



Submitted photos

Dr. Richard Fiene, a resident and retired Penn State research psychologist/professor, using the popular K4Community platform at Masonic Village

## It 'techs' a Village...

Masonic seniors using new platform to help with daily life, safety and more

By Chris A. Courogen

There was a time when the myth was true.

Go back just 10 years and it wasn't hard to find evidence to support the idea that most senior citizens were not very tech savvy.

Fast forward to today and things are very different. All you need for proof is a visit to the Masonic Village in Elizabethtown, where a new high-tech platform has been deployed that is quickly becoming the backbone of everyday living for many residents. From ordering meals from one of the eight restau-



The K4 menu is shown on this tablet belonging to a Masonic Village resident.

PLATFORM, continued on A5

## EASD confirms its third COVID case

Buildings remain open as district follows protocols, provides notifications

By Diane M. Bitting

Last Friday, Sept. 25, the Elizabethtown Area School District reported its third confirmed positive case of COVID-19, this time at Bear Creek School.

In a message posted that afternoon on its website, the district said it learned of the positive case the previous evening, and that all persons who had been in close contact with the individual who tested positive had been notified and instructed on their next steps, which could include a 14-day quarantine. Close contact is defined as being within 6 feet, for 15 minutes or more.

The school has not been closed, but locations visited by the person who tested positive have been deep cleaned and disinfected. It was also determined that this new case is not related to the two previous cases reported in mid-September, one each at the high school and middle school. Neither school was closed.

In reporting cases to district families and the community, the district will not specify whether cases involve students, staff or guests, Superintendent Michele Balliet stated during her remarks at the Sept. 22 school board meeting.

Balliet also addressed the Sept. 22 decision by a federal judge to leave in place a previous ruling that Gov.

Tom Wolf's restrictions on size limits for gatherings are unconstitutional. The 25-person limit on indoor gatherings and 250-person limit on outdoor gatherings have guided school districts' attendance policies on sporting events.

Balliet said the administration would confer with the district solicitor, school physician, health partners, the Pennsylvania Department of Education and other districts in the Lancaster-Lebanon IU-13 to

understand how this ruling applies to and impacts schools. On Monday, the district released new guidelines for invited guests at EASD athletic events. (See related story.)

Balliet also thanked students, staff and families for their "extraordinary efforts" in following the district's health and safety measures.

"The cooperation in wearing masks and maintaining

EASD, continued on A5

## New attendance guidelines issued for sporting events

By Diane M. Bitting

On Monday, the Elizabethtown Area School District issued new guidelines for spectators at EASD athletic events, making it possible for more fans to attend games.

This follows a Sept. 22 decision by a federal judge to leave in place a previous ruling that Gov. Tom Wolf's restrictions on size limits for gatherings are unconstitutional. Those limits were 25 people for indoor gatherings and 250 people for outdoor events.

The district's new guidelines will allow for potentially more spectators than were permitted under the governor's orders, with most student athletes to be issued two guest tickets per game.

"We've judged it by safe physical distancing capacity," said district spokesman Troy Portser. "We didn't do a percent capacity of a particular venue, such as the football sta-

GUIDELINES, continued on A5

## E-Town Chamber of Commerce announces new executive director

Robert 'Bob' Price was recently announced as the Elizabethtown Area Chamber of Commerce's new executive director.

"The board of directors was impressed by Bob's extensive experience in leadership, membership services, program and event development, strategic planning, marketing and fundraising, as well as his enthusiasm for helping our member businesses and the local community succeed," Tina L. Lutter, president of the chamber's board of directors. "We are confident he has the skills to lead our chamber and provide continued value to our members."

A resident of Elizabethtown, Price is the founder of PennPrice Management Group. He brings over 40 years of varied experience, having most recently served as the Executive Director for the Preservation Trust of Lancaster County. He also previously served



Robert Price

as Membership Services Director for the Home Builders Association of Metropolitan Harrisburg, as Executive Director of U.S. Green Building Council - Central PA Chapter and as the founding Executive Director of the Downtown State College Partnership.

