Christmas flood, we deserve it! In addition to BV's traditional holiday ambience, we are adding a few new activities this year, such as:

## The Campus "Wreath Reveal"

Decor-loving Santas will tour our campus residence areas, and apply their talents in choosing the "best" wreaths or entrance settings. These "judges" will NOT live in the areas being scouted. This contest will take place DURING THE WEEK OF DECEMBER 10, so if you wish to participate, please have your area looking its best by then. This will enable us to announce the winners in the January SCOOP!

## Campus Color Coordination

As part of an overall campus celebration of this special holiday, we are encouraging residents to get into the spirit simply by coordinating their outfits during the last full week BEFORE Christmas! You may go "full tilt" or "just a touch" of the color. It's the solidarity that counts!

Monday, the 18th - RED

Tuesday, the 19th - BLUE

Wednesday, the 20th - GREEN

Thursday, the 21st - WHITE

Friday, the 22nd - RED/GREEN



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# Fitness Room and Pool Closings

It was recently brought to my attention that upcoming construction activities will affect access to the pool and fitness room during certain weeks of December.

There had been plans already in place for a temporary pool closure due to our annual, routine pool cleaning. However, it has been determined that the ceilings above the Fitness Room need insulation, and to accomplish this, the area must be closed during the same time period, and for several weeks. This construction work is necessary and must be completed before the end of the year.

We understand the inconvenience these closures may cause and sincerely apologize for any disruption to your routine. We are actively preparing alternative fitness options to serve you during this period, and will be in touch with those details soon.

Note: for our paying members for the outside community, there will be NO charges for the month of December in light of these closures.

Here are the details you need to be aware of:

## **Fitness Room Closure:**

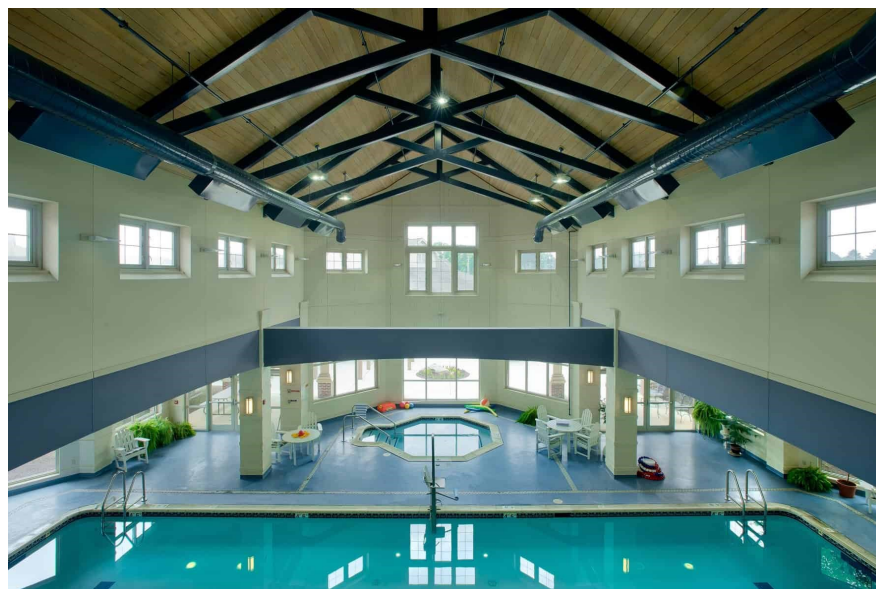
- Duration: December 8th through January 1st.
- Reopening: January 2nd.

## **Pool Closure:**

- Duration: December 16th through January 1st.
- Reopening: January 2nd.

We appreciate your patience and cooperation as we work to enhance your facilities. If you have any concerns or questions, please don't hesitate to reach out to me.

