

# THE BROOKSHIRE GRAPEVINE

OCTOBER 2020



Co-Editors:  
Betty Stewart  
Mike Stewart



## FROM BROOKSHIRE LLP:

**A big “Thank You” for keeping your yards and flowerbeds neatly mowed and trimmed! An attractive community, benefits everyone!**

Now that we are coming into another heating season, make sure you have your humidifier turned ‘on’ and adjusted to a setting that is comfortable for you. It is also important that the humidifier filter be changed every year!

Remember to disconnect all outside hoses to keep your faucets from freezing!

Before too long the snow may once again begin to fall. So...if you want to be on the snow removal list please contact Josh Longenecker at (717) 808-2712 or [josh.longenecker@gmail.com](mailto:josh.longenecker@gmail.com).

Remember that it is recommended to change the batteries in your smoke detectors every year. Even though the smoke detectors are hardwired they are built with a battery back-up and will normally alert you when the batteries are getting low (sometimes in the middle of the night).



## BOARD OF THE HOMEOWNERS ASSOCIATION QUARTERLY REPORT:

Due to ongoing restrictions on the size of gatherings and social distancing, the October Quarterly Meeting has been canceled. We will evaluate holding the January Quarterly Meeting at our December 14 Board Meeting.

On November 12, Pauline Fuss will be stepping down from the Library Committee. Pauline has served on the committee for 14 years and has

been the Chairperson for the last 11 years. We thank her for her many years of service to the Brookshire Community and wish her the best going forward.

The north bridge on the Nature Trail has been repaired. We would like to thank Nelson Wenger for his quick action on this matter.

At our December 14 meeting we will also be considering the reopening of the Coffee Shop. It is hoped that we could reopen on at least a limited basis.

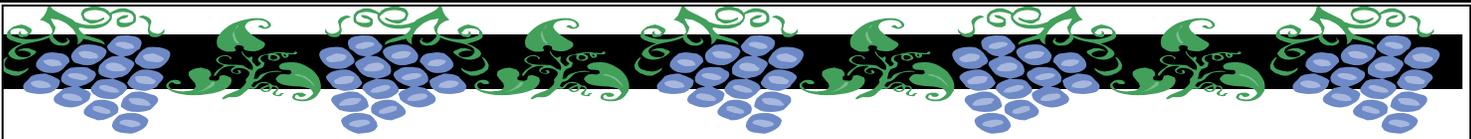
A reminder for early morning or evening walkers to please wear reflective clothing or carry a flashlight so drivers can see you. Drivers exiting their driveways are reminded to look for people on the sidewalk.



## WELCOME NEW NEIGHBORS:

**~~Judy Mullan:** Hello, my name is Judy Mullan, 1038 Cambridge Drive, and I arrived in Brookshire mid-May from L.A., CA. I lived in the L.A. area for over 48 years, but all the events that are fast becoming so common there now caused me to ponder my future, and I decided to leave. I chose this area because my grandmother lived in Lititz. I always loved visiting with her in this area and feeling so grounded here. I am pleased with my decision.

I was an educator for over 30 years in L.A. My favorite position was teacher of the “at-risk” high school students. Fabulous kids, job, and experience! I have many interests and hobbies, a few being photography (I have a card business), travel, arts and crafts, theatre, games, reading, general exploring, walking, tennis, spending a lot of time in nature, and staying connected with my two children. I am delighted to be your new



neighbor. I look forward to meeting you and sharing new adventures with you.

~~**Sandra Sigley:** My name is Sandra Sigley, and I recently moved into 980 Cambridge Drive. I was born in Chester, PA and grew up in Brookhaven, Delaware County. I moved here from Coatesville. I enjoy the company of my two cats, Sweet Pea and Bart. My past vocation was that of an accountant/cash manager. At present I am a full-time fine artist, specializing in pet portraits. I also enjoy painting landscapes and cityscapes. My website is [www.sigleyart.com](http://www.sigleyart.com), and please take a look if you would like. I enjoy hiking, biking, birding, and listening to music.

~~**Mark and Molly Reinhardt:** We are Mark and Molly Reinhardt, 404 Rosewood Drive. We moved here from Sweetbriar Creek, Manheim. I originated from Philadelphia, and Molly from Norristown. We have three children and five grandchildren. I am presently a high school principal, and formerly an engineer. Molly is a retired math teacher and formerly an accountant. I enjoy golf, cycling, and woodworking, while Molly's interests include golf, quilting, sewing, and crafts.