"I look forward to advocating, promoting and supporting our member businesses and the community at large

COMMERCE, continued on A5



Photo by Kyle Morgan

## A great start!

The Elizabethtown girls soccer team celebrates a goal from freshman Josie Spayd (second from the right) during their opening game of 2020 at Lampeter-Strasburg. The Lady Bears would go on to win in double overtime. Check all the details along with the rest of sports on page 2.

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First Students Of The Month Named For New School Year

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## Library welcomes Eagle Scout project

Milanof-Schock Library in Mount Joy has long been a drop-off location for worn and/or damaged American flags. The library periodically takes the gathered flags to a local American Legion for proper disposal. Dillon Greenig recently approached the library with an idea for his Eagle Scout Project that would offer a more convenient way to collect the flags, rather than the cardboard box in the library's vestibule. Dillon felt that having this receptacle at the library would be a central location for surrounding communities.

Dillon raised funds to install a large, blue metal flag box for the community's retired American flags. With some help, he installed the box on a new concrete pad next to the library's flag pole. His troop, Troop 39, will collect the flags and provide a proper retirement ceremony for them. The public is invited to bring torn or worn American flags to this new repository in front of the library.

Dillon's fundraiser for this project was so successful that he was able to present the library with a check for almost \$1,000, the money left over from the flag box installation. The library and the community is grateful to Dillon for providing this service and for raising awareness of the importance of the proper disposal of the American flag.



Submitted photo

Dillon Greenig with his Eagle Scout project at Milanof-Schock Library.

## ECHOS to provide winter shelter for homeless families

ECHOS provides a warm, dry, safe place for homeless families and individuals of Elizabethtown, Bainbridge, Rheems, Marietta, Maytown and Mount Joy to sleep during the winter months at their Winter Shelter. This is the sixth season that ECHOS will run the shelter and each year has seen an increase in the number of families and individuals who utilize this service. The shelter is open starting Monday, Dec. 7, and runs through Friday, April 2, 2021. Each evening the guests receive a hot, nutritious dinner; a warm, dry, safe place to sleep; breakfast in the morning; and a to-go bag for the day. The shelter is an overnight shelter only, with guests checking in between 6:30 and 8 p.m. and leaving by 8 a.m. the following morning.

Because of the COVID-19 pandemic, ECHOS will limit the number of guests they accept at the shelter this year to 50% of the prior capacity to allow for adequate social distancing. ECHOS follows all CDC regulations for preventing and limiting the spread of the disease.

Although the oversight of the shelter is led by ECHOS staff, the shelter is primarily run by community volunteers. Over 65 volunteers are needed each week. ECHOS is looking for 200 volunteers to make a commitment of 2-4 shifts each month. There are 3 volunteer shifts each day, a check-

ECHOS, continued on A5



# Platform

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rants on campus, to controlling the thermostats in apartments and cottages to alerting staff to the need for possible welfare checks, residents are embracing a system that allows them to do all that, and more, from a smart phone or tablet device.

The Masonic Village has been using the platform, known as K4Community, since 2016. In that time, it has become widely accepted. According to Ray Tierney, the MV's Chief Operating Officer, over 60 percent of the facility's residents use it on a regular basis. Tierney says that number continues to grow, and he expects it to accelerate as the Masonic Village deploys smart speakers in its cottages and villages that make the system even easier to use.

"It's not software. It's a platform that allows residents to connect using smart devices. The portal is phenomenal thing for our residents to use," Tierney says.

More effective communications with residents has been one of the biggest benefits of the K4Community platform, Tierney says. Residents can use the portal to access menus, activity calendars, telephone directories, and advisory memos — all of which used to only be available on paper. The portal allows easy, on demand, paperless access to those sorts of information. In fact, Tierney says the restaurant menus are the most heavily used feature of the platform.