Best Regards,  
Justin Margut  
Director of Well-Being



# Bethany Village Massage

Meet our New Massage Therapist

**Bryan  
Hixson**



**Bryan is a graduate from the Lancaster School of Massage. He brings a therapeutic approach to massage and believes everyone should take time for self care. Bryan works to incorporate various massage modalities and techniques into a Swedish massage session, creating a custom treatment plan for each client to help them meet their needs and goals. He genuinely wants to make a difference.**

## Massage Specials

2 Great ways to take advantage for December

- ♦ **Get a gift for someone for Christmas**
- ♦ **Get a FREE 10 minute Paraffin Wax Hand Treatment with the purchase of any massage.**

**Begin your massage session with this warm paraffin wax treatment. Your hands and/or feet are dipped in warm wax and covered, letting the warmth penetrate deep into your bones and joints. The added bonus to this treatment is the moisturizing effect of the paraffin wax.**

**We now offer massages on Mondays, Tuesdays & Wednesdays**

**Contact the Well-Being Office to schedule yours at 717-591-8022 or [BVWellBeingTeam@Asbury.org](mailto:BVWellBeingTeam@Asbury.org)**





# Luminaries for Care Assurance



The Care Assurance & Development Committee is hosting the first-ever  
Luminaries for Care Assurance  
from December 21<sup>st</sup> through January 2<sup>nd</sup>.

Luminaries will be displayed around the campus – main entrances to the apartment buildings,  
outdoor common spaces, and entrances to The Oaks and MapleWood.

The Care Assurance & Development Committee will be coordinating the displaying of the  
luminaries – if you purchase a luminary(s) you are not responsible for displaying it.

Order forms were distributed through campus mail – please return the order form by **Friday,  
December 15<sup>th</sup>** to the **Asbury Foundation office – 325 Wesley Drive, Mechanicsburg, PA.**

All proceeds from the sale of the luminaries will benefit Care Assurance at Bethany Village.

If you have questions, need another order form, or would like to assist in setting up the luminaries,  
please contact the Asbury Foundation office at 717-591-8019 or [ikanagy@asbury.org](mailto:ikanagy@asbury.org).

## How Your Gift Makes a Difference

Residents of Asbury communities who outlive their financial resources  
through no fault of their own may apply for their community's anonymous  
Care Assurance program.

Securing funds to support this need is central to Asbury Foundation's Mission.

Care Assurance may cover a range of expenses including  
medical, dental, housing, and more.



## BETHANY VILLAGE DECEMBER BIRTHDAYS

|       |                                                                                |       |                                                                   |
|-------|--------------------------------------------------------------------------------|-------|-------------------------------------------------------------------|
| 12/1  | Claire Burling<br>Connie Scheib<br>Kathy Seagrist<br>Richard Sterner           | 12/16 | Marlene Faranov<br>Enid Savidge                                   |
| 12/2  | Peter Bentivegna<br>John Geschwindt<br>Terry Landry<br>Sandy Yetter            | 12/17 | Florence Fajt<br>Al Shope                                         |
| 12/3  | Shirley Hart<br>JESSIE LEONARD                                                 | 12/18 | Margaret Pepe<br>Susan Stiller                                    |
| 12/4  | June Kostrab<br>Carolyn Schmauk                                                | 12/19 | JIM MILLER<br>Evelyn Warfield                                     |
| 12/5  | Sandy Jones                                                                    | 12/20 | Nancy Crockett<br>Arnold Cushner<br>Sandy Ferrar                  |
| 12/6  | Ruth Martin<br>Bill Middendorf                                                 | 12/21 | Suzanne Klinedinst                                                |
| 12/7  | Marcia Conner<br>Howard Hertzler<br>Betty Kearney<br>Robert Schmauk            | 12/23 | Pat Hocker                                                        |
| 12/8  | Chris Drees<br>Maria Frutsche<br>Donald Mowrey<br>Marion Stibitz               | 12/24 | Ruth Brommer<br>Carolyn Florence                                  |
| 12/10 | Eugene Baldwin<br>Joanne Condon<br>Alberta Cook<br>John George<br>Carl Oberman | 12/25 | Carol DeLuca                                                      |
| 12/13 | Ethel Martin                                                                   | 12/26 | Frances Doster<br>Connie McAtee<br>Pat Pierson<br>Linda Tritsch   |
|       |                                                                                | 12/27 | Barbara Hilt<br>Margaret Hurtt<br>LLOYD PETERS<br>Hazel Radabaugh |
|       |                                                                                | 12/28 | Nancy Haines                                                      |
|       |                                                                                | 12/29 | Richard Dario                                                     |
|       |                                                                                | 12/30 | Jeanette Reinbrecht                                               |
|       |                                                                                | 12/31 | Penny Cognato<br>Janet Melius                                     |



## Bereavement Notifications

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Rev. Charlie McNutt - 10-25-23

Kathleen Grant – 11-6-23

John Diener – 10-25-23

Penny Williams – 11-13-23

Helen Warrington – 11-4-23



## Welcome New Residents

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*Jennifer Caldwell*

Kay Rennard has moved into Center Apt #106. Her phone number is 717-304-9387. She is moving here from Mechanicsburg, PA where she lived with her Daughter and Son-in-Law. Kay worked at Nationwide Insurance as a supervisor before retiring in 1999. Kay and her husband traveled the United States in their fifth wheel RV. Kay and her cat Baby Girl are excited to move to Bethany and look forward to making new friends who hopefully like playing American Mahjong.