~~**Barry & Carole Greiner:** We are Barry & Carole Greiner, 709 Heather Ridge. We were both born in West Chester, and we moved to Brookshire from Coatesville. We have four children and seven grandchildren. My past vocation was that of an accountant, and Carole was a cafeteria worker at Coatesville Area School. I enjoy gardening and walking outdoors. Carole likes cooking and taking walks. We both enjoy spending time with our grandchildren.

~~**Freda Rife:** My name is Freda Rife, and I recently moved to 750 Heather Ridge. I was born in Pikeville, KY and moved here from Morristown, TN. I have two children, and one grandchild. I share my home with my dog, Chance. I have retired from owning and operating a beauty salon. My hobbies and interests include sewing (quilts), cooking, and baking.

~~**Eileen and Marty Brenner:** We are Eileen & Martin Brenner, 1072 Cambridge Drive. We were both born in Brooklyn, NY, and moved here from

Mt. Bethel, PA. We have three children and five grandchildren, and share our home with our dog, a Lab named Archie. Marty has recently retired from owning Air Power Compressor Company, and my former vocation was Document Specialist for BASF Corp. Our interests are gardening, travel, and reading. There will be more to come since we are newly retired.



#### **SUNSHINE FRIENDS by Toni Saghirian:**

The Sunshine Friends continue to send comfort and welcoming cards to new residents. Our Weaver Sub coupon sale is postponed until after the new year. We will send updates.

Due to Covid closures, our welcome visits to new residents have been suspended, but if you are new and would like a resident packet please email Toni Saghirian, [tonisa12@windstream.net](mailto:tonisa12@windstream.net). (The packet includes area information and a \$10 hair coupon for Central Boutique Hair Salon in our shopping center.)

Spread some *sunshine!*



#### **SAMARITAN'S PURSE by Joy**

**Slavin:** Below you will find information on this year's efforts on behalf of the collection of shoeboxes for Samaritan's Purse. We have been debating whether to join or not, in this year of COVID 19. We have decided to try, and hope our plans are easy for you to follow.

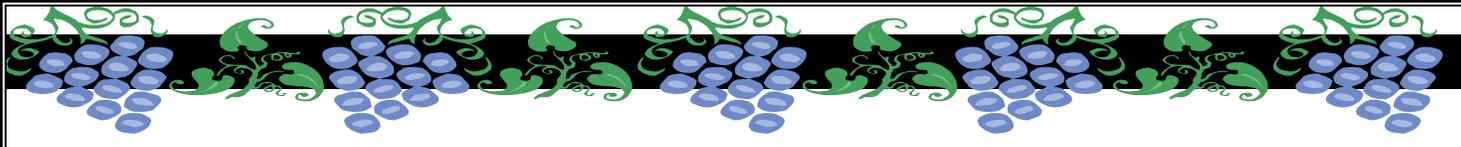
1. First, gather your materials. Samaritan Purse boxes and labels will be placed in the mail room of the Community Center.

2. We will be collecting the boxes by November 10, 2020. You may drop off your completed box at Gail Reed's house, (854 Cambridge Drive) or Joy Slavin's house, (880 Cambridge). We will send them on their way with prayers and hope that they make a little difference in this year of the pandemic.



#### **COFFEE SHOP NEWS by Doris Wenger:**

The HOA board voted to not allow the coffee shop to open on Saturdays, BUT we will sponsor a



take-out Pancake & Sausage Breakfast on **Saturday, October 24**, starting at 8:30 a.m. An order will consist of two pancakes (plain or blueberry), three breakfast sausage links, & coffee for \$3.00. Please bring the correct change and wear a mask.

On **Saturday, November 14**, we will have another Bruffin take-out to celebrate Veterans Day. A Bruffin and coffee will be free to all Veterans. All others to pay \$3.00 for Bruffin Breakfast.



**WOMEN'S BIBLE STUDY UPDATE by**

**Joy Slavin:** My brain knows it is September, but Gail and I have not proceeded with our schedule for our Bible Study. When we try to plan, it becomes a logistical nightmare. The format does not lend itself to wearing a mask or social distancing! So, we have put our get-togethers on Wednesday afternoons on hold right now, and we are praying that you stay strong both physically and spiritually.



**DECORATING COMMITTEE by Doris**

**Wenger:** The Decorating Committee will sponsor two workshops in the upcoming months. On **Wednesday, October 21**, at 10 a.m. I will be teaching a workshop creating stuffed pumpkins using cloth material, old sweaters, and old shirts. In addition, Pat Drennan will teach the art of staining dried gourds with leather paint. The fee will be \$5:00 for supplies, to be paid the day of class. A sign-up sheet will be posted on the bulletin board in the Community Center.