The system has been an important tool during the COVID-19 crisis, allowing Masonic Village to instantly inform residents of the latest news and information about the virus. Residents have also benefited by being able to submit work orders electronically, avoiding the dangers of personal contacts. Residents have also been using its video chat feature to stay in touch with loved ones during times of restricted in-person visits.

"From a communications perspective, it has been invaluable. It has been really valuable to be able to put out quick information on the portal. Through COVID we have learned how valuable the portal is," says Tierney.

There has also an increase in the number of residents taking advantage of games available on the portal, including some that allow them to compete against other residents. Tierney reports the games have become one of the top five most used features of the platform.

"With normal activities limited, people are looking for things to fill time," he says.

For now, Masonic Village still duplicates its efforts on the communications front, also distributing all information dispensed on the portal through printed versions and by using the village's internal telephone and cable TV networks. That is expected to gradually change as more younger generation residents like Richard Fiene move in to the Village. Fiene, a retired Penn State research psychologist



Ray Tierney

and professor, and his wife, Judy, moved to a cottage there three years ago.

"We just turned 70, so we are on the younger end of the population. The majority of the people who moved in around the same time as us are all pretty close in age. We are all pretty tech savvy," says Fiene.

Fiene is part of a pilot project that is deploying 400 Amazon Echo Dot smart speakers around the campus. The devices, which have been donated by Amazon, allow residents to use voice commands to interact with the portal.

"That is kind of fun because you can give K4 voice commands instead of having to rely on using keying in commands on a device," Fiene says.

Another benefit of the smart speaker is its ability to read the requested information to residents who might be sight impaired.

"All of the things they look at now they will be able to ask and hear it instead of having to read it," says Tierney. "We think it will be very popular with residents who might not be as comfortable using technology."

Fiene says the communications features of the platform are convenient, but what he really likes is being able to use the platform to interact with smart appliances in his cottage — whether it involves using the smart speaker

to turn up the heat or turn down the air conditioning, or doing the same using his smart phone when he is not in the cottage.

"If we are coming home from dinner and I forgot to leave a light on, I can turn them on so we feel safer when we get there, says Fiene. "I can control the heat or the AC remotely. We can set the temperature to save energy while we are away and adjust it when we are coming home, so by the time we get there it is nice and comfortable."

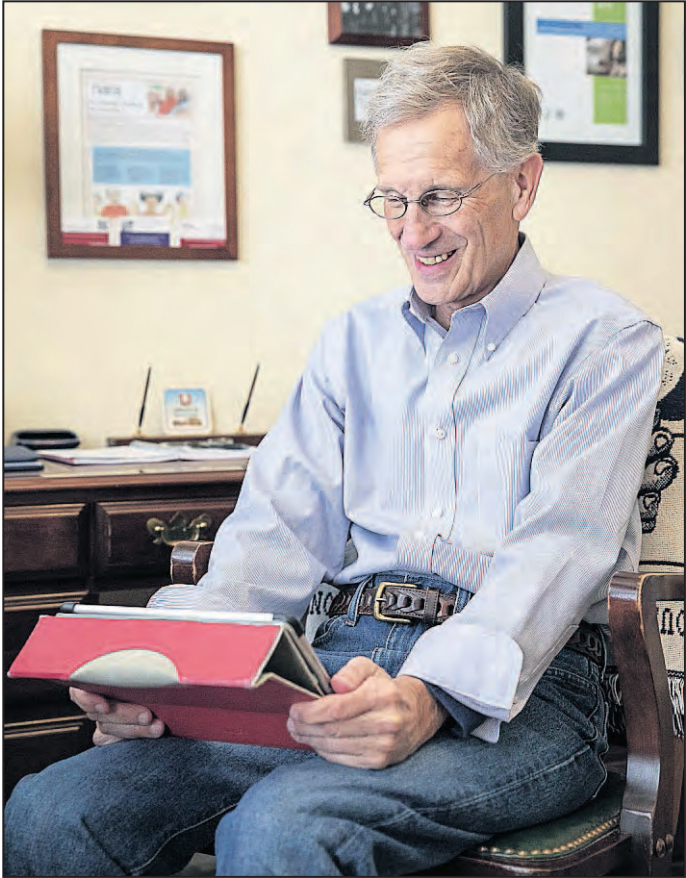
Another feature Fiene appreciates is the platform's ability to notify the facility's staff of potential health emergencies. In addition to old tech pull cord alarm systems, units in the village are now being equipped with motion sensors in the master bathroom that automatically notifies staff to do an in-person wellness check if there is no movement between 5 and 11 a.m.