Richard Dario has moved into his West Apartment #3140. His phone number is 717-418-0983. Richard has moved here from Mechanicsburg, PA. Richard is a Phillies fan and enjoys watching Philly Teams. He also likes to read.





Ann-Louise Gilfoyle and Dennis Carey moved into West Cottage 5237. Their phone numbers are A-L: 717-979-7525 and Dennis:717-805-3815. They have moved here from Harrisburg, Pa. Dennis did live in Mechanicsburg for most of his life so he is back to his old "stomping grounds." Dennis still works 4 days a week at his family electrical contracting business. Ann-Louise is retired from Highmark and is an active volunteer with their two therapy dogs (Beagles Bridget and Charlie). They spend quite a bit of time at their home in Fenwick Island, DE where Deney works on his fishing skills and Ann-Louise on her shopping hobby. They both enjoy boating. Deney is interested in exploring the wood shop and

Ann-Louise is anxious to try Yoga as well as meeting their new neighbors and making new friends!

Eugene Boyer moved into West Apartment 1129. His phone number is 717-761-1496. "Gene" moved here from Mechanicsburg, Pa. He enjoys watching sports programs. Gene was a Hair Stylist for many years and has a plethora of knowledge to share from his experience.



Joseph and Karen Cesarano moved into West Apartment 4133. Their phone number is 717-790-9181. They have moved here from Mechanicsburg, Pa. Karen is a former Nurse Practitioner and Joseph was an engineer for TYCO. They're both from Long Island. He was teaching math and physics at a Catholic High School and she had a friend who worked there and introduced them. They have also lived in State College. Joseph and Karen love to vacation every year in Dewey

Beach with their children and grandsons. They love to walk and go to NYC to visit friends and family as well as being involved with their Church.





# Economic and Market Perspectives

## By The Numbers



### 4.9%

The **U.S. Economy** (real Gross Domestic Product) grew 4.9% in the third quarter, more than double the rate of growth in the first six months of the year. The U.S. economy has continued to defy expectations of a slow-down in growth this year.



### 60.4

The **consumer sentiment index** from the University of Michigan fell 5% in November to 60.4. This was the fourth monthly decline in a row as consumers continue to worry about high interest rates as well as the conflicts in the Middle East and Ukraine.



### 3.2%

The pace of **U.S. inflation** continues to steadily slow. The Consumer Price Index rose only 3.2% over the trailing twelve months in October which was lower than September's 3.7% reading.



### 3.9%

The **unemployment rate** in the U.S. rose slightly to 3.9% in October. The labor market has been hot for much of 2023 but the U.S. added a modest 150,000 new jobs in October, a sign of cooling demand for labor.



### 5.25% - 5.50%

The **Federal Reserve** has held the federal funds target range steady at their last two meetings in September and November. Fed officials have indicated they are nearing the end of their hiking cycle but have left the door open for another hike if inflation does not continue to slow.



### 11.6%

Analysts expect S&P 500 companies to deliver **earnings growth** of 11.6% in 2024. S&P 500 companies have reported earnings declines for three consecutive quarters but are expected to report a year over year growth of 4.1% in the third quarter. This rebound is expected to continue into 2024.



### -0.1%

**Retail sales** declined 0.1% in October, the first drop in retail sales in seven months. Consumer spending has been surprisingly strong this year, but the impact of higher interest rates and the resumption of student loan repayments are bound to have a negative effect in the months ahead.



### 17%

The **S&P 500 Index** has risen over 17% in 2023 as of November 14th but over 86% of that return has been driven by the top ten largest companies that make up the index.

Sources: University of Michigan, FactSet, U.S. Bureau of Labor Statistics, U.S. Bureau of Economic Analysis, S&P Global, U.S. Census Bureau, and the Federal Reserve.

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