The 2nd workshop will be held on **Wednesday, Nov. 18**, at 10 a.m. and conducted by Pat Drennan and Kay Hudak. They will be showing you how to make your own holiday wreath using fresh greens that will be supplied. The workshop fee is \$5:00, to be paid the day of class. A sign-up sheet will be posted on the Community Center bulletin board in early November.

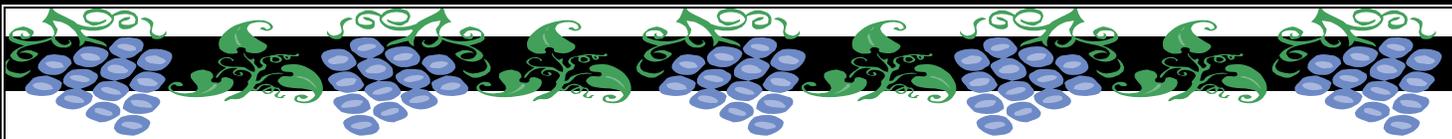


**WELLNESS COMMITTEE Submitted by Doris Wenger RN, CPNP, Wellness Committee Chair.** (Portions of the following information obtained from Cleveland Clinic handout on Vitamin D Deficiency)

**VITAMIN D** may protect you against Covid 19. FRIDAY, Sept. 4, 2020 (Health Day News) -- There's evidence that low blood levels of the "sunshine vitamin" -- Vitamin D -- may increase a person's risk of infection with the new coronavirus, researchers say. "Vitamin D is important to the function of the immune system and Vitamin D supplements have previously been shown to lower the risk of viral respiratory tract infections," said study lead author Dr. David Meltzer. He is Chief of Hospital Medicine at the University of Chicago Medicine. For the new study, Meltzer's team tracked coronavirus infections among 489 patients whose Vitamin D levels were measured within a year before they were tested for the new coronavirus. While the study couldn't determine cause and effect, patients with an untreated Vitamin D deficiency (blood levels of less than 20 ng/mL) were nearly two times more likely to test positive for the coronavirus than patients with sufficient Vitamin D levels, the researchers said.

Another study was published online Sept. 3, 2020 in JAMA Network Open. They reported that oral calcifediol, the main metabolite of Vitamin D3, reduced ICU admission from 50% to 2% among Covid-19 patients.

Vitamin D is produced in the skin upon exposure to sunlight. Fair skin individuals and those who are younger convert sunlight into Vitamin D better than those who are dark skinned and those who are over age 50. Research data shows that up to 95% of the US population is deficient in Vitamin D. Low levels of Vitamin D can contribute to the following: heart disease and high blood pressure, diabetes, infections and immune system disorders (recent data now includes Covid infection), falls in older people, some types of cancer (colon, breast, ovarian, prostate) and multiple sclerosis.



Medications you are taking may also lower the absorption rate of Vitamin D and cause lower Vitamin D levels. These medications include laxatives, steroids and cholesterol lowering drugs. Please talk with your doctor if you are on any prescription medications.

**Knowing your Vitamin D Number:** Similar to knowing your blood sugar and BP numbers to make an informed decision to improve your health, you should also know your Vitamin D level. Your doctor would order a Vitamin D3 blood test. Medicare will pay for Vitamin D blood testing 4 times per year, using the appropriate ICD-10 code. I have found this code to cover my testing – E55.9, which is Vitamin D deficiency, unspecified. Your goal is to have a Vitamin D level in the following protective range -- 40-60ug.

**Getting Vitamin D from food:** Vitamin D3 is found in high concentrations in cod liver oil, cold water fish such as salmon, mackerel, sardines, and herring, and is in egg yolks. Cod liver oil also has high content of Vitamin A. Studies have shown that Vitamin D works better in the presence of Vitamin A.

**Getting Vitamin D through supplements:** When choosing a supplement, always take Vitamin D3 with K2. The starting dose will vary based on how low your levels are to begin with. Once your level is in the protected range, then a maintenance dose would be recommended. The starting dose for some may be 5,000 IU per day for months, while others may need as high as 10,000 per day till their number is in the normal range. Some providers recommend a slightly higher dose in the winters months for those living in the northern climate since less sun exposure can lower you level in the wintertime.

I would encourage each Brookshire community resident to consider having your Vitamin D blood test done and to start taking supplementation as needed. Protect yourself from illness and infections.