"Our residents think that is wonderful. It has been a huge peace of mind to our residents," Tierney says. "At least a half-dozen people in the past year or so would have been lying in their residence a long time without that."

Masonic Village has also experimented with other health and wellness ideas such as integrating information from residents' Fitbits and similar devices. The platform can be used to track steps and sleep hours, and more wellness features are expected to be added in the coming year.

"We plan to keep expanding uses of the portal," says Tierney."It is what people are going to expect in the future. It is going to be like water and energy. They are going to expect this sort of technology when they move in."

*Chris Courogen is a correspondent for the Elizabethtown Advocate*



Submitted photo

Dr. Fiene enjoying the convenient K4Community platform.

# EASD

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safe physical distancing is very much appreciated and it's evident throughout each and every one of our buildings," Balliet said. She added that these protocols apply anytime anyone is on campus for any reason, including athletic events.

Assistant Superintendent Daniel Serfass updated the board on the district's program for online learning, saying that teachers are becoming increasingly comfortable with online instruction and technology. He said that student attendance and engagement overall has been good, but that staff are reaching out to those students not as engaged or not completing work.

Serfass also said that students and families have been reminded of rules and guidelines to follow for online instruction, including working

in a quiet space to minimize disruptions, dressing appropriately and joining virtual meetings through a waiting room, to prevent "Zoom bombings." Also, those not enrolled as a district student should not be in a virtual classroom; downloading or copying online content without permission is forbidden.

The board also approved several items presented at the Sept. 8 workshop meeting. Among them were acceptance of a donation of \$3,125 from the charity Lancaster Masks to be used for health and safety efforts.

Also approved was a contract with General Healthcare Resources to provide a trauma-informed counselor at the elementary level. Funding from the federal CARES Act will pay for the position. The board also agreed to a Memorandum of Understanding with Compass Mark to provide programming, including drug and alcohol prevention, to students in elementary through high school.

# Guidelines

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dium. If we safely physically distanced, what would that look like and how many seats does that get us."

Prior to the judicial decision, attendance for football games would have been limited to one spectator ticket per player, with no marching band nor band spectators allowed, Portser said. Also, no spectators were allowed at the girls' volleyball games inside Daubert Gymnasium until last week.

Guests invited to sporting events should screen themselves for COVID-19 symptoms before arriving and stay home if feeling ill. Anyone awaiting test results or who has been exposed to a person with COVID-19 also should not attend.

Designated seating areas that are 6 feet apart have been established at each athletic venue for invited spectators. Face coverings are required at both indoor and outdoor sporting events.

In addition, the board also authorized \$11,153 in allowance costs for the renovation project at the middle school to create space for sixth grade. Those costs, included in the base bids, will cover additional steel and steel framing in the roof to support heating and cooling equipment.

Three policies also took effect with an affirmative board vote on a second reading. These are nondiscrimination policies regarding sexual harassment affecting students and staff, and nondiscrimination policies dealing with qualified students with disabilities.

Three policies also passed a first reading vote for a 30-day review period: comparability of services; student expression/distribution and posting of materials; and requests from non-school organizations, groups and individuals regarding activities and distribution of materials.

*Diane Bitting is a correspondent for The Elizabethtown Advocate*

must enter through the far gate off East High Street. No tickets will be distributed or sold at the football stadium or other gated locations.

Students playing field hockey and soccer at Jane Hoover Field will receive two guest tickets each for games. There are designated seating areas in the bleachers and around the field. For volleyball, two guest tickets will be issued for each player, and guests must sit in designated areas in the bleachers.

Tickets are not required for the tennis courts and grass playing fields between East High Elementary School and the Elizabethtown Fairgrounds, but spectators should remain in the designated seating areas. Cross-country spectators also don't need tickets but should spread out along the course at a safe physical distance of at least 6 feet.

The district will continue livestreaming the varsity football games and girls' volleyball games as an alternative to in-person attendance.

*Diane Bitting is a correspondent for the Elizabethtown Advocate*

# ECHOS

From page **A1**

in shift which runs from 6 until 9 p.m., an overnight shift (9 p.m. – 6:30 a.m.), and a morning clean-up shift (6:30 – 8:30 a.m.). Volunteers are also needed to make meals, do laundry and clean the shelter.

Volunteers who work with the guests are required to attend a training session and submit all necessary volunteer clearances. ECHOS has five training sessions available. For more information on the winter shelter or upcoming trainings, please call 717-361-0740 or email office@echoslanaster.org.

# Commerce

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as we navigate the challenges and opportunities the current economic climate provides," Price said.

Price graduated with honors from the University of Cincinnati, earning a bachelor's degree in Urban and Regional Planning. Married to his wife, Marcia, Price is also the proud father of four grown children and has five grandchildren.

Price began working with the Chamber on Tuesday, Sept. 1. He will initially be getting out to meet chamber members but will soon post regular hours at the chamber office.

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# Could your leg pain be PVD?

If you ever experience pain or fatigue in your legs, especially with exercise, you might think you're just out of shape, but it could be a sign of peripheral vascular disease, or PVD. PVD refers to a variety of circulation problems that can narrow, block or cause spasms in the body's vessels, including arteries, veins and lymphatics, says Dr. Jason Comeau, a UPMC vascular surgeon. "Most often, it is the result of slowly progressive plaque buildup that restricts blood flow, and the effects on the body can vary depending on the location," Dr. Comeau notes. "This actually can happen in any vessel throughout the body, but 'peripheral' refers to those vessels outside of the heart and brain." PVD includes renovascular disease, which affects blood flow to the kidneys; mesenteric disease, which affects arteries of the intestines; aortic aneurysm; carotid disease; varicose veins; and peripheral artery disease, also known as arteriosclerosis, atherosclerosis or simply hardening of the arteries, Dr. Comeau explains. That buildup of plaque, usually consisting of cholesterol and calcium, happens slowly over a lifetime. "Most everyone will develop some element of PVD in their lifetime, but not everyone may experience symptoms related to it," he says. "There are many factors that affect how significant the disease will be in any one individual." Among those factors are genetics; health conditions such as diabetes, high cholesterol and high blood pressure; and environmental or lifestyle factors like diet, exercise and especially smoking. While many cases of PVD cause only minor issues, others can have more serious consequences, which is why it's important to maintain a healthy lifestyle and talk to your doctor about any unusual symptoms, like that pain or fatigue in the legs. "In the most severe circumstances, an untreated aneurysm can rupture or burst, which is often fatal," Dr. Comeau says. "Also, untreated carotid disease can potentially lead to stroke, and untreated peripheral artery disease in the legs could eventually lead to limb loss." Fortunately, there is a variety of treatments available to alleviate the symptoms and the dangers of PVD. Treatment depends on the type of PVD and the symptoms, Dr. Comeau notes. It can include lifestyle modifications such as exercising or quitting smoking; medical therapies like blood pressure or cholesterol medications; or procedures ranging from balloons and stents to surgery.

*Jason Comeau, MD, is a vascular surgeon with UPMC Heart and Vascular Institute, seeing patients at Surgical Specialists of Lancaster-UPMC, 2101 Embassy Drive, Lancaster. To reach his office, call 717-735-7410.*

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